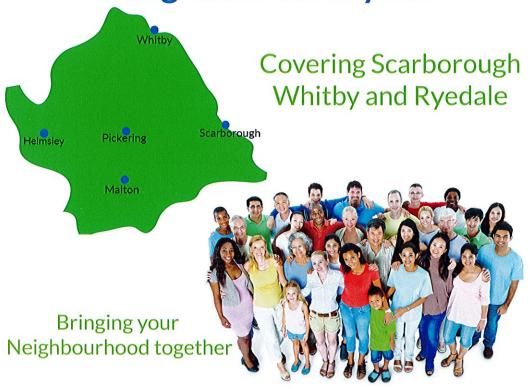


My Neighbourhood Supporting Adults (18+)

My Neighbourhood is a service designed around you!



Call on 01723 850155

Email: staff@carersresource.net

...we're here for you!

Scarborough & Ryedale

Carers Resource

My Neighbourhood Supporting Adults (18+)

My Neighbourhood is about connecting communities, and providing support to people who may be isolated, lonely, or need a bit of extra help.

- Help you to stay well and active within your local neighbourhood
- Offer information, advice and signposting to the right support for you
- Offer opportunities to meet new people, join in social activities and perhaps try something different
- Support you through befriending and help with some simple practical tasks around the home
- Help you to start up your own activity or local interest group
- Support you to find a volunteer role, and potentially help us within the service!

If you feel you could benefit from any of the above, please get in touch with the My Neighbourhood Team.

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Working in partnership with Ryedale Carers Support











Scarborough & Ryedale Carers Resource is an independent Charity and a Company limited by guarantee.

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