

USEFUL INFORMATION FROM JULIE GREENSLADE AT A GOOD LIFE IN THE DALES

I have listed below lots of things that may be of interest to folk in West Burton and Walden, including the

Community Cabin - Hawes . Based in Dryden House next to the Community Office, we are open on the first Monday of every month from 10am to 3pm and welcome everyone for a cuppa and a chat. Citizens Advice, MIND and Carers Plus representatives come along and are available to give advice / signpost for support from other organisations.

The cabin is open on Tuesdays and Wednesdays for anyone wishing to drop in for a chat or to get help with form filling, signposting to other services or to access Open Pantry.

We also have a selection of donated household items that are too good to go to landfill and we are hoping to open a community shop to raise extra funds to put back into everything A Good Life.

Little Shop on the Hill - our community bookshop, selling a selection of new and used books. This is very new and we are open as many times during the week as we can as we rely on our fantastic volunteers to open the shop. All proceeds are put back into our project account to help to fund all aspects of A Good Life.

Upper Dales Home Care - this is a service that offers practical support around the home e.g. light cleaning, ironing, chat and a coffee etc. We are very pleased that we have been successful in being recognised by North Yorkshire Council and are now listed on their Approved Provider List. We have one employee at the present time and we are just in the process of recruiting another paid member of staff as demand for the service is high. There is a cost for this service. From the 1st April 2026, the cost will be £20 + vat per hour.

Carers Sitting Service - we work with Hambleton and Richmondshire Community Action to provide this service. Volunteers are much valued by the carers and their loved ones as it means that those caring can get a break. We struggle for volunteers for this service.

Little White Car - As part of our original Good Life Project in 2018, we identified the need for transport for those in the Dale who no longer drive. The Little White bus is great, but the timings for medical appointments don't always tie in well with timetables and there are some appointments that it would be impossible to get to without the Little White Car. We now have 2 vehicles and have a wonderful group of volunteers who are willing to transport those who need to use the service to their appointments, these could be quite local to a doctors appointment or sometimes mean a journey to James Cook Hospital or The Friarage in Northallerton, charges apply for this service to cover fuel and maintenance on the vehicles. The maximum charge is for a trip to James Cook Hospital for £35

Open Pantry - We have several Open Pantry sites and we work with St Margaret's and St Oswald's churches to help to provide the service. Open Pantry sites are at St Oswald's Church, Askrigg, Dalesplay, Hawes, St Matthew's Church, Leyburn and the Community Cabin . We support families from Garsdale and go down Dale as far as Middleham when necessary. There are some families who we support with regular supermarket deliveries direct to their door if they are unable to get to an Open Pantry site. We have been successful in getting funding from North Yorkshire Household Support Fund which has enabled us to continue to support the Open Pantry sites. We are also very grateful to receive weekly donations from Leyburn Co-op and we have a rota of volunteers who collect the donations and deliver them to our Open Pantry sites.

Alongside Open Pantry, we also run a referral service - **Help to Heat and Home Comfort**. Help to Heat is to support those in need as if someone is in food poverty they are very likely to need help to keep warm. We have an agreement with a local coal merchant and we place an order for coal / logs. These are delivered directly to the client and the bill is then sent to us for payment. This is completely confidential and is gently mentioned if we are supporting families via Open Pantry.

Home Comfort - we usually run this scheme from October when it begins to get colder and in the past have provided a bag of home comforts. The Home Comfort scheme is advertised and anyone can refer themselves or a loved one to the scheme. We ask for donations and then create the bags (using hand made bags sewn by volunteers in the community - my mum mainly!) The bags contain a blanket and scarf (last year the Hawes Yarn Bombers donated all the blankets and scarves which was wonderful), thermal mug, gloves, cup a soups, and basically anything that might provide a little comfort during the colder months.

Citizens Advice Remote Sessions

We understand that sometimes people need the support of the experts at Citizen's Advice and that it is not always easy to get to appointments out of the Dale. We are very pleased to be running remote advice sessions from the Community Cabin. Appointments need to be booked in advance to ensure that an adviser is available. This is private and confidential and has been running for only a month but appointments go quickly!

Our latest initiative is Travelling Table - visits so far have been to Tennants, Leyburn, Country Harvest, Ingleton, Strikes Garden Centre, Northallerton.

17th February, 2026