

Contacts Directory

Registered Social Landlords

Chevin Housing/Together Housing	32 New Lane, Selby YO8 4QB - 0300 555 5561 e-mail: enquires@chevinha.co.uk website: www.chevinha.co.uk
Yorkshire Coast Homes	Brook house, 4 Gladstone Road, Scarborough YO12 7BH - 0345 065 5656 e-mail: info@ych.org.uk website: www.ych.org.uk
Yorkshire Housing	Dyson Chambers, 12-14 Briggate, Leeds LS1 6ER - 0345 366 4404 website: www.yorkshirehousing.co.uk
Sanctuary Housing Association	1 Marias Court, Queen Street, Scarborough - 0800 131 3348 e-mail: contactus@sanctuary-housing.co.uk website: www.sanctuary-housing.co.uk
Broadacres Housing Association	Broadacres House, Mount View, Standard Way, Northallerton DL6 2YD - 01609 767900 e-mail: info@broadacres.org.uk website: www.broadacres.co.uk
Stonewater Housing Association (formerly Jephson)	Jephson House, Elland, Halifax, HX5 9DE - 01422 373855 Website: www.stonewater.org
York Housing	Alpha Court, Monks Cross Drive, York YO32 9WN - 01904 636061 e-mail: info@yorkha.org.uk website: www.yorkha.org.uk
Home Group - Scarborough	Unit 3B Burniston Industrial Estate, Willymath Close, Burniston, Scarborough YO13 OH9 - 0300 555 0278 website: www.homegroup.org.uk
Home Group - York	131 Brailsford Crescent, Water Lane, Clifton, York YO30 6QF - 0300 555 0278 website: www.homegroup.org.uk
Endeavour Housing Association/North Star	St Mark's Court, Thornaby, Stockton - On- Tees, TS17 6QN - 0300 11 00 11 website: northstarhg.co.uk e-mail: customer.services@northstarhg.co.uk

Homelessness and tenancy support, supported accommodation

Horton Ryedale Stay – tenancy support service Ryedale Staywell – tenancy support service for people with mental health needs	Ryedale House, Old Malton Road, Malton YO17 7HH – 01653 694634
Horton Housing Gateway – Providing support and advice to Gypsy's and Travellers	Gateway, Room 8, First Floor Community House, Portholme Road, Selby YO8 4QQ - 01757 241020 e-mail: gateway@hortonhousing.co.uk website: www.hortonhousing.co.uk
Foundation - Scarborough – housing and tenancy support service	22 Victoria Rd, Scarborough YO11 1SD - 01723 361100 e-mail: scarborough@foundationuk.org website: foundationuk.org
Ryedale YMCA – accommodation for 16 – 35 year olds facing homelessness	The Sidings, 73 Riverside View, Norton, Malton YO17 9RB - 01653 691400 website: housing.ymca.org.uk
SASH Supported lodgings –Supported Lodgings projects for young people 16- 25 years who need somewhere long-term to stay while they learn the skills they need to live independently.	107 – 109 Walmgate, York YO1 9UA – 01904 652043 website: www.sash-uk.org.uk e-mail: info@sash-uk.org.uk
SASH Nightstop – Emergency Accommodation providing a safe place for a young person to stay.	107 – 109 Walmgate, York YO1 9UA – 01904 652043 website: www.sash-uk.org.uk e-mail: info@sash-uk.org.uk
Hope Central – community café, rooms to rent, youth clubs and debt advice	62 Castlegate, Malton YO17 7DZ - 01653 697796 website: www.hopecentral.info e-mail: hopecentral@elimryedale.net
Ryedale Food Bank – provides food parcels for single people and families in need	Hope Central, 62-64 Castlegate, Malton YO17 7DZ - 01653 697796 website: ryedale.foodbank.org.uk e-mail: ryedalefoodbank@gmail.com
Ryedale Housing Options – provide support and advice and assistance for the in housing need and at risk of homelessness	Ryedale House, Old Malton Road, Malton YO17 7HH – 01653 600666 website: ryedale.gov.uk
Emmaus Leeds -provides a home and meaningful work to 26 formerly homeless people	Saint Mary's Street, Leeds, West Yorkshire LS9 7DP 0113 248 4288 website: www.emmaus.org.uk e-mail: info@emmausleeds.co.uk
Salvation Army – provides safety and support to vulnerable people in our community, including homeless, elderly, families and substance misuse	40 Wood Street, Malton, North Yorkshire YO17 9BA - 01653 693344 website: www.salvationarmy.org.uk e-mail: malton@salvationarmy.org.uk
North Yorkshire County Council	County Hall, Northallerton DL7 8AD - 01609 780780 website: www.northyorks.gov.uk
North Yorkshire Local Assistance Fund - support for vulnerable adults to move into or remain in the community, and to help families under exceptional pressure to stay together	County Hall, Northallerton DL7 8AD - 01609 780780 website: www.northyorks.gov.uk/article/25908/local-assistance-fund
Streetlink – National phone line to report rough sleepers	0300 500 0914 website: www.streetlink.org.uk e-mail: info@streetlink.org.uk
No second Night Out No Second Night Out (NSNO) focuses on helping those who find	0300 5000914 website: www.nosecondnightout.org.uk

themselves rough sleeping on the streets	e-mail: enquires@nosecondnightout.org.uk
Shelter – Providing homeless and housing related advice.	0808 800 4444 website: www.shelter.org.uk e-mail: info@shelter.org.uk
Runaway Helpline – A national helpline for anyone aged 17 or under who has run away or been forced to leave home.	116 000 website: www.runawayhelpline.org.uk e-mail: 116000@runawayhelpline.org.uk
Get Connected/The Mix – A free, confidential helpline that gives young people in difficult situations support, information and advice.	0808 808 4994 website: www.themix.org.uk
Law Centres Network	www.lawcentres.org.uk
Foundation Legal Service	York 01904 557 490 Scarborough 01723 350755
Community Furniture Store (Scarborough)	01723 267177

Disability services and information for carers

Scarborough and Ryedale Carers Resource – provides advice, support and activities for carers	96 High Street, Snainton YO13 9AJ - 01723 850155 website: www.carersresource.net e-mail: staff@resource.net
Carewatch Ryedale – Provides home care services to enable independent living	23A Wood Street, Norton, Malton - 01653 908 382 website: www.carewatch.co.uk
Ryedale Carer's Support – volunteer run service that provides practical and emotional help for carers, the people they care for and older people living on their own	The Old School, Tinley Garth, Kirkbymoorside YO62 6AR - 01751 432288 website: www.ryedalecarers.org.uk e-mail: enquires@ryedalecarers.org.uk
Carers UK (Carers Line) – Advice line for carers	0808 808 7777 website: www.carersuk.org e-mail: advice@carersuk.org
The Wilf Ward Family Trust – offers relief to carers via day care, respite services and home support	Westgate House, Pickering, YO18 8BA - 01751 474740 website: www.wilfward.org.uk e-mail: westgatehouse@wilfward.org.uk
Ryedale Special Families – provides activities, advice, social groups, respite care for children with special needs, disabilities and their families	121 Town Street, Old Malton, North Yorkshire YO17 7HD - 01653 699000 website: www.ryedalespecialfamilies.org.uk e-mail: post@ryedalespecialfamilies.org.uk
Whitby, Scarborough and Ryedale DAG (Disabled Action Group) - helps disabled people to live as independently as possible making informed choices through access to services and information	Church House Centre, Flowergate, Whitby YO21 3BA - 01947 821001 website: www.whitbydag.org.uk e-mail: info@whitbydag.org.uk

Ryedale Community Transport – specialist and disability transport	2 Minster Court, Hugden Way, Norton, Malton YO17 9NJ - 01653 699059 website: www.ryedalect.org e-mail: post@ryecat.com
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Drug and Alcohol related

North Yorkshire Horizons (Scarborough and Ryedale) – provides support, groups and other services to drug and alcohol users	50-60 Castle Road, Scarborough YO11 1XE - 01723 330730 website: www.nyhorizons.org.uk e-mail: info@nyhorizons.org.uk
Scarborough, Whitby and Ryedale Addictive Behaviour Service – advice, counselling and support for those whose lives are affected by drugs / alcohol	The Ellis Centre, Dean Road, Scarborough YO12 7SN - 01723 355095 website: www.tewv.nhs.uk email: tewv.enquires@nhs.net
FRANK - Friendly, confidential drug advice line	0300 123 6600 website: www.talktofrank.com e-mail: frank@talktofrank.com
Alcoholics Anonymous – support groups to aid the recovery of alcohol dependency	Meetings held in Helmsley, Pickering, York and Scarborough. National helpline: 0800 9177 650 website: www.alcoholics-anonymous.org.uk e-mail: help@alcoholics-anonymous.org.uk
Compass Drug Dependency Clinic – treatment, support and care that enables people to overcome drug / alcohol dependency	Langton House, 5 Priory Street, York YO1 6ET - 01904 636 374 website: www.compass-uk.org e-mail: info@compass-uk.org
Compass REACH - works with young people (11-19 years and up to 25 for those with special educational needs or disabilities) across North Yorkshire to support them in addressing their substance misuse, sexual health and risk taking behaviour.	160 High Street, Northallerton DL7 8JZ - 01609 777662 website: www.compass-uk.org/compass-reach e-mail: NYRBS@compass-uk.org

Debt advice, employment and benefits

Ryedale Citizens Advice - free, independent, confidential and impartial advice to everyone on debts, as well as their rights and responsibilities	Stanley Harrison House, Norton Road, Norton, Malton YO17 9RD - 0344 411 1444 website: www.citizensadvice.org.uk e-mail: bureau@ryedalecab.cabnet.org.uk
Hope Debt Advice – free debt support / advice	62-64 Castlegate, Malton YO17 7DZ - 01653 697 796 website: www.hopecentral.info e-mail: hopecentral@elimryedale.net
Stepchange Debt Charity – free debt and bankruptcy advice, money management plans	Stepchange Debt Charity, Wade House, Merrion Centre, Leeds, LS2 8NG 0800 138 1111 website: www.stepchange.org
Illegal Money Lending Service - loan shark helpline – advice and action	24 hour helpline: 0300 555 2222 or text 60003 (loan space shark space and your message)

	website: www.gov.uk/report-loan-shark e-mail: reportaloanshark@stoploansharks.gov.uk
Ryedale Benefits and Assessment Service	Ryedale District Council, Old Malton Road, Malton YO17 7HH – 01653 600666
Ryedale Job Centre Plus	Norton Road, Norton, Malton YO17 9RD - 0845 604 3719 / textphone - 0845 608 8551
Disability Living Allowance for Children	0345 712 3456 website: www.gov.uk
Personal Independent Payment	0345 850 3322 website: www.gov.uk
Disability Employment Advisor	Albion House, Northway, Scarborough, YO12 7AN 0345 604 3719

Health related

Malton Hospital and Community Services	Middlecave Road, Malton YO17 7NG - 01653 693041 website: www.yorkhospitals.nhs.uk
Scarborough District Hospital	Woodlands Drive, Scarborough YO12 6QL - 01723 368111 website: www.yorkhospitals.nhs.uk
York District Hospital	Wigginton Road, York, North Yorkshire YO31 8HE - 01904 631313 website: www.yorkhospitals.nhs.uk enquires can be sent via Pals team e.mail: pals@york.nhs.uk
St Catherine's Hospice – specialist care and accommodation for those with life limiting illnesses; bereavement advice	Throxenby Lane, Scarborough YO12 5RE - 01723 351421 website: www.stcatherineshospice-nyorks.org
Minor Injuries Unit walk in	Malton Hospital -Middlecave Road, Malton YO17 7NG - 01653 693041
Springwood - community unit for the Elderly	Malton Hospital - Middlecave Road, Malton YO17 7NG - 01653 616000 Website: www.tewv.nhs.uk Email: tewv.enquires@nhs.net
NHS Direct – free, confidential health advice line	111 website: www.nhs.uk
Derwent Surgery – GP Practice	Norton Road, Norton, Malton YO17 9RF - 01653 600069 website: www.derwentpractice.com
Pickering Surgery – GP Practice	Southgate, Pickering, YO18 8BL 01751 471296 website: www.pickeringmedicalpractice.co.uk e-mail: VOYCCG.Pickering-B82033@nhs.net
Kirkbymoorside Surgery – GP Practice	Tinley Garth, Kirkbymoorside, York, North Yorkshire YO62 6AR - 01751 431254 website: www.thekirkbymoorsidesurgery.nhs.uk
Helmsley Surgery – GP Practice	The Medical Centre, Carlton Road, York YO62 5HD - 01439 770288 Website: www.helmsleymedicalcentre.co.uk
Rillington Surgery – GP Practice	The Poplars, Scarborough Road, Rillington, Malton, North Yorkshire YO17 8LQ

	- 01944 758325 website: www.srpractice.co.uk
Sherburn Surgery – GP Practice	50 Saint Hilda's Street Sherburn, Malton - 01944 710226 website: www.srpractice.co.uk
NHS Dentist - to get onto a waiting list	0300 303 8010

Children and families

Central Ryedale Children's Centre – Early education and childcare, playgroups, support for parents and parent and baby groups	Grove Street, Norton, Malton YO17 9BG - 01609 533072 website: www.northyorks.gov.uk e-mail: ryedalecc@northyorks.gov.uk
Northern Ryedale Children's Centre– Early education and childcare, playgroups, support for parents and parent and baby groups	Westfields, Kirkbymoorside, York YO62 6AG - 01609 798345 website: www.northyorks.gov.uk e-mail: ryedalecc@northyorks.gov.uk
Ryedale Special Families – provides activities, advice, social groups, respite care for children with special needs, disabilities and their families	121 Town Street, Old Malton, North Yorkshire YO17 7HD - 01653 699000 website: www.ryedalespecialfamilies.org.uk
Prevention Service – Youth groups, support and advice for young people	Atmosphere Youth Support Centre, Old Court House, Pickering, North Yorkshire, YO18 7JJ - 01609 536138- Jess or 01609 533069 - Anthony
Homestart – support families with young children, helping to raise confidence and build strong family relationships	43 Parliament Street, Norton, Malton - 01653 693551 website: www.home-start.org-uk
Childline – Free, confidential advice for young people on a wide range of issues	0800 1111 website: www.childline.org.uk
Young Minds – Parents support	0808 802 5544 website: www.youngminds.org.uk e-mail: ymentquires@youngminds.org.uk
NSPCC	0808 800 5000 website: www.nspcc.org.uk
Children's Social Care NYCC – wide range of general child and family support as well as targeted support	Customer Services Centre , County Hall, East Block, Northallerton DL7 8AH - 01609 780780 Emergency Duty Team (Out of hours) - 01609 780780 Website: www.northyorks.gov.uk
Social Care Disabled Children's Service – Disability related issues (including learning disabilities)	North Yorkshire House, 442 – 444 Scalby Road, Scarborough, YO12 6EE – 01609 534692 website: www.northyorks.gov.uk
Dyspraxia Foundation	01757 289073 - Mrs G Dixon (Regional Co-ordinator) website: www.dyspraxiafoundation.org.uk e-mail : dyspraxia@dyspraxiafoundation.org.uk
Multiple Sclerosis Society	0808 800 8000 Ryedale Branch Number: 01653 690253 website: www.mssociety.org.uk
Ryedale Mencap	14 Jubilee Road, Norton on Derwent, Malton, YO17 9BY Ryedale Branch: 01653 694866

	website: mencap.org.uk e-mail: jobs4ruth@yahoo.co.uk
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Domestic and Sexual Abuse

Domestic Abuse Forum Scarborough, Whitby, Filey & Ryedale – multi agency working tackling domestic abuse issues	69a Manor Road, Scarborough, YO12 7RN 01723 365609 website: www.yor-ok.org.uk e-mail: scarboroughdas@foundationuk.org
IDAS Independent Domestic Abuse Services – practical and emotional support for victims of domestic abuse and their families, refuge scheme available	39 Blossom Street, York, YO24 1AQ Scarborough IDAS: 01723 354874 Domestic Abuse Helpline: 03000 110 110 Rape Support Line: 0300 111 0777 website: www.idas.org.uk e-mail: info@idas.org.uk
National Centre for Domestic Violence – free legal injunction advice and legal aid for victims of domestic violence	24 / 7 helpline: 0800 970 2070 Text phone: 'NCDV' to 60777 website: www.ncdv.org.uk e-mail: office@ncdv.org.uk
Rape Crisis	Rape Crisis England & Wales, 2nd Floor, Symons House, Belgrave St, Leeds, LS2 8DD 12 – 2.30pm & 7 – 9.30pm any day of the year also between 3pm - 5.30pm on weekdays – 0808 802 9999 website: www.rapecrisis.org.uk e-mail: rcewinfo@rapecrisis.org.uk
Sexual Abuse Referral Centre (SARC)	The Survivor's Trust, Unit 2, Eastlands Court Business Centre, St Peter's Road, Rugby, Warwickshire, CV21 3QP 01788 550554 website: www.thesurvivorstrust.org e-mail: info@thesurvivorstrust.org
Women's Community Project – Women's centre offering ongoing support and groups for women fleeing domestic abuse, as well as other issues	27 Northway, Scarborough YO11 1JH - 01723 354093 website: www.cambridgecentre.org e-mail: info@cambridgecentre.org
Rape Support Line – advice for victims of rape	Supportline, PO Box 2860, Romford, Essex, RM7 1JA - 01708 765200 e-mail: info@supportline.org.uk website: www.supportline.org.uk
NAPAC (National Association for People Abused in Childhood)	NAPAC, Herald House, Off Bunhill Row, 15 Lamb's passage, London, EC1Y 8TQ 0800 801 0331 website: www.napac.org.uk
Survivors UK – For men who have experienced any form of sexual violence	11 Sovereign Close, London, E1W 3HW 020 359 83898 website: www.survivorsuk.org e-mail: info@survivorsuk.org

Mental Health Support

Princess Road Clinic - Ryedale Community Mental Health Team	Princess Road Malton, North Yorkshire, YO17 7JP - 01653 696661 website: www.tewv.nhs.uk
Ryedale Counselling Service – Provides a range of accessible, confidential and professional counselling services	Community House, Wentworth Street, Malton, YO17 7BN 01653 690124 website: www.community-counselling.org.uk
Next Steps Mental Health Resource Centre – support for people with mental health problems including a drop-in centre, activities and outreach groups across more rural areas	7 Church Street, Norton, Malton YO17 9HP - 01653 690854 website: www.nextstepsryedale.co.uk e-mail: post@nextstepsryedale.co.uk

Scarborough, Whitby and Ryedale MIND – short, medium and long term social, emotional, practical support and advice for people with mental health problems	Cayley Court, Hopper Hill Road, Scarborough YO11 3YJ - 01723 588008 website: www.swrmind.org.uk e-mail: info@swrmind.org.uk
CAMHS - Child Adolescent Mental Health Service	Lakehouse 20, Manor Court, Scarborough Business Park, Eastfield, Scarborough, North Yorkshire, YO11 3TU - 01723 346000 website: www.tewv.nhs.uk e-mail: TEAWVNT.swr-cypse@nhs.net
Young Minds – For anyone concerned about a child's mental health	020 7089 5050, Parents information service 0800 8025544 website: www.youngminds.org.uk e-mail: ymentquires@youngminds.org.uk
Early Intervention & Psychosis – The service is for people aged 14 to 35 who are having some experiences that they may find unusual and/or distressing.	The Ellis Centre, 18 Dean Road, Scarborough, YO12 7SN - 01723 356081 website: www.tewv.nhs.uk
National Self-harm Network – Survivor – led organisation supporting those who self harm	website: www.nshn.co.uk

Rural / farming communities

Racing Welfare – Rehabilitation and support for injured jockeys	4 Old Maltongate, Malton - 01653 695052 24 Hour Helpline - 0800 6300 443 website: www.racingwelfare.co.uk e-mail: info@racingwelfare.co.uk
Ryedale Young Farmers – Networking and support for young farmers	Knaresborough House, High Street, Knaresborough, North Yorkshire, HG5 0HL 01423 865870 website: www.yfyfc.org.uk e-mail: office@yfyfc.org.uk
Farming Community Network – advice and support to all farmers facing problems and worry	Nationally - 01788 510866 Helpline: 03000 111 999 (7am – 11pm) website: www.fcn.org.uk e-mail: mail@fcn.org.uk
Royal Agricultural Benevolent Institution (R.A.B.I.) – Supports farmers, farm workers, managers and dependants of those who are in need and may be facing low incomes	Show House, 27 West Way, Oxford, OX2 0QH Head Office: 01865 724931 / Helpline: 0808 281 9490 website: www.rabi.org.uk e-mail info@rabi.org.uk

Gypsies and travellers

GATEWAY (Gypsy and Traveller Empowerment Working Across North Yorkshire) – advice, support and access to services for travelling communities	Horton Housing, Gateway NY Service Hannah Brown, Manager Room 8, First Floor Community House, Portholme Road, Selby YO8 4QQ - 01757 241020 or 07584 015746 e-mail: gateway@hortonhousing.co.uk
Tara Park Traveller Site	01653 600666 (Ryedale District Council)

Criminal justice and crime prevention

Probation Services	3rd Floor, Pavillion House Pavillion Square, Scarborough, YO11 2JN - 01723 366341 website: www.nyprobation.org.uk
North Yorkshire Police	Old Malton Road, Malton, YO17 7EY - 101 website: www.northyorkshire.police.uk email: general.enquires@northyorks.pnn.police.uk
Victim Support	Allatt House, 5 West Parade Road, Scarborough YO12 5ED - 0845 30 30 900 or 01904 669276 website: www.victimsinformationservice.org.uk e-mail: help@supportingvictims.org
Witness Service	Scarborough Law Court, Scarborough, YO12 7AE 01723 503366
Youth Justice Service	2nd Floor, Pavilion House, Westborough, Scarborough YO11 2JN - 01609 534751 website: www.ny-yjs.org.uk
Just for Kids Law -provides advocacy, support and assistance to young people in difficulty; particularly those in trouble with the law, looked after children and those at risk of exclusion from school.	020 3174 2279 or 07984 095793 website: www.justforkidslaw.org e-mail: info@justforkidslaw.org
Making Safe - scheme to help keep victims of domestic violence and their families safe	101 North Yorkshire Police website: www.yor-ok.org.uk e-mail: york@foundationuk.org 01904 526240
Resettlement and Community Support - Scheme for adult offenders (RACS)	22 Victoria Rd, Scarborough YO11 1SD - 01723 361100 website: www.foundationuk.org e-mail: central@foundationuk.org

Support for Older People

Ryecare – Telephone 'lifeline' service in operation 24 hours a day, 365 days a year for the vulnerable, elderly, disabled or those living alone	Ryedale House, Old Malton Road, Malton YO17 7HH - 01653 600666 ext 263 website: www.ryedale.gov.uk
Ryedale Forum for Older People - a charity with the aim of promoting the health and wellbeing of older people	www.ryedaleforum.org.uk email -- ryedaleforum@outlook.com 01751 474464
White Rose Handyman, and Wellbeing Service – odd jobs, minor adaptation, gardening services; home visits and wellbeing checks	01723 232323 website: www.scarborough.gov.uk
Age UK – offering information, advice and support in all areas of later life	National Telephone Number: 0800 169 2081 National Website: www.ageuk.org.uk Scarborough Office 01723 379058 website: www.ageuk.org.uk/scarboroughanddistrict.org e-mail: reception@ageukscarborough.org
Royal Voluntary Service – Providing assistance to ensure that older people can live independent,	Hungate Community Centre, 29 Hungate, Pickering YO18 7DG - 01751 200677

fulfilling lives	National Telephone Number: 0845 608 0122 website: www.royalvoluntaryservice.org.uk e-mail: northyorkshirehub.royalvoluntaryservice.org.uk
Ryedale Carer's Support – Assisting carers through sitting / visiting services, befriending and groups	The Old School, Tinley Garth, Kirkbymoorside YO62 6AR - 01751 432288 website: www.ryedalecarers.org.uk e-mail: enquires@ryedalecarers.org.uk
Disabled Facilities Grants, through White Rose Home Improvement Agency – provides home adaptations to ensure people can live independently in their own home	Website: www.scarborough.gov.uk 01723 232323
Pickering Meals on Wheels	38 Hungate, Pickering YO187DG - 01751 473690
Dementia Information Service/Alzheimer's Society	Ground Floor, Unit 16 Manor Court, Manor Garth, Eastfield, Scarborough, YO11 3TU 01723 500 958 website: www.alzheimers.org.uk e-mail: scarborough@alzheimers.org.uk

LGBT and sexual health Services

OLGA – Older Lesbian, Gay, Bisexual and Trans Association – advice, social support and raising awareness to support the needs of the older LGBT community	Scarborough and Ryedale - 07929 465 044 website: www.olga.uk.com e-mail olga@mypostoffice.co.uk
SGLBT - Young LGBT people in Scarborough, Whitby and Ryedale	07795 623214 e-mail: e.mupandawana@mesmac.co.uk
Ryedale GUM Clinic – confidential sexual health advice and testing	Malton & Norton District Hospital, Middlecave Road, Malton YO17 7NG - 01904 721111 website: yorsexualhealth.org.uk
Yorkshire MESMAC – community based sexual health, LGBT, wellbeing and mental help support	North Yorkshire Office, 277 High Street, Northallerton, DL7 8DW - 01609 258745 e-mail: northyorkshire@mesmac.co.uk Community Development Worker (Scarborough) Edith Mupandawana 07795 623214 e-mail: e.mupandawana@mesmac.co.uk
Sexuality issues	Sexual Health Counselling (Paul Cooke Ryedale Counselling) – 01723 377298

Ex Service Personnel

Royal British Legion - assists the Armed Forces community through welfare, comradeship and representation, including organising the Poppy Appeal	Helpline: 0808 802 8080 Local contact: 01653 693970 website: www.britishlegion.org.uk e-mail: info@britishlegion.org.uk
First Light Trust – support and physical, emotional and psychological aid for veterans who	63 Newborough, Scarborough YO11 1ET 01723 361210 or 0845 519 9401

may be struggling to know where to turn	website: www.firstlighttrust.co.uk e-mail: enquires@firstlighttrust.co.uk
Veterans' Wellbeing Assessment and Liaison Service (VWALS) – Mental health assessment, referral and mental health support service for veterans and their families	North End House, 42 North End, Durham, DH1 4LW 0191 441 5974 e-mail: VWALS@nhs.net
SSAFA (Soldiers, Sailors, Airmen and Families Association) – complete support and advice for ex-military personnel and their families	4 St Dunstan's Hill, London, EC3R 8AD 0800 731 4880 website: www.ssafa.org.uk
Help for Heroes – individual support, recovery centres and family support for wounded soldiers	01980 844 280 website: www.helpforheroes.org.uk e-mail: fundraise@helpforheroes.org.uk

Culture

Scarborough Islamic Society	Unit 62, Roscoe Street, Scarborough YO12 7BX 0780 818 0780 website: www.scarbislam.com e-mail: info@carbislam.com
Harrogate Hebrew Congregation	St Mary's walk, Harrogate, HG2 0LW 01423 871713 website: www.harrogatehebrewcongregation e-mail: admin@harrogateshui.co.uk
York Liberal Jewish Community	07469159134 website: www.jewsinyork.org.uk e-mail: info@jewsinyork.org.uk
Halal food	Halal food can be purchased online and occasionally in store from: Tesco Waitrose Asda Morrisons M&S Ask Nandos Gourmet Burger Pizza Express Costa Slug and Lettuce Greggs KFC Subway