

Scarborough & Ryedale  
**Carers Resource**

**My Neighbourhood**  
Supporting Adults (18+)

**My Neighbourhood is a service  
designed around you!**



Covering Scarborough  
Whitby and Ryedale

Bringing your  
Neighbourhood together



**Call on 01723 850155**

Email: [staff@carersresource.net](mailto:staff@carersresource.net)

**...we're here for you !**

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

