

What is the Oak Tree Project?

The Oak Tree project uses trained staff and volunteers to help vulnerable older people gain confidence and independence in their own community.

Whether someone has just left hospital, or is feeling isolated and lonely, the Oak Tree project can help them get back on their feet and promote good physical and mental health.

All support is individually tailored, whether it is help to join a bridge club, art classes, lunch out with new friends or any other activity that could make a difference to an older person's life.

Feelings of depression, anxiety and loneliness soon fade with the help of our friendly and understanding staff and volunteers.

We can also offer welfare benefits advice and help with applications

The service is free, confidential and available to anyone over the age of 50 living anywhere in the Harrogate, Craven and Airedale Districts of Yorkshire.

How does it work?

Friendly, experienced and knowledgeable staff meet each new client and determine their individual needs, establish an action plan and work through clear goals to build confidence and motivation.

By using a structured programme, our Mentor Workers will help the client move towards independence and a healthier lifestyle through whichever route is most appropriate.

By encouragement and motivation, our trained volunteers help those with less complex situations and with similar interests to reach the lifestyle that they most enjoy.



Could you be a volunteer?

Being a volunteer peer mentor is a truly rewarding role. Volunteers use everyday skills to really make a difference to someone's life.

Your own interests and hobbies will play a part in defining your role and you can commit as much or as little time as you'd like.

Through volunteering with the Oak Tree project you can expect:

- Full training on being a mentor
- Personal satisfaction through making a real difference to someone's life
- To meet new people with similar interests
- To learn new skills and develop new interests
- Social events, on-going support and appreciation for your time and efforts

Together we can make a difference!



About Carers' Resource

Carers' Resource gives tailored support and information to unpaid carers and vulnerable people. It is an independent, award-winning Yorkshire charity which is open to everyone and offers emotional and practical help to enable them to cope.

All our services are free and confidential.



Contact the Oak Tree Project for more information about us, to make a referral, or to volunteer:

By telephone:

Harrogate & Ripon areas:
01765 645909

Craven & Airedale areas:
01756 693666

Electronically:

Visit our website and fill in our online contact form at www.carersresource.org

Email us at info@carersresource.org and you'll be contacted directly from one of the Oak Tree Team.

11 North Park Road,
Harrogate, HG1 5PD
Tel: 01423 500555

The Wheel House,
Broughton Hall Business Park
Skipton, BD23 3AG
Tel: 01756 700888

Community House, 75 Allhallowgate
Ripon, HG4 1LE
Tel: 01765 690222

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A mentoring programme for people over the age of 50



carers'
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