

HEALTHY HORIZONS

Ex-Forces  
Support

North Yorkshire



Members of the Shed with master craftsman, Terry Harrington and the gift they helped make for the winner of stage three of the Tour de Yorkshire

Over 65?

Served in HM Forces or completed National Service?

Live in North Yorkshire?

Have you tried our FREE services yet?

**The Pop Up Shed:** our youth club for over 65s, based in a fully equipped woodworking workshop in Richmond. Participants can upcycle or mend furniture, try their hand at carving, painting, creative writing, photography, willow weaving and much more - all with guest artists, laughter and lots of tea!!

- **Step by Step:** provides healthy nutrition advice and occasional (optional) exercise. It is not about putting you on a diet, it is about providing nutritional advice that allows you to make healthier, more informed choices. Why not come along, make new friends and see what it is all about...

Referrals to Healthy Horizons can be made by either individuals, friends, family, carers and by health professionals or support services by contacting the Healthy Horizons Team on **01748 829100** or emailing **[exforces@richmondshire.gcsx.gov.uk](mailto:exforces@richmondshire.gcsx.gov.uk)**

Ex-Forces Support North Yorkshire is led by Community First Yorkshire, registered charity no.515538 and based in York.

