



Mental health & wellbeing guide

Advice and contacts to help you to take care of your mental health and well-being during the COVID pandemic and beyond.



About this guide

This guide has been produced for people in Ryedale by Ryedale Community Connect - a partnership of organisations in the public, community and voluntary sectors that have come together to tackle community issues caused by COVID-19.

By working together, “joining up” approaches and combining resources, Ryedale Community Connect’s mission is to give citizens and communities in the district the help they need to cope, recover and thrive.

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ONLINE RESOURCES

Gov UK

Guidance for the public on the mental health and wellbeing aspects of coronavirus.

Website: <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing>

Mental Health Foundation

Everything you need to know about mental health services, research and events.

Website: <https://www.mentalhealth.org.uk/>

Hub of Hope

The Hub of Hope is the UK's leading mental health support database. All you have to do is enter your address or post code and it will identify the closest local, national, peer, community, charity, private and NHS mental health support services.

Website: <https://hubofhope.co.uk/>

Qwell

The Qwell website is a safe and confidential space to share experiences and gain support from the community and qualified professionals. Once signed up members get free access to community and professional support via forums, online chats and counselling sessions, as well as access to magazines and personal tools such as diaries.

Website: <https://www.qwell.io/>

Headfirst

The HeadFirst site is facilitated by NYCC and provides a range of online support and training options for people living and working in North Yorkshire. Organisations can put themselves forward to become an approved provider.

Website: <http://headfirst-northyorks.org/>

Samaritans Self-help

Samaritans Self-Help is a web application with a vast range of online support for individuals who do not want to discuss their feelings with someone else at the time.

Website: <https://www.samaritans.org/how-we-can-help/contact-samaritan/self-help/>

Rethink

Rethink seek to improve the lives of people severely affected by mental illness through their network of local groups and services, expert information and successful campaigning.

Website: <https://www.rethink.org/>

NHS apps

The NHS app library has some useful apps for wellbeing and mental health here. They also have a useful list of mental health helplines.

Website: <https://www.nhs.uk/apps-library/category/mental-health/>

BBC Headroom

BBC Headroom is a free mental health toolkit with a range of podcasts and playlists.

Website: <https://www.bbc.co.uk/programmes/articles/your-mental-health-toolkit>

Recovery College Online

Providing a range of online educational courses and resources to people who might be struggling with mental health issues, families, friends and mental health workers.

Website: <https://www.recoverycollegeonline.co.uk/>

EMERGENCY SUPPORT

If you or someone you know is in immediate danger of serious harm (for example, if someone has taken an overdose) call [999](tel:999) for an ambulance immediately. If there is a risk of physical violence, or if the person is at risk of self-harm or of causing harm to someone else, it may be necessary to contact the police.

Crisis Resolution and Home Treatment Team (CRHT)

If you are receiving treatment from your local Community Mental Health Team (CHMT) for mental ill health you will have the phone number of your local Crisis Resolution and Home Treatment Team (CHRT) in your care plan (if you have one).

If you don't have a care plan in place or you can't find it, telephone your GP surgery and ask for an emergency appointment. Alternatively, telephone your mental health worker or care co-ordinator if you have one. If you have an injury or physical health problem go to the accident and emergency department at your local hospital.

Website: <https://www.tewv.nhs.uk/services/crisis-and-intensive-home-treatment-team/>

North Yorkshire out of hours mental health helpline

A confidential and anonymous service available to anyone registered with a North Yorkshire GP. It is open from Monday to Thursday, 5pm to 8.30am and on Fridays from 4.30pm. The helpline is open 24 hours on Saturday and Sunday.

Tel: [0333 0000 309](tel:03330000309)

Website: <https://www.northyorks.gov.uk/mental-health>

Samaritans

Open 24 hours a day, 365 days a year. If you need a response immediately it's best to call them by telephone. Calls are free.

Tel: [116 123](tel:116123) Email: Jo@samaritans.org

Website: <https://www.samaritans.org/how-we-can-help/contact-samaritan/>

NHS 111

If you want to call someone to talk about how you feel or how you deal with someone else's behaviour, you could contact NHS 111. The service is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: [111](tel:111) Textphone: [18001 111](tel:18001111)

Website: <https://111.nhs.uk/>

SUICIDE PREVENTION

Campaign Against Living Miserably (CALM)

Tel: [0800 58 58 58](tel:0800585858)

Website: <https://www.thecalmzone.net/help/webchat/>

SOS Silence of Suicide

Tel: [0300 1020 505](tel:03001020505) Email: support@sossilenceofsuicide.org

Website: <https://sossilenceofsuicide.org/what-where-why/>

Papyrus – for people under 35

Tel: [0800 068 41 41](tel:08000684141) Text: [07860 039967](tel:07860039967) Email: pat@papyrus-uk.org

Website: <https://www.papyrus-uk.org/hopelineuk/>

ChildLine (Under 19)

Tel: [0800 1111](tel:08001111)

Website: <https://www.childline.org.uk/>

Shout Crisis Text line

Text Shout to [85258](tel:85258)

Website: <https://giveusashout.org/>

Young Minds Crisis Messenger (Under 19)

Text “YM” to [85258](tel:85258)

Website: <https://www.youngminds.org.uk/>

#Talk Suicide Preventions Training

A life is lost through suicide every two hours in the UK but suicidal thoughts and feelings affect thousands of us every single day. The #TalkSuicide campaign has been created by the Humber, Coast and Vale Health and Care Partnership to reduce the stigma around talking about suicide by raising awareness of free suicide prevention training available from the Zero Suicide Alliance.

Tel: [01482 389235](tel:01482389235) Email: hnf-tr.suicideprevention@nhs.net

Website: <https://talksuicide.co.uk/>

Every Mind Matters

If you are really struggling to cope, or feel overwhelmed by difficult feelings during Covid-19, then reach out for professional help. Every Mind Matters have a comprehensive range of support guides and directories.

Tel: [07908 537541](tel:07908537541) Email: info@every-life-matters.org.uk

Website: <https://www.every-life-matters.org.uk/>

SUPPORT FOR MEN & WOMEN

Men's Health Forum

Vast amount of information on everything related to male mental health, including signposts to specialist support services.

Website: <https://www.menshealthforum.org.uk/>

Men in Sheds peer support group

Next Steps Mental Health Resource Centre host several 'Men in Sheds' groups across Ryedale, whereby men meet to share their skills and provide peer support. The group is managed by an experienced mental health nurse.

Tel: [01653 690 854](tel:01653690854) Email: post@nextstepsryedale.co.uk

Website: <https://www.nextstepsryedale.co.uk/men-in-sheds/>

Andy's Man Club

Andy's Man Club host numerous male peer support groups across the UK. The closest to Ryedale is located in Scarborough. They also have a national online group for those outside of their catchment areas.

Email: info@andysmanclub.co.uk

Website: <https://andysmanclub.co.uk/>

Future Intentions women's peer support group

Future Intentions is a social enterprise business working across York, Scarborough, Norton and Malton, engaging and supporting women wishing to return to the workplace after a break but facing challenges of low confidence, social isolation, loneliness and poor mental health.

Tel: [07495 731958](tel:07495731958)

Website: https://twitter.com/WR_F_Intentions

Search for a service

You can search for women's health services on the NHS website:

<https://www.nhs.uk/Service-Search>

SUPPORT FOR YOUNG PEOPLE

Child and Adolescent Mental Health Service

Access to CAMHS is usually through your GP. For all routine referrals to the Child and Adolescent Mental Health Service (Harrogate & Rural District, Scarborough, Whitby, Ryedale, Hambleton & Richmondshire) please contact CAMHS.

Tel: [0300 0134778](tel:03000134778) Crisis tel: [01723 346502](tel:01723346502)

Website: <https://cyps.northyorks.gov.uk>

Compass

Compass are a charity providing health and wellbeing services for children, young people, adults, families and communities.

Tel: [01904 636374](tel:01904636374) Email: info@compass-uk.org

Website: <https://www.compass-uk.org/>

Childline

Childline is here to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, their trained counsellors are here to support you.

Tel: [0800 1111](tel:08001111)

Website: <https://www.childline.org.uk/>

The Go-To

The Go-To is the home of wellbeing and mental health for young people in North Yorkshire. It also provides valuable information and signposting for parents, carers and professionals.

Website: <https://thegoto.org.uk/>

Kooth Counselling

Kooth is an online counselling service that is available to all young people in North Yorkshire aged between 11 and 25 years old. Kooth is free and can be accessed 24 hours a day, seven days a week.

Website: <https://www.kooth.com/>

North Yorkshire Safeguarding Children Partnership

NYSCP operates through a subgroup model made up of partners who develop policy, procedures and practice guidance for professionals and volunteers who work with children, young people and families in North Yorkshire.

Tel: [01609 535123](tel:01609535123) Email: nyscp@northyorks.gov.uk

Website: <https://www.safeguardingchildren.co.uk/>

SUPPORT FOR THE ELDERLY

The Silver Line

The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.

Tel: [0800 4 70 80 90](tel:08004708090)

Website: <https://www.thesilverline.org.uk/>

Age UK

Age UK also have a vast range of information relating to mental health issues more commonly associated with getting older, such as depression and anxiety, coping with bereavement, and seasonal affective disorder.

Tel: [0800 678 1602](tel:08006781602)

Website: <https://www.ageuk.org.uk/>

Dementia Forward

Dementia Forward are an experienced and established team, passionate about supporting people across North Yorkshire living with dementia and those who care for them.

Tel: [03300 578592](tel:03300578592) Email: info@dementiaforward.org.uk

Website: <https://www.dementiaforward.org.uk/>

Ryecare Lifeline Service

Ryecare Lifeline is a 24 hour support service provided by Ryedale District Council that helps you to stay safe and independent in your own home. A Ryecare Lifeline Unit connects to your telephone and to a call button that you wear around your neck or on your wrist. When you need help, just press the button and you will be able to talk to someone at the control centre.

Tel: [01653 697737](tel:01653697737) Email: ryecare@ryedale.gov.uk

Website: <https://www.ryedale.gov.uk/information/community/community-support/ryecare-service/>

LGBT+ SUPPORT

LGBT Foundation

LGBT Foundation is a national charity delivering advice, support and information services to lesbian, gay, bisexual and Trans (LGBT) communities.

Tel: [0345 3 30 30 30](tel:03453303030) Email: helpline@lgbt.foundation

Website: <https://lgbt.foundation>

Switchboard

Switchboard provide information, support and a referral service for lesbians, gay men and bisexual and Trans people – and anyone considering issues around their sexuality and/or gender identity.

Tel: [0300 330 0630](tel:03003300630) Email: chris@switchboard.lgbt

Website: <https://switchboard.lgbt/>

Yorkshire MESMAC

Yorkshire MESMAC is one of the oldest and largest sexual health organisations in the country. They provide a range of support to the LGBT+ community.

Tel: [01609 258745](tel:01609258745) Email: northyorkshire@mesmac.co.uk

Website: <https://www.mesmac.co.uk/>

SUPPORT FOR VETERANS

Op Courage

If you or someone you know is struggling with their mental health or wellbeing, expert help is available from Op COURAGE: The Veterans Mental Health and Wellbeing Service.

Tel: [0303 123 1145](tel:03031231145) Email: vwals@nhs.net

Website: <https://www.nhs.uk/nhs-services/armed-forces-and-veterans-healthcare>

Carers Plus Yorkshire

Carers Plus Yorkshire have expanded their team to include a new Carer Engagement Advisor exclusively for the military community. This role provides support to veteran carers and those who are caring for veterans to build strength, confidence, skills and knowledge needed to 'care with confidence', to find balance in their every-day lives and live well with their caring responsibilities and commitments.

Tel: [01723 850155](tel:01723850155) Email: lisa.spratling@carersplus.net

Website: <https://www.carersplus.net/>

First Light Trust

First Light Trust help veterans get back on their feet. They work out what needs doing and how, using existing services if possible. They have a Café Hub in Scarborough.

Tel: [020 7730 7545](tel:02077307545) Email: enquiries@firstlighttrust.co.uk

Website: <https://www.firstlighttrust.co.uk/>

Veterans Gateway

Information, advice and support for veterans and their families.

Tel: [0808 802 1212](tel:08088021212)

Website: <https://www.veteransgateway.org.uk/>

ADDICTION & EATING DISORDERS

North Yorkshire Horizons

If you have alcohol and drug related issues it may be worthwhile contacting North Yorkshire Horizons. This is a drug and alcohol recovery service provided on behalf of North Yorkshire County Council.

Tel: [01723 330730](tel:01723330730) Email: info@nyhorizons.org.uk

Website: <https://www.nyhorizons.org.uk/>

Rehab4Addiction

Rehab 4 Addiction is an advisory and referral service for people who suffer from alcohol, drug and behavioural addiction. They work closely with rehabilitation centres and outpatient clinics throughout the United Kingdom and the admissions team match a patients' addiction with an appropriately placed rehabilitation centre. Check out their resource page for people living in Yorkshire who may be experiencing issues with addiction and/or mental health.

Tel: [0800 140 4690](tel:08001404690) Email: info@rehab4addiction.co.uk

Website: <https://www.rehab4addiction.co.uk/country-wide/drug-alcohol-rehab-yorkshire>

Living Well SmokeFree

Living Well Smokefree (LWSF) is a stop smoking service run by North Yorkshire County Council eligible for anyone who lives or works in North Yorkshire who is registered with a North Yorkshire GP. They provide a 6-12 week course of stop smoking medication with weekly interventions (currently by phone) with a stop smoking practitioner for behavioural support and motivational interviewing techniques. It is free for those who do not pay for prescriptions or at prescription rates for medications for those who do pay.

Tel: [01609 797272](tel:01609797272) Email: stop.smoking@northyorks.gov.uk

Website: <https://www.northyorks.gov.uk/stopping-smoking>

Next Steps Mental Health Resource Centre

Next Steps also provide a range of services that can help those suffering from addiction. Head over to their website for more information or contact them using the details below.

Tel: [01653 690 854](tel:01653690854) Email: post@nextstepsryedale.co.uk

Website: <https://www.nextstepsryedale.co.uk/>

Beat Eating Disorders

The Beat website has everything you need to know about eating disorders, as well as an online chat service and peer support sessions.

Adult Tel: [0808 801 0677](tel:08088010677) Youth Tel: [0808 801 0711](tel:08088010711)

Website: <https://www.beateatingdisorders.org.uk/>

NY Rise

NY Rise offers specialist drug and alcohol support to young people aged 10-19 and up to 24 years with Special Educational Needs or Disability.

Tel: [08000 141480](tel:08000141480) (option 2)

Email: NYYP.admin@Humankindcharity.org.uk

SUPPORT FOR DISABILITIES

Sight Support Ryedale

Sight Support Ryedale provides a network of support, activities and friendship to help alleviate the social, emotional and practical problems that living with sight loss can bring.

Tel: [01653 698860](tel:01653698860) Email: nicole@sightsupportryedale.org

Website: <https://sightsupportryedale.org/>

Camphill Village Trust

Camphill Village Trust supports people with learning disabilities, autism, mental health challenges and complex needs to lead a life of opportunity, encouraging and empowering them to make informed life choices and contribute to society in a way that brings purpose and meaning.

Tel: [01653 228322](tel:01653228322) Email: trustoffice@cvt.org.uk

Website: <https://www.camphillvillagetrust.org.uk/>

Ryedale Special Families

Ryedale Special Families offer support to families of children and young people up to the age of 25 with additional needs, disabilities or illness, and mental health issues. This includes parents, carers, grandparents, siblings and the child or young person themselves.

Tel: [01653 699000](tel:01653699000) Email: post@ryedalespecialfamilies.org.uk

Website: <https://www.ryedalespecialfamilies.org.uk/>

BEREAVEMENT

Cruse Bereavement Care

Cruse Bereavement Care is the leading national charity for bereaved people in England, Wales and Northern Ireland.

Tel: [0808 808 1677](tel:08088081677)

Website: <https://www.cruse.org.uk/>

Living Well North Yorkshire

Living Well is short term support to help people to become sustainably independent. The Living Well Coordinator will work with you to understand your goals and what you would like to change or improve in your life. Living Well work with people who are feeling lonely and isolated, are struggling with their confidence, are bereaved and need help both emotionally and practically to manage their lives. They can help with practical tasks, sign posting to relevant agencies etc. Have a look on the website to find out more.

Tel: [01609 780780](tel:01609780780)

Website: <https://www.northyorks.gov.uk/living-well-north-yorkshire>

St. Leonard's Hospice

St. Leonard's Hospice have a range of help sheets on topics such as bereavement, isolation & loneliness, coping with grief and funerals.

Tel: [01904 777 772](tel:01904777772)

Website: <https://stleonardshospice.org.uk/>

ACAS

Find out your rights to leave and pay when someone close to you passes away.

Website: <https://www.acas.org.uk/time-off-for-bereavement>

LONELINESS & ISOLATION

Ryedale Community Support Organisation

The CSO provide a befriending service consisting of regular telephone contact, as well as general COVID-19 support.

Tel: [07922 421326](tel:07922421326) Email: communities@carersplus.net

Next Steps Mental Health Resource Centre

Next Steps help to reduce loneliness and isolation by hosting several peer support groups and a community café!

Tel: [01653 690 854](tel:01653690854) Email: post@nextstepsryedale.co.uk

Website: <https://www.nextstepsryedale.co.uk/>

Living Well North Yorkshire

Living Well is short term support to help people to become sustainably independent. The Living Well Coordinator will work with you to understand your goals and what you would like to change or improve in your life. Living Well work with people who are feeling lonely and isolated, are struggling with their confidence, are bereaved and need help both emotionally and practically to manage their lives. They can help with practical tasks, sign posting to relevant agencies etc. Have a look on the website to find out more.

Tel: [01609 780780](tel:01609780780)

Website: <https://www.northyorks.gov.uk/living-well-north-yorkshire>

Ryedale Carers Support

Ryedale Carers Support provide support for those experiencing loneliness and isolation as a result of bereavement or illness.

Tel: [01751 432288](tel:01751432288) Email: enquiries@ryedalecarers.org.uk

Website: <http://www.ryedalecarers.org.uk/>

Community First Yorkshire

CFY initiated the Loneliness Campaign to raise awareness of the many activities provided by voluntary and community organisations across North Yorkshire, in turn creating a number of campaigns and resources to enable people to take simple actions to tackle loneliness in their own lives and in their communities. As part of the campaign, Community First Yorkshire have developed 'Be Social, Be Well' - a North Yorkshire wide, all ages strategy for tackling loneliness.

Website: <https://communityfirstyorkshire.org.uk/projects/tlc-north-yorkshire/>

MENTAL HEALTH AT WORK

GENERAL SUPPORT

If you are feeling down at work, it is a great idea to speak to your colleagues – you never know, they may feel the same way! Most organisations have a HR department with a wellbeing advocate who can also help in such circumstances. Furthermore, your manager has an obligation to make time for colleagues who would like to speak about such issues.

FRONTLINE HEALTH, CARE, EMERGENCY, EDUCATION & KEY WORKERS

Our Frontline

‘Our Frontline’ is a partnership between Shout, Samaritans, Mind, Hospice UK and The Royal Foundation of the Duke and Duchess of Cambridge. They offer round-the-clock one-to-one support, by call or text, from trained volunteers, plus resources, tips and ideas to look after your mental health.

Website: <https://www.mentalhealthatwork.org.uk/ourfrontline/>

Samaritans Wellbeing support-line

Samaritans have launched a new, confidential support line for health and social care workers and volunteers based in England and Wales. All calls are answered by trained Samaritans volunteers, who provide confidential, non-judgmental support.

Tel: [0800 069 6222](tel:08000696222)

Website: <https://www.samaritans.org/how-we-can-help/health-and-care>

SUPPORT FOR CARERS

Carers Plus Yorkshire

For the last 25 years, Scarborough & Ryedale Carers Resource and Hambleton and Richmondshire Carers Centre have been providing unpaid carers across their respective areas, with the highest quality information, advice and support services.

Tel: [01723 850155](tel:01723850155) Email: admin@carersplus.net

Website: <https://www.carersplus.net/>

Ryedale Carers Support

Ryedale Carers Support is a local voluntary organisation and registered charity that provides practical and emotional help for carers, the people they care for and older people living on their own.

Tel: [01751 432288](tel:01751432288) Email: enquiries@ryedalecarers.org.uk

Website: <http://www.ryedalecarers.org.uk/>

Carers UK

As the UK's only national membership charity for carers, Carers UK is both a supportive community and a movement for change. Its website literally covers everything there is to

know about caring, with factsheets, online forums, info on assessments and financial support to name a few.

Tel: [020 7378 4999](tel:02073784999) Email: info@carersuk.org

Website: <https://www.carersuk.org/>

EMPLOYERS & MANAGEMENT

It can be hard to tell if someone is struggling with their mental health. Therefore, it is a good idea to take notice of the behaviour of your colleagues, especially if someone is behaving in a way that is not normal for them. The Health and Safety Executive has produced a 'Talking Toolkit' – a guide on how to talk to employees about their mental health.

Website: <https://www.hse.gov.uk/stress/assets/docs/stress-talking-toolkit.pdf>

ACTIVITIES TO BOOST YOUR MENTAL HEALTH

EXERCISE & THE GREAT OUTDOORS

Places to Visit

North Yorkshire and Ryedale are home to some of the most beautiful scenery the UK has to offer. Check out the websites below for locations you need to see:

- Ryedale District Council: <https://www.ryedale.gov.uk/discover-ryedale/>
- North York Moors: <https://www.northyorkmoors.org.uk/visiting/see-and-do>
- Howardian Hills: <http://www.howardianhills.org.uk/out-and-about/places-to-visit/>

Walking

Whilst walking is a great form of cardiovascular exercise, perhaps its greatest benefit is the positive impact it can have on your mental health. Below are some links for walking routes, challenges, and even groups:

- Ryedale District Council: <https://www.alltrails.com/lists/ryedale-district-council-walks>
- Howardian Hills: <http://www.howardianhills.org.uk/out-and-about/walking/>
- World Walking Challenges: <https://worldwalking.org/>
- Ryedale Walking Group: <https://ryedalewalking.org.uk/>

Running

If you crave something more challenging than walking, running may be the activity for you. It doesn't matter if you've never run before... there are programmes out there for people of all abilities.

Getting started

- NHS Couch to 5K: <https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>
- NHS life after Couch to 5k: <https://www.nhs.uk/live-well/exercise/couch-to-5k-what-next/>

Running events

- Dalby Forest Park Run: <https://www.parkrun.org.uk/dalbyforest/>
- Castle Howard Park Run: <https://www.parkrun.org.uk/castlehoward/>
- Virtual Running challenges: <https://www.raceatyourpace.co.uk/>
- North York Moors running events: <https://www.northyorkmoors.org.uk/visiting/enjoy-outdoors/fell-and-road-running>

Running Clubs

- Pickering Running Club: <https://www.pickeringrunningclub.co.uk/home>
- North York Moors Running Club: <https://www.nym.ac/>
- Malton Running Club: <https://www.facebook.com/Malton-Running-Club-1378738332376237/>

Cycling

Cycling is often viewed as a happy medium between walking and running, allowing participants to slowly increase their level of activity without it being too intensifying. As most people can cycle further than they can walk or run, it is a great way of taking in a lot of the scenery Ryedale has to offer. The following websites have some excellent cycling routes:

- Howardian Hills: <http://www.howardianhills.org.uk/out-and-about/cycling/>
- Dalby Forest: <https://www.forestryengland.uk/dalby-forest>
- North York Moors: <https://www.northyorkmoors.org.uk/visiting/enjoy-outdoors/cycling>

Exercise at Home/ light exercise

If you'd prefer to exercise in the comfort of your home, check out the websites below:

- NHS gym free exercises: <https://www.nhs.uk/live-well/exercise/gym-free-exercises/>
- Joe Wicks, The Body Coach: <https://www.thebodycoach.com/>
- Headspace Meditation: <https://www.headspace.com/covid-19>
- The Balance Rooms (Pickering): <https://www.thebalancerooms.co.uk/>

HOBBIES

Reading

We all know the endless benefits of reading, such as improved cognitive ability, reduced stress, and sleep readiness. In and around Ryedale there are several libraries with a vast array of books. They also provide an online service. Check them out below:

- Malton Library: <https://www.northyorks.gov.uk/malton-library>
- Norton Hive Library: <https://www.northyorks.gov.uk/norton-hive-and-community-hub>
- Pickering Library: <https://www.northyorks.gov.uk/pickering-library>
- Helmsley Library: <https://www.northyorks.gov.uk/helmsley-community-library>

NYCC Adult Learning and Skills Service

NYCC Adult Learning and Skills Service have a range of courses (some free) that can be completed online.

Website: <https://ebsontrackprospect.northyorks.gov.uk/page/findcourse>

Other hobbies

Below are some other useful websites:

- BBC Good Food recipes: <https://www.bbcgoodfood.com/>
- Knitting for charity: <https://www.ukhandknitting.com/knitting-for-charity>
- BBC gardening guide: <http://www.bbc.co.uk/gardening/basics/techniques/>

COMMUNITY GROUPS

Musical Memories

Musical Memories is a social enterprise providing fun social singing sessions for older people in rural communities in North Yorkshire. Every Tuesday, Wednesday and Thursday at 11.00

am they will be singing a couple of songs and having a chat with you and if you have access to a computer, laptop, and smartphone or tablet you'll be able to join.

Tel: [07527 006402](tel:07527006402) Email: neil@musicalmemoriescic.org.uk

Website: <https://www.musicalmemoriescic.org.uk/>

Ryedale Voices

Ryedale Voices is a choir run by Alison Davis of Harmonia and conducted by Richard Kay, Musical Director of the Sound Fellows from York. Their sessions are a great way of meeting new people and avoiding isolation. For more info please contact Alison:

Tel: [07789 695165](tel:07789695165) Email: alisondavis1@hotmail.co.uk

Website: <https://www.facebook.com/choir2019>

Next Steps Mental Health Resource Centre

Next Steps host a range of therapeutic activities around Ryedale, although primarily from their resource centre and community café in Norton on Derwent, Malton. The centre provides a hub of information, advice and guidance, opportunities to socialise or just to relax in a safe, supportive environment. Below are some of the groups and activities:

- Evening Social Groups
- Art Group
- Men in Sheds
- Walking Group
- Music Therapy
- Craft Groups
- Gardening
- Healthy Eating and Cookery Skills

Tel: [01653 690 854](tel:01653690854) Email: post@nextstepsryedale.co.uk

Website: <https://www.nextstepsryedale.co.uk/>

North Yorkshire Music Therapy Centre

NYMTC run music and music therapy sessions, events and workshops across North Yorkshire to promote well-being. At the moment they are running several group sessions in Ryedale:

- Jiggly Bells - music sessions for 0-5
- Beats 'n' Bobs - inclusive music sessions for families
- Thula Mama - choir for mums and babies
- Sing and Sign Maestros - inclusive choir
- Musical Meetings - music sessions for elderly and carers

NYMTC are happy to take referrals from doctors, other health professionals, teachers and self-referrals. To make a referral for music therapy, please complete one of their online forms. Once they've received your referral form they will get in touch to discuss your needs in more detail and arrange an introductory session.

Email: enquiries@music-therapy.org.uk Tel: [01653 628725](tel:01653628725)

Website: <https://www.music-therapy.org.uk/>

Scarborough Survivors

Scarborough Survivors is a registered charity and mental health & wellbeing hub, supporting the Borough of Scarborough. Anyone aged 16 and over is welcome to call into their Community Café for social contact, activities and mental health support.

Tel: [01723 500222](tel:01723500222) Email: survivors.office@btconnect.com

Website: <https://scarboroughsurvivors.org.uk/>



Ryedale
Community
Connect

Website:

www.ryedale-community-connect.com

Email:

communityconnect@ryedale.gov.uk