



Community Initiatives Update 2023

Website: <https://www.ryedale-community-connect.com>

Contact: communityconnect@ryedale.gov.uk

Advocacy Alliance

Advocacy Alliance provides free, independent, and confidential advocacy support to adults in Ryedale, Scarborough, Whitby and Filey. Advocacy is:

- taking action to help people say what they want.
- enabling them to explore choices and make informed decisions.
- securing their rights.
- representing their interests.
- assisting them to obtain the services they need.

Advocacy Alliance holds the National Advocacy Quality Performance Mark – recognising that the advocacy it provides is of a high standard and adheres to all national advocacy quality standards and the key advocacy principles. We offer a number of volunteering opportunities ranging from volunteer advocate, volunteer trustee, marketing and social media volunteers. The Alliance also works in partnership to deliver a Social Prescribing Service to three Primary Care Networks.

Key updates for 2023:

- We have secured funding from the Henry Smith Charity to offer independent non-statutory advocacy to people with a learning disability and/or autism.
- We recruit and train members of the local community to act as volunteer advocates, supporting others in their community to secure their rights.
- Advocacy Alliance is working with other voluntary sector organisations to develop a Community Collective – helping gather the views of local people and drive change in services.

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

Tel: [01723 363910](tel:01723363910)

Email: office@advocacyallianceyorkshire.org.uk

Age UK North Yorkshire Coast and Moors

We provide a wide range of services to people aged over 50. Living well over 50 is our aim.

Things we run in the Ryedale area include:

- We have an information and Advice service that can provide advice on benefits, energy advice and income maximization to over 50s. We can come to your home or a local venue. This service is free to clients. We will be running a series of outreach sessions in the summer in rural Ryedale.
- We run “Get Moving” sessions in association with North Yorkshire Sport for people who have had trouble getting mobile, with a course of one to one sessions with people from our personal trainers. The service is free to the client.
- We offer an affordable will writing and lasting power of attorney service.
- We will be shortly launching a walking group in Malton/Norton, which will be free.
- We are about to have a handyman service to get those little jobs done at a reasonable price.
- We have a social prescribing service across the surgeries of North Riding PCN to help people set up an action plan to help themselves as an alternative to medication. The service is free and referrals are usually through your GP surgery.
- We run a bereavement support group in East Ayton Lodge, which is free.

- We have a Knit and Natter group that meet every Tuesday 10am till 12pm at The Old Lodge in Malton £3.35 per session.

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

Tel: [01723 379058](tel:01723379058)

Email: enquiries@ageuknycm.org.uk

AHH Studio Collective CIC

AHH (Art Happens Here) Studio Collective is a Malton based Community Interest Company providing affordable artist studios, opportunities and creative engagement for all ages and abilities.

Activities include:

- Art Library, open to all, 12 - 3pm on the first Friday of each month
- Creative workshops and courses, for a variety of groups and individuals, including:
 - printmaking, fashion & textiles, drawing, painting, yoga/draw, ceramics, drop-in activities
 - Outreach projects in a variety of settings including schools, libraries, workplace, further/higher education, the forest and moors
 - Ongoing artist residencies
 - Open studio events
 - Exhibitions and screenings
 - Creative forums
 - Annual MA Public History placement, in collaboration with the University of York
 - Annual residency graduate award, in collaboration with York St John University

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

Email: ahhstudiocollective@gmail.com

Carers Plus Yorkshire

Carers Plus Yorkshire provide unpaid carers with the highest quality information, advice and support services. They also deliver a range of services to reduce loneliness and isolation and support the most vulnerable residents.

Key updates for 2023:

- Continue to be the Community Support Organisation in Ryedale until March 2023
- The My Neighbourhood service which supports people with loneliness and isolation will change going forward. A modified service will continue under "Our Neighbourhood" from 1st April – contact us for more information
- Carers Plus are working with partners under the Community Mental Health Transformation Programme to improve access to services. This will involve working directly with GP surgeries and patients. As part of this Carers Plus are delivering the Bright Spark Community Grant Fund across South Hambleton & Ryedale Primary Care Network – contact for more information
- The Home from Hospital Service will resume throughout 2023 providing support to adults when they return home from hospital
- There are a range of NHS volunteering roles available - please contact for more info

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

Tel: [01723 850155](tel:01723850155)

Email: admin@carersplus.net

Citizens Advice North Yorkshire

We provide free, confidential, and impartial information and advice on a range of issues including money, benefits, housing and employment, and campaign on big issues affecting people's lives. Our goal is to help everyone find a way forward, whatever problem they face. We're an independent charity and part of the Citizens Advice network across England and Wales.

Key updates for 2023:

- In 2023 our name will change to North Yorkshire Citizens Advice and Law Centre. We gained Law Centre accreditation in December 2022. Our Law Centre provides specialist advice on issues including housing, immigration, discrimination and family law.
- We continue to offer specialist advice on welfare rights, debt and energy issues.
- We can also help people in crisis access emergency funds, for example food and fuel vouchers.
- Opening times and contact numbers can be found on our website:
 - Drop-in sessions at Stanley Harrison House Wednesdays and Thursdays 10.00 – 12.30 and at Ryedale House Tuesdays 9.30 – 12.30
 - Pomoc sessions (Eastern European) at Ryedale House Mondays 10.00 – 1.00
 - Our Advice Van visits locations across Ryedale including Kirkbymoorside, Helmsley and Pickering
 - Warm & Well in North Yorkshire (for any issues related to energy and cold homes) 01609 767555

Website: <https://www.cany.org.uk/> Tel: [0808 278 7900](tel:08082787900)

Community First Yorkshire

We are an influential, regional body that works with voluntary and community organisations, social enterprises, and rural communities across North, South and West Yorkshire.

Key updates for 2023:

- We are consulting in Scarborough, Whitby, Selby, and Ryedale mapping community assets to understand how they can be made more accessible.
- A Festival of Volunteering has been announced to mark King Charles coronation. The Big Help Out will take place 8 May 2023
- CFY have some upcoming training which may be of use:
 - 22 Feb 2023 - Introduction to Crowdfunding
 - 9 Mar 2023 - National Lottery Awards for All Bitesize Funding workshop.
 - Book via: [Training & Events - Community Support North Yorkshire \(communitysupportny.org.uk\)](https://communitysupportny.org.uk)

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

Tel: [01904 704177](tel:01904704177) Email: info@communityfirstyorkshire.org.uk

Community Counselling

Community Counselling is an independent charity based in Malton. We provide a range of counselling services to people living in Ryedale and Scarborough Borough Districts and across North Yorkshire. Our aims are simple:

- Provide counselling and other therapeutic interventions for people living in Ryedale, Scarborough and Whitby.
- Provide education and training for counsellors and trainees.
- Work with the local community to address mental health concerns.

Most of our services are free thanks to the support of our funders and commissioners. See our website for the full range of services and an online referral form.

Key updates for 2023:

- Increase in capacity of our free brief counselling service including online and telephone counselling.
- Partnership with Survive to offer practical support to survivors of rape and sexual abuse in Ryedale and Scarborough Borough Districts (in addition to counselling).
- Domestic and sexual abuse counselling service for adult survivors.
- Thrive mental health app to support older children and their families as well as adult clients before, during or after their counselling as appropriate.

Website: www.community-counselling.org.uk

Tel: [01653 690124](tel:01653690124)

Email: info@community-counselling.org.uk

Dementia Forward

We provide support, advice and wellbeing activities for people living with dementia and their families and carers. Our Helpline is open Monday to Friday, 9am to 4pm, on 03300 578592. The experienced team are available to take referrals (self-referrals and professional referrals welcomed), provide emotional support, connect you with a local dementia support advisor and signpost you to appropriate services. The team can also offer dementia education for businesses and community groups - please contact us to find out more.

Key updates for 2023:

- Friends Together Friday Wellbeing Cafe at Middleton & Aislaby Village Hall (Middleton YO18 8PB), every Friday from 1pm to 3pm. £3 per person.
- Pleased to have provided support to North Yorkshire Music Therapy Centre as they launch their Sunshine Singers group.
- U & Me Campaign launched, working to raise awareness and create positive change for people living with young onset dementia. Visit www.youngonsetdementia.org.uk to find out more.

Website: www.dementiaforward.org.uk

Tel: [03300 578592](tel:03300578592)

Email: info@dementiaforward.org.uk

Encephalitis Society

Encephalitis is an inflammation of the brain. It is caused either by an infection invading the brain (infectious encephalitis) or through the immune system attacking the brain in error (post-infectious or autoimmune encephalitis). Anyone at any age can get encephalitis. There are up to 6,000 cases in the UK each year and potentially hundreds of thousands worldwide. In the USA there were approximately 250,000 patients admitted to hospital with a diagnosis of encephalitis in the last decade.

Based in Malton the international organisation the Encephalitis Society mission is to build better futures by driving research, accelerating awareness, and saving lives. See the presentation provided at the Ryedale Community Connect meeting on 25th January 2023.

Key updates for 2023:

- International Encephalitis Awareness Day 22nd February – get involved here [World Encephalitis Day](#)

Website: <https://www.encephalitis.info/>

Email: calum@encephalitis.info

Tel: [+44 \(0\)1653 699599](tel:+44(0)1653699599)

Future Intentions North Yorkshire

Here at Future Intentions Yorkshire, we are proud to be exclusively founded, led and managed by a team of women championing change for other like-minded women struggling to return to work after a break. We advocate as a voice for you with other individuals, employers, funders and commissioners and work with women across Yorkshire to step forward into self-advocacy. We deliver our message from our own lived experiences and help women get into the driving seat of their lives.

Key updates for 2023:

- Looking to launch a new project at the end of Feb 23 called Ryedale Returns. This will be a 16 week pilot taking place at St. Leonards Community Centre on Old Maltongate focusing on supporting women back into employment
- Future Intentions work with Independent Domestic Abuse Services (IDAS) and Improving Access to Psychological Therapies (IAPT) to host a range of sessions. We are hoping to launch a new business network and peer support groups in 2023

Website:	https://futureintentionsyorkshire.org.uk/	Tel:	07495 731958
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Kirkham Henry Performing Arts CIC

Kirkham Henry host a range of adult classes:

- Dancing for the Blind and Visually Impaired (followed by refreshments) - Mondays 11:45am - 12:45pm
- Dancing for Parkinson's, Dementia, Neurological and Limited Mobility (followed by refreshments) - 1:30 - 2:30pm
- Adult Tap Classes - Monday 2-3pm & 7-8pm
- Adult Ballet Classes - Tuesday 7-8pm
- Silver Swans Ballet (55+) - Wednesday 2:30-3:30pm
- Golden Gliders Dance Exercise - Tuesday 10-11am & 11am-12pm.

Key updates for 2023:

- Miss Angela has been invited to the World Parkinson's Congress in Barcelona July 4 – 7, 2023
- Kirkham Henry have been invited to take part in Expressions Inclusive Dance Festival in Leeds on Wednesday 12 & Thursday 13 July 2023
- Kirkham Henry are seeking funding for extensive building work

Website:	https://www.kirkhamhenry.co.uk/		
Tel:	01653 693310	Email:	info@kirkhamhenry.co.uk

Library of Things: Malton and Norton

LOT M&N provides a place where local people can borrow things - like a library, but for normal household items intended for home and domestic use. Borrowing is an alternative to owning more things. By borrowing we:

- reduce the impact on our planet and reduce the clutter in our own homes
- give us access to things that may be too costly to buy, too bulky to store or only needed occasionally
- share the cost of things across our community

The LOT also needs donations of things to lend - tools, toys, camping and sports equipment, crafts, etc. Send us an email to arrange drop-off or come by Thursdays from 5-7pm to drop off items.

If you have an idea of an item you would like to borrow that is not currently on our site, please email us and we will see what we can do!

The things available for lending may be new or recycled. LOT M&N will provide a basic check to ensure the item seems to be in a safe working condition. The item is expected to be returned in the same condition and the borrower is expected to respect the thing they have borrowed and only use it for its intended use. The use of items will be at the borrower's own risk. LOT M&N cannot be responsible for any damage or injury that may occur.

Key updates for 2023:

- Launch Thursday 2nd March 5-7pm The Baptist Hall Wells Lane Malton – All welcome. Thereafter weekly same time same place.
- Volunteer opportunities for wider ranging roles – please get in touch to find out more if interested

Website:	Library of Things Malton & Norton (lend-engine.com)	Email:	libraryofthingsmn@gmail.com
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Living Well

Living Well Coordinators work with you to find ways to avoid being isolated, to take steps to improve your health and to discover opportunities to develop more interests. They provide help with practical and emotional issues. This is a free, time limited service for those people who are eligible.

Who can they help?

- People who are bereaved or have lost a support network.
- People who have had a recent loss of confidence.
- People who are lonely or social isolated.
- People who need help with finding information, advice and guidance.
- People who need support with employment.
- They cannot help people who have had a social care assessment and have ongoing care and support needs.
- They help adults who need a little extra help to overcome some of life's challenges and changes; people who have a caring role, who are frail or physically disabled, people with a learning disability or autism, people with mental health problems or sensory impairments

What can you expect?

- A Living Well Coordinator will Contact you within 5 days to talk to you and find out more about what support is required.
- Arrange to visit you at a place of your choice.
- Spend time with you on a one-to-one basis to help you to think about areas of your life that you would like to change.
- Work alongside you and listen to what help you may need.
- Support you to make simple changes to manage your health and stay well.
- Support you to make a plan of what you need to do to make those changes and help you to achieve your goals in an agreed time frame.

Website:	https://www.northyorks.gov.uk/living-well-north-yorkshire
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Tel:	01609 780780 option 2 for HAS	Email:	Living.Well@northyorks.gov.uk
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Malton & Norton Rotary Club

As part of The Rotary International Club of Great Britain and Ireland (RIBI), we are involved in fundraising events and planning community activities to support local groups, individuals, families, schools, charities and deserving causes, whilst enjoying social events and good company and very occasionally falling in the River Derwent.

Key updates for 2023:

In September 2019 we hosted the Involve Event in the Milton Rooms for local organisations to showcase their services to the public. We are looking at re-hosting this event of Saturday 22 April 2023 in the Milton Rooms. Places will be allocated on a first come first serve basis, however priority will be given to non-for-profit organisations.

Website: <https://www.rotary-ribi.org/clubs/homepage.php?ClubID=220>

Email: bob@nybep.org.uk

Malton Free Fridge

Malton free Fridge is in its temporary home at the Baptist Chapel Hall Wells Lane Malton. We collect waste food to be handed out free to all visitors. Saving waste and feeding people. Anyone welcome.

We are open:

Monday, Wednesday, Saturday: 10am till food runs out, usually around 1130

Key updates for 2023:

- We now have a warm space where people can stay and chat, we have an information hub and monthly outreach in partnership with local Police and Town Council all as part of the offer.

Website: [Malton Free Fridge | Malton | Facebook](#)

Email: ryedalefreefridge@gmail.com

Mindful Photography UK

Mindful Photography is a process which engages the senses and encourages photographers of all abilities to take notice, slow down and think how they want to present their photographic image. Rebecca engages with a diverse range of client groups; those with a learning or physical disability, those who have engaged in the criminal justice system, participants who have experienced mental health difficulty or forms of abuse and busy families wanting to increase their activity levels and improve well-being.

Key updates for 2023:

- Recently received funding from Community Mental Health Transformation via Stronger Communities to further extend the services and continue to link up with local partners such as Next Steps.
- Rebecca will be running sessions for 12 weeks in collaboration with Next Steps

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

Tel: [07709 325 823](tel:07709325823)

Email: rebecca@mindfulphotography.org.uk

Musical Memories

Musical Memories is a not for profit organisation established in 2016 with the aim of beating loneliness and isolation by bringing people together through their love of vintage songs. Our mission is – Ending Loneliness Creating Happiness. Over the last 3 years our service has been delivered online (www.facebook.com/MMCIC) but in 2023 we are returning to live sessions and you can find us at **The Hungate Centre in Pickering** where there is free parking and good disabled access.

- **‘Coffee, Cake and Conversation’**

First Thursday of every month 10.30 – 12.00.

We will be singing lots of lovely songs from every era, chatting and eating cake. Ruth and Neil provide live music (piano and guitar) and songs specially arranged for older voices making this a lovely occasion to get together sing and reminisce!

- **'Winter Warmers with Musical Memories'**

November – April

A new lunch club will be coming to the Hungate Centre. Open from 11.00 – 3.00 for lunch, coffee, songs and music and great company. Funded through the National Lottery with more information coming up soon...

Website:	https://www.musicalmemoriescic.org.uk		
Tel:	07527 006402	Email:	ruth@musicalmemoriescic.org.uk

Next Steps Mental Health Resource Centre

Next Steps Well-being Centre supports people with mental health problems, well-being issues and preventing isolation and loneliness in Ryedale, North Yorkshire, by providing a drop-in centre, activities and outreach groups Kirkbymoorside/Pickering and pop ups throughout Ryedale.

Key updates for 2023:

- Launching a new outdoor therapeutic course in collaboration with Carers Plus Yorkshire and Ryedale Carers Support. The 2 x 12-week courses will take place on an allotment!
- A new Community Health Collaborator will be working in the various Community One Stop Hubs to deliver health related courses. Ryedale Charities Together have also acquired a bus to transport people to the One Stops.
- Over 600 free hot meals are available for those in need at Next Steps café in Norton, as well as the hubs in Pickering, Kirkbymoorside and Helmsley.

Website:	https://www.nextstepsryedale.co.uk/		
Tel:	01653 690 854	Email:	post@nextstepsryedale.co.uk

North Riding Primary Care Network

The PCN is made up of four practices including:

- Sherburn & Rillington Practice
- Ampleforth and Hovingham Surgeries
- Ayton and Snainton Medical Practice
- Derwent Practice, Norton

Key updates for 2023:

- Recently recruited 2 additional First Contact Mental Health Workers to work across the 4 Ryedale practices
- The PCN also has 2 Social Prescribing Link Workers and a Wellbeing Worker providing low level support
- The Care Coordinator works in GP practices to arrange care for patients and link in with voluntary sector organisations who provide services
- The PCN has a new sports & exercise service to support people wanting to get active

Website:	https://northyorkshireccg.nhs.uk/about/member-gp-practices/primary-care-networks/		
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North Yorkshire Horizons

North Yorkshire Horizons is a drug and alcohol recovery service provided, on behalf of North Yorkshire County Council.

North Yorkshire Horizons is a partnership of by [Humankind](#), [Changing Lives](#) and [Spectrum CIC](#). Our aim is to help as many people as possible to recover from and be free from drug and alcohol dependency. We want to reduce the harm that is caused to individuals, families, and communities. We offer access to experienced and professional teams who work with you on your journey to recovery from drugs and/or alcohol.

When you join the service, you will be allocated a key worker who will support you throughout your treatment and help you develop a Recovery Plan, that's built around you and your circumstances.

There are lots of different options in your community, such as:

- SMART Groups
- AA/NA/CA
- Community Hubs
- Breakfast Clubs
- Recovery Cafés
- Health and Well-being
- Recovery Check in/out
- Therapeutic Groups
- Walking/Running Groups

You can ask your worker about groups in your area.

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

Tel: [01723 330 730](tel:01723330730)

Email: info@nyhorizons.org.uk

North York Moors National Park Trust

The Trust focuses on a range of activities including those that aim to conserve the North York Moors threatened and vulnerable plants and wildlife as well as preserve and promote local arts, skills, crafts and traditions. Through its work the Trust seeks to protect the landscape of the Moors as well as its heritage alongside promoting access for all in the North York Moors National Park area.

Key updates for 2023:

- The Trust is currently rolling out a project with the National Lottery Heritage fund on conservation and protecting species of birds.
- A new art strategy is being developed encouraging local artists to engage with North Yorks Moors landscape
- The Health and Wellbeing strategy will be further developed to encourage people to connect with nature as a means of improving health and wellbeing
- The National Park will launch its new website in April 23 with a dedicated community news section

Website: <https://www.northyorkmoorstrust.uk/>

Tel: [01439 772700](tel:01439772700)

Email: enquiries@northyorkmoorstrust.uk

North Yorkshire Music Therapy Centre

The North Yorkshire Music Therapy Centre aims to play a growing role in the life and well-being of the community through its work with individuals and groups, and to provide the local area with a significant resource.

We provide music therapy and group music sessions both in our own premises and across the region. Our Centre, the Byre, provides a calm welcoming space where people can meet in a safe environment, experience the power of music and, through exploration and self-expression, encourage people to achieve their own personal goals. We have several new groups starting and would love to welcome you.

Key updates for 2023:

- We will continue to offer a range of individual and group classes - please check website for more information or call/email:
 - **The Sunshine Singers** – a dementia friendly singing group. Free, weekly sessions on a Wednesday morning between 10am-12pm at The Byre, Wath Court. Hovingham YO62 4NN (Starting 8th March)
 - **Groove and Grow** - Free, weekly inclusive sessions for children aged 0-4 and their parents/carers. 16 weekly sessions on Monday mornings between 10.30-11.15am at Spark: York CIC. YO1 9PB. (Starting 27th February). Term time only.
 - **Songmates** – an inclusive singing group to support well-being and mental health. Free weekly sessions at Next Steps, 7 Church Street, Norton. Starts at 10.30am every Friday.
 - **Beat it!** – drumming sessions for men’s mental health. Free, fortnightly sessions. Thursday mornings at The Byre, Hovingham. 10.30am.

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

Tel: [01653 628725](tel:01653628725)

Email: enquiries@music-therapy.org.uk

NYCC Service Development (Health & Adult Social Care)

Working with providers on the new NYCC Community Based Support Approved Provider List & supporting adults with an assessed, eligible care need to access day services and opportunities. Happy to hear from anyone who might be able to support adults in receipt of social care, or on the cusp of care - and who isn't necessarily well known to our Social Work Teams.

Key updates for 2023:

- NYCC Health and Adult Social Care has secured pilot funding to trial a new initiative called Care Rooms across Ryedale. The service works by transforming people’s spare rooms into secure spaces for hospital patients ('Guests') who are discharged into the individual’s ('Hosts') home. CareRooms also acts as a respite option for those wanting to stay in a more family environment. CareRooms are a CQC registered service and are able to train the Hosts as personal carers.

Email: adam.gray@northyorks.gov.uk

Pickering Youth Group

Pickering Youth Group (PYG) established itself in early 2022 through a group of volunteers determined to give Pickering some form of youth provision. It secured funding and started with a Youth group meeting every week during the summer holidays, due to it's success it now has about 30 regulars that attend every week. It is for youths ages 11 to 16 and meets at the Memorial Hall Pickering on a Monday evening from 7pm to 8.30pm. It is a safe drop in for youths to hang out and generally meet new friends, the ethos is for the older youths to run the group nights (even the tuck shop) so the younger ones can take on the responsibility when the older ones move on.

Email:	pickeringyouthgroup@gmail.com	Facebook:	@PickeringYouthGroup
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Rillington Free Fridge

Rillington Free Fridge meet on Thursday 10:30 -12:00 in St Andrews Church Rooms, High Street, Rillington. Our aim is to share surplus produce from retailers to avoid it going to landfill. We also serve tea and coffee. Everyone is welcome

Facebook: [@RillingtonFreeFridge](https://www.facebook.com/RillingtonFreeFridge)

Tel: [07922060119](tel:07922060119)

Email

rillingtonfreefridge@gmail.com

Ryedale Carers Support

Ryedale Carers Support provides practical and emotional support for adult carers, the people they care for and individuals who are lonely and isolated because of bereavement or illness. We do this by delivering the following services:

- A sitting service to support carers – volunteers sit with the person being cared for to give the carer a break
- ‘Our Neighbourhood’ befriending service – Our volunteers visit and become a friend to those who have become isolated by bereavement or illness
- A quarterly newsletter for volunteers
- Some monthly activities:
 - Walking Group – a 5-6 mile walk for the more able
 - Carers Support Group – carers can meet informally and provide informal support for each other
- Online meetings:
 - Singalong – live musicians entertain online
 - 2 Virtual walks – lead by volunteer rangers from the North Yorkshire Moors National Park

Website: www.ryedalecarers.org.uk

Tel: [01751 432288](tel:01751432288)

Email:

enquiries@ryedalecarers.org.uk

Ryedale Community Foodbank

RCF opened fully in April 2022. We are an independent, entirely voluntary organisation serving people in need of emergency food across Ryedale. We have three Foodbank Centres

Howe Road, Norton Open on Wednesdays 10-12 noon and Fridays 1-3pm.

Our Pickering branch is at the Hungate Centre Open from 4-6pm on Thursdays

Our Kirkbymoorside branch is at the Methodist Church Schoolroom, Piercy End Open from 9.30-11.30am on Thursdays.

We work with approximately 30 professional organisations who assess client need and then issue our Food Vouchers or make e-referrals. Clients can either visit one of our centres in person to collect their food or a delivery can be requested if they are unable to do so.

Key updates for 2023:

- To develop links with more Partner Agencies.
- To increase the expertise of our volunteers through further face-to-face training.

- To use our Monthly Statistics to identify hard to reach groups eg the over 65s and find ways to increase their awareness of our service.

Website:	www.ryedalecommunityfoodbank.co.uk		
Tel:	01653 228118	Email:	general@ryedalecommunityfoodbank.co.uk

Ryedale District Council Community Team

Community Team members act as our local representatives on the ground. They provide a link between the Council, the community, Elected Members, Town and Parish Councils and partner agencies to improve neighbourhoods and swiftly address issues that impact on citizens' quality of life.

Key updates for 2023:

- The Rural Community Grant Scheme recently closed with £160,000 awarded to parish councils and community groups. A total of 85 applications were received over two rounds. Key themes for projects included:
 - Streetlight conversion to LED
 - Defibrillators
 - Improving village hall facilities
 - Village upkeep
 - Community support initiatives
 - Crime prevention
- The team are looking to undertake a range of community engagement initiatives in schools and localities across the District in collaboration with key partners.

Website:	https://www.ryedale.gov.uk/information/community/policing/		
Tel:	01653 600666	Email:	communityteam@ryedale.gov.uk

Ryedale Libraries

There are 42 libraries in North Yorkshire providing free books and internet access to everyone. You can also find out about what is happening in your local community and access information to help you on a day-to-day basis. Libraries also have free events and provide support for those who might find it difficult to use digital services. The libraries in Ryedale are at Helmsley, Kirkbymoorside, Malton, Norton, and Pickering. The Supermobile also visits Hovingham and Weaverthorpe.

To find out what's happening at your local library please look at individual library Facebook pages or contact Annette Mircic Annette.mircic@northyorks.gov.uk or Fiona Diaper Fiona.diaper@northyorks.gov.uk

Please note Malton library is closed from 13 February until 20 March 2023 to have its heating system replaced.

Key updates for 2023

New initiatives this year include:

- Launch of Stimkits - sensory resources to help create a friendly environment in the library for young people who are on the autism spectrum.
- Application for Libraries of Sanctuary status. An initiative to recognise the good practice of libraries which welcome people seeking sanctuary and other new arrivals into their community and seek to foster a culture of welcome and inclusivity

Website:	https://www.northyorks.gov.uk/libraries		
Tel:	01609 534561	Email:	Annette.mircic@northyorks.gov.uk Fiona.diaper@northyorks.gov.uk

Ryedale Nate

Ryedale Nate is a peer-to-peer support group for anyone struggling with poor mental well-being. We are based in central Helmsley but welcome anyone who is in need. We offer support in the form of a drop-in support session offering various activities such as yoga, guided walking, gardening, budgeting skills, benefit advice as well as a listening ear. There will also be tea and cake!

We are able to signpost users to other areas if required. It is our aim to be able to offer users a safe place to have support with likeminded peers. We offer a female only session as well as a male only session.

Key updates for 2023

- Wednesday March 1st 6pm ladies session
- Wednesday March 1st 7pm mens session
- Groups will run fortnightly from March 1st

Tel: [07860646587](tel:07860646587)

Email: ryedalenate@outlook.com

Ryedale Neighbourhood Watch Association

Neighbourhood Watch is a grassroots charitable movement. It is the largest crime prevention voluntary movement in England and Wales and has upwards of 2.3 million members. Schemes are run by volunteers across England and Wales supported by volunteer Associations, and by Neighbourhood Watch Network, the national umbrella organisation for the movement.

Key updates for 2023:

- Looking to take part in various community events and promote community safety initiatives

Website: <http://ryedalenhwa.co.uk/>

Email: peterrfrench@aol.com / ericdunstone@btinternet.com

Ryedale Special Families

Ryedale Special Families supports families of children, young people and young adults with disabilities and additional needs in Ryedale, North Yorkshire. We support children aged from birth up to 25 years with a wide range of physical disabilities, learning disabilities and medical issues, a formal diagnosis is not required to access the service. We offer:

- Family support and family activities
- Social groups for children and young people aged 8 to 25 years.

We are also a registered care provider with North Yorkshire County Council and can offer alternative education support to young people.

Key updates for 2023:

We are undergoing a big project to have a new base in Pickering and aim to start building this year
All other activities continue as normal

We continue to work with Ryedale Charities Together to deliver Community One Stop events throughout Ryedale

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

Tel: [01653 699000](tel:01653699000)

Email: post@ryedalespecialfamilies.org.uk

SASH - Safe and Sound Homes

Safe and Sound Homes (SASH) is a youth homelessness charity that works across York, North and East Yorkshire. Each year we support over 300 young people. We prevent 16—25 year olds from becoming homeless by offering them a room in the home of a host. Our hosts are ordinary people with a spare room, open mind and heart who want to help young people at a time of crisis. Our services are as much about supporting young people to resolve the problems which have led to them facing homelessness as they are about putting a roof over their head.

Key updates for 2023:

- We desperately need more hosts to help us support young people. If you have a spare room, an open mind and heart or know someone else who may be interested please get in touch. We offer dedicated support throughout your hosting journey and a weekly payment when hosting a young person.
- One of our larger campaigns this year will be Sing for SASH, various events around North Yorkshire will be organised. We will be looking for choirs, bands, performers to get involved. Contact Aimee for more information aimee.harding@sash-uk.org.uk.

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

Tel: [03300 562 259](tel:03300562259)

Email: info@sash-uk.org.uk

Scarborough Whitby and Ryedale Mind

SWR Mind are a small team of passion outreach workers, advocates and support staff who work in collaboration with clients, partner agencies etc., to support people to improve their mental health and live a meaningful and rewarding life. We have lived experience of mental illness which drives our ambition to see a community where everyone living with mental ill health experiences compassion, opportunities, support and respect.

Key updates for 2023:

- Side by Side 1-2-1 outreach is now closed in Ryedale
- Mental Health Wellbeing Practitioner role (North Riding PCN) is being discontinued from 1st April
- Long term counselling waiting list is closed
- Children and Young People (aged 11-16) service is close to capacity however people can get in touch to discuss a potential referral at cypservice@swrmind.org.uk

New services:

MindTalks Workshops: Mind Talks Mental Health Workshop's are a series of workshops, led by a lived experience facilitator, bringing people (age 16+) together to learn new coping skills, be proactive about their own wellbeing. The workshops empower sharing of experiences, learning from others and making new connections. They are divided into three distinct phases:

- Introduction to Mental Health: A 6-week course introducing topics (chosen by attendees from menu of 12) such as food/mood and building self-esteem.
- Moving on with Mental Health: A 6-week programme of workshops providing further insight into additional complex issues such as building friendships and keeping safe, and the use of practical coping strategies helping you to move on.
- A Spotlight on: A final 4-week intensive course to dig deeper into a specific topic. Topics may include anger management, dealing with loss and managing as a carer

Get Active: New project to support people with mental health issues to become more active. The service will run a range of tasters in different sports, exercise and activities as well as connecting people to accessible providers. Staff and volunteers in sports, exercise and activity roles will be offered free of charge mental health awareness training designed specifically for activity providers.

Website: www.swrmind.org.uk

Tel: [01723 339 838](tel:01723339838)

Email: info@swrmind.org.uk

Sight Support Ryedale

Sight Support Ryedale is a local, independent charitable Incorporated Organisation (CIO) Providing person centred support to blind and visually impaired people across Ryedale.

Our services give sight impaired people the confidence to maintain an active and independent life. All our activities and groups are designed for those who are experiencing a wide range of sight loss and fully supported by our experienced staff and volunteers. We give person centred advice on a variety of subjects from Daily living aids. IT support and accessible technology, we run living with sight loss courses. Low Vision reading assessments where we can help find suitable lighting and magnification devices which aid reading, writing, arts and crafts. Signposting to other local and national services which may be of benefit.

Key updates for 2023:

- More planned activities, including day trips, walking and sports group. Technology support, Arts and Crafts. Along with a continued programme of wellbeing activities and social groups.

Website: www.sightsupportryedale.org

Tel: [01653 698860](tel:01653698860)

Email: enquiries@sightsupportryedale.org

South Hambleton and Ryedale Primary Care Network

The PCN is a group of 7 GP surgeries working closely together as part of a network. The Ryedale practices are as follows:

- Pickering Medical Practice
- Kirkbymoorside Surgery
- Helmsley Medical Centre
- Terrington Surgery

In addition to GPs and nurses, the PCN employs other health professionals including clinical pharmacists, occupational therapists, physiotherapists, paramedics, urgent care practitioners, health and wellbeing coaches, mental health practitioners, specialist care co-ordinators and Social Prescribing Link Workers to provide tailored care for patients.

Key updates for 2023:

- Social Prescribing Link Workers work with patients who are experiencing issues with their mental health and wellbeing or long-term health conditions to find the right support including signposting to community organisations for help with transport, housing, finances, diet, fitness, care provision and social engagement.
- Following feedback from patients who find it difficult to access health care, we have employed a Health and Wellbeing Coach who works 1-1 with patients diagnosed with depression or severe mental illness.

Care Coordinators proactively support patients, their families and carers affected by frailty, dementia and cancer alongside our Occupational Therapists.

Website: <https://www.valeofyorkccg.nhs.uk/about-us/primary-care-networks/shar-pcn/>

St. Giles Trust

Footsteps Women's Service (CRS) North Yorkshire

Provision for women (18+) on probation or leaving custody.

One to one or group interventions. Holistic support based on 8 service categories of criminogenic need. Referrals ONLY from National Probation Service.

In reach service provided to HMP Askham Grange.

Peer Advisor volunteers will be available to support, encourage and empower women to make positive changes.

Women's Weekly Drop In Session Scarborough

Every Thursday 1pm-3pm at the Aughborough Room, Rainbow Centre, Castle Road, Scarborough. All ladies welcome. We offer lunch, drinks, sanitary products, sexual health products and offer arts and crafts for women to get creative and unwind.

Women's Weekly Drop In Session York

Every Thursday 12pm-3pm at St Giles Trust, Unit 3 Odeon Buildings, Blossom Street, York, YO24 1AJ. All ladies welcome. We offer lunch, drinks, sanitary products, sexual health products and offer arts and crafts for women to get creative and unwind.

Peer Advisor Network North Yorkshire

Level 2 and 3 qualifications offered to men and women with any lived experience. People at this stage of their journey can then offer support via volunteer placement allowing them to use their unique lived experience to help others make positive changes. This opportunity is also open to former service users.

Key updates for 2023:

Mobile unit provision for women - A converted transit will take multi agency presence into the rural areas of North Yorkshire. Due to start in June 2023 by visiting market towns in the Ryedale area. Any agencies wanting to be involved should email kelly.broadbent@stgilestrust.org.uk

Website: www.stgilestrust.org.uk

Tel: [07823403993](tel:07823403993)

Email: Kelly.broadbent@stgilestrust.org.uk

Stronger Communities

Stronger communities programme is to support communities to play a greater role in the delivery of services in the county. The NYCC Stronger Communities programme in Ryedale is facilitated by Paddy Chandler. For support and advice regarding community development, funding and activity please see our website [Stronger communities | North Yorkshire County Council](#) or contact Paddy direct.

Key updates for 2023:

- Stronger Communities Community Grant / Get Going Children and Young People's Grant: Open – see website and contact details.
- Local Government Reform: [The new council | North Yorkshire County Council](#)
- Cost of Living Initiatives: [Cost of living support | North Yorkshire County Council](#)
- Homes for Ukraine: [Support for Ukraine | North Yorkshire County Council](#)

Website: [Stronger communities | North Yorkshire County Council](#)

Tel: [07833464595](tel:07833464595)

Email: paddy.chandler@northyorks.gov.uk

The Salvation Army: Malton

Malton Salvation Army is an active Christian church, which offers a place of worship and friendship to all. In a practical way, we take the message of God's love and hope to those we meet in our local community.

Key updates for 2023:

- Continue to host a range of groups including Lunch Club, CAMEO (Come and Meet Each Other), Bible Study, Keep Fit Session, Alpha Course, Messy Church for Families with children aged 4-11, Ladies Fellowship

Looking to open a charity and coffee shop in Malton			
Website:	https://www.salvationarmy.org.uk/malton		
Tel:	01653 690305	Email:	malton@salvationarmy.org.uk

WEA Workers Education Association

Founded in 1903, the WEA (Workers' Educational Association) is a charity dedicated to bringing high-quality, professional education into the heart of communities. Last year we helped 29,630 students, with the support of nearly 1650 volunteers, 750+ tutors and over 7,000 members. We deliver friendly, accessible, and enjoyable courses for adults from all walks of life. In Scarborough, Whitby, Ryedale, Bridlington we run courses here are some examples:

- creative writing
- film discussions
- art for wellbeing
- yoga
- chair based exercise
- photography for wellbeing
- smartphone confidence
- health and social care confidence-based courses.

Our courses delivered are face to face at places like Woodend Creative, YMCA, Stephen Joseph Theatre, Next Steps, libraries in the area and we also deliver online. If you would like to search our available courses please have a look here: [WEA: Find a course](#)

Key updates for 2023:

- You can read our newsletter here: [Build Skills with the WEA \(adobe.com\)](#)
- A useful course to help you develop your charity's social media / blog writing (online with George): [Creative Writing: Creative Writing: Writing for Magazines, Blogs and Publications \(C3681471\) \(wea.org.uk\)](#)
- Why not try some gentle relaxation through writing about the past in North Yorkshire: [Creative Writing: Creative Writing - Finding Inspiration Through Artefacts \(C3681387\) \(wea.org.uk\)](#)
- There are a few iPads available to borrow when undertaking a photography course

Website:	http://www.wea.org.uk/		
Tel:	0300 303 3464	Email:	rowan@wea.ac.uk

Whitby, Scarborough & Ryedale Disability Action Group

"Whitby DAG" provides information, support and advice to disabled people and their carers, mainly in Whitby and the surrounding area but we also provide some services in Ryedale.

Key updates for 2023:

- Welfare Benefits Advice: Subject to capacity and time restraints, we can help with applications for PIP, Carers Allowance, Attendance Allowance and Disability Living Allowance, and a full Benefits Check to assess your entitlement to any benefits. For information and advice on claiming disability benefits contact the DAG Office on 01947 821001.
- North Yorkshire Local Assistance Fund: The fund provides practical support for vulnerable people who need help with basic items. We can submit applications for eligible applicants for food and / or utilities vouchers, white goods, household items etc.
- Advice Line: Telephone advice on a wide range of issues affecting disabled people, including employment information and practical and emotional support.
- Access Audits: advice and information to local businesses, local authorities, voluntary groups and community organisations.

- Accessible minibus available for hire to non-profit voluntary and community groups and organisations

Tel:	01947 821001	Website:	https://www.whitbydag.org.uk/
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Wild Walks

I provide mindful nature walks, children's craft activities, and sit-down mindful sessions. The latter is aimed at people with limited mobility. Further details can be found on my Facebook page.

Tel:	07922098016	Email:	wildwalksyorks@gmail.com	Facebook:	@wildwalksyorks
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YMCA Ryedale

Supported and supportive accommodation for young people 16-35, based in Norton. We have 14 self-contained bedsit flats, housed within a complex offering communal facilities and on-site security.

Key updates for 2023:

- We are undergoing a full refurbishment of the complex including new bathrooms, kitchen upgrades, and new flooring in residential areas
- We are creating 2 new bedspaces of shared accommodation and creating a revitalised and modernised communal area
- As the year progresses, we are hoping to open up this communal space to a wider cohort of young people who are not necessarily our service user. We will update as the new initiative starts!

Website:	www.ryedaleymca.org.uk		
Tel:	07833 464595	Email:	admin@ryedaleymca.org.uk