

Newsletter



BREAKING NEWS...BREAKING GROUND

It has been a long wait but we can finally announce that our new build project is underway!

We were delighted when Lord Lieutenant Jo Ropner did the honours for Ryedale Special Families and officiated the ceremony - see page 2 a photo.

We were joined on the day by lots of people who have got us to this point. There were people representing Pickering Town Council, St James Place Foundation and the Wilfred Jackson Will Trust who have all granted towards the costs.

There were also local supporters and our own Family Support Group who have raised funds. RSF still need to raise the last bit of funding, so watch out for our community fundraisers and give them your support.



December 2023

Lisa Keenan, Chief Officer

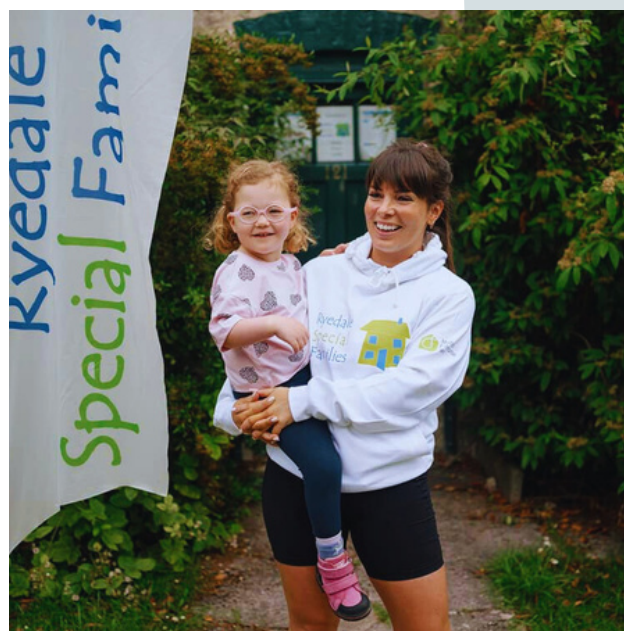
Breaking Ground in Pickering

As the Lord lieutenant, Jo Ropner, officially broke ground for the new building, RSF Trustees were joined by staff, the RSF Family Support Group, local supporters and representatives of trust funds who have contributed to the build..

It was a great demonstration of how the building has been funded so far. Whilst we still need around £250,000 to complete the building, it is great to get underway on this big project.



Beth's Marathon a Month



Local Beauty Salon owner, Beth Pritchard is coming to the end of her 'Marathon a Month'. She has one more marathon to run on December 10th.

As well as running, Beth organised a fantastic Gala Dinner at York Racecourse which raised £11,627 for Ryedale Special Families, her total raised stands at £14,450. You can support her here, <https://www.justgiving.com/page/bethansianpritchard>

Beth is pictured above with her inspiration, Rosa.

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Ryedale Community Drop In

What is the Ryedale Community Drop In?

Each month at different venues across Ryedale, charities and local agencies such as North Yorkshire Council come together to offer face-to-face support. The charities represented include;

- Ryedale Special Families
- Next Steps Mental Health Resource Centre
- Ryedale Carers Resource
- Sight Support Ryedale
- Ryedale Community Transport
- Ryedale Food Bank

If you are having difficulties there may be someone to listen and help.

No queuing on phones, no talking to a computer, just friendly faces and a cuppa. You can hear about all the activities going on locally, volunteering opportunities and speak to the person you need to resolve a problem.



The group in Pickering included IDAS and Pickering CIC

Ryedale Community Drop In Venues

Ryedale Community Drop In

December dates and venues

Pickering Hungate Centre
Monday 4th December, 9am to 12pm

Kirkbymoorside Methodist Church
Wednesday 13th December, 11am to 1pm

Malton, Ryedale House
Tuesday 19th December, 10am to 12pm

Ryedale charities **together**

Malton's January Event Get to Know Volunteering

Ryedale Community Drop In

Ryedale House, Malton
Tuesday 16th January
10.15am to 11.30am

Volunteers - Get to Know event

Meet other local volunteers
Hear from local charities about their volunteering opportunities

- Sight Support Ryedale
- Independent Domestic Abuse Service
- Next Steps Mental Health Resource Centre

For more information, please contact
ryedalecharities@gmail.com

Ryedale charities **together**

RSF Family Activities

Family Fun Swim Saturday 6th January

RSF have booked Flamingo Land 'Splash Zone' Swimming pool for a Family Activity.

The whole pool will be available to our families only, on Saturday 6th January 2024 at 5-6pm.

There are two fantastic pools, one with an infinity edge, counter-current swim jets, a spa whirlpool and two indoor flume slides, plus small slides that are ideal for younger visitors.

This event is subsidised and costs £10 per family.

Book your place via the Office 01653 699000 or via email to heidi@ryedalespecialfamilies.org.uk. Heidi can answer any questions you have about the pool.



Family Support Group Christmas Party

St Peters Church Hall, Norton
Saturday 16th December from 10-12.30pm

Come and meet Father Christmas and join in with the fun and games. There will be lots of Christmas activities to suit everyone.

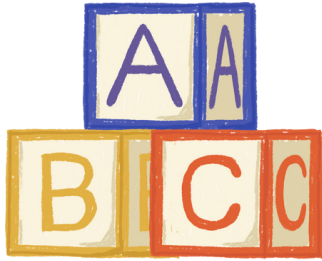
This is a free event. Please bring some party food.

For more information and to book please call the Office 01653 699000 or email heidi@ryedalespecialfamilies.org.uk



Group News

Under 5's



Our monthly support group for parents and carers of children under 5 with an additional need now has a regular venue and regular day.

We will be meeting every second Tuesday of the month at Norton Hive Library (Derwent Room) from 1-3pm.

We get together to share experiences over a cuppa and cake whilst the kids can play and socialise.

For more information contact the Office 01653 699000 or call heidi@ryedalespecialfamilies.org.uk

RSF Q & A

This is a regular meeting for disabled LGBTQ+ people aged 16 to 25. They meet in different venues and attend activities, a really proactive, supportive group.

A member says'

"Within the last year we have began the LGBTQ+ group and we have had many conversations about our experiences being LGBTQ+, and in some cases how our queer identities interlink with our additional needs, disabilities or mental health. We have started planning to go into schools or staff meeting environments to provide information and training about supporting LGBTQ+ children and young adults. We have delivered information to a social group and plan to do more of this in the near future. We have attended a quiet pride event as a group to meet other members of the community.

Within the next year we are planning to continue working on spreading awareness and acceptance of the LGBTQ+ community within schools and staff meetings. By doing this, we hope to gain new members to the group and gain more opportunities to speak to more groups of people.

The group has helped me greatly with my confidence to be myself without judgement. I have been able to use my own experiences of being queer and be able to use my knowledge of the queer community when sharing information. The group helps me feel less isolated and I always laugh when I'm with the group.

We'd love to have more new members join the group as this would give us more things to discuss and have some variety of opinions. I would love to have more frequent sessions with the group when we have the opportunity to do so."

**For more information call RSF or email the group direct;
QandA@ryedalespecialfamilies.org.uk**



RSF Fundraising

Pickering Steps Up

RSF continues to have lots of fundraising support from the wonderful people in Pickering.

In September the regular walkers of the Mindful Mile organised by Katherine Bray and Daisy Alyson Bringloe-Sullivan donated funds to RSF for the new building.



Alongside this one of our youngest supporters, Ruby Sugars, completed a Big Lap of the Park and raised £1,483. Many thanks to all involved.



Thank you for these generous donations RSF have received over the last few months

- *Monthly donations from Rohan Woodworking, The Hardeys, The Severs, The Strangeways & M Jackson*
- *Individual donations totalling £18,766*
- *Collection boxes totalling £303*
- *Facebook donations of £315*
- *Donations in loving memory of Mike Wilson £57*
- *Donations in loving memory of Jim Humphreys £420*
- *Donations in loving memory of P Bellamy £5,215*
- *St Mary's Priory Ladies Fellowship £50*
- *The Ormonde Charitable Trust gave £500*
- *The 200 Club raised £206*
- *Fundraising at Karro raised £444*
- *The Sun Inn, Pickering quiz night raised £292*
- *Kirkbymoorside Golf Club donated £582*
- *Manor Farm donated £500*
- *Normanby Parish Council donated £100*
- *The Boltons held an Open Garden event and raised £362*
- *St Peter's Church, Norton donated £50*
- *The Moors Inn, Appleton le Moors donated £1,568*
- *The Peacock Inn, Snainton raised £470*
- *Tesco Local in Norton held a tombola and raised £320*
- *The Coach House at Rosedale Abbey donated £257*
- *All Saints Church donated £100*
- *Yorkshire Reefs donated £147*
- *Beth Lockey from Money Web raised £127*
- *Witchery Ditchery held at Butterwick raised £581*
- *Coach & Horses, Rillington raised £46 via their collection box*
- *The Severfield Foundation donated £1,833*
- *Family Support Group raised £845 at the Bowling Club bingo in Norton*
- *Sinnington Point to Point donated £500*
- *Anniversary donations from Karen and Nigel Pattison were £558*
- *The Harmonettes went busking and raised £100*
- *St Michael's Church, Malton raised £1,168 at coffee mornings*
- *Just Giving fundraising of £36,981 which includes donations to Beth's Marathon a Month, Ruby's Big Lap of the park £1,483, Sweet Temptation Pickering, raffle of £56 and Sinnington Village Quizzers £59*

Contact information

Cost of Living Help in Ryedale

Ryedale Food Banks - Food Banks operate on a referral basis. RSF can issue food bank vouchers, please contact us directly.

For more information head over to the [Ryedale Food Bank website](#).

Ryedale Food Bank

Howe Road, Norton - Wednesday 10am-12pm

Pickering Food Bank

Hungate Centre, Pickering - Thursday 4pm-6pm

Kirkbymoorside Food Bank

Kirkbymoorside Methodist Church - Thursday 9:30-11am

Free Fridges/Food Shares are open to anyone. They distribute food which otherwise would have gone to landfill.

Rillington Free Fridge

Rillington Church Rooms, Westgate - Thursdays from 10:30am

Pickering Food Share

Ingsgarth Community Centre, Pickering - Wednesday from 9:30am

Malton Free Fridge

Baptist Church Hall, Wells Lane, Malton - Monday, Wednesday & Saturday from 10am

Norton Free Fridge

Winston Court Community Centre, Norton - Tuesday & Friday from 10am

Kirkbymoorside Community Fridge

Kirkbymoorside Methodist Church - Wednesday from 9:30am

How to contact RSF



01653 699000 (please leave a message)



post@ryedalespecialfamilies.org.uk



www.facebook.com/RSFamilies



[ryedalespecialfamilies](https://www.instagram.com/ryedalespecialfamilies)



[@PostRSF](https://twitter.com/PostRSF)

Remember, you can have this newsletter as a paper copy or email - or both! Just let us know

Diary

Monday 4th December	RSF at Ryedale Drop In	Hungate Centre	Pickering	9am to 12pm
Wednesday 6th December	RAFT	Rainbow Lane Centre	Malton	10.30am to 12pm
Wednesday 6th December	Family Support Group meal	The Sun Inn	Normanby	7.30pm start
Thursday 7th December	Quiz Night	The Sun Inn	Pickering	7pm
Friday 8th December	Bingo	Rec Club	Pickering	7pm
Tuesday 12th December	RSF Pre-School Group	Norton Hive Library	Norton	1pm-3pm
Wednesday 13th December	RSF at Ryedale Drop In	Methodist Church Hall	Kirkbymoorside	11am-1pm
Saturday 16th December	FSG Christmas Party	St Peter's Church Hall	Norton	10am to 12.30pm
Tuesday 19th December	RSF at Ryedale Drop In	Ryedale House	Malton	10am-12pm
25th and 26th December		RSF OFFICE CLOSED		
Monday 1st January 2024		RSF OFFICE CLOSED		
Saturday 6th January 2023	Family Swim	Flamingoland Splash Zone	Kirbymisperton	5pm-6pm
Tuesday 9th January	RSF Pre-School Group	Norton Hive/Library	Norton	1pm-3pm
Tuesday 9th January	Family Support Group social	Hidden Monkey	Malton	9.30am-11.30am
Wednesday 10th January	RSF at Ryedale Drop In	Methodist Church Hall	Kirkbymoorside	11am-1pm
Wednesday 10th January	RAFT	Rainbow Lane Centre	Malton	10.30am-12pm
Tuesday 16th January	RSF at Ryedale Drop In	Ryedale House	Malton	10am-12pm
Tuesday 23rd January	Family Support Group Meal	Black Bull	Malton to Pickering Road	7pm

Please contact RSF if you would like more details about any activities