



Newsletter

May 2022

Ryedale Special Families



Celebrate the Queen's Platinum Jubilee with RSF on Friday 3rd June, lots of games and fun to take part in . Please contribute to a joint lunch. Please book in by calling or messaging RSF.

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For many years RSF have run social groups for children and young people with disabilities. These are really important in helping people build independence, make friends and have some fun! Our social groups are now all up and running again.

Youth Group

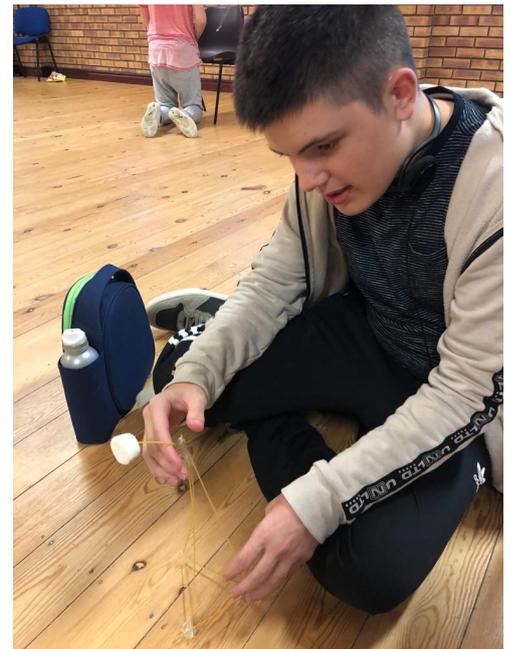
The RSF Youth Group is a specialist group which meets weekly on a Thursday evening. It is aimed at secondary school age young people (12 to 18 with some flexibility) who have a disability or additional need.



It currently runs at Kirby Misperton Village Hall.

The young people decide their own activities and they usually include playing football, playing games and just catching up with friends.

We also do special sessions, a pancake day and in Easter we had an amazing day out at Peat Rigg Outdoor Centre, where we took part in zip lining, archery, low ropes, tree climbing and team building on the Jacobs Ladder.



Get in touch with Team Leader Emma, emmad@ryedalespecialfamilies.org.uk if you would like some more information and would like to come along to the group.

Ryedale
Special
Families



They Need You



We are looking for Volunteers!

Yorkshire Wolds Cycle Challenge

Our amazing 2 day cycle challenge is running this year on 2nd and 3rd July.

This event is our biggest fundraiser of the year and it's great fun for all involved.

This year 200 cyclists will be taking part and we need volunteers to help us run the event smoothly across the weekend.

Volunteers do a variety of roles, checking cyclists in at Norton College, marshalling at points along the way, giving great encouragement to the cyclists, topping up water bottles, helping provide mechanical back up and checking cyclists in at the halfway point and Norton College at the end of the weekend.

We would love you to be involved and can guarantee you a great weekend helping RSF raise lots of vital funds for our charity.

If you are able to help please contact Rob, robdavies@ryedalespecialfamilies.org.uk or call 07957 374787.

NYCC Short Breaks Grant Now Open for applications

Short breaks are for families to provide a break from caring for a disabled child and for the child to have a break from their carers.

Short breaks aim to provide:

- Extra social opportunities for the child
- A break for the parents and child; or
- Time for parents to spend with other children in the family

There is an online application form. There is also help with this process and if you need help with the form. Please call Early Help East 01609 534852

More information and the form can be found [here](#) or search on northyorks.gov.uk for 'short breaks'

The closing date for applications is 5pm, 10th June



Ryedale Community One Stop

Meet voluntary and statutory organisations working in your local community.
Activities and free taster sessions running each month.

Pickering Methodist Hall, first Monday of the month
9.30am – 3pm

4th April
9th May
6th June
4th July

No session in August
5th September
3rd October
7th November
5th December

For more information, please contact Kathryn Dunn
07922 421326 | kathryn@carersplus.net



Ryedale charities **together**

RSF Family Activities

Families Explorer Club

North York Moors National Park

Explorer club is for RSF families to attend. The club will meet once a month on Sundays for 6 months.

In the morning a fun practical conservation task will be completed followed by an afternoon of exploration, discovery and environmental play. The days are 10—2pm and you bring your own pack lunches and waterproof clothing.

Practical tasks range from tree planting, scrub clearance, nest box building and water quality monitoring.

The club is suitable for children aged between 4 and 14 years. The whole family is welcome and it's FREE

You will be getting out and about discovering new places and looking after habitats for wildlife

After all the lockdowns and covid restrictions, this is just what we need!

RAFT Support Group Ryedale Autism & ADHD Families Together

RAFT meetings are now also open to families of children with ADHD. The group have opened their criteria out as families with Autism and ADHD often face very similar situations.

The group meet monthly at the Rainbow Lane Community Centre, Malton YO17 7BU, 10.30am to 12pm and new families are always welcome to come along. The next meetings are;

- **Wed 8th June**

- **Wed 6th July**

The RAFT group also hold monthly lunches, the next on is on Wednesday 22nd June, 12pm at The Hidden Monkey, Malton.

Please see their facebook page for more details, they alternate between Pickering and Malton cafes.



Family Support Group Meetings

- Tues 10th May, Lunch at Baldersons Café, Pickering, 12 to 2pm
- Wed 18th May, evening meal at Buck Inn, Thornton Dale, 7pm
- Tues 24th May, breakfast at The Whole Hogg, Malton Road, 9.30am to 11.30am
- Tues 7th June, breakfast at NY500 (A169), 9.30am to 11.30am
- Wed 15th June, evening meal at The Queen's Head, Amotherby, 7pm
- Tues 21st June, lunch at The Black Bull (A169), 12pm to 2pm
- Tues 5th July, breakfast at Zest, Wood St, Norton, 9.30am to 11.30am
- Tues 12th July, breakfast at The Premier Inn, Pickering, 9.30am to 11.30am

Family Activities in the Summer holidays



Thursday 28th July, Picnic in Dalby Forest—join us for a fun session in Dalby Forest with picnic or BBQ (please bring as required), games and the legendary duck race!

Monday 1st August

Dry weather—Fraisthorpe beach, near Filey
Wet weather—National Railway Museum, York

Tuesday 9th August

Dry weather—Bird of Prey Centre, Bridlington
Wet weather—Bridlington Swimming Pool

Wednesday 17th August

Dry weather—Adderstone Field, Dalby Forest
Wet weather—Scarborough Fair

Thursday 25th August

Dry or wet weather—Monk Park Farm, Thirsk

Tuesday 30th August

Dry weather—Outdoor pool, Helmsley
Wet weather—Swimming pool, Ampleforth

Other Support

RSF Family passes

Ryedale Special Families have a number of family passes for families to borrow and visit places themselves.

These can be used Monday to Friday throughout the year, they are not available on weekends or bank Holidays.

You need to contact the office to book in. You collect the passes from our Old Malton office in the morning and return them in the evening.

Flamingoland, 4 passes, can only be booked once per year, per family

Castle Howard, 2 adults and 3 children and this includes entry to the house

Dalby Forest, 1 car pass

North York Moors Railway, 2 Adults & 3 Children



Max Cards

RSF now stock Max Cards!

The Max Card is a discount card for families of children with additional needs and foster families.

They can be used to get free or discounted admission across the UK. Children and young people up to the age of 25 years are eligible for one.

The card costs £5 and lasts for 2 years. In order to apply you will need to have proof of additional needs or disability, this could be a doctor's letter or a letter from DLA.

The cards can be bought from our [website](#).

Unlocking Autism for Parents—Free online training

Unlocking Autism is a free course run by North Yorkshire County Council to support parental understanding of autism & explore strategies which can effectively support. The course is suitable for parents and carers of children with communication & interaction needs. *Children do not need to have a diagnosis of autism in order for parents to attend.*

There are 5 sessions which run over 2 full days or as five, 2 hour webinars

1. Autism: - What to look for and how to help. Includes information on related conditions.
2. Communication: - Understanding receptive and expressive language differences, how difficulties may present & how to use visual communication supports.
3. Sensory: - What drives sensory behaviour? How can we change unhelpful or dysregulating patterns. Information on sensory evaluation, sensory plans and recognising independent self-regulation.
4. Emotional regulation and resilience: - Thinking about your own wellbeing and resilience when living with difficult behaviour which challenges
5. Behaviour: - What defines behaviour? How can we recognise patterns and analyse underlying needs. This session will include a task on analysing behaviour to help parents unpick and resolve difficulties.

The course is free for parents and carers. The next course run on 21st & 28th June from 9.30am to 3.30pm (or can be split up into shorter sessions). For more information please call 01609 534010.

To book you will need to visit <https://www.nyestraining.co.uk/Event/150354> and create a login.

RSF fundraising

100 miles in 24 hours



This was the amazing challenge that local personal trainer, Katherine Bray, set herself to raise funds for Ryedale Special Families.

Katherine set off at 10am on 29th April and kept running until she had completed 100 miles around Ryedale, finishing the following morning.

Katherine had a great support crew to help her along the way. You can still support Katherine <https://www.justgiving.com/fundraising/katherin-e-bray1>

She has currently raised £3,260 on her just giving page with a further £593 in gift aid and also £682 at the Body & Soul coffee morning and raffle—an amazing total of £4,535.

Everyone at RSF is very grateful!

200 Club Results

February 2022 Draw

1st . . E Twelves
2nd . . R Smith
3rd . . D Wright

March 2022 Draw

1st . . R Davies
2nd . . S Sharples
3rd . . J Chambers

April 2022 Draw

1st . . C Brown
2nd . . K Allen
3rd . . N Startup

Last year the 200 Club raised £477 for RSF—if you would like to enter, please contact RSF, only £1 per draw

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

- Rohan Woodworking, K Hardy, J Thwaites & M Severs continue to donate monthly
- Individual donations of £483
- The Samuel Storey Trust donated £800
- Pall-ex donated £1,000, after being recommended by Charles Morgan Transport
- RSF received £833 from the Coop Community Foundation for our Junior Club
- Ellis Patents Ltd donated a further £400
- Amazon Smile donations of £41
- Just Giving donations in this period were £3,315 including Katherine Bray's fundraising
- Keith Simpson donated a further £75 from his milk round customers
- Place Newton Shoot Ltd collected £1,555 in donations from September 2021 to January 2022
- Dere Street Barristers donated a further £2,100

Many thanks to all for supporting our work - all donations both small and large are hugely appreciated and allow RSF to continue supporting local families



Contact information

Contact's Out of Energy Campaign

Contact, the national charity for families of disabled children is calling on the government to help families with their higher energy costs.

Families with disabled children are set to pay over £3,000 in energy bills this year.

That's almost double the cost of average households

Families with disabled children reliant on life-saving electrical equipment are already paying £600 more for their energy.

Contact's survey showed that this winter, 42% of families went without heating due to the costs.

Contact are asking for a £200 energy rebate to be made into a non-repayable grant. Also, that disability benefits are uprated in line with current inflation.

Contact have written an open letter to the Chancellor and Energy Minister calling on the government to do more to help disabled households with energy costs.

Join the campaign by [signing this letter here](#)

All information and wording is taken from contact.org.uk

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)

RSF Bank details for quick payment of activity costs

Account no. 00005631 Sort Code 40-52-40

Please put your surname and activity as reference

Remember!

You can receive a digital copy of this newsletter by email, instead of a paper copy by post.

If you would like to cut down on paper, then call or email RSF to let us know.





Access the Dales



Andy & Debbie North
Founders of Access the Dales

In early April 2022, Access the Dales was launched. The charity has been created as a legacy to Andy North, who passed away on the 29th of June 2021. Andy had a passion for the Yorkshire Dales and if he wasn't at home, he would be found up on the fells. Andy was an inspirational Deputy Head of a primary school in West Yorkshire for many years and made a difference to the lives of so many children. Andy's wife, Debbie became a wheelchair user and together they were ambassadors for accessibility to the outdoors.



The Paratreker manual wheelchair

Andy's last wish was that money was raised to purchase an all-terrain wheelchair specifically for children, to be located in an idyllic spot in the Yorkshire Dales, where families would be able to borrow it and will be able to share beautiful moments and enjoy the landscape that brought Andy so much happiness.

Over £16,000 was raised and Access the Dales were able to purchase the first TerrainHopper.

The first hub is at Ravenseat, home of Amanda and Clive Owen. Here there will be an all-terrain wheelchair specifically designed to be used by children of aged 7 and upwards, as well as an adult vehicle. This will enable visitors to enjoy a walk of the fells above Ravenseat.

Further hubs are planned at Newbiggin, near Leyburn, where visitors can use the accessible equipment to ramble around the beautiful Aysgarth Falls and Hawes.

Another hub will be at Settle Railway Station, where users can borrow a mobility scooter to walk along the river to Giggleswick. Then a fourth hub will be based at Hill Top Farm near Malham where users can explore the amazing Malhamdale area, including Gordale Scar.

For all the information you need and how to book this equipment, please visit <https://www.access-the-dales.com/>



The Terrain Mini-Hopper

Every effort has been made to ensure the accuracy of the information in this newsletter. However, Ryedale Special Families can accept no liability for any matters in any way connected or arising out of this information. No recommendation is implied by the insertion of such information.