

# RYEDALE SPECIAL FAMILIES

# Newsletter



## A TO Z OF SPORT

2024 is our A to Z of Sports year! This means that we are focussing on sporting activities for all our young people and families. We want to include everyone and have already started with **Swimming** and **Boccia**.

Inside you will see more activities to get involved with and we want to hear more - what would you and your children like to have a go at? Is there something you have always wanted to try but never had the chance? Well let RSF help with that! This project is about trying new sports and activities and keeping going with them.

We are grateful to North Yorkshire Sport and the UK Shared Prosperity Fund which is funding this project.



## February 2024

# Lisa Keenan, Chief Officer

## Our new build continues

**It doesn't look like much but I find it very exciting to see breeze blocks emerging from the ground at our new site in Pickering.**

The work toward our new base for Ryedale Special Families continues and on a rare sunny day in February we can see how the work is progressing.

As the building continues we are still working hard toward raising the final funds needed to finish and in this newsletter you will see 2 of our fundraising activities - a grand Easter draw with the most amazing Easter Egg! then a group walking challenge tackling Ben Nevis in September. There is also our annual Yorkshire Wolds Cycle Challenge to be involved with, very appropriate for our A to Z of Sports year!

We are very grateful to everyone who has been involved in getting RSF to this point - there is so much support from the community and people continue to do amazing things.

**Here is Josh, one of the young adults we support.** He is walking the distance of Hadrian's Wall - 90 miles - during his RSF support sessions - how fantastic! If you would like to support him, please visit his [Just Giving Page](#)



**A reminder of what it is all about...**after 20 years of working out of an old inaccessible cottage in Malton, we are creating a brand new base for the charity. A modern building which we will run our services from for the next 20 years and more.

The base will allow RSF to run our current services and develop new ones.

- A large activity room to run our group sessions for disabled young people and meetings for parents and carers, like our RAFT group.
- A brand new Education & Skills centre for disabled young people aged 18 to 24, unique to this area and giving these young adults vital skills for their future.
- 2 sensory rooms, one for stimulation and one for relaxation, available for all our families to use.
- Individual rooms for those children who require support away from others
- A kitchen for cooking activities
- A Changing Places toilet for the use of the whole community.
- Office space for our staff
- A wonderful outdoor space for green activities

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# Fundraising Challenge



**Ben Nevis Challenge**  
**September**  
**20th - 22nd 2024**

**A personal challenge in a friendly group setting - your chance to help RSF reach our fundraising target for our new building**

An incredible challenge to summit the UK's highest mountain, Ben Nevis. With spectacular views of the Scottish Highlands this is the ultimate UK trekking challenge. The trekking route starts almost at sea level, so you will need every ounce of energy to reach the summit 1,344m above you. Throughout the challenge you will be fully supported by our qualified mountain leaders.

- Climb the highest mountain in Scotland and the UK, Ben Nevis (1,344m)
- Enjoy the spectacular scenery of the Scottish Highlands
- Join a group of up to 30 fellow hikers and raise funds for Ryedale Special Families
- Full support from a qualified mountain leader.

## What does it cost?

**£192.50 per person PLUS, your commitment to raise a minimum of £250 in sponsorship for Ryedale Special Families charity.**

**The cost includes 2 nights' accommodation in the Ben Nevis Inn, based on 4 people sharing a room, plus a contribution towards the hire of a professional guide. Food and travel is not included.**

**Book your place on our [website](#) with a deposit of £50. Full details on the [website](#).**

**Ryedale Community Drop In**

**March 2024 dates and venues**

**Pickering Library**  
Thursday 7th March, 10am to 12pm

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

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

Ryedale charities **together**



# RSF Family Activities

## Peat Rigg Outdoor Centre Sunday 28th April



A very popular family activity with RSF and in this A to Z of Sports year we are having 2 sessions, one in April and one in September, so no family will miss out.

This is a free session and includes a BBQ at the end. Peat Rigg has a wide range of outdoor activities; Archery, Low Ropes, Canoeing, Zipwire and team challenges.

What to expect if you have not been before;

- 2 activities in the morning, lunch, then 2 more activities, all safety equipment provided
- relaxed atmosphere and flexible approach to suit everyone
- Peat Rigg staff who understand our families really well
- a great welcome from RSF staff and volunteers

**Contact RSF to book your place for the whole family and ask any other questions.**

## Bowling & Trampolining Sunday 9th June

A family get together guaranteeing great fun. We will visit 2 York sites as a group. Firstly we will go ten pin bowling for an hour, from 3pm to 4pm. Then we will go to the new Oxygen centre where you can trampolining for an hour. We will go to the 'Peaceful Play' session (5pm to 6pm) when there is quieter music, no strobe lighting and less people there.

There will be a cost of £5 per person to attend.

Let us know if you need transport from the Ryedale area. There will be RSF staff and volunteers coming along to make you feel welcome.

It is a great way of getting the family out together and meeting other RSF families.



# National Disability Strategy

**The Government has launched its new Disability Strategy and the Disability Action Plan – 32 steps it is taking to make the UK the most accessible place in the world for disabled people to live, work and thrive.**

You can read the full strategy [here](#) and there is an Easy Read document on the same page

The Disability Action Plan is [here](#)

There are specific actions around supporting families with disabled children - working with organisations who help these families, creating an online information hub, creating guides for;

- councils to help them work with disabled parents
- training for schools and colleges to support young carers
- information about bullying

They will also learn more about disability and domestic abuse

Improve information about accessible playgrounds

and helping disabled people know about their rights. There is lots more information the official document.

The Department of Health & Social Care have refreshed the [Autism Strategy](#) which aims to improve the lives of autistic people and their families and carers in England. It extends the scope of the strategy to children and young people for the first time.

The Department of Health & Social Care commits to:

- put disabled people front and centre in social care reform
- strengthen the data and evidence base to support policies that will transform outcomes for disabled people
- tackle the stigma and discrimination that disabled people face every day to improve quality of life and reduce inequalities
- ensure that health and social care staff understand learning disability and autism to reduce health inequalities



## All-Age Autism Strategy

You can still have your say about North Yorkshire's Autism Strategy for 2024 to 2027

Two surveys are currently available: one for primary school-aged children and another for secondary school-aged children/young adults. These surveys provide valuable opportunities for children and young people to share their perspectives, experiences, and needs.

Take part in the autism strategy survey for primary school children

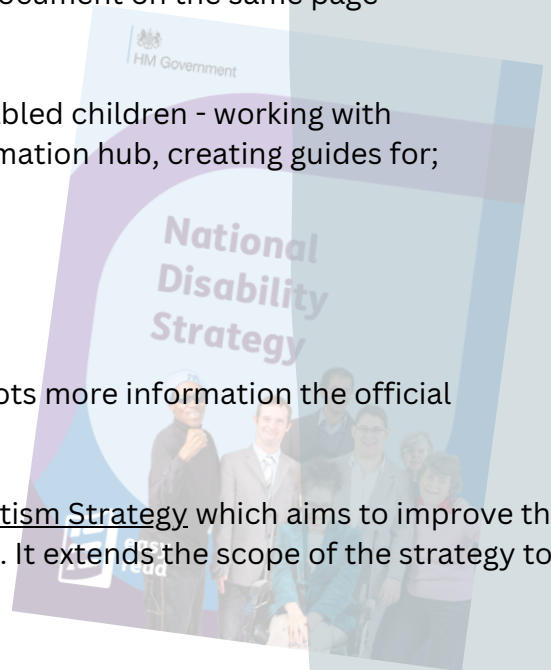
<https://www.smartsurvey.co.uk/s/IH3SKM/>

Take part in the autism strategy survey for teenagers

<https://www.smartsurvey.co.uk/s/GVDW20/>

Reminder - There are still face to face meetings and 1 online session left to provide your views and experience.

The consultation period will conclude on the 15th of March 2024. Search the [northyorks.gov.uk](http://northyorks.gov.uk) website for 'Autism Strategy'



See Parent Carer Voice's [facebook page](#) or [website](#) for more workshops and consultations for families with disabled children



**parentcarervoice**  
NORTH YORKSHIRE  
WORKING TOGETHER FOR POSITIVE CHANGE



# RSF Fundraising

## Fishers Head Shave



Long term supporters of Ryedale Special Families, Phil and Cynthia Fisher of Pickering took the ultimate challenge and shaved their heads to raise funds for our new building.

They even chose to do it in winter meaning woolly hats have been the order of the day.

RSF have worked with the Fishers grandson JJ for many years. Phil and Cynthia set a target of £1,500 and completely smashed it, raising £4,340 with a further £515 in gift aid.

**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, The Brothertons & M Jackson*
- *Individual donations totalling £327.90*
- *Collection boxes totalling £111.35*
- *Facebook donations of £15.72*
- *Donation from The Moors Inn Appleton of £88*
- *Skydive donations of £110*
- *A donation from Appleton Youth Group of £1,151.82*
- *Karro fundraising of £802.54*
- *A collection at the Malton White Star band Christmas concert of £53.42*
- *The 200 Club raised £109.70*
- *The Family Support Group fundraising of £383.43*
- *Pickering Mindful Mile group raised £1,604 on their sponsored walk*
- *Parnabys, Malton held a raffle in their shop and raised £140*
- *Horsleys Florists donated £100*
- *Ripon Farm Services raised £823.40 at their Christmas events*
- *A donation of £50 from The Fisheries*
- *The Harmonettes busked in Whitby & raised £74.49*
- *Levisham Handbells Group raised £276*
- *Helmsley Lodge donated £500, with another £500 from the Freemasons Charity Yorkshire North & East Ridings and a further £1,000 from the Masonic Charitable Foundation*
- *£225 from Beech Farm Cottages raised at a wreath-making event*
- *Sweet temptations, Pickering held a raffle in their shop and raised £56*
- *The Bilsdale Runners raised £120 on their Christmas Eve run*
- *Middleton Women's Institute donated £136*
- *MKM Malton held a Christmas raffle which raised £313*
- *A collection in memory of Raymond Mitchell raised £425 and a further £100 in gift aid*
- *Just Giving fundraising of £24,467.26 which includes Moneyweb, Derwent Hunt, Beth Lockey, The Fishers, Gary Wagstaff and more!*



# Easter Draw

What an amazing Easter draw! Many thanks to Birdgate Chocolatiers for an incredible creation and to Pickering Town CIC for promoting. There are lots of other great prizes to be won. Buy a £5 ticket at outlets in Pickering or from the RSF website. Good luck everyone!



Raising funds for  
Ryedale Special Families

## Giant EASTER EGG Draw

### 1st PRIZE:

Giant Hand Decorated Easter Egg, kindly donated by Birdgate Chocolatiers, Pickering. The egg stands 80cm high and incorporates 150 bars of chocolate!

### 2nd PRIZE:

Family of 4 ticket to Flamingoland

### 3rd PRIZE:

Family of 4 ticket on North Yorkshire Moors Railway

### 4th PRIZE:

£50.00 Gift Voucher kindly donated by Pickering CIC

### 5th PRIZE:

Easter bouquet kindly donated by Dales Florists

### 6th PRIZE:

York Racecourse County Stand Badges for 2 on 24th September



Tickets £5.00

Available online at  
[www.ryedalespecialfamilies.org.uk/webshop](http://www.ryedalespecialfamilies.org.uk/webshop)  
pay over the phone 01653 699000

Or from the following locations:

Birdgate Chocolatiers,  
Birdgate, Pickering  
(or pay over the phone 01751 477755)

Television House, Market Place, Pickering

The draw will be made by Pickering Town Mayor, Joan Lovejoy, at 12.00 noon on Friday 29th March '24 at Birdgate Chocolatiers, Birdgate, Pickering

Winners names will be posted on the Ryedale Special Families' website.

Thank you very much for  
your support.



Pickering Town  
COMMUNITY INTEREST COMPANY

Gambling Commission licence number 13/00136/SML0T



# Diary

Tuesday 5th March	Family Support Group meal	Royal China	Norton	7.30pm
Wednesday 6th March	RAFT	Rainbow Lane Centre	Malton	10.30am-12pm
Thursday 7th March	RSF at Ryedale Drop In	Pickering Library	Pickering	10am-12pm
Monday 11th March	RSF at Parent Carer Voice Conference	The Crown Spa	Scarborough	9.45am-3.30pm
Tuesday 12th March	RSF Little Steps	Norton Hive Library	Norton	1pm-3pm
Wednesday 13th March	RSF at Ryedale Drop In	Methodist Church Hall	Kirkbymoorside	11am-1pm
Tuesday 19th March	RSF at Ryedale Drop In	Ryedale House	Malton	10am-12pm
Tuesday 19th March	Family Support Group Social	Russell's Cafe	Pickering	9.30am-11.30am
Saturday 23rd March	Spring Serenade, Harmonia and the Ryelarks	St Peter and St Paul Church	Pickering	7pm
Thursday 28th March	Quiz Night	Sun Inn	Pickering	7pm
Friday 29th March	Family Support Group Bingo	Rec Club	Pickering	7pm
Tuesday 2nd April	Family Support Group Easter Party	Kirbymisperton Village Hall	Kirbymisperton	11am-2pm
Friday 5th April	RSF Little Steps Easter party	Scampston Hall	Scampston	10am-12pm
Wednesday 10th April	RAFT	Rainbow Lane Centre	Malton	10.30am-12pm
Tuesday April 23rd	Family Support Group meal	Sun Inn	Normanby	7.30pm
Sunday 28th April	Family Activity	Peat Rigg Outdoor Activity	Cropton	9.30am-4pm



01653 699000 (please leave a message)



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www.facebook.com/RSFamilies



ryedalespecialfamilies



@PostRSF

**How to contact  
Ryedale Special Families**