

# RYEDALE SPECIAL FAMILIES Newsletter



## SUPPORT FOR NEW BUILDING GROWS!

Our fundraising work towards our new building continues and we have had some amazing donations to help us reach our goal.

We now have the backing of the Gazette & Herald and Pickering CIC who are supporting this project.

Our Gala Dinner (pictured above) in December at the Talbot raised an incredible £13,065. The amount - including Gift aid - was raised via contributions from tickets sales, raffle, a game of 'heads and tails' and an online auction, as well as an extremely generous donation by one of the guests.

Huge thanks to everyone involved, organisers, all those who attended, and the generosity of businesses and individuals who donated auction and raffle prizes.



## February 2023

# Lisa Keenan, Chief Officer

What a busy winter RSF has had and now we are preparing for a very busy Spring and Summer.

There has been lots of work going into raising funds for our new building and it is very heart-warming to see so many people get on board with this project.

We are making some great connections with local companies including **Yorkshire Rapeseed Oil**. They chose to support RSF for the year. As well as fundraising activities like a sponsored walk along the Wold Rangers Way they created a special oil which RSF gets a percentage of the sale. They also invited RSF groups to come and visit and we had a fantastic day there in October.



RSF also benefitted from the **Coop Community Fund** in 2022 - it is an amazing scheme that supports lots of local groups. When shoppers buy Coop products they donate 2% from their points and Coop match this. The latest round from the Coop, Eastgate, Pickering supported RSF, Camphill Village Trust and Stape Silver Band, who I met with to collect our cheques. RSF received an amazing £5,176 which will fund our Junior Club for disabled children aged 8 to 12.

**RSF has started a new group to support LGBTQ+ young people with disabilities and additional needs.**



The group is led by Becky, 'Our LGBTQ group is very relaxed, fun and open. We sit and chat about who we are, why we are where we are (If you want to). Our aim at the moment is to get a good group going and a safe place for young people in Ryedale who need us. We would also like to try and plan an outing to the accessible pride in York this year.' Please contact [becky@ryedalespecialfamilies.org.uk](mailto:becky@ryedalespecialfamilies.org.uk) for more information about this group. The next meeting is on Wednesday 22nd March



## Russell Strickson 1962 to 2022

All at RSF were saddened to hear of the passing of Russell in October. Russell and his family have long connections with RSF, With Russell serving as a Trustee for 12 years.

Russell's skills and experience and sense of humour will all be missed and RSF send their love to his family.



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# RSF Family Activities



## Point Zero Trampoline Park-York

We are having a Family Activity at Point Zero York (formally Energi) on March 30th from 6pm-7pm. This event will be subsidised by RSF.

Please have a look at their website [www.pointzero.com](http://www.pointzero.com) for details of facilities. This is a SEN Friendly session and a parent/carer must supervise. Transport can be provided.

To reserve a place please email [heidi@ryedalespecialfamilies.org.uk](mailto:heidi@ryedalespecialfamilies.org.uk) or call 01653 699000



On February 8th we were so fortunate to be able to take 10 of our parents/carers to **Butterwick Alpaca Retreat** for the day. The sun shone as we got to learn, feed and walk these amazing animals. "It was the best day, for a long time" commented one parent.

Anna, who runs the retreat, is so knowledgeable and answered all of our questions. Did you know Alpaca poo is odourless? We do now! It was a fascinating day and lovely for our parents/carers to have some time to themselves whilst enjoying such a unique experience. Our thanks must go to **Skipton Building Society in Malton** for funding this incredible opportunity.

## Slow Cooker Event



**Slow cooker demo workshop – Kirkbymoorside**

At a cost of 7p per hour, you can save energy and money this winter by using a slow cooker! Join us at this workshop to get top tips and inspiration on how slow cookers can be used to cook a variety of food, from bread to cakes, from stews to puddings.

You will get a **free slow cooker** to take away and recipe ideas, as well as information on schemes to help with energy costs.

**Wednesday 8<sup>th</sup> March**  
**12 - 1pm**  
**Kirkbymoorside Methodist Church Hall**



Please book your place with  
[heidi@ryedalespecialfamilies.org.uk](mailto:heidi@ryedalespecialfamilies.org.uk)  
or  
Tel: 01653 699000

Thanks to North Yorkshire County Council Stronger Communities Team for providing funding for slow cookers.

As part of the Community One Stop event at Kirkbymoorside there will be an hour long demo workshop. You will then receive a FREE Slow Cooker! It takes place at Kirkbymoorside Methodist Church Hall at on March 8th from 12-1pm. To book please email [heidi@ryedalespecialfamilies.org.uk](mailto:heidi@ryedalespecialfamilies.org.uk) or call 01653 699000



# RSF - Get Involved

**Would you like to be involved with RSF work?**

## **Volunteering with RSF Group Sessions**

Are you interested in a career in medicine, education or social work? Volunteering at our group sessions is a great way of building experience and showing commitment on your CV.

Maybe you want to make use of your experience of working with children and young people?

We have regular group sessions on Saturdays and the school holidays and would love to have volunteers to help these sessions run.

You will be working with disabled children and young people to help them enjoy and take part in our activities. Saturdays and evenings available - come and talk to RSF about your availability.

Training and support is available.

For more information please contact [lisakeenan@ryedalespecialfamilies.org.uk](mailto:lisakeenan@ryedalespecialfamilies.org.uk)

## **Volunteering at Fundraising Events**

Do you like meeting like minded people and helping to promote RSF's work? Volunteering at our regular fundraising events will get you out and about at busy events making the most of your skills.

This year's events include;

**Yorkshire Charity Clay Day Tuesday 9th May** at Duncombe Park, full day, helping this popular event to run smoothly

**Scarborough Cycling Festival - Sunday 18th June** - half day - Oliver's Mount Scarborough. Car park attendant, taking payment from motorists

**Yorkshire Wolds Cycle Challenge - Saturday 1st and Sunday 2nd July** at various locations, various times, helping the general running of the event, including welcoming the cyclists in the morning at Norton College, and acting as a marshall along the route (various locations) to keep cyclists safe and supported.

Please contact [lisakeenan@ryedalespecialfamilies.org.uk](mailto:lisakeenan@ryedalespecialfamilies.org.uk) for more information.

# RSF - Get Involved

**Would you like to be involved with RSF work?**

## A Career in Social Care

RSF has paid roles available to people wanting to work in social care, supporting children, young people and young adults with disabilities. Join our team to work in this rewarding career.

We are looking for people with and without experience - you will need a desire to support children in social skills, independence and engaging with activities.

Can you drive and do you have access to a car? This is really important for our support workers who travel all over Ryedale (travel time and mileage costs covered)

Why work for Ryedale Special Families?

- make a difference to the lives of disabled children and young adults
- set work patterns to give consistency to your week
- less unsociable hours than other social care work, no work on Sundays or Bank Holidays
- RSF pay your travel time from home and mileage allowance
- enhancements for working in complex circumstances
- enhancements for working Saturdays or early mornings
- work for a well regarded local charity
- access to an Employment Assistance Programme confidential, independent support for staff
- access to Blue Light discount scheme
- supportive management team

Full training is given. For more details, contact [lisakeenan@ryedalespecialfamilies.org.uk](mailto:lisakeenan@ryedalespecialfamilies.org.uk) and see our website.





# RSF Fundraising

## Jacey Creations

Many thanks to Youth Group member, Jack who has started his own business and donates a percentage of his profits to Ryedale Special Families and Welburn Hall School - philanthropy at a very early age!

Jack made a donation of £26.50 to RSF in 2022 and this was matched by friends Terry & Lynne Wallis

Jack makes silicon gifts and keyrings and here is his table at the Christmas Fair run by the Family Support Group at Pickering Memorial Hall. RSF are very grateful to Jack for his support of our work

The Christmas Fair and café raised £368.05.



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

- *Monthly donations from Rohan Woodworking, The Hardeys, The Severs & The Thwaites*
- *Collection boxes totalling £330.04*
- *Individual donations of £900.62*
- *Dere Street Barristers £4,500*
- *Bainbridge Funeral Directors who held a raffle and raised £45*
- *Facebook donations of £443.62*
- *Amazon Smile donations of £68.68*
- *Norton College - £229 raised at a non-uniform day*
- *Donations in loving memory of R Strickson £1,035*
- *Donations in loving memory of Joanna Newitt £140.63*
- *Donations in loving memory of Michael de Rouffinac £358*
- *Donations in loving memory of Albert Longworth £100*
- *Rob Davies' LEJOG total - £9,612 including Gift Aid*
- *Middleton Choir Singers raised £205 at Christmas*
- *Middleton Hunt raised £111 at Christmas*
- *The team from York Data Services ran York marathon and raised £145 and £26.25 in gift aid*
- *Skipton Building Society donated £300 and £100 worth of sensory toys*
- *Howden Joinery Ltd donated £200*
- *200 Club raised £262.45*
- *Family Support Group Christmas Fair raised £368.05*
- *Sun Inn, Pickering raffle and quiz night £261.50*
- *Dalby Forest Cycle Hub donated £880*
- *Malton White Star Band collected £53.81*
- *Bilsdale Runners raised £110 at their Christmas run*



# Contact information

## Ryedale Community One Stop

*brought to you by*

Ryedale  
charities  
**together** 

**Would you like to meet Ryedale Special Families face to face? You can do at 'One Stop' events. These take place in Malton, Pickering, Kirkbymoorside and Helmsley (by arrangement).**

**Ryedale Community One Stop** events are drop in sessions for residents to meet local charities, including RSF, local statutory agencies including Ryedale District Council and North Yorkshire County Council and other community groups.

### **What happens there?**

- You can talk to local groups who offer services and activities in Ryedale
- Hear about your local services, voluntary and statutory
- Find out about volunteering opportunities and meet like-minded people
- There are also activities taking place on a monthly basis
- These are drop in events, with cafe and refreshments available

### **Where?**

- Pickering Methodist Church, Potter Hill, first Monday of the month, 10am to 2pm
- Malton, St Michael's Church, Malton Market place, third Tuesday of the month, 10am to 2pm
- Kirkbymoorside, Methodist Church Hall, Main St, second Wednesday of the month, 10am to 2pm
- Helmsley, Ryecourt, last Friday of the month, 10am to 2pm (please call RSF to arrange)

## How to contact RSF



01653 699000 (please leave a message)



[post@ryedalespecialfamilies.org.uk](mailto:post@ryedalespecialfamilies.org.uk)



[www.facebook.com/RSFFamilies](https://www.facebook.com/RSFFamilies)



[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

Friday 24th Feb	Family Support Group	Cafe 53	Malton	9.30am to 11.30pm
Tuesday 28th Feb	RSF Under 5's session	121 Town St	Malton	10am to 1pm
Wed 1st Mar	RAFT	Rainbow Lane Centre	Malton	10.30am to 12pm
Wed 1st Mar	Family Support Group	Spencers	Pickering Road	7.30pm
Monday 6th Mar	RSF at Ryedale One Stop	Methodist Church	Pickering	10am to 2pm
Monday 6th Mar	Family Support Group	Russells	Pickering	12pm to 2pm
Wed 8th Mar	RSF at Ryedale One Stop	Methodist Church	Kirkbymoorside	10am to 2pm
Wed 8th Mar	Slow Cooker Demo	Methodist Church	Kirkbymoorside	12pm to 1pm
Tuesday 21st Mar	Family Support Group	Train Station Cafe	Malton	9.30am to 11.30am
Tuesday 21st Mar	Ryedale One Stop	St Michael's	Malton	10am to 2pm
Wednesday 29th Mar	RAFT	Rainbow Lane Centre	Malton	10.30am to 12pm
Monday 3rd Apr	RSF at Ryedale One Stop	Methodist Church	Pickering	10am to 2pm
Tuesday 4th Apr	Family Support Group	Florios	Malton	6.15pm
Wed 12th Apr	RSF at Ryedale One Stop	Methodist Church	Kirkbymoorside	10am to 2pm
Friday 14th Apr	Family Support Group	Easter Party	Kirbymisperton	11am to 3pm
Tuesday 18th Apr	RSF at Ryedale One Stop	St Michael's	Malton	10am to 2pm
Wed 3rd May	RAFT	Rainbow Lane Centre	Malton	10.30am to 12pm

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