



Ryedale Special Families



Annual Review 2021-2022

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Supporting families of children, young people and young adults
with disabilities, additional needs and illness

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Introduction to Ryedale Special Families

Ryedale Special Families is a parent led support group and Charitable Incorporated Organisation (CIO). Our objectives are;

“The relief of children, young people and young adults with disabilities, additional needs and illness, their families and/or carers, in Ryedale, North Yorkshire, in particular, but not exclusively, by the provision of information, advice and support service.”

In 1997, 26 families were in contact with Ryedale Special Families. From that time to present, RSF has supported 590 families. At the end of March 2022 there were 303 families who we support regularly with 31 new families coming to us during the year.

We began the year still dealing with the effects of the pandemic lockdowns. As the year started the ‘Stay at home’ rule had just ended and non-essential shops and businesses were allowed to open again. Ryedale Special Families maintained our service throughout all the pandemic restrictions, with some services affected. This year saw all of our services returning to pre-pandemic delivery. We maintained and adapted our service throughout and continued to follow the guidelines set out by Public Health England and our commissioners.

Our achievements and performance for the year April 2021 to March 2022;

- Ryedale Special Families ran an information and resource service open 9am to 5pm weekdays and a support service for disabled children and young people 24 hours a day, 7 days a week.
- Flexible care service—supported 55 children, young people and young adults on a 1 to 1 or 2 to 1 basis
- Education service, provided personalised support to 10 young people
- Junior Club, ran a monthly social and friendship group for children aged 8 to 12 years
- Youth Group, a weekly group for young people aged 12 to 17 years
- Over 18s, a fortnightly friendship group for young adults aged 18 to 25 years
- Family Support Group ran zoom sessions during the lockdown, 21 face to face meetings and 9 family activities including a Halloween party and Christmas party
- RAFT – Ryedale Autism Families Together ran zoom sessions during the lockdown and 6 face to face meetings
- We held 3 family activities, a Dalby picnic and duck race, an outdoors activity session at Peat Rigg and a train trip on the North York Moors Railway provided by Malton & Norton Lions.
- We were able to provide families with shopping essentials through donations from the local Asda store and arranged for one family had a week’s holiday courtesy of the Ryedale Lions. We also arranged for families to receive Salvation Army hampers at Christmas
- We have represented parent and carer views county wide at North Yorkshire County Council meetings and voluntary sector meetings.



Our partnership working with other organisations and charities has been very important this year and helps to provide a good quality service to our families. Ryedale Special Families has been part of a local consortium 'Ryedale Charities Together' for many years. This year, the group ran monthly 'One Stop' events, a drop in session for charities, statutory and local organisations, where residents could come and see what is happening locally in their area as well as accessing services and activities. During the pandemic many organisations had to stop face to face meeting with the public and the One Stop events were a way of meeting people again and advertising our services.

RSF raised funds throughout the year to ensure our services can continue. After a year's break we held our Yorkshire Wolds Cycle Challenge once again and raised £20,000. We were also successful with grant applications and our Family Support Group attended a number of public events to raise funds and promote our work.

At the start of 2018 we launched an ambitious project to buy a new home for Ryedale Special Families. During this financial year we continued to raise funds, got our required planning permission for the building and appointed contractors for the work.

It has been a challenging year for all, alongside the work completed above, we also;

- Redesigned and improved our website
- Increased our social media presence by joining Instagram
- We did a benchmarking salaries exercise to maintain competitive staffing conditions and Trustees agreed to a number of enhancements to pay and improved Maternity and Paternity pay conditions
- We welcomed Amanda Owen as a patron and sold 'Yorkshire Shepherdess' Christmas cards, involving families and young people in the distribution process and raised £10,000

And over the summer of 2021, despite the many difficulties we were facing, we also;

- provided the longest period of wraparound support we have ever provided (one week) to enable parents to have a very rare and well deserved holiday - a team of 6 staff
- worked with a young person whose residential care broke down, we combined with other agencies to give round the clock support whilst a new home was found - a team of 7 staff
- supported another young adult at the highest level we have ever done (50 hours weekly) and then through a difficult transition into their new residential home - a team of 10 staff
- gave amazing support to a young adult who gave birth unexpectedly early

42 staff and a dedicated team of 65 volunteers have supported the work of Ryedale Special Families in 2021 and 2022.

Chair's Report

My name is Caroline Shepherdson I took up the role of Chair of Trustees in November last year. I have been involved with RSF since we moved here in 2012, becoming a trustee in 2015 and then Chair of Trustees last year. I moved from Northumberland and contacted RSF as I have two Children diagnosed with Autism and ADHD.

Over the years RSF have been invaluable to our family, the children have attended junior club, youth club and have been on countless summer sessions. We have also been on many family activities from Ice skating to picnicking at Dalby Forest. I have also called upon RSF when attending various school and North Yorkshire County Council meetings for advice and support.

I currently run, with another trustee, a support group called RAFT—Ryedale Autism & ADHD Families Together. We meet for lunch and coffee mornings to offer support to parents and carers of young people with Autism and ADHD. I also volunteer in the office once a week.

The past year has gone really quickly and there have been a great deal of changes. When I took over the role in 2021 we were coming out of COVID and most of our meetings were over Zoom, now they are in person and Zoom.

It has been a busy year for RSF on the fundraising front from our very successful Christmas cards to the Cycle Challenge. None of this would be possible without our wonderful volunteers! The volunteers are the lifeblood of the RSF family and I would like to extend a special 'Thank you' to everyone who has volunteered for RSF over the last year.

We are also thankful for everyone who raises money for RSF and kindly donates. We are moving forward with our new building appeal and are looking forward to when RSF can move onto our next chapter.



Caroline receives a fundraising cheque from Wykeham Charity Clay Shoot

Flexible Care Service

RSF provide experienced workers to support children and young people on a one-to-one basis. This support tends to be 2 to 5 hours, but we are flexible and can offer longer sessions and occasional overnight support. We support in the home, in the community, at RSF social groups and at other social groups to help integration. Support is also provided for young adults. The work is person centred and planned with the family.

Our flexible care service;

- gives families a break from caring
- gives children and young people access to positive activities
- gives children and young people independence skills and builds their social skills

This support is provided through North Yorkshire County Council and by Direct Payments

This year we supported 31 children and young people aged up to 18 and 24 young adults aged 18 to 25 years.



We are a registered provider for North Yorkshire County Council and are registered to provide care by the Care Quality Commission. The Care Quality Commission inspects our service by talking to staff, parents and young people about the care provided. The latest report is available on our website <https://www.ryedalespecialfamilies.org.uk/help-for-families/flexible-care/>

Current inspections have been replaced by 3 monthly direct monitoring and Engagement & Support Calls, RSF had one in July 2020.

Our educational support service benefitted 10 young people and young adults. We provided ASDAN courses for our members, worked on gardening and farming skills, cooking skills and partnered with Autism Plus in their chocolate factory to provide work experience. Ryedale Special Families meets the criteria as an Alternative Provider with North Yorkshire County Council.



Social Groups

RSF run a number of social groups for children, young people and young adults with additional needs and disabilities.

We do this to;

- Give children and young adults independence from their families
- Provide fun and accessible activities
- Give opportunities to make new friends and spend time with old friends
- Build social skills, practical skills and self esteem

Our groups cover a wide age range, 8 years to 25 years and cater for all tastes. Due to the pandemic we were a little restricted within this year with our groups and activities, however by September 2021, our regular groups resumed;

Junior Club – a monthly group for 8 to 12 year olds, we ran 9 face to face sessions attended by 14 children

Youth Group – a weekly group for 12 to 17 year olds, we ran 25 face to face sessions attended by 21 young people

Over 18s – a fortnightly group for 18 to 25 year olds, we ran 14 face to face sessions attended by 17 young adults

We were unable to run our summer sessions this year due to pandemic restrictions.



Family Support

Support for Parents

As a parent led group we provide support to parents covering a wide range of subjects. We have supported families at Social Care review meetings, education review meetings and other areas of advocacy support. Families have requested help with benefit applications, housing, equipment searches and legal matters.

This year we have attended education review meetings, care support meetings and Team Around the Child meetings. We have helped families with benefit assessments and finding grants for essential equipment that is not covered by the statutory services.

Parent and young people's views are represented across North Yorkshire at meetings with North Yorkshire County Council and parent forums.

The Family Support Group met regularly when they were able to do so again and followed the pandemic guidelines. They met in a variety of cafes across Ryedale and had occasional social evening meals. Towards the end of the year they were able to have family activities once again in the school holidays. The group is run by parent volunteers who do an amazing job organising activities and fund raising opportunities.



The RAFT support group (Ryedale Autism Families Together) met on zoom and in person when they were able to do so. They had regular monthly meetings in Malton and monthly lunches. The group is also run by parent volunteers and provides practical and emotional support for parents and carers of children with autism.

Family Activities

A regular part of RSF's support to families, these had been greatly affected by the pandemic and this year we were able to run 3 of our favourite ones;

Dalby Forest picnic and duck race—attended by 16 families

Peat Riff Outdoor Activities—attended by 15 families

NYMR trip—attended by 13 families



Get A Move On

At the start of 2018 we launched an ambitious project to buy a new home for Ryedale Special Families. Up to the end of this financial year we have raised £367,622 and this year we committed £50,000 from our own fundraising to the project, including the funds raised by our Yorkshire Wolds Cycle Challenge.

Having purchased a piece of land in Pickering, this year we were granted full planning permission for our desired building, an accessible modern base from which to run our charity.

The building will house activity rooms to run group sessions for all ages, an education centre for young adults with disabilities, individual therapy rooms for those requiring support away from other people, sensory rooms for therapy, relaxation and stimulation. There will also be great facilities for cooking activities, a Changing Places toilet, a wonderful outdoor area to explore and office space.

During this year we started to pull together our plans for fundraising for the building and this important piece of work continues.

The RSF Land in Pickering



Fundraising

RSF fundraising takes many different forms. Many thanks to all who have been involved this year and have contributed to our work.



We were delighted to have The Yorkshire Shepherdess, Amanda Owen on board as a patron and together we created Christmas cards using her own wonderful photos.

It was a great team effort posting these out to everyone, young people, parents and volunteers all helped.

We also joined Amanda at some of her own events to sell direct to fans. The cards raised £10,500

Our plans for the new building continued to raise funds throughout the year.

County Councillor Greg Wise contributed £5,000 towards the fund from the North Yorkshire County Council Locality Budget



We were delighted to run our Yorkshire Wolds Cycle Challenge again after the lockdown.

86 cyclists joined us for the 146 mile challenge and this year we raised just under £20,000

What people say about RSF

Parents & Families



Can I take this opportunity along with my daughter to thank you all for the continued support that RSF has given to her over these last few years. She has grown into a fantastic young lady and for that I thank RSF and your brilliant team of workers.

We would like to thank you for all your fantastic help with us as a family. We really don't know what we would have done without the wonderful help we have received from you all. Over the years you have given us peace of mind knowing that our son has been safely looked after and you have also helped in his development for which we are truly grateful.

Thank you so much for the opportunity to chat yesterday, I am so grateful for your help and advice. It really helped spur me on and I have managed to complete everything and send it off which is a huge relief.

My son loved the session. I didn't stay at all, he was nervous but was fine. I have never seen him so happy when I came to pick him up. His smile was so big. He said he had met a new friend.

RSF have been magnificent by adapting care to fit in around my treatment which is a complete stress reliever.

Thanks for everything you do with my sister, I know it's your job but it makes a big difference.

Other Organisations

Can I please just thank you and your team for your excellent support, patience, professionalism and responsive attitude towards supporting the family. (NYCC Social Worker)

Please would you thank all of your team who support the family. The Consultant and myself really appreciate the way you have supported mum particularly with the medication regime. (Children's Epilepsy Nurse)

RSF Staff

Huge thank you to RSF, for being the roots to my career.

Thank you all for your support over the last 5 years. I have thoroughly enjoyed working with you all and working with some amazing young people.



Funding April 2021 to March 2022

Ryedale Special Families receives funding from a variety of national and local organisations and individuals. We would like to thank all our funders and donors who enable us to provide the services we offer to families in Ryedale.

Local Donations

Community Groups, Schools, Churches, Businesses and individuals both young and old have generously donated funds to RSF this year

- Rohan Woodworking
- Ellis Patents Ltd
- Enza Zaden UK
- United Reform Church, Pickering
- Community Tuffpeach Fitness
- JB Motors, Malton
- Ryedale Stroke Club
- Malton & Norton Rotary Club
- B & C Solicitors, Scarborough
- Howsham PCC
- Levisham PCC
- Little House Charitable Trust
- Mayor of Norton Town Council
- The Samuel Storey Trust
- Bilsdale Runners
- Birdgate Chocolatiers, Pickering
- The Sun Inn, Pickering
- Jack Cariss Tractor Run
- Agar Funeral Directors
- Dere Street Barristers
- Karro Foods, Malton
- Amanda Owen, The Yorkshire Shepherdess, via the Yorkshire Charity Clay Day 2021
- The Hardeys, The Severs, P Hopkinson, P Fisher, R Simpson, P Farren, R Smith, J Thwaites, The Mennells, A Forest, L Brooker, The Simpsons, E Brannan, H Burdett, The Bakers, J Shea, B Guelin, The Smurthwaites, K Starkey, B Tranmer, B Smith, A Carroll, The Thompsons, J Nicholson, The Bulmers, Mrs Brown, K Hollinrake
- Ongoing fundraising from our Family Support Group
- The Wrights for ongoing fundraising from our RSF 200 club

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Core Services

Flexible Care Support & Social Groups

- NYCC, Disabled Children's Team, NYCC, Health and Adult Services, York City Council, NHS & Direct Payments from families

Youth Group

- BBC Children In Need

Education Services

- St Martin's School (Nawton) Trust

Social Groups

- Holbeck Charitable Trust
- Noble Charity Trust

Community One Stop Service

- NYCC Stronger Communities

New Building

- NYCC Locality Budget

Gifts In Kind

- Malton and Norton Lions - a trip on the North York Moors Railway for our families
- Castle Howard season tickets
- Forest Enterprise for a season pass for Dalby Forest
- Asda, Malton for food packages
- Raffle prizes from Cappleman's and Klarneins Café, Pickering

Many thanks to the donations made in Loving Memory of J & A Gresswell and S Gough

Financial Statement

A complete set of the annual accounts are available from Ryedale Special Families.

Statement of Financial Activities for the year ended 31st March 2022

	Unrestricted funds	Restricted funds	2022 Total Funds	2021 Total Funds
	£	£		£
INCOME & ENDOWMENTS FROM:				
Donations & legacies	13,997	10,143	24,140	77,119
Charitable activities	565,068	49,050	614,117	525,498
Raising funds	20,986	47,742	68,728	45,837
Investment income	40	-	40	101
Other income	1,597	-	1,597	42,585
Total income	601,688	106,935	708,623	691,139
EXPENDITURE ON:				
Raising funds	17,799	-	17,799	12,401
Charitable activities	573,340	40,915	614,255	511,463
Governance costs	2,070	-	2,070	2,001
Other costs	-	-		-
Total expenditure	593,209	40,915	634,124	525,865
Loss/Profit on disposal of fixed as- sets;				
Fixtures and fittings	35	-	35	66
Motor Vehicle	-	-		1,000
	35	-	35	1,066
Net income for the period	8,514	66,020	74,534	166,340
Transfer between funds	-	-		-
Net movement in funds	8,514	66,020	74,534	166,340
Total funds at 1 April 2021	184,647	314,054	498,701	332,362
Total funds at 31st March 2022	193,161	380,074	573,234	498,702

Financial Statement

Balance Sheet as at 31st March 2022

	2022	2021
	Total	Total
	£	
<u>Tangible fixed assets</u>	205,056	197,946
	<hr/>	<hr/>
<u>Current assets</u>		
Debtors	22,071	32,738
Cash at bank and in hand	393,244	308,283
	<hr/>	<hr/>
	415,315	341,021
<u>Current liabilities</u>		
Creditors and accruals	47,137	40,265
	<hr/>	<hr/>
<u>Net current assets</u>	368,178	300,756
	<hr/>	<hr/>
<u>Total assets less current liabilities</u>	573,234	498,702
	<hr/>	<hr/>
Represented by:		
<u>Funds:</u>		
<u>Restricted</u>	380,074	314,054
<u>Unrestricted</u>	193,161	184,648
	<hr/>	<hr/>
<u>Total funds</u>	573,234	498,702
	<hr/>	<hr/>

Signed for and on behalf of the Executive Committee of Ryedale Special Families by Chair, Caroline Shepherdson and Vice-chair Ruth Hatton on 21st September 2022

This represents the accounts of the Charitable Incorporated Organisation 1170988. A copy of the full accounts can be requested from the charity or accessed on our website <https://www.ryedalespecialfamilies.org.uk/about-us/>