



Annual Report

April 2022 – March 2023



One day a man was walking along the beach when he noticed a boy picking up and gently throwing things into the ocean. Approaching the boy, he asked: "What are you doing?" The boy replied, "Throwing starfish back into the ocean. The surf is up, and the tide is going out. If I don't throw them back, they'll die". The man laughed to himself and said, " Do you realise there are miles of miles of beach and hundreds of starfish? You can't make any difference". After listening politely, the boy bent down, picked up another starfish and threw it into the surf, then smiling at the man, he said; "I made a difference to that one".

Adapted from the original by Loren Eiseley

Trustees

- David Brewster Chairman
- Keith Webster Treasurer
- Richard Coates Vice Chairman
- Elizabeth Davison
- Robin Lakin
- Bob Polley
- Sue Sutermeister
- Leisa Burniston
- David Marston Resigned March 2023
- Ann Ferguson
- John Humphreys

Staff

- Claire Hall Chief Officer
- Sarah Hendry Coordinator
- Carol Stevens Coordinator
- Sam Berriman Administrator
- Isabelle Harrison Scarborough, Whitby, Ryedale Activities Coordinator

- Jacquie Cole Development Worker

L-R Claire, Isabelle and Sam



L -R Jacquie, Carol and Sarah



What we do:

- **Carers Sitting Service** – volunteers give the carer a break by sitting with the person being cared for
- **My Neighbourhood** – volunteer befriending and activities to reduce loneliness and social isolation
- **Carers Support Group** – we organise a monthly meeting to offer carers the opportunity to share concerns, receive support and simply take time out to relax
- **Musical Monday's** – is a monthly event to replace songs and scones, for older people to come together to participate in a performance by local musicians, followed by conversation, tea and cake. It is run in partnership with the Community One Stop.
- **In My Day**– to build on the work done with the Plough to Plate workshops, Ryedale Carers Support has continued to deliver an exciting programme of reminiscence-based workshops exploring the stories of people and places in Ryedale through the ages. The programme of 6 sessions explores a range of themes linked to the story of food, farming, music and leisure activities. Sessions provide the opportunity for participants to explore the remarkable collection of artifacts provided by heritage engagement consultant, Virginia Arrowsmith, who led the sessions.
- **Walking Group** – the group meets monthly and every client has a dedicated volunteer walking with them. The carer (husband/wife/son/daughter) has a day off knowing their loved one is doing something they love. The benefits of physical exercise and good company are incalculable.
- **Community Development in Northern Ryedale and Whitby District** – our Activities Coordinator runs a Farmers Breakfast in Lythe and has supported the development of a number of friendship groups in small rural communities in northern Ryedale and rural parts of Whitby District.
Lythe Farmers Breakfast, on the first Wednesday every month was set up because loneliness and isolation has become endemic in many of our rural areas in North Yorkshire and this monthly group enables those who are less able to interact and find themselves isolated to meet with friends old and new for a cup of tea, listen to a rural or locally inspired speaker and then most importantly have a bacon buttie and a chat.
- **On - Line Activities**
Ryedale Carers Support continues to provide 2 online activities that have filled an unmet need and have proved to be very popular:
 - **Virtual Walks** Volunteer Rangers Jim Hall & Davy Major from North York Moors National Parks lead monthly virtual walks, enabling people to enjoy the countryside and a chat from the comfort of their sofas through Zoom. Walks include views, local and historical information and show the best of the national park in all seasons. Time for a chat, questions and sharing is

always a part of these two friendly and informal groups. If people need help starting with Zoom, we can offer support to get them going.

‘They are interesting. Only been on one because I have only just joined, it was at Fountains Abbey where I have been since I was a child’

‘A breath of fresh air brought into our living room. We look forward to it every month’

Virtual Singalongs over 25 people who can’t get out meet on line to sing along to a variety of musical genres, music from the shows, country, sounds of the 60’s and much more. The social connection has helped people feel less isolated:

‘What a wonderful afternoon yesterday! M and I thoroughly enjoyed it. It really lifted my mood and left me feeling so cheerful and positive about life again.

On one occasion they had a ‘Desert Island’ disc type presentation: ‘I don’t know how to put into words my admiration and gratitude for all the hard work you do. We were both enjoying the tactile quality of the old vinyl, the sleeves, the record shop bags, and especially all that wonderful vintage technology. I was in Joni Mitchell heaven at one point, seeing all those album covers! One of my all-time favourites’

- **Community One Stop** run in conjunction with Ryedale Charities Together the Community One Stop is a doorway into the voluntary sector. Most people know how to access their GP and Health and Adult Services but the voluntary sector can be very confusing. There are now 4 Community One Stops, they are held once a month in the 4 market towns: Pickering, Malton, Kirkbymoorside and Helmsley. At the Pickering event, Ryedale Carers Support holds a musical event in the afternoon, it’s called **Musical Mondays**. Over 35 people attend some by invitation other just drop in.

It’s great to get out and be with other people and without the transport you provide we would be stuck at home’

‘We need to get out and this is a great way to be with others and have a good time’

- **RCS 2023 Calendar**

It was so successful last year, Ryedale Carers Support decided to do another calendar for 2023 as a way to reach out and connect with all our clients and volunteers. Each month features photographs linked to a different RCS activity with comments to encourage conversation. We have received many compliments from delighted clients and volunteers.

○ **Volunteer Newsletter**

A quarterly newsletter for Ryedale Carers Support volunteers to keep them informed and involved in what we have been doing. As well as a 'letter from Claire', we feature recent sessions and events; what's coming up; a humorous cartoon and useful contacts which the volunteer can share with the person they are visiting.

Funding:

We are very grateful to the following foundations, trusts, organisations and individuals for supporting us:

- The Robert McAlpine Foundation for enabling Ryedale Carers Support to recruit more volunteers and pay their out- of-pocket expenses. Our volunteers were not able to visit during lockdown so a surplus has developed. As we expand our activities and services this will be used to keep our volunteers connected with us and each other
- NYCC Health & Adult Services and the local Integrated Care Board for continuing to support the Carers Sitting Service and My Neighbourhood. Ryedale Carers Support is delivering the NYCC sitting service contract for Scarborough, Whitby and Ryedale from 2018 – 2023
- Ryedale District Council for enabling our volunteers to keep connected and receive on-going support and training from Ryedale Carer Support
- NYCC Bright Sparks funding to help tackle loneliness and isolation through musical activities
- NYCC Stronger Community Grant to support Lythe Farmers Breakfast
- NYCC Stronger Community personalised care programme grant focussing on building organisational skills and knowledge and developing relationships with local Primary and Secondary Care based social prescribers.
- The many individual carers and volunteers who have given so generously throughout the year.

Who we help?

Referrals to Ryedale Carers Support have increased year on year and in this financial year 315 carers and older people have received a service from us.

| 18- 64 years | 65 – 74 years | 75 – 84 years | 85+ years |
|--------------|---------------|---------------|-----------|
| 25 | 56 | 141 | 93 |

| Learning Disability | Physical Disability | Frailty or Temporary Illness | Hearing Impairment | Visual Impairment | Mental Health | Dementia |
|---------------------|---------------------|------------------------------|--------------------|-------------------|---------------|----------|
| 1 | 79 | 54 | 0 | 3 | 87 | 91 |

Working with other groups

Ryedale Carers Support is known for responding to need and we can often do this by working with other community groups. For example, a cared for gentleman loved to grow vegetables but with his advancing dementia was unable to do this on his own. He was paired with Next Steps who run an allotment and with their support he is back doing what he loves and his carer is happy because she has a few hours respite knowing he is doing something that he loves.

Our Volunteers

Ryedale Carers' volunteers are the heart of the organisation and the 153 volunteers registered with us make a significant difference to the people they visit. We are very grateful for all their hard work and commitment.



Over the year Ryedale Carers Support has recruited 16 new volunteers via word of mouth and from publicity generated by adverts in the Handy Mag, the Gazette & Herald and social media. In May 2022 we arranged a cream tea at the Talbot Hotel in Malton with entertainment from the Thornton Dale Ukuleles. It was a way of saying a big 'thank you' to all our volunteers for all they do, 59 volunteers attended.

In 2023, 13 volunteers attended a volunteer induction training, in the summer of 2023, we held an informal meeting with clients and volunteers to look at ways of coping with dementia. This event was led by Professor June Andrews; author and specialist in dementia care. The event was so informative we have asked Professor Andrews to return this September and speak to a bigger group of clients and volunteers.



Ryedale Carers' volunteers are the backbone of all that we do: we could not be the organisation we are without the hard work of all our volunteers and we are very grateful for the time they give us.

IT Buddies a large number of our clients were still struggling to get on line which meant that one avenue of 'getting connected' was closed to them. RCS has recruited 3 or 4 volunteers whose role is to become an IT buddy and to help set up laptops and tablets for our clients and to sit with them for the first couple of zoom sessions. We have also bought 3 or 4 tablets that can be lent to clients for 6 months to see if on line activity is for them. As a result of this initiative, we have some flourishing on line activities.

What the client said about her IT support:

'I am definitely a lot more confident is using technology now, I sometimes have problems with the signal going down but can easily get on again. All thanks to my IT bubby who was so patient'

What the volunteer said:

'Overall, I don't feel I really did much but it is nice to know that with my little contribution that they could join in the activities'

My Neighbourhood is about connecting communities and providing support to people who may be isolated, lonely or need a bit of extra help. My Neighbourhood with the help of our volunteers aims to:

- Help people stay well and active within their local community or neighbourhood
- Offer opportunities to meet new people, join in social activities and perhaps try something different

Throughout 2021/22 and 2022/23 Ryedale Carers Support has worked closely with Carers Plus Yorkshire to enable this to happen.

Community Development in Northern Ryedale and Whitby District

Farmers Breakfast continues to go from strength to strength with over 45 bacon butties now being made on a regular basis. There is a core of 4 regular volunteers and some volunteers who also drop in when they can. In total 12 volunteers help with Farmers



Breakfast to a greater or lesser degree. Gemma's help was invaluable during 2022 and early 2023 until she unfortunately left Caring Together to go to happier times. In April, Farmers Breakfast clients were lucky enough take part in the pre-season trials for Wet Wheels and a marvellous trip in a very choppy Whitby Harbour was had by all. Due to curtailed nature of the trips, Wet Wheels kindly offered to repeat the sessions for us in July. So, we were able to have 2 trips on Wet Wheels. After the April trip Isabelle had negotiated a 'special' discount for 40 of us to have fish and chips in town so a lovely day was had by all.

In June we had a special event to celebrate the Platinum Jubilee of Queen Elizabeth 2nd. HRH even managed to drop in.

July saw Farmers Breakfast Lythe and clients from Ryedale Carers Support meet up for a joint visit as part of the Ryedale Green Event. 35 members of Lythe Farmers Breakfast went to the Ryedale Folk Museum, they all had a lovely day out, with many activities arranged on our behalf by the museum.

Several clients commented on knowing some of the buildings from their original position in Danby and many still used many of the tools on show in the grounds. Farmers Breakfast continued over the autumn and winter with luckily no sessions being cancelled due to weather or illness. October 2022 saw the last of 3 visits from Virginia Arrowsmith. These were hugely popular, and had originally been funded with a grant from the Yorkshire Agricultural Society.

In early 2023 Isabelle made several funding bids in order to be able to continue Farmers Breakfast as My Neighbourhood was no longer able to fund activities. Successful bids were made to ICL Boulby, Stronger Communities, The Grocers Fund and will ensure the continuation of Lythe Farmers Breakfast until March 2024.

The book/coffee club meet ups continued on a monthly basis until March 2023. They stopped when the My Neighbourhood funding was reduced for the area north of Whitby.

In January 2023, Isabelle also took over the running of the Monday Virtual Walks group from Carol. After a few teething problems this seems to be working well. All in all, a very busy and successful year.

The Future

The arrangement of blended work will continue, our online activities have been a great success and I am sure will go from strength to strength. Our funding is once again more secure having successfully secured the sitting service contract with North Yorkshire County Council. This service will be renamed the Carers Break Service. The funding that enabled us to support people living on their own is called 'My Neighbourhood', we are still delivering this with Carers Plus Yorkshire but it will now be called "Our Neighbourhood". Here, there is less money which has meant having to concentrate on the volunteer befriending and working with other organisations to deliver activities. However, since we have stopped 'Songs and Scones' and latterly 'Musical Mondays' we have realised how valued these activities are and how important it is to provide transport. It is the aim of RCS to deliver 2 flagship activities: Farmers Breakfast in Lythe and a quarterly musical event in Ryedale.

We know that working with others enables RCS to provide the best possible service for their clients.