

KEEPING CONNECTED AUTUMN 2021

YOUR QUARTERLY NEWSLETTER FROM RYEDALE CARERS SUPPORT

The Old School, Tinley Garth, Kirkbymoorside, North Yorkshire, YO62 6AR Tel: 01751 432288

Charity No: 1175552

Hello Everyone

Summer is nearly over and I hope you have managed to enjoy the sunshine and dodge the thunderstorms!

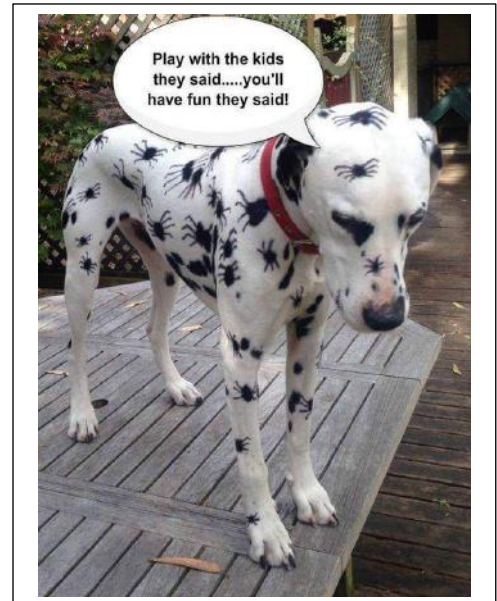
Autumn has always been a traditional time for Ryedale Carers Support to recruit new volunteers. This year, more than most, we need extra volunteers. So I'd like to ask all of you - as valued members of the RCS team - to talk to your friends about what you do for us. You'll find inspirational volunteering accounts in this newsletter, which we hope might inspire your friends to offer a little bit of their time to help someone who is lonely and isolated. If anyone would like an informal chat about volunteering, please encourage them to call us on 01751 432288.

Finally, our Quilt Wall Hangings will be touring local libraries soon: check our website and Facebook for dates & locations.

With very best wishes

Claire on behalf of the RCS team

A bit of
Halloween
Humour



Ryedale One Stop Shop **...coming to Pickering**

Join Ryedale charities and community organisations to see what is happening locally

First Monday of the month at Pickering Methodist hall, 9.30am to 3pm

- 5th July
- 2nd August
- 6th September
- 4th October
- 1st November
- 6th December

Free transport available from other parts of Ryedale, please contact Sharon for details

Activities include

- Musical Mondays, Ryedale Carers Support
- Community Cafe, Next Steps
- Family support surgery, Ryedale Special Families
- Low Vision Reading assessments, Sight Support Ryedale
- Volunteering opportunities

Covid-reducing measures will be in place

For more information please contact Sharon Cawte on 01653 699059 ryedalecharities@gmail.com



Getting Crafty for Christmas

Due to the success of our Quilting project, we are planning another craft activity for the winter. In partnership with NYCC Adult Learning and Skills Service, we will be running a Christmas Stocking project. Starting in November, Lucy Ryan will be showing us how to create a festive stocking - so time to keep a look out for some bright and cheerful Chrimbo fabrics!



THE VALUE OF VOLUNTEERING



‘I’ve met some lovely, amazing people’

“It’s a friendship thing”

“I’m walking a dog for a lady with health issues: it’s my best job!”

“It’s just me and the cat for most of the day so it’s nice to chat with Ken”

“It’s given me something to focus on, after not having a job”

These positive and powerful comments from some of our wonderful volunteers show just how much they get out of being part of the Ryedale Carers Support team. Everyone feels that it is definitely a ‘two-way thing’, as both they and the people they support are benefitting.

For Dorothy, connecting with others after giving up her business was invaluable: “The people I visit are lovely, really chatty - and RCS are very good at matching interests. One of my ladies read The Times every Sunday and she keeps me up to date!” Being able to help out during lockdown was a godsend for Helen: “I am on my own: my son and grandchildren live in New Zealand. I don’t usually feel lonely but lockdown in winter was a killer. The dark nights and not being able to do anything. The highlight of lockdown was my weekly food delivery to Weaverthorpe. I had permission to get out; I was over the moon!” Having been a carer herself, Penny is grateful that she is able to “share my knowledge and experience with someone else who needs it. If I can help one person through that maze, one step at a time, it’s worthwhile”.

Alan echoed many in his comments that “I wanted to give something back. It makes you feel good. You realise how fortunate you are yourself. It’s nice to build up a relationship with the carers, it’s so important for them, they need to have a break.” When Alan takes Roy out, his wife and carer Anne says, “Alan is a lifeline to Roy, as he’s quite cooped up. Doing normal things like going to the library, having a coffee, it’s been brilliant, life-changing. When Roy goes down the path with Alan, chatting away, I feel a huge load off my shoulders.”

If you know someone who could spare an hour for someone who is lonely or isolated, then please pass on this article and encourage them to contact us on 01751 432288 or email enquiries@ryedalecarers.org.uk

Note: stock photos have been used for this article.



OUR VOLUNTEER ‘THANK YOU’ EVENT AT NATIONAL BIRDS OF PREY CENTRE

A good time was had by all 😊



HINDERWELL ACTIVE BLOKES

Mike moved to Hinderwell 4 years ago, started to go to Lythe Farmers' Breakfasts to get to know people and has been a regular attender at the Wednesday Virtual Walk group. He recently helped to get Hinderwell Active Blokes up and running. He describes how it works:

"The village now has a community café and because it is volunteer-led, it is really friendly. People that go are getting more than a cup of tea. They were thinking, 'What else can we do?'. A small group of us started meeting on Thursday mornings – and that's how Hinderwell Active Blokes got going.

It's nice to have a chat, put the world to rights. You get to talk to people you'd pass on the streets and usually just say hello to. It's something different for us all. I can see that it's been really beneficial for one guy: letting him talk, getting more active with others; it's doing him the power of good. It's integrated me more into the village. I'm getting to know the locals' names for fields and other places.



We've been on two walks; had Dick Carr bring the 1947 Velocette motorbike he'd built to show us; and we're off to see the Engine Shed at Grosmont (where I also volunteer).

We've got lots of idea between us: I just help to give others the opportunity to make them happen. Five of us have started doing 'Yoga for Older Guys'. It's a lot easier when you're not surrounded by young things in leotards!

ONLINE AND ON LOAN

Thanks to the Thornton-le -Dale Crafty Hubbers, we can now buy 3 more tablets to help people get connected. Even better, we have also used the Hubbers' gift to buy a mifi box. This connects via mobile phone networks, so there is no need to install wifi and broadband until people are sure that IT is for them.

If you are supporting or know someone who is isolated, and interested but anxious about using IT, they can now borrow a tablet from us and have an IT buddy to help set it up.

They can then join our online activities and stay connected with others from the comfort of their armchair 😊



WHAT'S ON @ Ryedale Carers Support

SEPTEMBER

Tues 14th or 21st: 10.00-12.00
Walking Group, 5 miles
Ring for location details

Tues 21st: 2.00-3.30pm
Carers Support Group social
New members welcome

Weds 22nd: 2.30-3.30pm
Zoom Singalong with
Matt Jones Green of Rewind

OCTOBER

Mon 11th: 2.00-3.00pm
Virtual Walk with Jim Hall,
NYMNP Volunteer Ranger

Tues 12th or 19th: 10.00-12.00
Walking Group, 5 miles

Weds 13th: 2.00-3.00pm
Virtual Walk with Davy Major,
NYMNP Volunteer Ranger

Tues 19th: 2.00-3.30pm
Carers Support Group: Power of
Attorney & Wills
New members welcome

Weds 20th: 2.30-3.30pm
Zoom Singalong with
Bridget Coussins

NOVEMBER

Mon 8th: 2.00-3.00pm
Virtual Walk with Alison
McDermott, NYMNP
Volunteer Ranger

Tues 9th or 16th: 10.00-12.00
Walking Group, 5 miles

Tues 9th: 2.00-3.00pm
Virtual Walk with Davy Major

Tues 16th: 2.00-3.30pm
Carers Support Group: Time
out to slow down
New members welcome

Weds 17th: 2.30-3.30pm
Zoom Singalong

If you or the person you support are interested in any of these sessions, contact the team to find out more, book places and transport or request Zoom help.



USEFUL NUMBERS

Age UK Scarborough & District 01723 379058

CarersPlus (formerly Scarborough & Ryedale Carers Resource) 01723 850155

Dementia Forward 03300 578592

Next Steps 01653 690854

North Yorkshire County Council Emergency Duty Team 01609 780780

Ryedale Carers Support 01751 432288

Ryedale Community Transport 01653 699059

Ryedale Talking Magazine 01751 476499

Samaritans 116 123

Scarborough, Whitby & Ryedale Mind
01723 356562

Sight Support Ryedale 01653 698860

SHORT & SWEET

With the help of Citizens Online and 2 wonderful IT volunteers, we've supported over **17** people to get connected so that they can contact friends and family, use technology and join our Zoom walks and singalongs.

If you know someone who'd like to get online, or if you could be an IT Buddy, then please give us a call ...