

KEEPING CONNECTED SUMMER 2022

YOUR QUARTERLY NEWSLETTER FROM RYEDALE CARERS SUPPORT

The Old School, Tinley Garth, Kirkbymoorside, North Yorkshire, YO62 6AR (01751) 432288

Charity No: 1175552

Hello Everyone

I saw my first swallow yesterday which was a huge thrill and made me feel that summer is here! As we get back into the routine of visiting, I thought you'd like a few ideas to stimulate conversations. 'History Begins at Home' is an initiative run by Norfolk County Council archive service as a nationwide campaign. It aims to get families and friends across the generations to connect with each other to talk about their backgrounds and memories. Along with this newsletter, we have included a sample 'History Begins at Home' question sheet. There are over 45 topics to choose from: google www.historybeginsathome.org or ring the office and we'll print some off and send them to you.

Happy chatting!

With very best wishes

Claire and the RCS team



OUR VERY OWN 'SONGS AND SCONES' !!

Thank You so much for all that you do
Fun, food and friends enjoyed by all



Our
Volunteer
Thank You
Tea at
Talbot
Hotel,
Malton on
25th May ☺



“These boots were made for walking ...”

When a retired farming couple, receiving support from RCS, suggested a walking group, we jumped at the idea. We recognised that this could bring not only physical, but also mental and social benefits to people. Recent research has shown that the physical act of walking and spending time in nature can reduce stress, anxiety and in turn, lower the risk of depression and other mental health issues.

So, just over three years ago, we advertised a monthly walk. This proved to be very popular with men in the early stages of dementia. Having talked to these gentlemen, we choose half day walks of 5-6 miles in the Moors or the Howardian Hills. Recruiting volunteers was the easiest task - we soon had over 15 enthusiastic walkers. More taxing was the need to produce risk assessments in order to keep everyone safe. Adders, stock in fields, dangerous stiles, ticks and a range of other risks all had to be identified. Chance would be a fine thing in the case of adders ... or so we thought until we saw one at Levisham last summer!

During the pandemic, the walks continued on a one to one basis. The loss of a bigger group triggered thoughts of alternatives and this gave rise to our popular virtual walks. Last summer saw the group walks return, although pub lunches were replaced with pack ups. Fine in summer but less appealing on a cold winter's day!

Janet says, “Both of us look forward to the third Tuesday of each month. I know that Paul will be walking with a group of friendly, caring people and enjoying our beautiful countryside and its wildlife’. As leader of the group I find it a joy to walk with Paul as he is prepared to listen to my sob stories of Norwich City although at the price of having to listen to his highlight of Fulham's latest exploits...

Often sparked by what we pass on the walk, everyone contributes, drawing on their interests and experience, to the enjoyment of all. At the end of our walk, we each feel buoyed up by good company and physical exercise in this wonderful part of Ryedale.

by RCS volunteer and Trustee, David Brewster

Wet Wheels in Whitby



L to R: Colin the Pirate Skipper; Will we fit under the bridge?; Janice takes the wheel

Farmers' Breakfast Lythe clients and volunteers recently had a fabulous day on the Wet Wheels Yorkshire Boat in Whitby, with a lovely fish and chip lunch afterwards.

Due to the sea conditions, the boat was only able to go to the very edge of the harbour mouth. From there, we were able to see first-hand the size of the waves and the swell against the harbour wall. The boat then turned around and Peter the skipper gave the engines a blast so we all had a good spray and adrenalin rush! This was followed by a scary squeeze under the swing bridge and a very interesting trip up the river, seeing the signs of the previous industries that lined the river mouth, the stained walls from the whaling factory, the boat building slipways. All of this was further enhanced by the appearance of the steam train as it followed our route.

Three trips went out in total to accommodate the needs of the passengers - a busy day for the captain and crew. Big thank you to Pete, Mike and Penny who made everyone feel so welcome and safe. A group of clients from Hinderwell and Castleton were able to come on the Heather Hopper/Esk Moors Active minibus so after the boat trip, everybody made their way to Quayside Fish and Chip shop for a warm up and very good fish and chips. A great day was had by all.

With special thanks to the Jack Brunton Charitable Trust who funded this trip 😊



L to R: volunteers Sally and Helen enjoy the view; All Aboard!; North York Moors steam train

What's on @ Ryedale Carers Support

JUNE

Mon 6th: 9am-3pm Ryedale Community One Stop Methodist Church, Pickering. North Yorkshire Music Therapy 1.30-3pm

Weds 22nd: 2.30-3.30pm Zoom Singalong with Martyn Cresswell

Tues 28th: 10am-2pm Walking Group, ring for details

Tues 28th: 2-3.30pm Carers Support Group: Social at Helmsley Walled Garden

JULY

Mon 4th: 9am-3pm Ryedale Community One Stop Methodist Church, Pickering. Guitarist Rob Iles, 1.30-3pm

Monday 11th: 2-3pm Virtual Walk with Jim Hall

Tuesday 12th: 2-3pm Virtual Walk with Davy Major

Tues 19th: 10am-2pm Walking Group, ring for details

Tues 19th: 2-3.30pm Carers Support Group: Social at Steam & Moorland Garden Centre, Pickering

AUGUST

Tuesday 9th: 2-3pm Virtual Walk with Davy Major

Mon 15th: 2-3pm Virtual Walk with Jim Hall

Tues 24th: 10am-2pm Walking Group, ring for details

INTERESTED? If you or the person you support would like to attend any of these sessions, please contact us for further information and to book places. We can offer support with getting onto Zoom.



USEFUL NUMBERS

Age UK Scarborough & District 01723 379058

CarersPlus Yorkshire 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



What is the NHS App?

A safe, secure and easier way to:

- Book appointments at your GP surgery
- Order repeat prescriptions
- View your medical records at any time
- Get medical advice
- Access to your COVID-19 passport



Ryedale Carers Support have been asked by Humber Coast and Vale Health Care Partnership to promote the NHS App. It is free to download. For more information ring the office on 01751 432288.