



1. Do you want to help us fundraise by helping at a street collection?

Tell Josey and your support.

These collections are coming up:

Pickering 9am Monday 12th June

Kirkbymoorside Wednesday 12th July

Helmsley Friday 8th September

We can often arrange a lift and support where needed, just let us know if this is what you need. We usually start at 9am.

You will get a certificate of thanks from Ryedale & District Mencap CIO for every collection you help out at.

2. We are starting our programme of fair weather activities this Friday at Newton upon Rawcliffe Village Hall.

It costs £30 per person and includes return transport from your home to the venue and back, support and all activities.

The dates for these Friday activities are as follows: (ones with an asterisk are 9pm finishes, the rest are 7pm.)

May 19th*, 26th.

June, 2nd, 16th*, 30th.

July, 7th, 14th, 21st*, 28th.

September, 1st, 8th, 15th*, 22nd.

October, 6th, 13th, 20th*, 27th.

November, 3rd, 17th*, 24th.

This week its going to be Yoga, Group Games and Boccia.

We break for Tea at 4.30 so bring a packed meal and a bottle for water.

Water, Juice, Tea and Coffee are served at appropriate times and are included in the cost.

Places must be booked as they are limited to a maximum of 20. Please talk to Josey to book your place.

3. Owl trip. Sunday 9th July 11-4pm £35 includes transport. Bring a packed lunch. Café on site.

A trip to the National Centre for Birds of Prey Helmsley. This is a contained site where we can look at the exhibits at our own pace and take lots of pictures. There are stunning aerial displays to watch too. We will sit and have a group picnic with our packed lunches at 1pm.

Places are limited to 50 for this trip and they will go very quickly so make sure to let Josey know if you want to book your place!

4. Rugged Outdoors, an afternoon at an outdoor adventure setting. Lot's of exciting things to do including, axe throwing, archery, leaf bashing, pond dipping, campfire cookery and much more!

Saturday 15th July 1pm – 6pm £45 includes transport. Bring a packed lunch.

Again places will go quickly on this trip so if you want to come book quickly. Spaces are limited to 20 including care.

5. We are also continuing with our weekly zoom discos, Wednesdays 7 – 8pm. Please contact Josey for the access codes and send her 2 song requests.

6. We are also planning the final details of the caravan holidays some of you are booked on. If you are booked to stay in our caravan at Skipsea Sands then we will be in touch soon with more information.

7. Theatre trips to York Opera House will be happening later this winter again, more information will be sent round when it has been put together.

I hope there's something there to take your fancy, and I look forward to seeing you all on one or more of our days out this year.

07702783574 josephinehallmencap@outlook.com