



To book your place on any of the following activities please contact Josey Hall 07702783574 josephinehallmencap@outlook.com

Places are limited and booked on a first come first served basis.

Friday Activities at Newton –September 15th, 22nd, October 6th, 13th, 27th, November 3rd, 17th, 24th, £30 per session, booking essential, includes transport from Norton, Malton, Pickering and Botton. 3pm – 6.30pm Yoga, and Movement and Dance are the current activities. Bring a water bottle and a packed lunch.

Train Trip on the North Yorkshire Moors Railway – Friday 20th October

Depart Pickering 10.55am, returns to Pickering at 15.55pm.

Train departs Pickering and travels to Grosmont where we stop and have a picnic on the train. Returning to Pickering after the Picnic.

Many thanks to Pickering Rotary for providing these subsidised tickets.

Tickets are:

£10 without transport to Pickering

Or

£30 with return transport to and from Pickering.

Included with all tickets is a buffet served in a heated carriage on the train. Mencap will provide some games and entertainment on the train as well as holding a raffle to win a prize on the day.

Essential carers are free.

Peat Rigg Adventure Weekend – 24th to 26th May 2024. This is still suitable for all abilities but a bit more involved and more exciting activities for the more daring among you. Activities could include highropes, firelighting, lowropes, archery, potholing, gorge-walking....all tailored to your ability.

Bookings need to be made now even though the trip is a long way off because there is a lot of paperwork to complete about each attendee before we can go on the trip, and it will take us a long time to gather it all. This trip costs £350 per person, essential care free. Included in the cost are all activities, accommodation, transport to and from Peat Rigg (from Botton, Pickering, Malton and Norton), all food and non alcoholic drinks, support from Mencap staff and volunteers.

This is a chance for you all to test your limits, try new things and enjoy time with friends. Book now to avoid disappointment. Only a few places remain on this.

Theatre Trip to see Shrek the Musical - Wednesday 29th November Matinée performance. Grand Opera House York. Transport available from Botton, Pickering, Malton and Norton. £40 per person, essential care free.

Christmas Dinner served in the Masonic Lodge at Pickering 6pm Monday 11th December 2023. Three courses with all the usual trimmings. Raffle, please bring any prize donations along on the night or if you aren't attending please give them to any of the Mencap Trustees, volunteers or Josey beforehand. £25 per person essential care free.

Starter

Creamy potato and leek soup and a roll

Main

Roast turkey, roast potatoes, Yorkshire pudding, stuffing, pigs in blankets, seasonal veg and plenty of gravy

Pudding

Eton Mess

Special Diets can be catered for just speak to me about your requirements at the time of booking.

Transport can be provided from Botton, Malton and Norton at an additional cost of £20 per person.

Mencap Christmas celebration with special guests Malton District Male Voice Choir, and their supporting guests. 6pm – 9pm Saturday 16th December at Old Malton Memorial Hall. There will be a collection on the door and a raffle on the night, refreshments will be available to buy, with all funds raised going towards Ryedale and District Mencap CIO, and the Malton district Male Voice Choir.

If you need help arranging transport to this event please contact Josey and she will help you to arrange it, however you will have to pay for it yourselves.

Please book your places as space is limited.

In person activities take a break over the winter months but will be back next year. In the mean time why not try joining our Wednesday night disco on zoom, if you like it you may also enjoy the other activities we do on winter zoom.....starting January 2024.

To try the Disco use the zoom link or codes below on the following Wednesday evenings 7-8pm.

September 13th, 20th, October 4th, 11th, 18th, November 1st, 8th, 15th, 22nd, December 6th, 13th.

Join Zoom Meeting

<https://us06web.zoom.us/j/83295625348?pwd=ME5lbnNZd2QvM3g3M3BQRHFvbERJQT09>

Meeting ID: 832 9562 5348

Passcode: 096213