



**Ryedale and
District CIO**

Important announcement: Josey is now on holiday until September. Please respect this and use the following numbers and email addresses to contact us until then:

lucyannehallmencap@outlook.com

pat.anderson88@yahoo.co.uk

Lucy Hall 07449489610

Patricia Anderson 07890205984

Please only use these numbers 3pm – 6pm on weekdays, and only while Josey is on holiday.

Patricia and Lucy are still taking bookings for the following things:

Friday Activities at Newton – 1st September, £30, 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. Limited places.

Rugged Outdoors – 2nd September, £50, includes transport from Norton, Malton, Pickering and Botton. 1pm – 6pm, dress appropriately for the weather and bring a packed lunch and a water bottle. Also bring wellies and a bag to take them home in, and a raincoat as we will not be put off by the weather! Lot's of activities based around bushcraft in a totally accessible setting and suitable for all abilities. Essential care free.

Train Trip on the North Yorkshire Moors Railway – Friday 20th October (Date has been changed, this is the correct date)

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.

Essential carers are free.

Kirk Theatre FREE Cinema Tickets for Wednesday 6th September 2.30pm.

The film is Allelujah with Jennifer Saunders, Derek Jacobi and Judi Dench.

Tickets are free by kind donation from The Ryedale Lions, and transport can be arranged by Mencap if required at an additional cost. Usually this cost is around £15 each from Malton and Norton.

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. Places are limited.

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.