CARING TOGETHER
NORTH YORKSHIRE
Across Ryedale & Whitby Area

KEEPING CONNECTED

Autumn 2026

Hello Everyone,

Welcome to September – and our latest edition of *Keeping Connected*. I'm sure you'll agree it's been an exceptional summer, certainly from a heat point of view! Perhaps you are looking forward to autumn and some cooler days?

It's also been an exceptional summer for CTNY. Following our name change and re-branding, we were very keen to push out news and events every month – and we've done it! The wet Kirkbymoorside 10k in May (see the Summer edition for photos and more info) kicked off a busy and active summer, culminating in a team of 25 staff and volunteers walking some, or all, of the Lyke Wake Walk. This famous 40-mile trek from Osmotherley to Ravenscar is traditionally completed in a 24-hour period … we did it on 2nd July! Cleverly avoiding the heatwaves of the weeks before and after, we were sustained by supporters at seven spots along the route – these amazing people brought snacks, drinks and SUPPORT which kept us walkers walking.

The Lyke Wake Walk was the perfect route for us – symbolically covering Ryedale and the Whitby area, as does CTNY – and providing a great opportunity to get to know one another better other than the fleeting chances we get at events or in the office. The interest in the event was huge, resulting in raising a phenomenal £2000+ – and our profile, which we hope will pay dividends over time.

The staff team have reviewed what went well and where we can improve. We're now looking for a 2027 activity to bring us together and get to know one another better. Let me know if you have any ideas!

Best wishes,
Ann

New beginnings in Ryedale and Whitby

Our first Ryedale Meet-ups took place in July and August at the Pickering Recreation Club. Led by Jacquie and Natalie, it was a successful beginning, with each event welcoming around 30 people for tea, cake, conversation and connection. In July, volunteers from Beck Isle Museum took us down memory lane with some fascinating items in their memory boxes, and in August we focused on nature which started some great conversations. The content will vary but the cake and connection will always be there! (Carers had a separate time and space during the afternoon to share experiences and offer mutual support.) If you think this might interest the person you visit, do get in touch.

Across the moors, our new Whitby Walking Group, led by Miranda, had its inaugural outing on 19th August. The walk was along the Cinder Track, crossing Larpool Viaduct, towards Hawsker. As Miranda says: “This walk was indicative of what we are about – to start small, walk for around an hour to an hour and a half and to stay on the flat as much as possible! You are warmly invited to come along on a gentle stroll with our fantastic volunteers and staff.

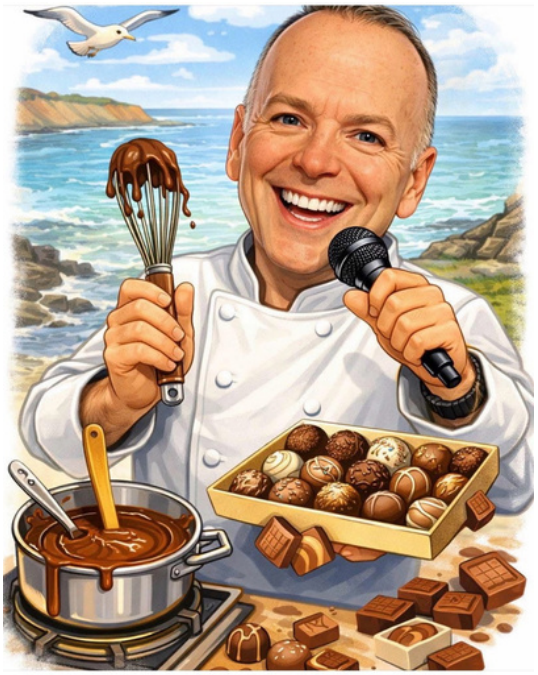
“We plan to meet at 9:45am on the third Wednesday of every month. In the colder months, we will decamp to a village hall for talks and activities. If you are interested in finding out more, please get in touch. We do need to know numbers so let us know if you are planning to stroll with us!”

Autumn Fundraiser: Pies, Peas & Party

Join us for a warm and lively autumn evening of food, entertainment, chocolate, and fundraising at Lythe Village Hall on Friday 2 October from 7pm to 10pm.

Just £25 per person for delicious food and entertainment. The ticket price gives you a pie and pea supper (beef and vegetable or mushroom and leek) with what the chef calls ‘Yorkshire caviar’ but we might call mushy peas! Gluten-free options available by pre-order.

Tea/coffee, puddings and entertainment included, with beer and wine available to buy.



The evening will start with a short chocolate-making demonstration by Andy Lloyd of Island Truffles and Treats, with chocolate tasters after the meal. There will be live comedy and singing from Andy too! Chocolates will be available to buy throughout the evening.

The evening will finish with a raffle. For tickets, or info on how to donate a raffle prize, please contact Laura directly on 07946 188874 or call the office on 07455 706501.,

Come along for a hearty meal and help raise funds for our work.

SPOTLIGHT ON...

ART IN COMMON

Over the last six months Laura and Heather have enabled several of our volunteers and the people they visit to get involved with Art in Common – a collaborative project by Caring Together North Yorkshire and Rural Arts. The project ran between February and July 2026 and delivered creative opportunities to socially and rurally isolated older people in Ryedale.

Art in Common worked with some of our befriending volunteers to share arts and crafts during their regular volunteer visits. Jane Wilson and Claire Ford, Community Artists with Rural Arts, hosted information sessions where volunteers explored the benefits of creativity, practised painting and felt making, and learned to adapt activities for the needs and interests of those they visit.

During the six months of the project, a community artist and a volunteer visited each person four times to deliver art activities tailored to individual needs. The North Yorkshire Moors Railway emerged as a highly popular theme, inspiring vibrant stencilled paintings, collages, and printed pictures while sparking nostalgic conversations. Participants also explored a wide variety of other crafts, including painting flowers, iPad art, making clay bowls, creating football bunting, and learning textile skills like felting and freehand machine embroidery.

The feedback from participants was overwhelmingly positive with one saying: “Being housebound is very difficult, having this is an absolute lifeline. It’s something to look forward to … it makes me quite giddy!” and another commenting: “This has been better for my mental health and wellbeing than any medicine the Doctor could prescribe.”

Volunteers were equally positive. One volunteer said: “I’ve realised how much fun it is to try different things with the people I visit” and another added: “It’s been lovely to see the lady I visit grow in confidence and enjoy herself”.

To help ensure the creativity continues, those involved have selected activities to pursue after the project ends and Rural Arts have provided custom goody bags of art materials to support these art projects during future visits. The Rural Arts team extends a huge thank you to everyone involved for their enthusiasm, willingness to learn something new, and joyful participation.

Ann Ferguson, our Chief Officer concludes, “It’s been wonderful to be part of Art in Common. It’s given a real focus to volunteer visits, sparking fun and building confidence for everyone involved. It’s been a very positive experience and we’re grateful to Rural Arts and their funders. Thank you!”

Rural Arts in Common

To get in touch for more information on anything contained in this newsletter please email us on **enquiries@caringtogethernorthyorks.org.uk** or call the office on **07455 706501**.