CARING TOGETHER
NORTH YORKSHIRE
Across Ryedale & Whitby Area

KEEPING CONNECTED NEWSLETTER

Summer 2026

Hello Everyone

As I write this, the sun is out and I can see my old and new chickens busying themselves in the garden, also enjoying the spring sunshine. It makes such a difference to my mood and my energy. To finish work and it still be light feels like such a treat!

I hope that you are getting used to our new name. It is sometimes a challenge for us to remember what to say when the phone rings in the office! Our new leaflets will be appearing out and about in the community – do ask if you want any to go to places only you may know about.

Personally, it is a spring and summer of exercise challenges. On May 3rd I ran my third 10K run in Kirkbymoorside - this time sporting our new t shirts and having a stall in the town to raise awareness and funds. The total amount currently stands at £873! No time to pack my running shoes away though, as then on the 31st May I will be doing my first ever half marathon in Brittany, France. Once again, I hope to fundraise but really I want to use this as another opportunity to get our name out.

As if that wasn't enough, a number of staff members, trustees and volunteers are planning to undertake the Lyke Wake Walk, all 40 miles of it, from Osmotherley to Ravenscar, on 2nd July with that 24 hour clock ticking down! We are walking it as a relay with those keen on doing it all alongside those wanting to do a leg or two, and all the while helped by a support team at different check points. There's room for you on this adventure too!

Finally, I would like to re-introduce Miranda Vasey to you. Miranda did some work back in autumn 2024 when we first began managing the service in the Whitby area and she has returned now as a Development Worker, leading on the development of our walking groups in Ryedale and Whitby, funded by the National Lottery Awards for All.

Enjoy the summer as it appears, and I hope to see you around and about.

Best wishes,

Ann

SPOTLIGHT ON...

TWO NEW GROUPS

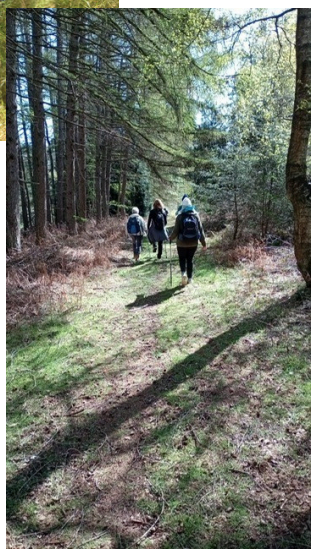
Whitby Walking Group

There is always lots of chit chat on our popular Ryedale walk, as boots and wellies strike the ground. Each walk is shaped by the care, time and quiet dedication of our walk leader (and Chair of Trustees), David Brewster, as well as a loyal and happy band of volunteers.

Walkers tell us that they build strong relationships, regain lost confidence, and share lived experiences as much as cherish the great pleasure of being under Yorkshire's big skies. A genuine sense of belonging.

We want to do just the same in the Whitby area: set up a monthly walking group to make positive connections and have just as many laughs.

Miranda, our new development worker and walk leader for Whitby, will be joining our Whitby groups over the nest couple of months to listen to what you want your walking group to look like. Do say hello.



If you'd like to find out more, either for yourself as a walking group volunteer or if you think the person you visit might enjoy this experience, please email miranda.vasey@caringtogethernorthyorks.org.uk or call our office on 07455 706501.

Art in Common

Are you looking for different ways to connect with the person you visit? How about this new and inspiring initiative?

'Art in Common' is all about introducing meaningful creative activities to those who are stuck at home. You don't need to be 'arty' – Claire and Jane, from Rural Arts in Thirsk, are wonderful at being supportive, encouraging and flexible, making volunteers feel confident and finding ways to make creativity accessible and enjoyable for everyone involved.

Claire and Jane will accompany volunteers on four visits and together, explore ideas for a creative project that can continue beyond these sessions. Knitting, painting, collage, poetry - the possibilities are endless and will be tailored to the interests and abilities of the person visited. At the final visit, a box of creative resources (worth £50) is gifted, leaving everything needed to carry on!

Rural Arts in Common

This is a fantastic opportunity to bring something new and rewarding to befriending visits.

"Mum is often confused and in pain but these sessions really engage her and make a difference to her overall mood for the rest of the day. It is so nice to hear her talking about her embroidery days and her fond memories of going to the Knit and Stitch Show". Daughter, Richmondshire

"Using these tools has evoked something in me. It feels joyful". Participant, Scarborough

We still have some remaining places to join the project. You can come and meet Claire and Jane on Tuesday 19th May in Ryedale and Tuesday 9th June in Whitby to find out more. Do get in touch if you'd like to come along to either of these workshops.