



Nycil News

Issue 2
December 19

DATES FOR YOUR DIARY

Christmas Sparkle Free Festival Scarborough Open Air Theatre	29th Nov-1st Dec
DAG Christmas Coffee Morning Staithes Village Hall	5th Dec
Pendragon Special Song time Pendragon Community Trust, Northallerton	7th Dec 11.10-11.40
Create your own Xmas table arrangement Helmsley Walled Gardens	21st Dec 10-1
Horton Housing Drop in Session Pickering Library	24th Dec 1.30-3.30

PA, it's more than just a job!

Having the right PA can be life changing. Not only for your care but also socially. PA's give you the choice to live your life as you want to lead it. A PA is more than a carer, they're an enabler.

One of our team attended the inaugural "Could You Care? Health and Social Care Recruitment Event" at the Coventry University campus in Scarborough, spreading the word about what being a PA involves and how rewarding it is.

Organised by the Humber Coast and Vale STP and CU Scarborough, the purpose of the event was to showcase the wide range of careers available in Health and Social Care. The event also promoted

NHS careers, training opportunities, general social care and working in the community.



Nycil getting the word out that being a PA is more than a job

Nycil made a bit of splash with our novel way of giving you choice and control. It also proved fruitful in letting the public know what a rewarding job being a PA can be. Not many

people were aware that you're paid, get a pension, tax, holidays and the rights afforded to any other worker, but with the added bonus of seeing another person thrive.

Mince Pie Merriment

Come and join Whitby DAG in celebrating Christmas. Enjoy a tea or coffee with a mince pie. **Event being held at the Church House Centre, 20th December at 10.30. Everyone welcome.**



IndependANCE CIC

Christmas Event

23rd

December

7-10pm

Sanctuary

4-13, St Nicholas St, Scarborough YO11 2HF

Facebook:

Independance CIC

07527 107444

Formed in the summer of 2018 with the assistance of the Royal Voluntary Service, RVS Sightloss in the Scarborough area has gone from strength to strength. Chiefly for those with sight or hearing loss but open to anyone who wishes to help.

RVS Sightloss is a lifeline to those involved, keeping them involved in their communities. The group tries different activities (at least monthly), activities ranging from; relaxed informal lunches, the excitement of Flamingo Land, the serenity of a

round of golf, to the adrenalin driven thrill of sailing or rock climbing!



RVS Sightloss is all about reducing isolation and

promoting wellbeing. Its about socialising, getting out and about and living life to its fullest, that's why we at Nycil love it.

As with any user led group the more resources they raise the more people benefit, but more so, the more exciting the activities. So if you'd like to donate or get involved you can find them on Facebook or email rvsightloss@royalvoluntaryservice.org.uk.

SCARBOCCIA



NEEDS YOU



Scarboccia is seeking new members. They are also looking for volunteers who would like to help at sessions, join their proactive committee, help with transporting members to competitions and help at events in outreach areas. Scarboccia is wanting to reach out to as many vulnerable adults and children as possible.

For more details go to scarboccia.co.uk, find them on Facebook and twitter or simply send an e mail to scarboccia@gmail.com.

Alternatively call Linda on 07817 150614.

Inclusive to the 'end'

At Nycil we love everything inclusive. Inclusive no matter of physical/sensory impairments or learning disabilities. 'Bowls n' Buggies' is just that, its enjoyment for everyone.

Based at the Scarborough Indoor Bowls Centre on the cliffs overlooking the North Bay, the *Bowls n' Buggies* Club was set up to encourage and enable those with disabilities to play the game of indoor bowls. The club has been running since 1991 and has proven a popular event, currently with over twenty five members.



As wheelchairs are not allowed on the indoor bowling surface, the club owns special wheelchairs called "buggies" which can be used to participate, purchased thanks to the support of the Scarborough Rotary Cavaliers.

The club meets every Saturday morning (except the Saturday before Christmas) between 10am and 12pm. Membership is open to anyone with a disability, including learning difficulties. For more information, contact Jenny on 07790477390 or email jenny.stamford@btinternet.com. Membership costs just £6.00 per year, with the two hour session costing £4.00. The first session is free. Shoes and bowls are provided by the centre.

North Yorkshire gets Strong and Steady

As winter sets in and the risk of ice greeting us every morning becomes a reality, the fear of slipping is frightening! but for some, the risk of falling anytime of the year is a daily hazard.

It's believed that thirty percent of people aged over 65, and half of those over 80 are at risk of falling at least once a year.

"Strong and Steady" helps those at risk, to gain strength and balance and become more active through chair-based exercises.

Funded by North Yorkshire County Council's public health team and Stronger Communities programme, (in association with North Yorkshire Sport), Strong and Steady will support older people in the county, in accessing existing opportunities for physical activity and providing new tailored exercise and activity where needed.

Strong and Steady is a 12-week rolling programme designed to encourage people 65+ to become more active and reduce the risk of

trips and falls. Delivered by friendly, qualified instructors, the specialised programme aims to improve balance and strength, increasing confidence and improving ability in everyday tasks. Strong and Steady Runs throughout North Yorkshire.



For more information on Strong and Steady in your area contact:

Craven: Sara Robinson
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Northallerton1@ageuknyd.org.uk

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Fairfax CC: Vicki Iwanuschak
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07961 070159
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Have you got an interesting story, an event or organisation you'd like us to cover? or if you'd just like to get in touch please contact us at

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