



Nycil News

**Includes
Fantastic Offer**
(see reverse for details)

Issue 4
March 20

DATES FOR YOUR DIARY

Carers Count coffee morning Selby Community Centre	02/03 11-12
Malton Monthly Food Market, Central Market Place, Malton	14/03 9.00-3.00
Ripon Disability Forum Community House, Allhallowgate, Ripon	16/03 11-1
York Literature Festival York City Centre	18/03
Accessible swimming Visit SDSG.org.uk S'boro Sports Village	07/03 21/03 6-7.30
Mayors Ball Scarborough Spa	27/03 7pm

Welcome Support for Families in Ryedale

At Nycil we like to let you know about services and organisations in our region that could be of assistance to you. Ryedale Special Families is one such organisation.

Ryedale Special Families (RSF) is a local charity supporting families of children and young people with disabilities. They work with children/young adults up to age 25.

♦ running accessible family activities, to enjoy leisure time together and meet other families

♦ offering social groups for children and young people to attend independently, to make friends, have fun and improve social skills and confidence

Ryedale Special Families have a well-established flexible care support service which can be funded through NYCC or by Direct Payments. They offer person-centred support in the home and in the community.

Ryedale Special Families also campaigns for better services in order to help keep improving the lives of others. Families are at the center of their work and all RSF Trustees are parents of children with a disability.

If you're in the Ryedale area and are feeling isolated by your circumstances, are struggling with costs, don't know where to go for help or are looking for fun activities for you, your children and family, then get in touch with

RSF.

Call – 01653 699000

Email – post@ryedalespecialfamilies.org.uk

They also have a website www.ryedalespecialfamilies.org.uk and a facebook page <https://www.facebook.com/RSFamilies/>

action towards inclusion

Action Towards Inclusion is a FREE to use service supporting carers, cared for and hidden unemployed who are facing barriers relating to employment, training or education

Establish New Skills
Develop New Interests
Raise Your Aspirations
Build Your Confidence

Contact Scarborough & Ryedale Carers Resource for free support and guidance on
01723 850155

Scarborough & Ryedale Carers Resource
96 High Street, Snainton, Scarborough, YO13 9AJ
01723 850155 | staff@carersresource.net | www.carersresource.net

Scarborough & Ryedale Carers Resource is an Independent Charity and Company Limited by guarantee
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Ryedale Special families offer support by:

♦ providing advice and guidance on a wealth of topics including education, benefits and local opportunities

#ANDYSMANCLUB

SUICIDE IS THE BIGGEST KILLER OF MEN UNDER 45
1 MAN EVERY 2 HOURS

ALL OUR GROUPS MEET MONDAY 7PM

SCARBOROUGH LIBRARY
VERNON RD
6.30pm for Refreshments
7:00pm Start

JOIN THE CONVERSATION
[andysmanclub](https://www.facebook.com/andysmanclub)
[andysmanclubuk](https://www.facebook.com/andysmanclubuk)
info@andysmanclub.co.uk

#ITSOKAYTOTALK

We are a peer to peer support group for men. Come have a brew and a chat

YORKSHIRE COAST & RYEDALE DISABILITY FORUM

www.ycrdf.org.uk

Next meeting 14/03/20

Scarborough Friends Meeting House, Quaker Close

1.00-3.00

Whoops! However.....

Last month we printed an advert for Befriending through Swimming in Whitby. We've been informed by our friends at DAG, that unfortunately these sessions aren't running at the moment due to funding. They've reapplied for funding, so hopefully they'll be up and running again soon. We'll

let you know when they are. However

What definitely is still going on, is Whitby Dag in cooperation with Roots of Yggdrasil, providing Chair Exercises sessions in Whitby! They're happening at Church House, Flowergate on Monday from 11am.

There are also sessions at Staithes Village Hall on Thursdays at 2pm. Sessions are £3.00 per person and last around an hour.

"WhitbyDAG seeks to enable disabled people to live as independently as possible, making informed choices through access to services and information."



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 **Nycil**

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Scarborough

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Tel: 01723 588002

E-mail: admin@nycil.org.uk

Website: www.nycil.org.uk

If you no longer wish to receive our newsletter please let us know.



Here's an offer too good to refuse

£1 tickets*

TWO

1 April, 7.30pm Q&A
2 April, 1.30pm
7.30pm
3 April, 7.30pm
4 April, 2.30pm BSL
7.30pm

PLUS: Dementia Friendly performance (which is also captioned) on 16 April at 1.30pm

*T&Cs apply

SJT
STEPHEN JOSEPH THEATRE
SCARBOROUGH

Nycil has teamed up with Stephen Joseph Theatre in Scarborough to bring an amazing offer to friend's of Nycil. As a friend of Nycil you can take the opportunity to watch selected productions for the amazing price of £1.

SJT in Scarborough continue to show many other businesses what inclusion is about, for example this production is offering a BSL performance (Saturday 4 April, 2.30pm) Dementia Friendly and Captioned Performance (Thursday 16 April, 1.30pm) and a Captioned Performance (Thursday 17 April, 7.30pm). Two - written by award-winning

playwright Jim Cartwright (*The Rise and Fall of Little Voice, Road*), sees two actors play 14 characters in this mesmerising, bittersweet comedy set in a Northern local.

The Landlord and Landlady have lived their lives in the pub, where all of humankind passes through and everybody - young or old, happy or sad - has a story to share. On this busy night, the tills are singing but it's their marriage that might be on the rocks. Pull up a stool and join the regulars amongst the humour and heartbreak that's found at the bottom of a glass.

To take advantage of this fabulous offer contact: **Nycil on 01723 588002** or email carl.maw@nycil.org.uk, specifying which performance and how many tickets. Tickets are limited so please act quickly to avoid disappointment. Terms and conditions do apply.

Sensory Sessions

Pendragon Community Centre, Northallerton
Tuesday (Fortnightly)

Please check with Sunshine Sensory or Pendragon for dates
2-2:40pm



Are you looking for something sensory to do with your child/adult?
Our sessions immerse participants by using music combined with a wide range of resources to stimulate and engage the participant.

www.sunshinesensory.co.uk
Facebook:

Sunshine Sensory Special Songtime

A Counselling service with a difference!

Counselling, doesn't have to be about lying on a green leather sofa and telling a stranger your deepest thoughts. It can help you to maintain normal health. A friend of Nycil, Jane, has different ideas about her approach.

One very novel way she does this, is by Animal Assisted Therapy (for ages 11 upwards).

Jane says "Having a therapy pet with you throughout your counselling sessions can make it easier to talk and open up, reduce and relieve anxiety, help with relaxation and mindfulness and lower stress levels" Jane also uses the pets to help manage autism.

Jane also offers more conventional methods too. Jane says "Whether its depression & anxiety, relationship difficulties, divorce, loss/bereavement, bullying, work issues, PTSD, OCD, phobias, etc. I can help you work through these difficulties, manage them and improve your quality of life" Jane's therapy can benefit adults & children who are experiencing a range of issues and general debilitating problems, which can affect everyday living.

Through the use of Talking therapy

Jane helps people deal with their problems and move on with their lives, to reduce anxiety but also build self esteem and improve mood.



Jane's Rewind Trauma Therapy claims a 90% success rate. Its goal is closure without disclosure, to provide therapy that avoids re-traumatising. Jane says "it's a comfortable and effective treatment for PTSD symptoms & phobias as it can reduce or even remove traumatic or phobic symptoms quickly"

Jane not only offers these services but she can support you with life skills or changes. Changes such

as stopping smoking, losing weight or even building your confidence to find a job. She can even offer advice on organisational skills and accessing other services.

Jane says she's "offering an integrative based counselling service, which is mainly humanistic with some elements of other counselling models like CBT, for example."

Prices start as low as £25.

Jane's therapy is confidential, empathic, professional, and is especially friendly. She is BACP registered and accredited member. She is also a registrant of the National Counselling Society bound by the BACP and NCS Ethical Framework for Good Practice in Counselling and Psychotherapy

So if you think she might be able to help you or anyone you know, then contact Jane on

07792847171 or

Visit her website

www.counsellingbyjane.co.uk

for more details.