

Ryedale Forum *for* Older People

50+

Early Summer Programme

May - July 2018

Welcome to Ryedale Forum's Programme of Events for the Early Summer period of 2018.

We hope you like the new procedure for booking our events. We have been very pleased with the turnout for Coffee Mornings since we introduced 'pay on the door'. Life is much easier for us now!

Would you like to be part of the small group that arranges Forum Programmes?

The Group meets just 4 times each year to plan outings, coffee mornings, lunches and theatre visits. We are a very friendly group with the emphasis on enjoying what we do. Our next meeting will be in May and you would be welcome to come along to meet us. If you like going to the theatre we would really welcome your input. Please ring Anna on 01944 759123 or email: annasalkeld@aol.com for further information.

Forum Annual General Meeting Tuesday, 24th April at 2:00pm

Enclosed you will find Notice of our AGM together with nomination forms and your invitation to attend.

The meeting is open to all Forum Members. We do hope to see you there.

Something New

We are offering a couple of short day trips to shopping venues which are a bit off the beaten track unless you have a car. If these prove successful we will try to introduce them on a regular basis.

Interested?

We have been invited to the launch of Phase 2 of the Mickle Hill retirement development in Pickering on Friday, 4th May from 11:00am-3:00pm. There will be cutting of the ribbon at 12 noon, with complimentary canapes and fizz. The new show home will be opening, there will be live music and complimentary goodie bags for attendees on the day. If you would like to see what is on offer please ring David on 01944 758758 or e-mail: david.ryedaleforum@outlook.com We will arrange a coach from Malton if there is sufficient interest and there will be **NO CHARGE**

Appreciation:

We have received this note from John Porter who spoke to us from the RNLI:

'Thank you for the invitation to talk to your group. You certainly gave us a marvellous reception! Your generosity has been overwhelming. I enclose my receipt for the donations (£147.40) and can tell you that we sold £99.00 of cards. Very many thanks for your support.'

Forum Lunch Club

We are always looking for new opportunities for our members to meet and are now thinking that you might like to have lunch together sometimes.

This would initially be once a month on a Tuesday starting on April 10th. It would be at Oscar's in the Ryedale Community Leisure Centre (perhaps better known as the Indoor Bowls Centre in Norton). You can have a two course lunch - for £5.95 with a good choice (see sample menu). Coffee/tea are available to buy afterwards if you wish and there is a bar if you feel like having a drink before, or with your meal.

There will usually be some members of the Events Group there so you can come by yourself and join us if you wish or why not gather a few friends and come together?

We need to know if there is any interest in this venture before we start so if you think you would like to come (you wouldn't have to come every time) please let David Wootton know either by email at: david.ryedaleforum@outlook.com or by phone on 01944 758758

Wine & Dine @ Oscars

£5.95 for two courses

Roast of the day with a selection of fresh
vegetables

Home-made pie of the day with vegetables

Ham, egg, chips and peas

Sausage, mashed potatoes and peas

Stew and dumplings with Yorkshire pudding,
mash and vegetables

Cold meat salad

A selection of delicious home-made desserts

STILL TO COME FROM THE PREVIOUS PROGRAMME

Wednesday, 28th March, 2018

Outing to Saltaire - Sorry this outing is fully booked.

Tuesday, 3rd April, 2018

Coffee Morning - Asian Turkey - spaces

Thursday, 19th April, 2018

Coffee Morning - Quizzing - spaces

Tuesday, 24th April, 2018

Annual General Meeting 2:00pm

After the formal business, Jeff Andrews will speak on 'Adventures of a travelling man'.

All welcome - spaces

Wednesday, 25th April, 2018

A Mystery Trip - sorry this is fully booked

Early Summer Programme May - July 2018

All Coffee Mornings and 'Serious Meetings' meet at 10:00am for refreshments before a 10:30am start. There is no need to book.

You can pay £2 at the door for Coffee Mornings.

They are held at Malton & Norton Rugby Club, Old Malton Road, Malton, YO17 7EY

THURSDAY, 12th April

Outing to the VANGARDE SHOPPING CENTRE, YORK

Ref: TR1204AS

Cost £9 per person

We will start from Pickering at 11:00am and leave for home at 3:00pm. This is a 'do your own thing' outing. If you haven't been before there are very large M & S, Next and John Lewis stores and there are lots of places for coffee and/or lunch all in very easy walking distance. The cost will be £9 per person just for the coach.

THURSDAY, 10th May

Outing - 'BLOSSOMS AND ORCHARDS' at Ampleforth Abbey.

Ref: TR1005JB

Cost £28 per person inc. lunch

Join us on a Blossom and Orchard tour at Ampleforth Abbey. We shall start from Pickering at 9:20am. There'll be refreshments on arrival followed by a tour of the orchard and cider mill to see how the cider is made and a tasting session. Windmill House is our location. The interior is beautifully furnished with Robert 'Mouseman' Thompson wood panelling. The Windmill offers beautiful views of the valley. This is where we will have soup, sandwiches, apple cake and tea and coffee. There will be a visit to the shop and visitors centre. If time permits there will be a visit to the Abbey before leaving at 4:00pm. The cost per person is £28.00 for the coach, refreshments and lunch. As we shall be outside in the orchard please wear suitable footwear.

WEDNESDAY, 9th May

Coffee Morning - Peter Hartrey
TREKKING TO EVEREST IN SOUTH TIBET'

Ref: BM

We are very pleased to welcome Peter again. He will tell us of his recent adventures in the Himalayas and will show more of his wonderful photographs of his journey.

WEDNESDAY, 16th May

Outing to NORTHALLERTON.

Cost £9 per person

Ref: TR1605AS

This is one of our new short day trips. Northallerton has a really good market on Wednesdays - all along the High Street. There are plenty of cafes and stores - even Betty's! Do your own thing for the cost of the coach £9. We shall start from Norton at 11.00am and set off back at 3.30pm. If it happens to be a wet day we shall go to Dean's Garden Centre to dry off.

THURSDAY, 24th May

Serious Meeting
NORTH YORKSHIRE LIBRARY SERVICE

Ref: AS

A year after introducing great changes into how the Library Service is run we will hear how things are progressing. Using many volunteers to help with its operation have we still got a successful library service? One of the senior managers will bring us up to date on developments.

There is NO CHARGE for this meeting.

TUESDAY, 5th June

**Coffee Morning - ANTARCTICA
A TRIP OF A LIFETIME**

Ref: AS

DAVE MEAD is a farmer from North Yorkshire with a passion for photography. After many years learning his craft in the area around the North York Moors National Park and, in particular, his home in Farndale, he has more recently been travelling both this country and the globe. We can look forward to some brilliant pictures along with tales of his adventures.

TUESDAY, 12th June

Visit to TEMPLE NEWSAM HOUSE.

Cost £18 per person.

Ref: TR1206AS

A stunning Tudor-Jacobean mansion, near Leeds. Explore three floors of this magnificent country house, admire beautiful paintings, furniture and silver. Free audio guides take you on special tours around the house. Then stroll down to the largest rare breeds centre in the world at Home Farm. Here you can see rare sheep pigs, cattle and poultry. Examine historic agricultural equipment such as horse-drawn carts, wagons and threshing machines. Wander around 1500 acres of parkland, woodland, farmland and gardens.

Facilities include Café; Picnic area; Shop; Toilets; Visitor centre; Walks and trails. At this time of year the lovely Rhododendrons should be out. Please wear suitable clothing and footwear if you want to walk around the Home Farm and the gardens. We shall start from Pickering at 10:00am and set off back at 4:00pm.

Cost £18 per person to include the coach and entrance to the House and Farm.

Wednesday, 20th June

Coffee Morning - THE BRITISH RED CROSS.

Ref: AS

Helen Whale will speak to us about the history and role of this organisation both at home and internationally. The charity has a very wide remit from hiring out wheelchairs and running first aid courses to, currently, organising food parcels for people under siege in Syria and helping the refugees from Myanmar.

TUESDAY, 26th June

POSTING DAY

If you would like to be included in the group who help to send out the Programme please let David know on 01944 758758

THURSDAY, 5th July

Coffee Morning - THE NATIONAL TRUST, RESCUED AND RESTORED

Ref: CW

Our speaker will be Terry Frazier, a retired West Yorkshire Police Chief Superintendent who has worked for the National Trust as a Projects Manager at Fountains Abbey & Studley Royal for 13 years.

TUESDAY, 10th July

VISIT TO RABY CASTLE.

Cost £21 per person.

Ref: TR1007CW

Raby Castle is one of the most impressive intact castles in the North of England. Built in the 14th century by the powerful Neville family. It is now the seat of Lord and Lady Bernard and the Vane family. There is a fabulous art collection and sumptuous interiors to admire during your visit. We will be starting in Norton at 8:00am, picking up in Pickering, Kirkbymoorside and Helmsley.

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TUESDAY, 10th July
VISIT TO RABY CASTLE
cont'd

On the way we will call at Mainsgill Farm Shop where you may purchase tea or coffee. We will then travel to Barnard Castle where we will stop off for lunch before making our way to Raby Castle arriving at 1:30pm and leaving around 4:30pm. There is a coffee shop situated in the coach yard should you require a drink and snack before you leave. Estimated time back in Malton 7:00pm. Please note coffee and lunch are not included in the price.

TUESDAY, 17th July
Coffee Morning - OPEN SKIES AND OPEN ETHER
Ref: GJ

Mike Green will tell us about his adventures as a Flying Doctor in Australia in the 1960s. The practice covered 240,000 square miles with 10,000 patients who until 1967 had never had regular medical care. But it was 1930s medicine, a mixture of Dr Finlay's Casebook and some of Biggles' more improbable adventures. Mike Green is Emeritus Professor of Forensic Pathology in the University of Sheffield. Before becoming a Forensic Pathologist he had a wide and varied career which included being a Flying Doctor after qualifying in 1962.

MONDAY, 23rd July
Visit to SKIPTON MARKET.
Cost £12 per person.
Ref: TR2307JB

We shall start from Pickering at 8:30am. The coach will park in the main Skipton Town Hall car park immediately adjacent to the High Street and the Market. We will be given a personal welcome from one of their friendly Town Centre Ambassadors who will give you a free town guide and maps. This is a day for you to choose where you will wander, shop and eat. We will arrive round about 11:00am and leave at 16:00hrs.

THURSDAY, 26th July
Serious Meeting - PSYCHOLOGICAL WELL BEING
Ref: GJ

During this illustrated presentation, Barbara Dransfield will explore some of the issues and concerns that serve to illustrate psychological wellbeing as an often overlooked influence on our quality of life and on our physical health. Following a career in renal and community nursing, Barbara's academic and professional development training ensured the concept of client/patients' wellbeing was the central tenet of her endeavours as a health promoter. The psychology of wellbeing was at the heart of her work with various and often highly successful professionals, through to the disenfranchised and unguarded in our society.

There is **NO CHARGE** for this meeting.

PLEASE - Help us to help you

If you book an outing you **MUST** include the pickup point where you wish to join the coach. Simply circle the box on the booking form for each trip you book. Your mobile phone number will enable us to contact you on the day whilst we are away from home. Please ensure you enter it on the booking form.

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Healthy Activities Programme

Ryedale Forum 50+ offers a range of activities which contribute to members' general health and well-being both physically and mentally.

These activities are restricted to registered Forum members only. There is a charge payable on attendance to cover costs.

Attendance at some activities may be limited due to capacity of venue.

Activity	Location	Time	Contact
Table Tennis Please bring or wear soft shoes	Ryedale Sports Club, Thornton Road, Pickering. YO18 7JX	Monday 14:00 - 16:00	Jean Wardman 01751 477778
Yoga	St. Peter's Church Hall, 73 Langton Road, Norton, YO17 9AE	Monday 11:30 - 13:00	David Perks 01653 693305
Gentle Exercise	Ryedale Leisure Centre (Norton Indoor Bowling Club), Bowling Lane, Norton, YO17 8EG	Monday 14:15 - 15:15	Peter Hindmarch 01653 691263 or Melissa Huntsman 07738 287948
Keep-Fit	The Memorial Hall, Town Street, Old Malton, YO17 7HD	Wednesday 9:30 - 10:30	Peter Hindmarch 01653 691263
Bowling Shoes and bowls provided	Norton Indoor Bowling Club, Bowling Lane, Norton, YO17 8EG	Thursday 10:15	Terry Wray 01653 693635

Walking Groups

The new programme of [Town Walks](#), which take place on Tuesdays, is included with this newsletter. Contact details are shown on the Programme.

Please contact Terry Wray on 01653 693635 if you wish to join the [Longer Walks](#), which take place on Fridays, or to receive a copy of the Longer Walks programme.

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Forum Outings Pick Up Points:

You may join the coach from a number of points along the way. The exact points for each trip will depend upon the route and not all are available for every trip.

The Points for each individual trip are listed on the booking form.

Details of Pick-Up times etc., will be sent out at least one week before the date of the event.

Pick-Up Points starting from PICKERING		
PICKERING	Point 1	A169 opp Forest & Vale car park
OLD MALTON	Point 2	Bus stop near Memorial Hall
MALTON	Point 3	Malton & Norton Rugby Club
MALTON	Point 4	The Old Lodge
NORTON	Point 5	St. Nicholas Street car park
MALTON	Point 6	Opp the Cenotaph

Pick-Up Points starting from NORTON		
NORTON	Point 5	St. Nicholas Street car park
MALTON	Point 7	Horsemarket Road opp Fersina Windows
MALTON	Point 4	Princess Court
MALTON	Point 3	Malton & Norton Rugby Club
OLD MALTON	Point 2	Bus stop near Memorial Hall
PICKERING	Point 1	Outside Forest & Vale car park
PICKERING	Point 8	Opp Isabella Court
THORNTON LE DALE	Point 9	Outside Balderson's (only travelling East)
WRELTON	Point 10	A170 Kirkbymoorside End
SINNINGTON	Point 11	A170 Opp Lane end, near bridge
KELDHOLME	Point 12	A170 Opp Hutton le Hole Road end
KIRKBYMOORSIDE	Point 13	Opp Old Road Corner
KIRKBYMOORSIDE	Point 14	West Lund Crossroads
NAWTON	Point 15	A170 Gale Lane Junction
HELMSLEY	Point 16	A170 Corner of Ashdale Road
HELMSLEY	Point 17	Feathers Hotel, Market Place

Note. If joining at Point 3 (Malton & Norton Rugby Club), please park in the first area, close up to the hedge.

PLEASE - Help us to help you
If you book an outing you **MUST** include the pickup point where you wish to join the coach. Simply circle the box on the booking form for each trip you book.

Your mobile phone number will enable us to contact you on the day whilst we are away from home. Please ensure you enter it on the booking form.

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Forum Town Walks Programme April - September 2018

All Town Walks take place on Tuesdays at 10.30 am

Date	Town	Meeting Place	Primary Leader	Secondary Leader
3 rd April	Helmsley	Market Place	Carol Gamble	Jenny Greaves
10 th April	Kirkbymoorside	Car Park	Carol Gamble	Jenny Greaves
17 th April	Pickering	Library	Lesley Bessant	
1 st May	Helmsley	Market Place	Carol Gamble	Jenny Greaves
8 th May	Kirkbymoorside	Car Park	Carol Gamble	Jenny Greaves
15 th May	Thornton le Dale	Car Park	Isabel Rowe	
5 th June	Helmsley	Market Place	Carol Gamble	Jenny Greaves
12 th June	Kirkbymoorside	Car Park	Carol Gamble	Jenny Greaves
19 th June	Pickering	Library	Lesley Bessant	
3 rd July	Helmsley	Market Place	Carol Gamble	Jenny Greaves
10 th July	Kirkbymoorside	Car Park	Carol Gamble	Jenny Greaves
17 th July	Thornton le Dale	Car Park	Lesley Bessant	
7 th August	Helmsley	Market Place	Carol Gamble	Jenny Greaves
14 th August	Kirkbymoorside	Car Park	Carol Gamble	Jenny Greaves
21 st August	Pickering	Library	Lesley Bessant	
2 nd September	Helmsley	Market Place	Carol Gamble	Jenny Greaves
9 th September	Kirkbymoorside	Car Park	Carol Gamble	Jenny Greaves
16 th September	Thornton le Dale	Car Park	Lesley Bessant	

These walks are aimed at those people who feel unable to undertake longer walks. Although they are stated as town walks, to add variety the walk leaders will, on occasions, take you along local country lanes and the walks will vary from 1.5 to 3 miles in length avoiding any long steep inclines.

Due to possible late programme changes, or unforeseen events, it is advisable to ring the walk leader before setting out.

For further information please contact the appropriate walk leader:

Carol Gamble	01439 771441	Isabel Rowe	01751 472453
Jenny Greaves	01439 771324	Lesley Bessant	01751 476606