

Monthly Activity Sheet

May 2013

After Hours Group

Tuesday 7th May

Meal and a movie – meet at Next Steps to cook a meal and then onto the cinema, film to be listed
5 to 10pm

Saturday 11th May

Outing to Helmsley Bird of Prey Centre
A walk, lunch and a chat round Helmsley
9.30am to 2.30pm, meet at Next Steps

Tuesday 14th May

Meal and movie night, 5pm to 10pm, meet at Next Steps. Film to be listed

Sunday 19th May

The famous Sunday lunch – back by request! At Next Steps café, Norton. Please put names down to book

Saturday 25th May

Outing to Pickering
A walk, coffee and lunch
Meet at Next Steps at 9.30am

Castle Garden Volunteers

New Sessions! We are looking for volunteers to help gardening duties in the Castle Gardens, Malton. Come and join us for fresh air and exercise

Wednesday 15th & Sunday 19th May, 10 to 12noon

Green Steps Walking Group

Friday 3rd, 10th, 17th, 24th & 31st May

These will remain our shorter walks, around 2 miles in length, to suit all abilities.

Meet at Next Steps at 10am, the walks will last for around 2 hours.

Monday 20th May

These are longer walks, around 4 to 5 miles to suit those people with more walking experience.

Meet at Next Steps at 10am, the walks will last around 2 hours and you will require walking boots. Please contact Bridget at Next Steps if you would like more information.

No walking boots?

Next Steps can help!



Thanks to generosity of the local community and businesses, Next Steps have a wide selection of good second hand walking boots, free to anyone joining the Green Steps walking group.

Memory Café

A weekly social meeting for those who have concerns about their memory. Meet others with memory problems; carers have the chance to exchange experiences.

Every Saturday morning, 10am to 12.30pm at Next Steps, 7 Church Street, Norton.

4th, 11th, 18th & 25th May

Art Group

Free art sessions at Norton drop in, everyone welcome!

Every Tuesday, 11am to 2pm with a break for lunch

First session is on Tuesday 18th June, contact 01653 690854 to book a place.

Coach Therapy Sessions

Coach-Therapy bridges the gap between coaching and Therapy by allowing the client to explore issues from their past which may be affecting their present. It can be reflective and therapeutic exciting and dynamic depending on what is happening in the client's life at that time.

This service is free, if you feel you would benefit or would like more details please contact Next Steps.

Aromatherapy Massage

Every Wednesdays

Aromatherapy massages available by appointment only – there is a small cost for this service. Please call to book.

Pickering Drop-in

Weekly sessions at the Friends Meeting House in Pickering – Wednesdays from 10am to 12pm.

Kirkbymoorside Drop-in

Weekly sessions at the Friends Meeting House in Kirkbymoorside – Saturdays from 10am to 12pm.

A Quick Reminder

Day	Time	Activity
April		
Wednesday 1 st	10am to 12pm	Pickering drop-in
Friday 3 rd	10am to 12pm	Walking Group
Saturday 4 th	10am to 12.30pm	Memory Café
Saturday 4 th	10am to 12pm	K'moorside drop-in
Tuesday 7 th	5pm to 10pm	After Hours
Wednesday 8 th	10am to 12pm	Pickering drop-in
Friday 10 th	10am to 12pm	Walking Group
Saturday 11 th	9.30am to 2.30pm	After Hours
Saturday 11 th	10am to 12.30pm	Memory Café
Saturday 11 th	10am to 12pm	K'moorside drop-in
Tuesday 14 th	5pm to 10pm	After Hours
Wednesday 15 th	10am to 12pm	Pickering drop-in
Wednesday 15 th	10am to 12pm	Castle Gardens
Friday 17 th	10am to 12pm	Walking Group
Saturday 18 th	10am to 12.30pm	Memory Café
Saturday 18 th	10am to 12pm	K'moorside drop-in
Sunday 19 th	12pm to 1.30pm	After Hours
Sunday 19 th	10am to 12pm	Castle Gardens
Monday 20 th	10am to 12pm	Walking Group
Wednesday 22 nd	10am to 12pm	Pickering drop-in
Friday 24 th	10am to 12pm	Walking Group
Saturday 25 th	9.30am to 2.30pm	After Hours
Saturday 25 th	10am to 12.30pm	Memory Café
Saturday 25 th	10am to 12pm	K'moorside drop-in
Wednesday 28 th	10am to 12pm	Pickering drop-in
Friday 31 st	10am to 12pm	Walking Group

For more information about any of these activities please contact us;

📞 Mike or Leisa on 01653 690854

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🌐 www.nextstepsryedale.co.uk