



Monthly Activity Sheet

July 2013

After Hours Group

Saturday 6th July

Going to St Michael's Church, Malton for coffee and cake, then shopping in town, followed by lunch.
9.30am, meet at Next Steps

Tuesday 9th July

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

Tuesday 16th July

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

Tuesday 30th July

Out of Hours birthday celebration, help us celebrate our first year, party at Next Steps
5pm to 10pm
Bring a friend!

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

Next session will be Saturday 12th July, 10am to 12 noon

Green Steps Walking Group

Friday 5th, 12th, 19th & 26th July

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 15th July

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.

POSH FROCKS & HANDBAGS

Help Next Steps raise some money and grab a bargain at the same time! Quality second-hand dresses and bags.

Saturday 27th July, 9am to 2pm at Next Steps

If you need a posh frock for a special occasion, come and have a look at our sale. Cakes and refreshments also available.

We welcome donations of dresses and handbags, all proceeds will go toward running Next Steps and supporting local people. Please contact the office.

Bingo

Friday 12th July, 12.30pm at Next Steps café

Fish, chips & peas and endless cups of tea all for £5! Please order before the day.

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.

6th, 13th, 20th & 27th July

Art Group

Free art sessions at Norton drop in, everyone welcome! Every Tuesday, 11am to 2pm with a break for lunch. There is still time to join in, 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.



Find us on Facebook!

www.facebook.com/nextstepsryedale

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
July		
Tuesday 2nd	11am to 2pm	Art Group
Wednesday 3 rd	10am to 12pm	Pickering drop-in
Friday 5 th	10am to 12pm	Walking Group
Saturday 6 th	10am to 12.30pm	Memory Café
Saturday 6 th	10am to 12pm	K'moorside drop-in
Saturday 6 th	9.30am start	After Hours
Tuesday 9 th	11am to 2pm	Art Group
Tuesday 9 th	5pm to 10pm	After Hours
Wednesday 10 th	10am to 12pm	Pickering drop-in
Friday 12 th	10am to 12pm	Walking Group
Friday 12 th	12.30pm start	Bingo
Saturday 13 th	10am to 12.30pm	Memory Café
Saturday 13 th	10am to 12pm	K'moorside drop-in
Monday 15 th	9.30am to 2.30pm	Group Walk
Tuesday 16 th	11am to 2pm	Art Group
Tuesday 16 th	5pm to 10pm	After Hours
Wednesday 17 th	10am to 12pm	Pickering drop-in
Friday 19 th	10am to 12pm	Walking Group
Saturday 20 th	10am to 12.30pm	Memory Café
Saturday 20 th	10am to 12pm	K'moorside drop-in
Tuesday 22 nd	11am to 2pm	Art Group
Wednesday 23 rd	10am to 12pm	Pickering drop-in
Friday 26 th	10am to 12pm	Walking Group
Saturday 27 th	10am to 12.30pm	Memory Café
Saturday 27 th	10am to 12pm	K'moorside drop-in
Saturday 27 th	9am to 2pm	Posh Frocks sale
Tuesday 30 th	11am to 2pm	Art Group
Tuesday 30 th	5 to 10pm	After Hours

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

📞 Mike or Leisa on 01653 690854

✉️ post@nextstepsryedale.co.uk

🌐 www.nextstepsryedale.co.uk