

## Please support us if you can

charities which provide support, information and services to thousands of disadvantaged and isolated Ryedale residents.

### Will Week

During Will Week, October 5<sup>th</sup> – 9<sup>th</sup>, participating Ryedale Solicitors will waive their fee for making or updating simple wills, in return for a donation to Ryedale Charities Together.

If you are thinking of making a will, please support disadvantaged people in Ryedale at no extra cost.

As well as this donation you can benefit local people for years to come by remembering Ryedale Charities in your will.

### Participating Solicitors:

Pearsons & Ward  
Malton  
01653 692247

Crombie Wilkinsor  
Ellis Lakin

Malton  
01653 600070

Pickering  
01751 472121

### Donations

The minimum donation is £150.00 for a simple single will, and £250.00 for a simple double will. For wills requiring specialist advice a fee can be agreed in advance. To take advantage of this offer, contact one of the participating solicitors and make an appointment during Will Week, Oct 5<sup>th</sup> – 9<sup>th</sup>. Appointments can be booked during this week to take place at a later date.



### Your Notes



The Queen's Award  
for Voluntary Service



## Next Steps Annual General Meeting to be held via Zoom - 351 492 7313

**Wednesday 16th September 2020 at 1.30pm**

Please join in and support your local  
mental health/wellbeing charity.

All welcome. See friends.

Catch up with the latest news from Next Steps.



**We look forward to seeing you there!**

## Accounts

Next Steps again exceeded all expectations financially during the year and succeeded in transferring £60,000 to the Reserve Fund for acquiring our own premises in the future. This fund now stands at £80,000. Owning our own premises would give more permanency to Next Steps and its services to the Community.

The results for the financial year ended 31<sup>st</sup> March 2020 shows an overall surplus in the year of £56,473 with income totalling £238,940 and expenditure £182,467. The total funds carried forward into the current financial year is £126,717 which includes the Designated Reserves. The surplus in the year reflects a significant increase in all areas of funding.

## Agenda

1. Welcome Everyone
2. Apologies
3. Acceptance of the Minutes (25/9/2019)
4. Matters Arising
5. Adoption of annual accounts ended 31/3/2020
6. Chair's report and vote of thanks - Alan Evans
7. Election of Trustees
8. Election of Honorary Officers
  - Chair
  - Vice Chair
  - Secretary
  - Treasurer
10. Any other business

## Keep in touch

To keep up to date with what we are doing please follow us on our Facebook page: Next Steps Norton. This is where we post/advertise what we are doing. It is updated on a daily basis. Be the first to hear our news.

Our website address is [www.nextstepsryedale.co.uk](http://www.nextstepsryedale.co.uk) and this is another way of keeping in touch. We update it weekly.

Norton Café is now open 9.00 to 3.00 Monday to Friday and 9.00 to 2.00 on a Saturday. Find us at 7 Church Street, Norton, Malton. YO17 9HP. Changes in hours/times will be posted on our Facebook page.

## Final Statement

We would like to thank all volunteers, trustees, funders, and staff for all their continued support and efforts. Without your support we would cease to exist.

**Thank you all so very much.**



I'M SUPPORTING ZERO SUICIDE  
[zerosuicidealliance.com](http://zerosuicidealliance.com)

## New Way Forward

With the challenges that 2020 brought us we had to find a new way of doing activities that we knew our members would en-



gage with. Helen took her craft sessions out to individuals homes , via Zoom, to enable them to keep in touch as well as active. Helen personally delivered the materials to enable members to keep creative. These

are just a few of the delightful outcomes.

We also tried to help members to keep in touch with each other by organising a local picnic in an open space. The weather wasn't always kind to us but we managed it in the end and a great time was had by all. We had many comments to say just how great it was to be able to chat and see each other. Thank you to those who attended.

All Socially Distancing Guidelines were observed during these activities.



## Trustees

**Alan Evans - Chair**

**Alistair Duncan - Vice Chair**

**Victor Worrall - Treasurer**

**Dinah Keal - Trustee**

**Joy Storrs Fox- Trustee**

**David Whitling - Trustee**

**June Sheila Miller - Trustee**

**Gillian Payne - Trustee**

**David Brewster - Trustee**

**David Evans - Trustee**

**Jayne Vukelic - Trustee**



## Staff

**Leisa Burniston - Service**

**Manager & Company Secretary**

**Joanne Hall - Catering Supervisor**

**Ann Gordon - Admin/Finance**

**David Loveday-Foulds - Support worker**

**Julie Johnson - Pickering/Kirkbymoorside Leader**

**Tracey Tate - Norton Leader - Out of Hours and Weekends**

**Helen Clark - Rural Initiative Coordinator**

**Anne Gill - Kitchen Support Worker**

**Fernley Cowton - Domestic Cleaner**

**Vincent Castleton—Cornfield Flower Project Officer**

## What We Do

As a registered charity and a company limited by guarantee, Next Steps has been providing support for people experiencing the effects of mental health issues for 20 years. In providing this support, the aim is to involve service users in operating the service and in deciding what it does, both as a way of responding to their needs and as a way of helping them to take control of their lives. It is not the intention of Next Steps to be a permanent 'prop' for service users, but rather as a catalyst for them moving on. Through a variety of activities Next Steps encourages people to make decisions and to take a positive view of their lives.

Whilst our resources are small, our ambitions are large. We want to ensure that Next Steps continues to provide a base level of services to our users whilst at the same time extend our services into the remote rural areas of Ryedale where many people suffer in isolation. We have, over the past few years, extended our services so that we operate on two evenings per week and at week-ends.

The services provided include:-

- A café in the Norton Hub providing healthy affordable meals.
- Support and advice in numerous areas.
- Signposting to relevant agencies and local organisations.
- Massage and Aromatherapy sessions in the Norton Hub.
- Organised visits and outings.
- Washing facilities and showers.
- Gardening in Next Steps Allotments.
- Art Group. Craft Groups. Men In Sheds Group
- Computer and IT skills in the computer suit.
- Well-being activities, including walking, healthy eating, cookery training and dietary advice.
- Volunteering opportunities in the Café and with various activities.
- Outreach services in Pickering, Kirkbymoorside, Wintringham, Sherburn and Thornton-le-Dale.
- After Hours Group to improve socialisation skills and reduce stigma in the local community.
- Partnership working.
- Service user involvement through regular group meetings and being on the Trustee Board



## Covid 19

Since the end of March 2020 we had to close our services due to the Pandemic.

Our staff have worked endlessly to support our members and volunteers.

We have provided shopping, daily calls, Zoom chats, Zoom learning and crafting, visits, walks and endless support.

Our staff worked above and beyond their role and hours to prevent isolation, loneliness and crisis. They really and truly are "Well-being warriors".



We are now six months down the line, we have re-opened our cafe, we continue to visit people, support by phone, walk and talk sessions, zoom chats, zoom crafting, social distance picnics and emails.

Our wellbeing warriors (staff) are still supporting people whilst trying to organise the reopening of our groups. This is proving to be difficult due to risks, spikes in Covid and the autumn and winter fast approaching. We are trying our best for this to happen in October but we must ensure we keep people safe.

We hope to open some groups soon with the support of NYCC.

Please be patient whilst we bring this together.

**Thank you and keep safe.**

## Norton Café

Our community cafe in Church Street, Norton has a warm friendly atmosphere where everyone is welcome.

The cafe is run as a social enterprise and is partly staffed by users on permitted work scheme. The permitted work scheme offers work experience to people on long-term benefits and a pathway back into work.

Volunteers are also an important part of the cafe and in turn, they benefit in a similar way, gaining self-confidence and the opportunity to build their individual skills.

We provide home cooked meals, delicious cakes and puddings and a variety of drinks all at a very reasonable cost. We use locally sourced produce where possible and grow our own vegetables at our allotment.

## Volunteers

Next Steps could not operate in the way it does without the input and support of its team of dedicated volunteers, who give their time so freely, and enthusiastically. The volunteers who attend on a regular basis number around 50, and volunteer either as a Trustee, working in the Café, helping with the many activities, in the Outreach locations or in just giving support to lonely service users. It was the work of all these volunteers that gave us the recommendation for the Queen's Award for Voluntary Service.

## Funding

**Next Steps would like to thank the following organisations for providing us with funding, so that we can better support the local community.**

Allen Lane Foundation  
Barclays Bank  
Big Lottery Fund - Resource Centre Grant  
Bruce & Kate Pickup  
Brelms Trust  
East Riding of Yorkshire Council  
Sir George Martin Trust  
Heritage Lottery Fund - Cornfield Flower Project  
Kirkbymoorside Town Council  
Lloyds Bank Foundation  
NHS Scarborough & Ryedale Clinical Commissioning Group  
North Yorkshire County Council  
Norton Town Council  
Pickering Town Council  
Ryedale District Council  
Persimmon Charitable Foundation  
Garfield Weston Foundation  
Charles & Elsie Sykes Trust  
NYCC Stronger Communities  
Prince of Wales Charitable Foundation  
Lottery Community Fund - Out of Hours  
Malton Veterans Football  
Yorkshire Charity Clay Days  
Moss Family Fund  
Ryedale Charities Together  
National Lottery Awards4All  
Wharfedale Foundation  
Sun Inn, Pickering

We also wish to thank you all for the smaller donations made to Next Steps through the course of the year. They add up and make a significant difference to us.

Thanks



## Who We Help

The service users of Next Steps are people who suffer from enduring mental health needs and those with short to medium term problems such as depression, anxiety, loneliness and isolation. Next Steps also supports those with addiction issues. Next Steps has close contact with the GP's in the area, the local Community Mental Health Team and the NYCC Social Services Team. It is through these sources that we identify potential customers and their needs so as to provide a programme of support through the various activities and projects on offer. People also self-refer after hearing of our services in the local community.

## Cornfield Flower Project

This project follows on from two previously funded Heritage Lottery Fund projects: "Cornfield Flowers - Back from the Brink" worked to prevent these species from local extinction. "Cornfield Flowers - Out of Intensive Care" built on this work to widen the list of species being conserved and the number of farms growing them in their arable margins, and raising awareness of the status of these rare flowers. We hope that this project "Into the Community," will help stabilise the populations of a number of cornfield flower species by increasing the number of sites they are present at on farms and in towns and villages, raise awareness of them to new communities, and increase the number of people getting hands on with their conservation. This project will focus on about a dozen species that will be best suited to be grown by volunteers in urban environments to support the farms involved in the Cornfield Flower. In this project we will be creating a new Cornfield Flower nursery site on Next Steps allotment in Norton-upon Derwent, then explore introducing it to other green spaces around Norton and Malton as well as other towns in Ryedale, including Pickering and Kirkbymoorside where we work regularly.



## Men In Sheds

A male only group based in both Pickering and Kirkbymoorside that provides men with a social and supportive space where they can learn new skills. There are currently over 40 men attending the group and we are looking into setting up a similar group in Norton in the New Year.



## Out Of Hours

An evening group that takes place every Tuesday from 4-9pm that aims to tackle isolation and loneliness. The activities that take place consist of such things as social groups, attending the cinema, quizzes, meals out and visiting the theatre.

## Thrifty Thursday

Aimed at tackling loneliness and isolation among people with a low income, every Thursday 3pm - 9pm. A hot meal can be purchased along with up to 3 teas/coffees for the price of £4.50. Washing/drying facilities are also provided as is access to the IT suite.

## Sociable Saturdays

Aimed at tackling isolation and loneliness at the weekend. Low cost meals are available in a warm and friendly environment every Saturday 9am - 2pm.

## Totally Not Lonely On A Sunday

Held monthly, the aim is to bring people together from all across the service area to enjoy a low cost Sunday lunch/home cooked hot meal in a warm, safe and friendly environment .