



Volunteer for us!

Gain work experience and learn new skills. Volunteering boosts your self esteem, increases your confidence and you can even gain qualifications in Food Hygiene and Health and Safety which can lead to increased work opportunities.

Help to deliver activity groups, work in the café or becoming a befriender as part of our outreach work.

***We are here to listen,
support and help in the
best way we can***

Norton

7 CHURCH STREET, NORTON, MALTON, YO17 9AH

Monday to Friday, 8:00am - 3:00pm

Saturdays, 9:00am - 2:00pm

Thrifty Thursdays, 3:00pm - 8:00pm

Kirkbymoorside

PLEASE CONTACT US FOR VENUE DETAILS

Every Wednesday, 9:00am - 3:00pm

Pickering

PLEASE CONTACT US FOR VENUE DETAILS

Every Thursday, 9:00am - 6:00pm

Call Leisa Burniston for an informal chat
01653 690854

For more information email
post@nextstepsryedale.co.uk

Visit our website
www.nextstepsryedale.co.uk

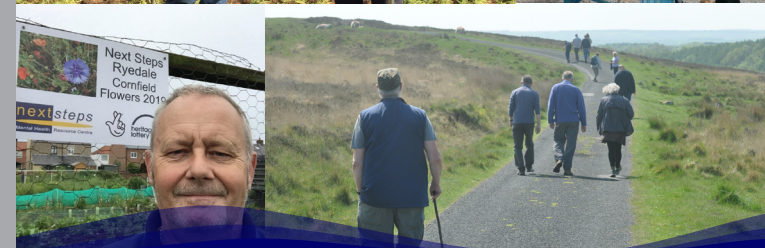
Facebook
Next Steps Community Organisation



Charity number: 1149932



***Promoting a positive approach to
well being across Ryedale***



www.nextstepsryedale.co.uk

Next Steps Resource Centre



Supporting people across Ryedale including those with disabilities, and those at risk of isolation and loneliness.

We provide social activities across Ryedale and have regular weekly groups in Kirkbymoorside and Pickering.

As a user-led organisation we work closely with GPs, the Community Mental Health Team and other external agencies to ensure that people who are affected by mental and/or physical health issues are supported.

We offer personal and practical support and advice - including support with housing, benefits, one to one emotional support and signposting to appropriate agencies. We can also help to access statutory services, as well as providing help and support to prevent isolation and loneliness and most importantly improve everyone's positive mental health and well being.

Next Steps Mental Health Resource Centre is a charity that supports people with mental health issues and helps reduce loneliness and isolation in Ryedale

Community Café and Drop-In Service

At the Next Steps community café, we use local produce to offer healthy and affordable breakfasts, light lunches, hot meals, snacks and cakes.



Socialise in a friendly, non-judgemental atmosphere and develop new friendships. Plus opportunities to volunteer in the café to gain valuable work and social skills. We also offer cookery and 'cooking on a budget' classes.

Access our IT Suite, join the weekly Art Class, get crafty and enjoy social outings. Use our showers, and washing/drying facilities.

Enjoy the outdoors? Come along and help out on our allotments.

'Walk and talk' sessions and activities such as dog-walking, meal deliveries and a telephone befriending service for those unable to leave home.



Thrifty Thursday

THURSDAY

3:00PM - 8:00PM

A low cost, homemade, hot meal with unlimited drinks and use of internet and access to support and washing facilities on an evening.



Social Saturdays

SATURDAY

9:00AM - 2:00PM

A chance to catch up with friends and enjoy breakfast. Open 9am-2pm every Saturday, breakfast at 9am.



Out Of Hours Service

THURSDAY

3:00PM - 7:00PM

Join us for our "Out of Hours" sessions when we're open till 7pm every Thursday. Access to the IT suite and great company.



Men in Sheds WEEKLY

A weekly activity group for men at risk of social isolation/loneliness.



Our well-being warriors are here to help those who need support

Call 01653 690854