



*Esk Moors Caring Ltd*

# *ACTIVITIES AND EVENTS PROGRAMME*

March & April 2019



Check out our new website for all the latest news,  
events and activities.

**[www.eskmoorscaring.org](http://www.eskmoorscaring.org)**

Esk Moors Caring Limited is a registered Charity

Registered in England      N° 5433218

Registered Charity      N° 1113392



*Esk Moors Caring Ltd*

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[www.eskmoorescaring.org](http://www.eskmoorescaring.org)

After a cold start to the year, we are heading into Spring with a packed activities schedule for you.

We are working with Prior Pursglove College in Guisborough to bring you certificated evening classes, starting with a Level 2 in Mental Health Awareness in April.

And back by popular demand, we welcome Buttercups Pottery again for a Pop up Pottery Painting Cafe at Castleton to help keep your little ones (and big ones) entertained this Easter Holidays ☺  
Fun for all ages.

Have you ever fancied coming along to an activity? Not sure what we offer? Well, we are hosting a coffee morning for you to come along to and have a chat about all our events and we will have several of our tutors there to answer any questions.

As always, if you would like to chat about or attend any of our activities and events, just contact the Activities Team.

[activities@eskmoorescaring.org](mailto:activities@eskmoorescaring.org)  
01287 669357  
Facebook – Esk Moors Activities

## Regular Events

### Monday

#### Sit and Get Fit –Arm Chair Exercise

£2.50



Join Trish for chair-based exercises to music. Use muscles you never knew you had, to help with balance, strength, rehabilitation and general wellbeing.

The Robinson Institute, Glaisdale, Monday 4<sup>th</sup> & 18<sup>th</sup> March, 10.30am  
Bradbury Centre, Castleton, Monday 11<sup>th</sup> & 25<sup>th</sup> March, 2pm

The Robinson Institute, Glaisdale, Monday 1<sup>st</sup>, 15<sup>th</sup> & 29<sup>th</sup> April, 10.30am  
Bradbury Centre, Castleton Monday 8<sup>th</sup> April, 2pm

#### Glaisdale's Keep Fit Class

£5



Join our qualified Instructor Jamie who will teach you the basic techniques for keeping fit. Exercises are taken at your own pace and each exercise is tailored to your own ability.

The Robinson Institute, Glaisdale, Every Monday, 6pm – 7pm

### Craft Club

#### Craft Club – Pottery Springtime Mobiles

£20

Sarah, the Mini Shed Potter, will be joining us to make the pottery components to be used in constructing a springtime mobile. Use clay to make birds, flowers and leaves that will be fired and returned for you to make into a beautiful seasonal display.

Danby Village Hall, \*\*Please note day change for this month\*\* Tuesday 19<sup>th</sup> March, 7pm



#### Craft Club - Needle Felting, Make your own Easter Bunny

£20



Sharon from Felty Foxx joins us to show us how to create our own needle felted Easter bunnies.

Danby Village Hall, Monday 15<sup>th</sup> April, 7pm



## Wednesday

### Mrs Lillie's Music Time

£4



Join Mrs Lillie for a fun filled morning of music with your little ones. Have a go at playing instruments as well as singing and signing along with songs both old and new. No booking necessary. For more information please contact Alix on facebook, 'Mrs Lillie's Music Time' or phone on 07837 042246.

Castleton Village Hall, Every Wednesday

10am Newborns to walking and then 11am Toddlers onwards

### Danby Keep Fit Class

£4



Join our qualified Instructor Jamie for the second time this week, for a fun and effective exercise session that will teach you the basic techniques for keeping fit. Exercises are taken at your own pace and each exercise is tailored to your own ability.

**New members welcome.**

Danby Village Hall, Every Wednesday, 6.15pm – 7.15pm

## Thursday

### Esk Valley Youth Group

50p



Open to everyone aged 10 – 19 years old for an evening of fun games and activities, cookery and crafts. Tuck shop available.

Castleton Cricket Pavilion, Thursday 21<sup>st</sup> March, 6.30pm – 8pm

Castleton Cricket Pavilion, Thursday 18<sup>th</sup> April, 6.30pm – 8pm

### Men's Breakfast Club

Join the local menfolk of the community for some friendly banter, bacon butties and see what trips and get-togethers they are planning in the next few months.

Castleton Tea Rooms, Thursday 28<sup>th</sup> March, 9:30am

Castleton Tea Rooms, Thursday 25<sup>th</sup> April, 9.30am



## Friday

### The Good Old Days

Donations



Bring back some memories of the good old days!  
An enjoyable afternoon of reminiscing with a cuppa!  
Bradbury Centre, Castleton, Friday 8<sup>th</sup> March, 1.45pm  
Bradbury Centre, Castleton, Friday 5<sup>th</sup> April, 1.45pm

### Tea and Matinee

Everyone welcome for a golden oldie or pleasant new film, followed by refreshments and a chat. Phone/email for film, sorry not allowed to advertise!

Bradbury Centre, Castleton, Friday 22<sup>nd</sup> March, 1.45pm  
Bradbury Centre, Castleton, Friday 26<sup>th</sup> April, 1.45pm

£2



## Saturday

### Stories, Songs and Signs with Sophie

£5



A fun filled morning for families to come and listen to stories, sing songs and learn basic makaton signs. Bring your children along to this stay and play, lead by Makaton Practitioner Sophie. Refreshments provided

Ley Hall, Lealholm Saturday 2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup> March, 9.30am  
Ley Hall, Lealholm, Saturday 13<sup>th</sup> April, 9.30am



Follow us on Facebook - Esk Moors Caring or search our website - [www.eskmoorscaring.org](http://www.eskmoorscaring.org) for upcoming events and activities

# 'Paint your own Pottery' Buttercups Pop Up Cafe Pottery

Everyone, young and old, are welcome to come and have a go at pottery painting with Buttercups Pottery.



Castleton Village Hall  
Tuesday 16th April  
1pm - 3pm

£4 per person studio fee, pottery items range from £3.50 - £12

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## Friday Night Film Night



Westerdale Village Hall  
Friday 8<sup>th</sup> March  
7.30pm



Come along to watch last year's blockbuster about a has-been rock star that falls in love with a young, up-and-coming songstress.

£3 per person

Refreshments available to buy on the night including a Pick 'n' Mix shop!

# Level 2 Certificate Understanding Mental Health

Starting 29<sup>th</sup> April and running over 12 weeks this evening course, facilitated by Prior Pursglove College, will cover all aspects of understanding mental health, including what is meant by 'mental health', the importance of recognising and valuing an individual with mental health difficulties and exploring perceptions and stereotypes.

The course is certificated and provides a great base for personal and professional development. There are no entry requirements for this course.

Lealholm Primary School  
Mondays 7 – 9pm  
£2 per session



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## Coffee Morning & Meet the Team



- Ever wondered what happens at our exercise classes, craft club, games afternoons or reminiscence afternoon?
- Fancied joining an activity, but not sure if it is for you?
- Like meeting up for a cuppa, cake and chat???

Then, why not come along for a coffee (or tea) and chat with the people that make the Esk Moors Caring Team?



**Saturday 6<sup>th</sup> April, 10am - 12**  
**Danby Village Hall**