A stylized landscape illustration featuring rolling green hills, a brown dirt path, a yellow house with a red roof, and various trees. The sky is blue with light blue clouds. The text 'What's on for you' is written in white, bold, sans-serif font, slanted upwards from left to right across the middle of the image.

**What's on for you**

**Stokesley and  
District**

## Directory Information



**Stokesley & District**  
Community Care  
Association

Stokesley and District Community Care Association is a Registered Charity (1178776). We provide many services for local people in Stokesley, Great Ayton, Great Broughton, Hutton Rudby and all villages within a 15 mile radius. These services are there to help the elderly, lonely and isolated people of our community.

The idea behind this booklet is to give our clients an idea of the social and recreational things there are to do in this area. We're hoping that it will allow people to explore their surrounding area, make friends and have the confidence to get out and about.

It's also perfect for those that are new to the area, to discover what kind of things are on offer in Stokesley and the surrounding villages. Hopefully we will be able to help people find a new hobby or interest, whilst assisting other people to fuel their existing passions!

If you know of anything that should be in this booklet, whether it be a club, group, recurring trip or society, please do let us know!

*We would love this directory to continue to grow.*

Call 01642 710085

or email us on [enquiries@stokesleycca.org.uk](mailto:enquiries@stokesleycca.org.uk)



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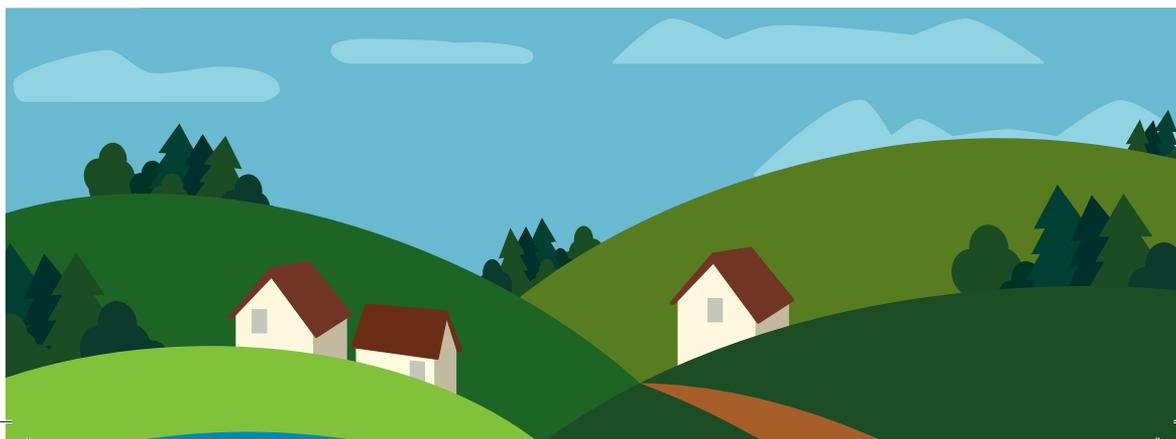
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## **Stokesley & District Community Care Association**

First Floor of Town Close  
North Road, Stokesley  
TS9 5DH

### **Rural Community Transport**

Provided by two fully accessible Mini Buses and a Volunteer Car Scheme. We provide a door to door service for elderly and disabled clients. Just ring the office with as much notice as possible to book your transport. This could be for hospital/doctor/dentist appointments or for shopping. We also run monthly excursions and shopping trips.

### **Respite Sitting Scheme**

This is a service in which a volunteer sitter gives regular carers a much needed break of up to 3 hours per week in the client's own home.

### **Befriending Scheme**

This is a service where a volunteer will visit on a regular basis to sit and chat, or do light shopping or pick up a prescription.

### **Good Neighbours Scheme**

This is a service to help people that need "a job" doing that a "good neighbour" would be able to help out with.

### **Listening Tapes**

This is a service for the visually impaired. An audio tape is sent out to the client once a month, filled with local news and information.

As well as these, we provide many social and recreational services which you can find throughout this directory, like the Lunch Club and Craft Club. Our rooms are also for hire, so many clubs and groups are held here.

**For more information, call 01642 710085**



Stokesley and District Community Care Association

## Stokesley...

### Monday

**11am Bus shopping trip from Stokesley**, ending at the Royal Oak in Great Ayton for the Pensioners' Lunch (see page 9). Organised by the Community Care Association. There is a fare of £2.50 for this weekly trip. Call **01642 710085** for more information.



**1:30pm Stokesley Local History Study Group meeting.** This is held every third Monday of the month in the Community Care rooms. They host events and invite speakers to talk about the history of the town. For more information, call **01642 711875**

**1:30 - 3:30pm Stokesley Literature Group.** There are two 10 week courses held in the Town Hall, one in Spring and one in Autumn. £6 per session or £50 for the full ten weeks. For more information, call Harriet Waterfield on **01642 712551**

**1:45 - 2:45pm 50+ Swim at Stokesley Leisure Centre.** Exclusive pool time for 50 years+ users. (Also Fridays 9.30-10.30am.) For enquiries, call **01642 711140**

**2pm The Globe Reading Club** held in the Globe every second Monday of the month.

**2 - 3:30pm Knit and Natter in the Methodist Church Hall.** Bring your own craft materials and enjoy the company of like-minded people and friends. Refreshments available throughout the afternoon. No charge.  
email [info@stokesleymethodistchurch.co.uk](mailto:info@stokesleymethodistchurch.co.uk)

**5:30-6:45pm Yoga for Adults in the Globe.** Suitable for beginners and above. Pre-booking is advisable. Contact Suzanne for more information on **07968 513867** or email [yoga.with.sz@gmail.com](mailto:yoga.with.sz@gmail.com)

**7:15 - 8:30pm Yoga for Adults in the Globe.** Suitable for beginners and above. Pre-booking is advisable. Contact Suzanne for more information on **07968 513867** or email [yoga.with.sz@gmail.com](mailto:yoga.with.sz@gmail.com)

**7:30pm Stokesley and District Choral Society** meet in St. Joseph's Church in Stokesley for rehearsals from September to April. You do not audition for membership and are welcome to try a couple of sessions without any obligation! To enquire, visit the website at [www.stokesleychoral.co.uk](http://www.stokesleychoral.co.uk)

**7:30pm Stokesley Society** meet on the fourth Monday of each month between September and March (no meeting in December). They have talks of local and historic interest. £2. Contact Keith Burton [07969 034187](tel:07969034187) for more information.

**7:30pm Stokesley Pride** in our Town Association meeting (SPIOTA). This is a community group that maintains the flower tubs, roundabout, town signs and the ziggurat. Membership is free, so you can pop into a meeting at any time, which are once a month but please check the dates of the meetings. Call Linda on [01642 710715](tel:01642710715) or Fred on [01642 710455](tel:01642710455) for more information.



## **Tuesday**

**9am Community Care Full Day Excursion** (usually the first Tuesday of the month). The excursions go to a variety of places, such as York, Danby Lodge and Newby Hall. To enquire about dates, destinations and prices ring [01642 710085](tel:01642710085)

**9:30 - 10:30 50+ Gym at Stokesley Leisure Centre.** A gym based circuit class designed to raise heart rate, improve muscle tone and strength. For enquires call [01642 711140](tel:01642711140)

**9:30 - 11:30 Stokesley Probus Club** for retired professional and business people meets in the Town Hall on the third Tuesday of each month. Each meeting has a guest speaker and there are also periodic lunches and trips to places of interest. For more information visit the website [www.stokesleyprobus.co.uk](http://www.stokesleyprobus.co.uk) or call Keith Waller [01642 700901](tel:01642700901)

**1:30pm - 2:30pm Alive and Active** - a chair based exercise class held at the Community Care Association. This session is held every other Tuesday and is a great way to get some gentle exercise to maintain your mobility and flexibility. Call [01642 710085](tel:01642710085) for more information.

**2pm The Globe Knitting Club** held in the Globe every Tuesday .

**2 - 3:30pm Craft and Chat** held in the Globe every first and second Tuesday of the month. This is aimed at those with limited dexterity but all are welcome.

**2pm Silver Screen Film Show** held in the Methodist Church on the second Tuesday of the month. Watch some favourite films in warmth and comfort. Ice creams are served during the afternoon. There is no charge but small donations are welcome.

**3 - 6pm The Globe Chess Club** held in the Globe every third Tuesday of the month. Open to all ages and abilities.

**6:30pm Bus pick up for the Bingo Club.** This is a service provided by the Community Care Association, picking up clients going to the Bingo Club at Stokesley Town Hall. For more information, call **01642 710085**

**6:45pm - 9pm Bingo Club.** This is a popular club held at the Town Hall, where the members can play a few rounds of Bingo while having a good chat. For more information, call **01642 711722**

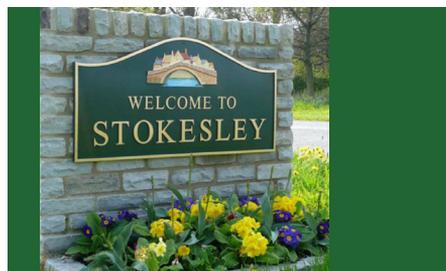
**7pm Carpet bowls in the Town Hall.** This club runs from the end of September to the end of March, filling the gap in the outdoor bowls season. For more information, call John Preston on **01642 711096**

## Wednesday

**10am Stokesley walk with Hambleton Strollers**, starting sometimes from Stokesley Health Centre and sometimes the Co-Op car park. The walk lasts for around an hour on flat ground, no stiles with a cup of coffee to finish. A very friendly and welcoming group, ideal for people looking to get fresh air and have a chat. For more information call **07514 240227**

**6:30pm Stokesley Methodist Choir.** Anyone with a love for singing is welcome, with no audition needed to join. They hold regular concerts, as well as singing the hymns in the following Sunday worship. Pop into the Methodist Church on Wednesday evening, or email any questions to [information@stokesleymethodistchurch.co.uk](mailto:information@stokesleymethodistchurch.co.uk)

**7:30pm Stokesley and District Flower Club** meets at the Town Hall every fourth Wednesday for a creative talk about flowers and flower arranging. They sometimes run workshops too! Visitors are welcome for a charge of £5 but for more information call Fiona on **01642 715773**



**7:30pm Stokesley Engineers** meet at the Town Hall every third Wednesday in the month from September to March. For more information call Ken Ridgeway on **01642 712208**

## Thursday

**9:30am Bus pick up for shopping/chairaerobics/lunch club.** This is a service provided by the Community Care Association, picking up clients to drop off at the Town Hall, either for shopping or chairaerobics and the lunch club. For more information, call 01642 710085

**10am Community Care Craft Club,** held in the activity rooms at Town Close every second and fourth Thursday. This is a fun and creative session, perfect for keen crafters! Projects vary but past projects have included slate painting, card making, and brooch making. It costs £2 a session and that covers all materials and refreshments. Call 01642 710085 for any more information.

**10:30am Chairaerobics,** held at the Town Hall. This is a great opportunity for people looking to do some gentle exercise to catchy music whilst making new friends. This is slightly more advanced than Alive and Active but is still very simple to pick up. For more information, call 01642 710085



**12pm Community Care Lunch Club** held in the Town Hall. This service costs £4.50, and you're guaranteed a plate of lovely food, followed by a dessert and a nice chat. You will need to ring the office to book a place as this service is very popular. Call 01642 710085 for more information or to book a place.

**12 - 1:30pm Pre-concert lunch** in the Methodist Church Hall. A light lunch is available on the first Thursday of each month before the classical concert.

**1:30pm Classical concert** in the Methodist Church Hall. These monthly lunch time recitals on the first Thursday of each month feature the rising stars of today's new generation of musicians. Tickets at the door cost £8-£10. For more information, search online 'classical-Cleveland'.

**5:30 - 6:30pm Boccia** in the Methodist Church Hall. Boccia is a sport for all. Played in a seated position, it will help with strength, coordination and balance.

**7 - 8:30pm Yoga in the Methodist Church Hall.** Join us for this chance to enjoy some gentle exercise.

**7:15pm Meeting for the Stokesley Women's Institute.** This meeting is held every first Thursday of the month, with the topic changing each time, from history to crafts. New members are always welcome! Call Anne for more information 01642 714154

**7:30 - 10pm Stokesley Photographic Society meetings.** Held weekly in the Town Hall, from Sept - April. Photographers of all abilities are welcome and each meeting features a great mix of talks from members of the club or other clubs, and competitions. For more information, visit our website [www.stokesleyps.org.uk](http://www.stokesleyps.org.uk)

**7:30 - 9.30pm Stokesley Trefoil.** This meeting is held every second Thursday of the month as an offshoot of the Girl Guide Association, mainly for ex-leaders. For more information call Mrs Roberts 01642 700836



## Friday

**9:30 - 11am 50+ Swim at Stokesley Leisure Centre.** Exclusive pool time for 50 years+ users. (Also Mondays 1.45-2.45pm.) For enquiries, call 01642 711140

**12pm - 3pm Coffee pop-in in Stokesley Town Hall.** There are a whole range of delicious things on offer, such as tea, coffee and juice, along with home baked cakes, scones or tea cakes. For more information call 01642 710085

**1 - 2pm Disabled and rehabilitation Swim at Stokesley Leisure Centre.** An exclusive pool session with pool chair lift and a variety of equipment to aid swimming. For enquiries call 01642 711140

**2pm - 3:30pm Primetime.** Fun, gentle exercise sessions held in the Community Care rooms for elderly or disabled people—includes Boccia and New Age Curling. For more information call 01642 710085

## Saturday

**1:30 - 4pm Leven Art Society meets in Stokesley Town Hall** from October to May. Only members are allowed at workshops but there are regular events at which all are welcome.

For more information visit the website [www.levenart.org](http://www.levenart.org)



THE UNIVERSITY OF THE THIRD AGE

The University of the Third Age is a national organisation aimed at active retired (or semi-retired) people who wish to develop new interests, or pursue current activities, with like-minded people. Our U3A was formed in June 2004 and membership has grown to over 500 with more than forty separate activity groups covering a wide range of subjects including walking, discussion, travel, reading, drama, languages, bridge - the list is endless.

The only requirements are sufficient people with a similar interest, and someone to act as organiser and/or instructor for that subject. Groups plan their own schedules of meetings to pursue that interest.



Annual membership is £25 which entitles you to attend as many groups as you wish over the year.

If you would like more information, a friendly welcome and an interesting guest speaker, please come along to our Monthly Meeting in the Methodist Church in Stokesley High Street on the second Wednesday of each month starting at 1:15pm, or visit our website:

[www.u3asites.org.uk/stokesley/home](http://www.u3asites.org.uk/stokesley/home)

## Great Ayton...

### Monday

**10am Great Ayton walk with the Hambleton Strollers.** This walk starts from the Discovery Centre and takes you around the beautiful village of Great Ayton. There are no stiles and on a good day, you can walk on the grass beside the river, which can be uneven sometimes, so an alternative route is available if needed. For more information, call 07514 240227



**10am -11am Stronger and Steadier at Friends' Meeting House.** A follow-on class for those who have completed the 12 weeks 'Strong and Steady' programme (see below) and wish to continue exercising. For more information, call Jenny on 01642 722487

**11:30am -12:30pm Strong and Steady at Friends' Meeting House.** A 12 week programme in conjunction with North Yorkshire Sport designed to encourage people to become more active and reduce the risk of trips and falls. The specialised programme aims to improve balance and strength, increasing confidence and improving ability in everyday tasks. For more information, call Jenny on 01642 722487

**12pm Pensioners' Lunch Club at the Royal Oak.** What better than a lovely pub lunch on a Monday afternoon? The Community Care Association provides a bus service to the Royal Oak which you can book by calling 01642 710085

**3 - 4pm Gentle Exercise Class at Catholic Church Hall.** A fun and friendly group ready to welcome new members working with a wide variety of movement forms using elements from Yoga, Tai Chi and Dance. For more information, call Jenny on 01642 722487

### Tuesday

**9am Community Care Full Day Excursion.** (Usually the first Tuesday of the month). The excursions go to a variety of places, such as York, Danby Lodge and Newby Hall. To enquire about dates, destinations and prices please call 01642 710085

**10 - 12 Noon Prime Time Fun,** gentle exercise/game sessions at the Methodist Church for elderly or disabled people—includes Boccia and New Age Curling. For more information please call 01642 711191

**10:30am Bus shopping trip to Coulby Newham.** This bus service to the Parkway Centre is provided by the Community Care Association runs on every third Tuesday in the month. The fare is £2:30. For more information, please call 01642 710085

**12pm Great Ayton Lunch Club,** held at the Methodist Church in Great Ayton. This is a seasonal service (closed during the summer holidays) alternating between soup and a roll and a hot meal. Transport can be arranged if required. For more information, call 01642 711191

**2pm Great Ayton Flower Club.** This is a wonderfully creative club that meet every second Tuesday at the Parochial Church Hall to talk about all things flowers and flower arranging. They sometimes run workshops too! To get in contact call 01904 761619



## Wednesday

**2:30pm Book Club at The Discovery Centre** on the first Wednesday of the month. New members are always welcome. To find out more information call 01642 723268

**2:00 - 2:45pm Chair-based Exercise Class at Catholic Church Hall.** Safe, effective and enjoyable exercises designed to improve strength, balance, fitness, mobility and confidence at the same time as having fun! For more information call Jenny on 01642 722487

**3:00 - 4:15pm Gentle Yoga at the Catholic Church Hall.** Gentle stretching, weight bearing exercises and postures to improve balance, strength, flexibility and inner calm. For more information call Jenny on 01642 722487

**7:30pm Great Ayton Women's Institute** meet every second Wednesday of the month. This is a group of like-minded women joining together to take part in things like baking, crafting, talks and singing. For more information call Christine on 01642 724224

## Thursday

**9:30am Transport to shopping/chairaerobics/lunch club.** This is a service provided by the Community Care Association, picking up clients to drop off at the Town Hall, either for shopping or chairaerobics and the lunch club. For more information call 01642 710085

**1:30pm Tea Dance in the Great Ayton Village Hall.** This is a very friendly and warm group, keeping the spirit of tea dancing alive. All abilities are welcome to join and each session costs £3 (£2 for the over 80's). This is great for people to practise their dancing in a friendly environment, keep fit and meet new people. For more information, call 01642 710085

**2pm Knit and Natter at The Discovery Centre.** For keen and crafty knitters, there is the Knit and Natter group, held every Thursday. Newcomers are always welcome! Just bring along your materials and be ready for a chat. Call 01642 723268 for more info.



## **Friday**

**10am Great Ayton to Stokesley shopping trip.** This is a fortnightly trip provided by the Community Care Association. There is a fare of £2.50 for this trip which gives you a morning's shopping in Stokesley on market day. For more information or to book your place call 01642 710085

**7pm Great Ayton Bridge Club.** This club meets in the Friends' Meeting House in Great Ayton each Friday. Visitors are always welcome to watch and play, but you also have an opportunity to become a member. For more information call 01642 723671



# Hambleton Strollers

We organise over 300 walks a year and all walks are free. We have walks for beginners, advanced walkers and everyone in-between!

Walks are held in Great Ayton, Swainby, Northallerton, Easingwold, Stokesley, Thirsk, Bedale, Ingleby Greenhow, Great Broughton and Carlton.

Do come and join us on any of the walks. Leaflets can be picked up from GP surgeries, tourist points, libraries, Hambleton Council offices or by contacting [07514 240227](tel:07514240227) or email:

[HambletonStrollers2018@gmail.com](mailto:HambletonStrollers2018@gmail.com)



We are run by volunteers and are in great need of more. If you would like to become a leader and/or join our committee, please do contact us on the details above.

## Hutton Rudby...

### Monday

**7pm Bridge Club.** This club meets in the Johnson room of the Village Hall every Monday evening between September and May to play the popular game of Bridge. To enquire about attending, please call 01642 701586



### Tuesday

**9am Community Care Full Day Excursion** (usually the first Tuesday of the month). The excursions go to a variety of places, such as York, Danby Lodge and Newby Hall. To enquire about dates and prices ring 01642 710085

**1:30 - 3pm and 6:30 - 8pm Yoga for all ages.** This class is held on Tuesday afternoons and Tuesday evenings in the Johnson Room in the Village Hall. Yoga is a great way to stay flexible and to tone your body. Call 01845 537608 for more information.

**8pm Hutton Rudby Dramatic Society rehearsals.** Anyone is welcome to join this lively group of people and have the chance to become part of their Productions, either in the acting or technical team. They meet at the Village Hall's Main Hall every Tuesday and Thursday (see page 15) and no audition is required to join. There is an annual fee of £10 for members, which covers indemnity cover and refreshments. For more information, email [debbiekragnes@aol.com](mailto:debbiekragnes@aol.com) or pop into one of the rehearsals.

### Wednesday

**10am - 3pm Lunch/Social Club for residents in Church House** (closed during summer holidays). Come and play dominoes, whist, bingo or just have a chat. Two course hot lunch, coffee/tea etc - £4.00. Transport can be arranged. For further details phone 01642 700126

**7:30pm Book Club on the first Wednesday of each month** in The Chapel Hub. A friendly social space to chat about the month's book choice. Everyone is welcome. For more information, contact Judy Lavender email [judylavender@gmail.com](mailto:judylavender@gmail.com)

**7:30pm Hutton Rudby Garden Club.** This club meets on the second Wednesday of each month from September to April in the Village Hall. Visitors and new members are always welcome! They host talks and organise garden visits for the summer months, so this is the perfect club for keen gardeners. For more information, ring 01642 780534 or to request a programme, email [marian.gardening@gmail.com](mailto:marian.gardening@gmail.com) (Sept—April)



## The Hub at Hutton Rudby

The Hutton Rudby Methodist Church is situated in the picturesque village of Hutton Rudby, on the village green. They host services on a Sunday but also have a new community-friendly space, The Hub, which would be perfect for a visit.

### **What can you find at The Hub?**

You can take a seat at Zac's Coffee House, a service run by local volunteers that serves bean-to-cup coffee, other assorted beverages and homemade baked goods.

There is free high speed wifi and access to computers, with familiarisation classes running on Thursday mornings.

There is a selection of books which you are free to browse and borrow.

For any visiting families, there is a children's play area.

There is a quiet corner, if you ever need a place to sit and contemplate. You can also have confidential access to a Church member if you need it. You can access information about local charities, activities and businesses in the Hutton Rudby area.

There are toilets that are free for public use during the opening times.

### **Opening Times**

Monday: 1pm-4pm

Tuesday to Friday: 9:30am-12:30pm

Wednesday: 2pm-5pm

Saturday: 10am-4pm

For any further information, contact Alice Spence on 01642 700644 or 07551 944948 or email [thehubandzacs@gmail.com](mailto:thehubandzacs@gmail.com)

## Thursday

**9:30am Bus pick up for shopping/chairaerobics/lunch club.** This is a service provided by the Community Care Association, picking up clients to drop off at the Town Hall, either for shopping, or chairaerobics and the lunch club. For more information, call 01642 710085

**2pm The Friendship Group at the Hutton Rudby Methodist Church.** A monthly get-together, usually on the second Thursday of the month, to listen to a speaker, have tea and cakes and lots of chat! Everyone welcome. For more information, contact Kath Watts on 01642 700987 or email [peteandkathwatts@btinternet.com](mailto:peteandkathwatts@btinternet.com)

**8pm Hutton Rudby and District Local History Society** meetings at The Church House. These meetings run over the Winter months, usually on the third Thursday each month. They chat about the local history of the area and plan excursions and exhibitions. For more information, call 01642 700695 or email [judy.judy@btinternet.com](mailto:judy.judy@btinternet.com)

**8pm Hutton Rudby Dramatic Society rehearsals.** Anyone is welcome to join this lively group of people and have the chance to become part of their Productions, either in the acting or technical team. They meet at the Village Hall's Main Hall every Tuesday (see page 13) and Thursday and no audition is required to join. There is an annual fee of £10 for members, which covers indemnity cover and refreshments. For more information, email [debbiekragnes@aol.com](mailto:debbiekragnes@aol.com) or pop in to one of the rehearsals.

## Friday

**9:30am Hutton Rudby to Stokesley shopping trip.** This is a trip provided by the Community Care Association which runs fortnightly. There is a small fare of £2. For more information or to book your place, call 01642 710085

**7pm and 8pm Ballroom Dancing.** This club runs twice on a Friday evening from September to May, so if you can't make it to one, you can always attend the other. The club offers tuition or just general dancing and people of all abilities are welcome. This is held in the main hall of the Village Hall and is perfect for keen dancers. For more information, call 01642 294733

## Outlying Villages...

### Tuesday

**9am Community Care Full Day Excursion** (usually the first Tuesday of the month). The excursions go to a variety of places, such as York, Danby Lodge and Newby Hall. To enquire about dates, destinations and prices, ring **01642 710085**

### Thursday

**9:30am Bus pick up for shopping/chairaerobics/lunch club.** This is a service provided by the Community Care Association, picking up clients to drop off at the Town Hall, either for shopping, or chairaerobics and the lunch club. For more information, call **01642 710085**

### Friday

**10am Outlying villages to Stokesley shopping trip.** This is a fortnightly trip provided by the Community Care Association costing £2. For more information or to book your place, call **01642 710085**

All three of these services can be accessed from any of the outlying villages within our range. This includes Kirkby, Great Broughton, Swainby, Newby, Faceby, Seamer, Potto, Hilton, Carlton, Ingleby Greenhow and Crathorne.

## Kirkby in Cleveland and Great Broughton...

### Monday

**10 - 12:30pm Art Classes.** Watercolour painting. Bring out your inner artist! This class is held in the Great Broughton Village Hall starting in October and January. Beginners and the more experienced are welcome. Call Linda Jones on **07551 498824** for more details or to enrol.

**7:30pm Kirkby, Great Broughton and Ingleby Greenhow Local History Group** meets approx. once a month, usually the third or fourth Monday, in either Great Broughton, Kirkby or Ingleby Greenhow Village Hall, usually to listen to a guest speaker but there are also occasional trips. For more information visit the website [www.kgbighistory.org.uk](http://www.kgbighistory.org.uk)

**8 - 9pm Gentle Yoga in St. Augustine's Church Hall.** Yoga is great way to relax and focus on your breathing, whilst toning your muscles. This would be the perfect group for anyone looking to get some gentle exercise and meet new people. For more information, call Dee on **01642 713731**

## Tuesday

**9:30am Lisa's Pilates in Great Broughton Village Hall.** £5 per session or £25 for 6. For more information, please call Lisa on 07769 227734

**2pm Stokesley Friendship Centre.** This is a group that is held every second Tuesday of the month at the St. Augustine's Church Hall, Kirkby. They provide social and recreational activities for people over 50, ranging from guest speakers and pub lunches to occasional outings. To find out more, please call in.

**2 - 4pm Short Mat Bowls at St Augustine's Church Hall, Kirkby.** This group brings all the fun of bowls into an indoor setting, ideal for days when the weather isn't great! £2 per session, £20 to join all year. For more information, call 01642 712321

**7pm Lucy Lee Pilates in Great Broughton Village Hall.** For more information, please contact Lucy on 01642 713256 or 07552 109006

**7:30 - 9:30pm Short Mat Bowls at St Augustine's Church Hall, Kirkby.** An extra session on the second Tuesday of the month. £2 per session, £20 to join all year. For more information, call 01642 712321

## Wednesday

**9:45 - 11am Beginners' Tai Chi in Great Broughton Village Hall.** £6 per session. For more information please call Dee on 01642 713731

**7pm Lisa's Pilates in St Augustine's Church Hall, Kirkby.** £5 per session or £25 for 6. For more information please call Lisa on 07769 227734

## Thursday

**9:30-10:45am Gentle Yoga in St. Augustine's Church Hall.** Yoga is a great way to relax and focus on your breathing, whilst toning your muscles. For more information, call Dee on 01642 713731

**2 - 4pm Short Mat Bowls at St Augustine's Church Hall, Kirkby.** This group brings all the fun of bowls into an indoor setting, ideal for days when the weather isn't great! £2 per session, £20 to join all year. For more information, call 01642 712321

**7:30 - 9pm Tai Chi.** This is a Chinese martial arts class, based on balance and flowing movements. It has wonderful health benefits and is a great way to focus on your mental well-being. This class is held in the St. Augustine's Church, Kirkby (not during school holidays). For more information, please call Marianne Dooman on 01642 714531

## Swainby...

### Tuesday

**10:30am Emma's Yoga Class.** Held weekly at the Swainby Church Hall costing £10 a class or £70 for 10 classes. Yoga is a great way to maintain your flexibility and focus on your breathing. You will need to bring your own yoga mat and socks! For more information, or to book call **07762 519068**



**1:30 - 4:15 Swainby Bridge Club** held at the Church Hall on Tuesday and Thursday afternoons. Cost £1. For more information, contact David on **01642 701431**

**7:30pm Local History Group** meets in the Village Hall on the first Tuesday of the month. For more information, contact Carol Cook on **01642 700569**

### Wednesday

**9:30– 10:30 Pilates** Please contact Melanie on **07984 742395**

**7pm Women's Institute** meets for interesting talks and activities in the Village Hall on the second Wednesday in the month. For more information, contact Carol Cook on **01642 700569**

### Thursday

**9 -10am Dancing in the Village Hall.** For more information, contact Carol Cook on **01642 700569**

**10 -12 Noon Family History Group** meets in the Village Hall. For more information, contact Carol Cook on **01642 700569**

**1:30 - 4:15 Swainby Bridge Club** held at the Church Hall on Tuesday and Thursday afternoons. Cost £1. For more information, contact David on **01642 701431**

**6:30 - 8:30pm Knit and Natter** in the Village Hall. For more information, contact Carol Cook on **01642 700569**

### Friday

**7pm Film Club** meets once a month. Become a member or pay on the door. For more information, contact Carol Cook on **01642 700569**

## Seamer...

### Monday

#### 10am -12 Noon Coffee pop-in at the Village Hall.

Everyone is welcome to this informal fun get together on a Monday morning (though not during school holidays). Come and meet fellow residents and have a chat over tea/coffee and a scone for just £1!

Please call 01642 713740



**7 - 9pm Stitches at the Village Hall.** Everyone welcome. Bring along your own project or learn a new skill be it sewing, quilting, knitting, crochet. £2 per session including refreshments. For more information, call Anne Thomas on 07840 133857

### Tuesday

**7pm Garden Club at the Village Hall.** No garden necessary! This is a small group who appreciate plants and nature. Activities vary each month including visits to garden centres, pumpkin carving, floral arrangements. It costs £2.50, including a glass of wine! For more information, contact Viv on 07889 096111

**8 - 9:30pm Book Club** meets on the fourth Tuesday of the month in the Village Hall. A small and friendly group who pick a new book each month and then discuss it the following month over refreshments. New members welcome! Cost £2.50. For more information, contact Lynn on 07763 633717

### Wednesday

**10am -12 Noon Carpet Bowls** at the Village Hall. People of all abilities are invited to join. Cost £1.50 per session including a cup of tea. Contact Kay on 01642 713740 for more information.

**7 - 9pm Table Tennis** at the Village Hall. £1.50 per session. Contact Kay on 01642 713740

### Friday

**5:15 - 6:15pm Zumba in the Village Hall.** A great way to keep fit: 45 minutes of Zumba followed by 10 minutes of body toning. £3.50 per session. Please call Helen on 07502 713740

**7 - 8:30pm Singalong in the Village Hall** on the first Friday of each month. An opportunity to mingle and it doesn't matter if you can't sing! £2 per session, including a glass of wine. For more information, email Jo: [jo.batey@talktalk.net](mailto:jo.batey@talktalk.net)

## Carlton in Cleveland...

### Monday

**7pm Ladies Craft Group.** You are welcome to bring your project or be inspired by others. All you craft ladies are invited to join this group of warm and welcoming ladies! They meet monthly on a Monday evening in the Village Hall. Call 01642 713681 for more information.

### Tuesday

**7:30pm Body Control Pilates Class** meets every Tuesday at Carlton Village Hall. All ages and abilities welcome. Contact Karen for further details on 01642 961203

## Ingleby Greenhow...

### Monday

**7 - 9pm Craft Group** meets on the first Monday of the month in the Village Hall. Bring your own craft and have a natter. Cost £2.



**7:15pm Ingleby Greenhow Women's Institute** was established in 1932 and has a strong emphasis on fun and learning. They meet on the third Monday of the month. For more information, call Cath Hawman on 01642 724094

**7:30pm Kirkby, Great Broughton and Ingleby Greenhow Local History Group** meets approx. once a month, usually the third or fourth Monday, in either Great Broughton, Kirkby or Ingleby Greenhow Village Hall, usually to listen to a guest speaker but there are also occasional trips.

For more information, visit the website: [www.kgbighistory.org.uk](http://www.kgbighistory.org.uk)

### Tuesday

**7:30 - 9:30pm Pilates and Yoga in the Village Hall.** Cost £6. Start with Pilates followed by 30 minutes of yoga.

## Wednesday

**9:15 - 10:15am Strictly Fit Dance Class** every Wednesday in the Village Hall. Contact Jo for more information on 07770 484338

**7:30 - 9:30pm Indoor Bowls** Short mat bowls is played every Wednesday in the Village Hall. New members are always welcome. Contact Peter Belcher on 01642 723083

## Thursday

**7:30pm Ingleby Greenhow Lecture Society** meets on the third Thursday of the month in the Village Hall. Everyone is welcome.

## Faceby...

### Monday

**9:30 - 11am Yoga for Adults** every Monday in the Village Hall. Suitable for beginners and above. Pre-booking is advisable. Contact Suzanne for more information on 07968 513867 or email [yoga.with.sz@gmail.com](mailto:yoga.with.sz@gmail.com)

**1:30 - 3:30pm Craft Group in the Village Hall** every two weeks. You can bring your own crafts, get help with them and socialise with others. Cost £2 per session. For more information, contact Elaine on 01642 700906

**7:30 - 9pm Book Club** meets in the Village Hall, every second Monday of the month except December. The book changes each month so for more info call 01642 701051

### Wednesday

**10am Skipper Dick's Coffee Club** is held in the Village Hall on the first Wednesday of the month. Everyone is welcome to this informal get together. The £2 cost includes tea or coffee with homemade biscuits or scones.

**1:30pm - 4:30pm Art Club at Faceby Village Hall.** This is a fab opportunity to show your artistic side and join with a group of like-minded people. The club runs weekly, except for every second Wednesday of the month and term time only. For more information, call 01642 700527

### Thursday

**5:15 - 6:30pm Yoga for Adults** every Thursday in the Village Hall. Suitable for beginners and above. Pre-booking is advisable. Contact Suzanne for more information on 07968 513867 or email [yoga.with.sz@gmail.com](mailto:yoga.with.sz@gmail.com)

## Kildale...

### Wednesday

**9:30am - 3pm Painting Class in the Village Hall.** Come and join like-minded people to work on your own project with expert advice on hand. Bring your own materials and equipment and a packed lunch. Cost £12.50.

For more information, contact Andrew Barlow 01287 632291

**8 -10pm Badminton in the Village Hall.** £2 for adults and £1 for children aged 11+. For more information call 01642 724198



### Friday

**10:30am - 1:15pm Kildale to Stokesley shopping trip.** This is a weekly trip provided by the Community Care Association. There is a fare of £3.50 for this return trip which gives you a few hours' shopping in Stokesley on market day. For more information or to book your place call 01642 710085



## Useful Phone Numbers

### Doctors Surgeries

Stokesley Health Centre:	01642 710748
Great Ayton Health Centre:	01642 723421
Hutton Rudby Surgery:	01642 706056

### Emergency Services

Emergency number:	999
Non-emergency number:	101

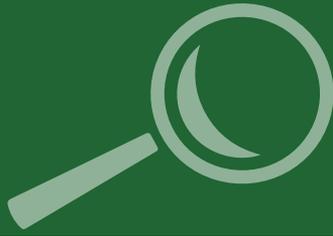
### Councils

Hambleton District Council:	01609 779977
Great Ayton Parish Council:	01642 722047
Rudby Parish Council:	01642 700151

### Other

Mind / Mental Health Support:	01609 780758
The Globe, Stokesley:	01609 533461
Great Ayton Discovery Centre:	01642 723268
Stokesley Leisure Centre:	01642 711140
Great Ayton Methodist Church:	01642 722437
Christ Church Great Ayton:	01642 722333

St Margaret Clitherow Catholic Church, Great Ayton:	01642 710239
Stokesley Parish Church:	01642 710405
St. Joseph's Catholic Church, Stokesley:	01642 710239
Stokesley Methodist Church:	01642 713991
Hutton Rudby Methodist Church:	01642 710358
Stokesley Town Hall:	01642 710270
Great Ayton Village Hall:	01642 723509
Hutton Rudby Village Hall:	01642 701625



## Hints and Tips...

**When you're feeling lonely or isolated, it can be very difficult to move past it and feel cheerful again. But we have provided you with a few tips, so that you can take small steps to feeling confident and happy.**

### **Do your grocery shops in small chunks, instead of all in one go**

Making small, regular visits to the shops will boost your confidence to leave the house and see different people each time.

### **Get involved in local community activities**

Now that you have a list of the services available for you, take some time out to read through and choose a few that appeal to you. Take part and get to know people, so you can form a set of friends to visit these services regularly with.

### **Use your phone**

If leaving the house isn't something that you feel totally capable of doing yet, using your phone is a great way to talk to people. Of course, you can talk to your family and friends, but there are also Telephone Befriending Services, providing you with someone to chat to. Call Age UK on 0800 434 6105 for more information.

### **Carry on learning**

This doesn't have to be anything major, but picking up a new hobby or interest can teach you so many new things and lessen the feeling of isolation.

### **Take care of yourself**

If you're looking to enjoy some time in your own company, make sure that you look after yourself and perhaps even improve your health. Take little steps to eat well or take some gentle exercise, to help keep you in shape and to help you relax.

### **Volunteer**

Giving your time to others can be such a rewarding feeling and is a wonderful way to take time away from the house. You can share your skills with others, whilst learning new ones, as well as helping and spending valuable time with other people. Not only will you be benefiting your own life, but you'll also be benefiting the lives of others.

### **Learn to love computers**

If your family and friends live far away, a way to keep in touch with them is through a computer. Using the likes of Facebook, Twitter and Skype is a great way to keep in contact with people from all around the world, share photos and reconnect with people.

Many libraries and community centres hold training courses to teach people basic computer skills, so this may be something worth looking into!



This Directory has been made in partnership with many organisations with particular thanks to the funding of the The National Lottery Community Fund.



**This directory comes to you with the compliments of Stokesley and District Community Care Association.**

**It contains details of many organisations, groups and clubs in Stokesley and the surrounding area, with information about the activities that they run and how you can take part in them.**

**We hope you find it useful.**



**Stokesley & District  
Community Care  
Association**

**Stokesley and District Community Care Association is a  
Registered Charity (1178776).**