



We've had a busy and exciting summer here at Mencap, with two trips, activities, opportunities to learn, and, most importantly, plenty of fun! Here's a look at some of the things we have been getting up to.



HAZELBROW FARM

Our Monday group had a fantastic trip to Hazelbrow farm. Everyone had the opportunity to walk alpacas, feed the animals, and learn more about caring for them. It was a brilliant hands-on experience, and everyone had a great time getting up close to the animals. A big thank you to the staff at Hazelbrow farm and Bedale Community Mini Bus for making this trip happen.



Our Annual Scarborough Trip

In August, we enjoyed our annual trip to Scarborough. We were incredibly lucky with the weather, with the sun shining, making it a lovely day for everyone.

It was wonderful to see everyone enjoying themselves, spending time together, and making some great summer memories. Thank you to everyone who came along and made the trip so enjoyable!

Our **Family Carer group** continues to meet monthly. It is a friendly and supportive group where family carers can come together, share experiences, have a chat, or just enjoy someone else making them a cuppa! It's great to see the group providing something valuable for families and carers. Our next Family Carer group is on 12th November from 1:00 PM to 2:30 PM.



Having your say!

We have recently been involved in focus groups for the supported housing strategy with North Yorkshire Council. We also welcomed a member of staff from North Yorkshire Council to talk to us about the All-age Carers Strategy and to hear our experiences.

It was fantastic to have the opportunity to share our views. Everyone was able to give some really valuable insights, and we made sure the voices of people with a learning disability were heard.

Award winners



We've won an award!

We have some fantastic news! We are delighted to announce that we have won the Inclusive Team award from Neurodivergent Community Catterick! This is a fantastic achievement and something to be proud of. Inclusion is at the heart of all we do, and it's great to have our work recognized.

A huge thank you to whoever nominated us. We really appreciate the recognition and will continue working hard to make sure everyone feels included, listened to, valued, and able to take part.

Healthier Me



We now have a Healthier Me coach based at our centre. Our coach, Kate, is able to run workshops, provide one-to-one support, and more. Kate will be attending Mencap every Wednesday, bringing lots of fun activities and opportunities to learn more about health and well-being.

We also have our own Healthier Me Champion, Michaela, who will be helping to promote healthier choices and well-being within our group.

We are looking forward to seeing what we can achieve together!

Pop-up cooking sessions

Over the summer we held two pop-up cooking sessions, making the most of produce from our very own garden.

First we harvested vegetables and used them to make vegetable soup. It was great to see everyone getting involved from picking the vegetables through to preparing and cooking them. We also harvested damsons and apples and made a lovely fruit crumble.



We want to hear from you!

Attached to this newsletter is a questionnaire about our services.

Your feedback is really important to us. It can help us understand what you enjoy, what works well, and what we could improve or provide in the future.

Please take the time to complete it and return it to the Mencap office.



On 19th October Laura Bruce from National Mencap is joining us. Laura will be giving a presentation on the learning disability register and there will be a chance to ask questions



From the Chair of Trustees - Frits
Congratulations to all concerned for achieving the
neurodiversity award. Also, congratulations to
Michaela for becoming our 'Healthier Me'
champion.

It is great to read about the activities at the
Goosecroft Centre and to know that the
opportunities taken and the fun experienced are
of real benefit.

I know I can speak for all the trustees when I say
that we are keen to hear from our members and to
look at other ways to offer support and new
opportunities. We look forward to receiving your
replies to our survey which can be found with this
newsletter. Please return your replies to the
Goosecroft Centre.

Thank you