

Community News – 20 October 2023



November 2023

Newsletter

LET'S FACE SOME ISSUES!

<p>Tuesday 21st Nov 18:30 - 19:30 FREE</p>		<p>FREE SESSION Decreasing Depression A range of steps that can help to reduce the crippling impact of depression</p>
<p>Tuesday 28th Nov 18:30 - 20:30 £24</p>		<p>What is ACT? Acceptance & Commitment Therapy. How it can help with anger, anxiety and neurodiversity</p>
<p>Monday 13th Nov 18:30 - 20:30 £24</p>		<p>Autism: Improving Communication Small changes in how you communicate, lead to huge improvements with your ability to communicate with someone on the spectrum.</p>
<p>Thursday 23rd Nov 18:30 - 20:30 £24</p>		<p>Supporting a Child with ADHD Interactive session explaining what ADHD is and offering a range of interventions that can make lasting differences.</p>

facefamilyadvice.co.uk. info@facefamilyadvice.co.uk

SPOOKY CRAFTS

with artist
CHRIS GEESON

Family Art & Crafts for Halloween
TUESDAY 31st OCTOBER
10am until Noon at the library

BOOKING ESSENTIAL

Children accompanied by a parent or guardian. The session is FREE.

To book please call into the library or ring 01609 534584.



Easingwold Community Library
Market Place YO61 3AN

BOCCIA & KURLING

at the Library

WEDNESDAY 1st NOVEMBER
10am until Noon. Indoors.

"Try your hand at these brilliant, fun, low-impact sports"

Hosted by *Joe McKechnie*
County sports coach

BOOKING ESSENTIAL

Please call into the library or ring
01609 534584.

The session is FREE.

Bring a snack, a drink and a parent or guardian to the session.

More about Boccia and Kurling at:
easingwoldcommunitylibrary.com



Easingwold Community Library

CRAYKE SUSTAINABILITY GROUP

21st OCTOBER 10.30am on the Green

There is a church grounds tidy up

Saxon burial ground tidy up and planting of cowslips on The Green. Bring your gardening gloves and tools. Even an hour of your time would be appreciated.

18th November save the date

The History of Crayke at the village hall

Yorkshire Attractions Booklet

<https://yorkshireattractions.org/wp-content/uploads/YAG-Autumn-Voucher-Book-2023.pdf>



Please click on the link above for the latest Yorkshire attractions Voucher Booklet – filled with incredible money-saving offers for a wide range of participating Yorkshire Attractions.

Yorkshire Arboretum

Half Term Activities – There’s an autumn theme for this event, with games, crafts and activities about nocturnal animals including making a clay hedgehog. There will be opportunities for exploring the grounds and collecting but also to become creative in the inside space. The café will be open serving drinks and food.

Please book below:

[Nature Rangers Day 30.10.23 — Yorkshire Arboretum](#)

We also have events during half term to plant acorns:

[Grow Your Own Oak 29.10.23 — Yorkshire Arboretum](#)

[Grow Your Own Oak 01.11.23 — Yorkshire Arboretum](#)

Education Officer, The Yorkshire Arboretum

01653 648598

01653 648169

Family Challenge – how many can you do?

Fly a kite

Find a twin conker

Splash in a puddle

Build a den

Make a leaf crown

Make a mud pie

Star gaze

Raindrop window race

Jump in leaves

Bob for an apple

Spot a squirrel

Drink hot chocolate outside

Find the biggest pinecone

Go on a bat hunt

Feed the birds

Find the largest leaf

Go for a sunset wander

Find an acorn

Go on a toadstool hunt

Find a feather

Create a wind chime

Forage for fruit

Make a leaf wreath

Make a rainbow of leaves

Read a book outside

(don't eat them!)

Make a hedgehog house

Make a scarecrow

Take a crunchy leaf walk

Create noughts & crosses with conkers and acorns

Hunt for cobwebs

Autumn
CHALLENGE **Muddy**
church