

For more info or to book:

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# November 2022



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 <u>Tea and Toast @ Eastfield (Military Families)</u> <u>Friendship Group @ Filey</u> <u>Care for a Cuppa Club @ Whitby (mental Health)</u></p>	<p>2</p>	<p>3 <u>Singing Together @ Whitby</u> <u>Winter Warmers @ Malton</u> <u>Parent Carer Forum @ Scarborough</u></p>	<p>4 <u>Carers CHIME @ Scarborough</u> <u>Care for a Cuppa Club @ Ryedale (mental Health)</u> <u>Tea and Toast @ Ryedale</u> <u>Care for a Cuppa Club @ Pickering</u></p>
<p>7</p>	<p>8 <u>Stepping Out @ Scarborough</u> <u>Parent Carer Cuppa Club &amp; Parent Carer Forum @ Whitby</u></p>	<p>9</p>	<p>10 <u>Friendly Forces @ Scarborough</u> <u>Care for a Cuppa Club @ Scarborough (Mental Health)</u> <u>Winter Warmers @ Malton</u> <u>Tea and Toast @ Whitby</u> <u>Craft Club @ Whitby</u></p>	<p>11 <u>Carers CHIME @ Scarborough</u> <u>Dementia Carers @ Scarborough</u></p>
<p>14</p>	<p>15 <u>Stepping Out @ Scarborough</u> <u>Tea and Toast @ Eastfield (Military Families)</u></p>	<p>16</p>	<p>17 <u>Care for a Cuppa Club @ Scarborough</u> <u>Parent Carer Cuppa Club @ Scarborough</u> <u>Winter Warmers @ Malton</u> <u>Singing Together @ Whitby</u> <u>Chair Exercises</u></p>	<p>18 <u>Carers CHIME @ Scarborough</u> <u>Tea and Toast @ Ryedale</u> <u>Hovingham Community Tea</u></p>
<p>21</p>	<p>22 <u>Stepping Out @ Scarborough</u></p>	<p>23</p>	<p>24 <u>Tea and Toast @ Whitby</u> <u>Craft Club @ Whitby</u> <u>Chair Exercises @ Whitby</u> <u>Winter Warmers @ Malton</u> <u>Respite launch event @ Scarborough</u> <u>Young Carers Chill Club @ Scarborough</u></p>	<p>25 <u>Carers CHIME @ Scarborough</u></p>
<p>28</p>	<p>29 <u>Stepping Out @ Scarborough</u> <u>Parent Carer Forum @ Scarborough</u> <u>Soup, Bap &amp; Banter &amp; Tea and Toast (Military Families) @ Eastfield</u> <u>Care for a Cuppa Club @ Whitby</u></p>	<p>30</p>		