

Reviewed: 14/11/19 by Kelsey Roffe

Next review date: 14/11/20



The Garth Surgery

Guisborough Groups

Information

Booklet.

This booklet is to promote local groups and charities in the local area that our patients of all ages may be interested in being a part of, these groups are not connected to The Garth Surgery but we would like to promote groups where patients can make friends and get involved. If you have a charity/group and would like to be included in this pack please let a member of reception know.

Thank You

The Garth Surgery
Rectory Lane
Guisborough
Cleveland, TS14 7DJ
Tel: 01287 632206

If you would like a copy of this book please ask a member of our reception team please do not remove original copy from the building. Thank you

New singers are always welcome

Guisborough Choral Society

The Society is always open to receiving new members. There are no initial auditions, but the ability of new members to blend with the choir will be reviewed by the conductor after a few weeks.

An annual subscription is payable to meet the running costs of the society. Members are asked to complete a Gift Declaration form, where appropriate, so that the society can claim back the tax that they (or their spouse or parents) have paid on the subscription.

Rehearsals

The choir rehearses each Wednesday evening during term time, between 7.30pm and 9.30pm, in the Main Hall at Sunnyfield House, Westgate, Guisborough. TS146BA.

For more information please contact: 01287 622701

Guisborough Priory Bowls Club



Guisborough Priory Bowls Club is a friendly club where bowlers of all abilities are made welcome.

Members are welcome to play in any of our many annual club competitions. In addition, we have a programme of Friendly matches, open competitions and a regular Monday afternoon organised social bowling session where all are welcome and where basic coaching is available.

There are excellent opportunities for members to play in the local leagues. We currently have teams in the EBA and the Cleveland League. In addition, we have teams playing in the Llangbaugh Triples League, Teesside Ladies, the Cleveland League Triples and the Teesside Veterans League.

For Sat Nav directions use postcode **TS14 7JA**

Email; secretary@guisborougpriorybowls.co.uk

Hutton Lowcross Women's Institute Guisborough

theWI
INSPIRING WOMEN

31 Booklet (Groups for pts).docx

We are a group of ladies who meet on the second Thursday every month except August in Sunnyfield House, Guisborough at 7pm. We try to encourage a sense of fun, friendship and community in Guisborough and the surrounding area. Please come along to our meeting which includes a speaker, refreshments, a raffle and also a chance to meet and chat to the other members. There is an entrance fee, currently 50p, which is payable at the beginning of each meeting on the second Thursday of the month excluding August.

WI membership is £43.00p per year and this includes a copy of WI Life magazine delivered to your door. The WI celebrates its centenary in 2015 and has over 210,000 members and 6,600 WI's in England, Wales and the Islands since the first WI in the UK in 1915. We belong to the NFWI (National Federation of Women's Institutes) which is the largest voluntary organisation for women in the UK.

The WI plays a unique role in providing women with educational opportunities and the chance to build new skills, to take part in a wide variety of activities and campaign on issues that matter to them and their communities.

- **Address:** Sunnyfield House Guisborough
- **Postcode:** TS14 6BA
- **Disabled Access:** Full Access, Side doors of hall with slight ramp
- **Week:** 2nd week
- **Day:** Thursday
- **Time:** 7pm
- **Website:**

<http://www.huttonlowcross-wi.co.uk>

Guisborough Parish Pantomime Group

We are a not-for-profit amateur dramatic, church-based community group who hold week-long productions in the second week of January each year in the Parish Hall, Bow Street, Guisborough.

Each year we donate the raffle proceeds and performance profits to local charities and good causes.

For more information visit the group's website at www.guisboroughpanto.org.uk or you can follow them on Facebook (Guisborough Panto).

Our pantomime for January 2018 will be 'Aladdin' by Alec and Christine Harrington Auditions for 'Aladdin' will be on Sunday, 10 September. Auditions, in the Parish Hall, Bow Street, for the chorus will be between 2-3 pm and for the Principals between 3-4 pm.

Thanks again for your interest and support. It's very much appreciated.



Friends of King George V Playing Field

The Friends of KGV Playing Fields work in partnership in order to promote and further, for the public benefit, the preservation, conservation, care and improvement of King George V Memorial Fields, Guisborough. The group are supported by, and work in partnership with, local organisations and other groups including the local Parish Council, Redcar and Cleveland Borough Council, local schools, Tees Valley Wildlife Trust and Groundwork. The group are leading the development of the old Pitch 'n' Putt into a nature area for local people and schools to enjoy seeing wildlife.

Contact Details

King George V Playing Fields,
Howlbeck Road
Guisborough
Cleveland
TS14 6LI

U3A Guisborough

About Us

We are a learning co-operative open to retired or semi-retired people in the Guisborough area. Our members pursue many educational, creative and leisure activities, sharing knowledge, skills and experience to learn from each other and have fun. There is no accreditation or validation, and no assessments or qualifications to be gained. Our approach is "learning for pleasure."

Monthly Meeting

There is a meeting at 2pm on the first Wednesday of every month in the Parish Hall on Bow Street, Guisborough (no charge). Come and meet us, find out more and enjoy the friendly relaxed atmosphere. Guisborough library also holds a file full of GU3A information.

Join

Join at our Monthly Meeting, at one of our group activities, or download the form via the link in the sidebar. The current (2017) membership fee is £10 or £7 if you can show a current membership card for the same period from another U3A.

Registered charity

Like all U3As we are a registered charity. Our management committee of Trustees is elected annually at our AGM by our members. We are affiliated to the Third Age Trust national organisation. Click the links on the website to find out more.

- We can be contacted by phoning our Secretary, Carol Williams, on 0777 577 3141
- or via our website contact page: <https://u3asites.org.uk/guisborough/contact>
- Or we are very happy to welcome people to our monthly meeting at 2pm on the first Wednesday of every month in the Parish Hall on Bow Street, Guisborough (no charge). "Come and meet us, find out more and enjoy the friendly relaxed atmosphere."

Baby Social (Guisborough)

An opportunity to meet other mums, dads and carers with young babies living in your area. A warm, safe and stimulating environment to enhance your child's development. Suitable for babies from birth to first steps.

Cost:	Free
Age:	Upto 1yrs old
Notes:	Adult Supervision Required, Suitable for Children. Suitable from birth to first steps.
Date(s):	Friday
Period:	All year round
Times(s):	Friday (12:45-14:15) Drop in, no need to book

Baby Time (Guisborough)

These sessions are aimed at babies/young children from birth to first steps - they offer you and your baby a range of fun and exciting baby themed activities. Just drop-in. This session runs along side Health Drop-in.

Cost:	Free
Age:	Upto 2yrs old
Notes:	Adult Supervision Required, Suitable for Children.
Date(s):	Monday
Period:	All year round
Times(s):	Monday (13:00-15:00)

Bookstart Corner (Guisborough)

These sessions support families with pre-school children to develop a love of stories, books and rhymes. Booking required.

Cost:	Free
Notes:	Booking Required, Adult Supervision Required, Suitable for Children.
Booking:	Please ring Guisborough Children's Centre on 01642 495357 to book your places.
Date(s)/ Times(s):	Thursday (13:00- 14:30)
Period:	Term time only

Breast Friends (Guisborough)

A social group for breastfeeding families with planned fun activities. Come along for a chat and get to know other breastfeeding families in the area. Support is also available from our trained staff and a Breastfeeding Peer Support Advisor. We also welcome pregnant parents-to-be.

Cost:	Free
Notes:	Adult Supervision Required, Suitable for Children.
Date(s):	Thursdays
Times(s):	Thursday (13:00-15:00)

Infant Massage (Guisborough)

Learn basic massage techniques to help relax and soothe baby. Also very successful in reducing symptoms of infant colic. There is a small waiting list for this activity. Please ring Guisborough Children's Centre on 01642 495357 to book your place.

Cost:	Free
Age:	Upto 1yrs old
Notes:	Booking Required. Must be pre-booked as time vary
Booking:	Please ring 01642 495357 to book your place.

Date(s): Thursdays
Period: All year round

Parenting Puzzle (Guisborough)

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging. The Parenting Puzzle workshop sessions help deal with those challenges so that you can have a calmer and happier family life. A tried and tested 5 week programme that helps us think about what we do, why we do it and how it makes us feel. Contact a member of staff in your local Children's Centre for more information or to book a place. Creche places are available. For families with children 0-5 years.

Cost: Free
Notes: Booking Required, Adults only.
Booking: Please ring your local Children's Centre to book a place.
Date(s): Monday
Period: Term time only
Times(s):

Little Explorers

Drop in for toddlers play and stories

Cost: Free
Notes:
Booking: Drop in
Date(s): Thursdays
Period:
Times(s): 09:15-10:45

For information on the above baby/toddler groups

contact:

Contact: Guisborough Childrens Centre
Tel: 01642 495357
Email: eastclevelandchildrenscentre@redcar-cleveland.gov.uk
Website: www.redcar-cleveland.gov.uk/surestart

Location: **Guisborough Children's Centre**
Park Lane,
Guisborough.
TS14 6NT





Your priory needs you!



**Can you spare
a few hours a week
to welcome visitors
to Gisborough Priory?**

If you would like to volunteer with us,
contact us for more information:

Website www.gisboroughprioryproject.co.uk


Email gisboroughprioryproject@gmail.com

 www.facebook.com/GisboroughPrioryProject

Phone 01287 637967

Sunnyfield House - Coffee Mornings

Sunnyfield House Community centre invites you to Tea and Cake - ran by various organisations & charities. Most Tuesdays, Thursdays and Saturday mornings. Come and sample a variety of Cake and biscuits with a coffee or Tea.

Cost:	Free of charge to enter; contributions towards Refreshments to be made; to enquire on the day
Notes:	Adult Supervision Required.
Date(s):	Tuesday Thursday Saturday
Period:	All year round
Times(s):	Tuesday (09:30-12:00) Thursday (09:30-12:00) Saturday (09:30-12:00)
Contact:	Guisborough Town Council
Tel:	01287 634595
Location:	Sunnyfield House 36 Westgate, Guisborough. TS14 6BA 

Venue email: sunnyfieldhouse@guisboroughtowncouncil.co.uk

Parking: Parking at rear of building



Healthy Stepping (Redcar & Cleveland)

GUISBOROUGH

Start: 10:30am every Tuesday from one of three (Pinchinthorpe Visitor Centre (£1 all day parking charge), LIDL car park on Enfield Chase or outside the GP Surgeries) see calendar or attached document for which starting place.

Walking duration: approx. 1hr

Forest walks (some gradients) and disused railway walks (flat)

GUISBOROUGH EVENING

Start: 4:30pm every Thursday from. Starting place, Sunny Field House, TS14 6BA.

Walking duration: approx. 1hr 30

Contacts

Office: 01287 612456

Gary Wilson
Health Improvement Team
07813352117
gary.wilson@redcar-cleveland.gov.uk
Stephen Mussett
07824418164
stephen.mussett@redcar-cleveland.gov.uk

Guisborough Retired Men's Forum Probus **Club**

We are a local group that meet at the Cricket Club in Guisborough every Monday morning at 10:30am, we have been running for 40years and have an average of 60-70 men attend. There are different speakers that come every week.

The joining fee is £2 then an additional £2 a week.

For more information contact:

Chairman: Roy Wheeler (01287 660625)

Vice Chairman: Malcolme Elvidge (01287 632095)



LADIES GROUP

When?

Tuesday evenings, fortnightly from 7.30pm

Where?

In Guisborough Methodist Church hall

What?

Tuesday at Eight is a ladies group that meet together to share in fellowship and worship helping to encourage women in faith. Our meetings alternate with a Discussion Group which offers a time of Bible study and reflection in members' homes.

We meet at 7.30pm for tea/coffee and chat, followed at 8.00pm with a Guest Speaker who shares something with us, ranging from flower arranging and music to art and people's journeys of faith. It's safe to say there is something for everyone.

We occasionally meet for Coffee mornings at members' homes and lead a couple of the church's Saturday coffee mornings. We also go out for day trips, going to places such as Tenants Auctioneers in Leyburn, North Yorkshire and York.

ALL ladies are very welcome to come along._

PLEASE PAY SUBSCRIPTIONS PROMPTLY (BY END OF APRIL) TO ALLOW PLAY IN CLEVELAND LEAGUE MATCHES. ON RECEIPT OF MONIES THE NEW CODE FOR THE COMBINATION LOCK WILL BE GIVEN.

Guisborough Bridge Association
58a Westgate

Guisborough TS14 6AY

Tel 01287 638771 (office)

Tel 07890 228851 (Shona Joselin)

Tel 07436 110283 (Vivienne
Trenchard)

The Guisborough Bridge Association

Get Set Go

A family activity on Sunday afternoons, monthly in term-time: games, party tea, songs, stories, drama and art/craft. We meet in the Methodist church hall. Ask us about dates.

Soup and Roll

Held every Thursday from 11.15am in the Methodist church hall where teams of volunteers sell soup, potatoes, filled rolls, cakes, teas and coffees - offering a nutritious and affordable lunch and an opportunity to chat and make friends.

Prayer Breakfasts

Prayer breakfasts are held so that members of the community can get together, share breakfast and pray for our work and volunteers.

Christmas Day Meal

Volunteers prepare and cook a full Christmas dinner for those on their own and anyone in the community who wants to share a meal in warm and friendly surroundings. A wonderful festive celebration ☺

Summer Holiday Club(s)

Held in the Methodist Church Hall - for 5-11s. Contact office to find out more. Free of charge.

Escape

After-school club at Sleights Court, Tuesdays [term-time] 3.30pm - 4.45pm: games, crafts, music, chat and fun. All ages welcome ☺

Kemplah Day Centre

An inexpensive lunch is provided on Wednesdays for up to 25 elderly people who may be isolated, vulnerable and in need of support... £5 for 3 course lunch; £2 for transport.

Tuesday Coffee Mornings

Held at Sunnyfield House to raise funds for the work of the Bridge.

Bridge 2 Youth

Youth Clubs for 11-18s held at Guisborough Methodist church on a Friday evening. Fun, Games, Chat and Social Events from 4.15pm to 9pm plus a meal from 6-7pm.

FoodStop

Emergency 3-day food provision - ask us for details. Referrals are taken from local agencies using a voucher system. Runs at Tuesday coffee and Soup & Roll.

NightLight

Support on the streets of Guisborough Saturdays 10.30pm - 2.30am

Monday Friends

Drop-in for older people - Mondays 9.30 - 11.45am at Sunnyfield House

NEW - Recovery Forum/Death Cafe

Ask for more details



/Users/guy/Desktop/Local Booklet (Groups for pts).docx



Life and Support in the heart of the Community

GUISBOROUGH RETIRED MEN'S FORUM PROBUS CLUB

We meet in the Guisborough Cricket Club Function Room (first floor) each Monday morning from 9.45 (except for bank holidays and during the month of August) to socialise and enjoy informative and entertaining talks.

The club is run by members for members.

The club aims

- to promote the welfare of retired men in Guisborough and the surrounding area
- to keep in touch with sick and infirm members
- to use members' wide range of interests and experiences to provide help to one another
- to organise visits to local places of interest for members and their families and friends

We are a "not-for-profit" organisation and keep our operating costs low so that membership is accessible to men of all means.

The annual subscription is just £2 and there is a £2 charge each meeting to cover the costs of room hire, refreshments and speaker.

Tea/Coffee and biscuits are served from 9.45 followed by the main event at 10.30; usually a talk by a visiting speaker. The meeting finishes at about 12 noon when members are invited to use the Cricket Club bar for more chat if they so wish.

We are currently looking to increase our membership and would be pleased to welcome potential members as visitors. Just drop in to The Cricket Club between 9.45 and 10.15, talk to Derrick or Ken, enjoy a free cup of coffee/tea and a biscuit, see what we have to offer and decide if it is the club for you.

Any questions please contact grmfsecretary@gmail.com



Carers Together

supporting and connecting carers in local communities

Do you look after someone who is ill, frail, disabled or has mental health or substance misuse problems?

- A mum or dad
- A friend
- A brother or sister
- A partner
- A husband or wife
- A child
- A relative

If so, you are a carer.



Carers Together provides information and support for carers aged 18 and over, individually and in groups in Redcar & Cleveland and Middlesbrough.

This can be at home, in local community venues, at our premises or by phone or email.

01642 488977

Email: carerstgether@btconnect.com

Carers Together

23 Queen Street, Redcar TS10 1AB


St Mary's Centre, 82 - 90 Corporation Road, Middlesbrough TS1 2RW

www.carerstgether.co.uk



Carers Together offers:

- Information and Support for carers
- Carers Assessments and support plans
- A Carers Card
- A Welfare Rights Service
- A Counselling Service
- Support for carers of people in hospitals
- Information and support for employers
- Activities and events
- Training for carers and professionals



Our services help carers with any issues they may face, including finances, benefits, health problems, housing, training, employment, taking a break from caring or concerns about the person they care for.

We will:

- Listen to carers
- Help carers to identify their needs
- Work with people to find solutions
- Support carers in meetings
- Liaise with other organizations
- Give carers a voice
- Provide flexible support that can adapt to people's changing needs.



Carers Together

01642 488977

Email: carerstgether@btconnect.com

23 Queen Street, Redcar TS10 1AB

St Mary's Centre, 112 - 90 Corporation Road, Middlesbrough TS1 2FW

www.carerstgether.co.uk



Charity number: 1138910
Company number: 5749529



How do I
take a walk
on the mild
side?



Walking Netball is a slowed down version of the game of netball, designed for anyone looking to exercise in a relaxed, supportive and friendly environment. A game of Walking Netball is for all ages and abilities and every session contains a gentle warm-up.

"The warm ups are great, they are really important as you get older to get everything moving."

"I'm 61 and I never expected to put a bib on again."

"It gives you confidence if you know you can still do things you did when you were younger."

**WALKING NETBALL
for all ladies**

at

Saltburn learning campus

TS 12 1HJ

Starting on

FRIDAY 10 January 2020

6-7pm

£3.50

Just turn up or
contact

saltburnwi@outlook.com



Walk this way
[englandnetball.co.uk/
walking-netball](http://englandnetball.co.uk/walking-netball)





**GUISBOROUGH
TENNIS CLUB**

Join us for some tennis

Monday 6:15 - 8:30pm

Tuesday 1:00 - 3:00pm

Wednesday 6:15pm onwards

Thursday 1:00 - 3:00pm



Pay as you Play

Have a go without being a member

Adults **£3.00**

Juniors **£1.50**

We can provide the rackets and balls

To use the courts at time not specified above
please contact us

Email: help@guisboroughtennisclub.co.uk

Moira: 07811 456 754

Membership

Adult	£75 per year
Student	£30/40 per year
Junior	£20 per year
Senior Citizens	£55 per year
Family	£130 per year <small>up to 2 adults and 3 Juniors</small>

New Member Offer

£45

First year only

Junior Coaching

Does your child want to learn to play tennis?

Our Tennis Coach (LTA Silver) can help
take your child from novice to
confident tennis player

For times and availability please
contact Moira: 07811 456 754



For more information please visit our website
www.guisboroughtennisclub.co.uk

GUISBOROUGH WOMEN'S LUNCHEON CLUB

We meet on the First Thursday of The Month from September to June.

Venue: Gisborough Hall Time: 12:15 until 3pm approx.:

Includes a Two Course Meal plus Tea/Coffee

Monthly Speaker: Various Topics

The object of our Club is to bring together women interested in various topics of the day, we are a friendly group, with varied interests. Please come along and join us, see what we do.

Yearly Subscription: £15

Cost of Meal per Month: £18

For More Information Please Contact:

Jill Farndale: 01287 632882

Jenny Jones: 01287 638019

James McGairy – artist

Painting Workshops



James has been running painting workshops since January 2011 and focuses on using acrylic paint.

Acrylic is a forgiving medium suitable for complete beginners and for those with more experience wishing to develop their skills.

These workshops aim to be a practical hands on experience, hopefully fun and you can walk away with you own painting.

Galley Hill Farm Leisure Centre,
Kestrel Hide, Galley Hill,
Guisborough
TS14 8PF

£20.00 per person, each session, including all required materials.

Maximum 10 people per session.

For booking and information, contact details.

Telephone

01287 610083

Mobile

07472 995644

Email

jmcgairy@btinternet.com

Website

www.jamesmcgairy-artist.com



[james mcgairy@JamesMcGairyart](https://twitter.com/jamesmcgairyart)



facebook.com/pages/James-McGairy-artist

The Thompson Schools of Ballet

You don't just want
a good teacher,
you want
the best.



ROYAL ACADEMY OF

DANCE

REGISTERED TEACHER

Classes are held in Galley Hill Leisure Centre,
Guisborough and at Roseberry Academy in Great Ayton.

Tel No 01642 722863

Email thompsonballerina@gmail.com

We are

THE FRIENDLY GROUP!

We meet on Tuesday mornings at Guisborough Library

Between 10.00 am and 12.30 pm.

We welcome anyone who would like to come along and join us.

We started the Group in 2018 by getting together to knit poppies for the World War One 100 year Anniversary Celebrations.

We felt it would be a shame not to carry on meeting up each week

SO HERE WE ARE!

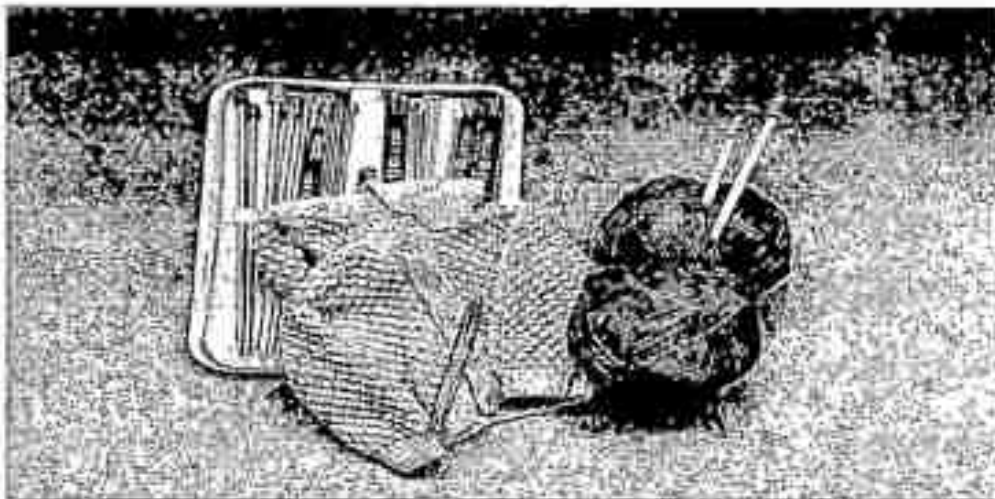
We have coffee and bring our needles, crochet hooks and wool and chat about all sorts of things. We've made blankets, hats and cardigans for the Special Care Baby Unit at James Cook Hospital. We've made twiddle muffs and bags for those with dementia and made our own bits and bobs on those Tuesday mornings.

If you would like to know more, you may contact

Beryl Jackson by phoning 07885 097 329 or 01287 633434

Or simply come along and see if you'd like to join us – we are a

FRIENDLY GROUP



Going Forward

Our Principles Are-

1. To help widows and widowers go forward and to open opportunities for social life.
2. To offer friendship and companionship, particularly at weekends.
3. To provide mutual support, a willingness to listen and the freedom to shed tears, laugh and smile.
4. To arrange events/activities that reflects the varied interests of the group.
5. That evens or social gatherings are variable in affordability.
6. That evens and social gatherings do not make unreasonable demands upon time and effort to those arranging events or hosting such gatherings at their home.
7. To protect any personal/contact details you provide

Contact Jeanne Round 01287 639318 – 07772782080

PROTECTING YOUR PERSONAL INFORMATION

1. **The information we collect:** We will record the contact information you have provided on the slip you completed upon registration to the group. This information is limited to your name, address, telephone number, email address and whether you are willing to be contacted via the WhatsApp group.
2. **You will receive a copy of the contact details of other people in the group:** Personal details of people in the group should not be given to anyone outside the group unless you have obtained permission from that person. If you are asking others in the group for permission to pass on contact details to people outside the group it should be made clear what information can be shared (i.e. mobile telephone number only)



The Silver Line

helpline for older people

0800 4 70 80 90

“It’s so comforting to know you can phone and talk to somebody.”

Zillah

Silver Line Helpline 

information · friendship · advice

The only national, free and confidential helpline for older people open every single day and night

0800 4 70 80 90

www.thesilverline.org.uk



3. **How long is this information kept?.** if you have not attended any meetings or events for 3 months without formal contact with the group your personal details will be deleted