



SPRING 2023

NEWSLETTER

The creation of a thousand forests is in one acorn.

Dear all,

It doesn't seem two minutes since we were writing the last Spring newsletter and here we are again.....So, what's been happening at Acorn?

Events and Fundraising activities **January Fitness Challenge**

In January, Ollie Varey (a local fitness instructor at Norton Gym), put himself through, what some may consider as 'hell', by doing a month long fitness challenge to raise funds for Acorn. Ollie over that two-week period ran and walked 100km, Biked - 300km, 200km on the Cross trainer, Swam - 5 miles and did a 100 press ups a day.

Phew I am tired just writing all those activities.

Ollie managed to raise over £500 for our charity and the Gazette and Herald ran a piece on Ollie with a lovely photo of him receiving his certificate of excellence from us.



Ollie has been so impressed with Acorn he has continued to run exercise classes every week here at the farm for some of the people we support.



So what's been going on in services.....

Lots to talk about with the various activities the people we support have become involved in. We love all the staff Facebook postings that are being posted everyday as it really showcases what we are all about so please keep it up!

Blayne and Steve have been horse riding several times now at Sinnington Riding School and really enjoy their lessons. Tom and Gary have been playing golf recently with Merick and hoping to progress from the driving range onto a 9-hole course. Les has been to RAF Elvington and presented one of his Spitfire drawings to the staff there.

Gary had a big birthday in March and really enjoyed his Cake as well as an overnight stay at the Forest and Vale in Pickering. Gary successfully bid for that voucher for the stay at the Christmas party. Ash attended a Rotary club luncheon with Ali and Jake and after lunch helped to present to them the work that Acorn does – which went down very well. Apparently Ash is still mentioning the ‘cake dropping incident’ at every opportunity – thanks Ash ! Oh and that Ali can't do press ups.

Here are a few photos of some of the great activities everyone have been enjoying....



Simon and Joel had a trip to see a local Brass Band having a rehearsal. Joel asked if they could play the theme tune to Eastenders and he conducted them while they played. Simon was so impressed that he presented Joel with a certificate to celebrate his performance conducting the band! Well done guys!



Springtime on the farm has started with lots of planting in the vegetable and flower Garden all overseen by our volunteer the lovely Fay. We look forward to lots of delicious fresh produce! The goats have a new play activity area which they seem to be enjoying.



The Pelican commission.

RMS Pump tools in Malton have commissioned a rather large Pelican from our welding team. Andy and his welding team – Mark, Gareth, Gary, Bill, Neil, Kris and Chris Holliday have been working on this project for weeks but have made a magnificent model out of horseshoes. The Pelican (which needs a name in my opinion) is now ready to be installed at RMS. It is truly beautiful and a real testament to the skills that we have within our welding team.



Care, Respect, Empowerment, Trust and Integrity

