



Newsletter Items

P.1 Updates from
Whitby Group

Practice

P.2 Caring Together
Whitby and District

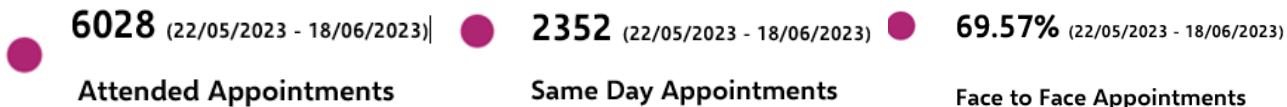
P.3 Just 'B' and Buzz
US

Monthly Newsletter

Updates from Whitby Group Practice



Appointments



will be held on *Friday 4th August 2023*. This historic show will include horses, ferrets, livestock, a dog show, vintage machinery, competitions, food and beer tents and much more. More information including ticket prices and schedule information can be found at hinderwellshow.org.uk.

Staithe Festival of Art and Heritage 2023

The incredibly popular Staithe Art and Heritage festival is back for 2023 and will be happening from the 15th to 17th September. This festival celebrates the rich history and creativity of Staithe alongside being a cultural highlight. Doors of cottages will be open as they are transformed in to art galleries alongside food, music and much more.

Egton and Danby Shows

The 161st Danby agricultural show will be held on *Wednesday 16th August 2023* and the 132nd Egton horse and agricultural show is due to take place on *Wednesday 23rd August 2023*. These historic shows will include horses, ferrets, livestock, a dog show, vintage machinery, competitions, food and beer tents and much more. More information including ticket prices and schedule information can be found at www.danbyshow.co.uk and www.egtonshow.org.uk.

Covid

The covid booster programme has concluded for another season as of 30th June 2023. Further information will be delivered regarding further clinics and booster programmes. Thankyou to all the hard working staff who aid in delivering the vaccination programme.

CARING TOGETHER WHITBY & DISTRICT



Caring Together
Whitby & District

SUPPORTING THOSE WHO CARE FOR OTHERS

TAKING TIME OFF WHAT WORKS FOR YOU? CAN WE HELP?

"My volunteer was reliable, cheerful and a tonic – I felt Dad was in good hands. Having a volunteer gave me an essential break from caring and time to relax."



Providing practical help:

- ✓ Sitting Service for carers
- ✓ Visiting Service for older people living at home
- ✓ Support Groups

HOW TO GET IN TOUCH WITH US...



01947 605757



Caring Together
Whitby and District
Church House
Flowergate
Whitby
YO21 3BA

Telephone: 01947 605757
(If no-one is in please leave a message)
e-mail: caringwhitby@gmail.com
www.caringtogetherwhitbyanddistrict.org



WHAT DO WE DO?

SITTING SERVICE

We run a sitting service for carers, provided by volunteers, to enable carers to have a break from their caring responsibilities. This service is free to carers, and the volunteer's expenses are met by the organisation.

"The visits give me a break so that I can call and see friends."



BEFRIENDING SERVICE

We run a befriending service for old people living alone, who have few social contacts and would enjoy some extra company.



SUPPORT GROUPS

We offer support groups for carers and older people. They meet each month and offer carers the opportunity to share their concerns, receive some positive support and simply take time out to relax. We also arrange a summer outing and a Christmas party.

"It's nice to meet people and have a chat. The meetings can be fun as well as helpful."



"The volunteer is a real friend to my mother who very much enjoys her visits. This takes some pressure off me."

We are always looking for volunteers, if you can help please get in touch.



**CALL US ON 01947 605757
TO DISCUSS HOW WE CAN
HELP YOU.**

Anxious? Low mood? Grieving? Overwhelmed?
**If you want to talk,
we're Hear to Help**



JUST 'B'

**Emotional support for
children, young people and
adults across North Yorkshire**

We can also offer support for you - or your family and friends - around plans for end of life, including matters relating to bereavement, and funerals.

Calls are charged at local rates. Visit <https://bit.ly/localcallcharges>

BUZZ US is a **text** messaging service run by **Compass Phoenix** for young people aged 11-18 who live in North Yorkshire

**Text a wellbeing worker on
07520 631168**
if you are experiencing any of the following:

Bullying	Low Mood
Anxiety	Stress
Self Esteem	Self Harm
Eating Problems	Emotions