



Help us spread the word about Mental Health Awareness Week

This year's Mental Health Awareness Week takes place from **15 to 21 May 2023**.

The week is run by the Mental Health Foundation, which started it in 2001.

The theme for the week this year is anxiety.

Feelings of anxiety are normal in us all, but sometimes they can get out of control and become a mental health problem. Focusing on anxiety for this year's Mental Health Awareness Week will increase awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem.

The week is an ideal time for us all to think about mental health, tackle stigma, and find out how we can create a society that prevents mental health problems from developing and protects our mental well-being. But we can't do it without you .

About the Mental Health Foundation

Since 1949, the Mental Health Foundation has been the UK's leading charity for everyone's mental health. Our vision is for a world with good mental health for all. With prevention at the heart of what we do, we aim to find and address the sources of mental health problems so that people and communities can thrive.

We started Mental Health Awareness Week in 2001, and continue to set the theme and dates, as well as coordinate activities for the week. Each May, millions of people from every part of society take part across the whole of the UK.

You can find out more about our work at www.mentalhealth.org.uk

More information also available at www.mind.org.uk

"While Mind can't give people money or solve housing problems we can listen and point them in the right direction."



[Updates from Sleights and Sandsend Medical Practice](#)

Appointments

In the last 4 weeks 20/03/2023 - 16/04/2023 SLEIGHTS AND SANDSEND MEDICAL PRACTICE has serviced a total of **3313** appointments. **1418** of those appointments were provided as same day appointments. **58.6%** of appointments at SLEIGHTS AND SANDSEND MEDICAL PRACTICE in that period were face to face, which equates to **1942** appointments.

Covid Spring Booster

Who can get a Covid vaccination this Spring? Whitby Coast and Moors PCN Practices have begun vaccinating as per the JVCI advice, please see below for who can be vaccinated:

- Adults aged 75 and over (by 30 June 2023)
- Residents in a care home for older adults
- People aged 5 and over who have a weakened immune system.

Who is considered to have a weakened immune system? People who have a weakened immune system can include those who had or have:

A blood cancer, such as leukaemia, lymphoma or myeloma / An organ, bone marrow or stem cell transplant
 HIV infection at all stages / A genetic disorder affecting the immune system / A treatment such as steroid medicine, biological therapy, chemotherapy or radiotherapy / Certain medicines that increase your risk of infection, such as azathioprine, dexamethasone, prednisolone, ciclosporin or mycophenolate (depending on your dosage) / A long-term immunosuppressive treatment for conditions such as lupus, rheumatoid arthritis, inflammatory bowel disease, scleroderma and psoriasis

This list is a summary and does not cover everything. There are other health conditions and treatments that may mean a patient has a weakened immune system and may be eligible for a vaccine.

May Bank Holiday Opening

Sleights and Sandsend Medical Practice will be closed on Monday 1st, 8th and 29th May 2023, the following pharmacies will be open on those dates.

If you require any medical assistance please dial 111 or 999 in an emergency.

	BOOTS, BAXTERGATE	DAY LEWIS, PARADE	DAY LEWIS, EASTSIDE	ROWLANDS
MONDAY 1ST MAY	10am – 4pm	CLOSED	CLOSED	CLOSED
MONDAY 8TH MAY	10am – 4pm	CLOSED	CLOSED	CLOSED
MONDAY 29TH MAY	10am – 4pm	CLOSED	1pm – 2pm	CLOSED

Boots Baxtergate 64 Baxtergate, Whitby, YO21 1BL	Day Lewis, Parade 4 The Parade, White Point Road, Whitby, YO21 3JP	Day Lewis Eastside, 9 Mount Farm Close, Whitby, YO21 4HJ	Rowlands Pharmacy Rievaulx Road, Whitby, YO21 1SD
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Pain: Do you get it?®



OUTREACH TOUR
TEES VALLEY
2023

FREE events for people living with pain

Our fun and informative events introduce some of the latest (often surprising) science of PAIN, and why it could be relevant to YOU. Enjoy our easy-to-understand talk and an audience Q&A with a panel of experts, including people living with pain.



- 7th Darlington
- 8th Guisborough
- 9th Whitby
- 10th Saltburn
- 11th Hartlepool
- 12th Durham

**MORE INFORMATION
AND TO BOOK:**

0191 249 6462

Call us

Scan with
your phone
camera



bil.ly/FPTour23

Type into your
web browser

Community Outreach Tour 2023



Sunday 7 May - Friday 12 May

For more events, activities and resources,
visit our website: www.flippinpain.co.uk



YOU'VE
GOT
THIS.



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The 2023 Flippin' Pain™ Community Outreach Tour is made possible thanks to our partners.

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