



July 2023

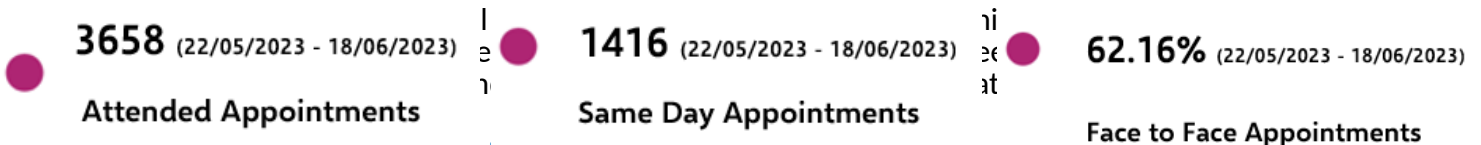
*Sleights & Sandsend*

*Medical Practice*

Updates from Sleights and Sandsend Medical Practice



**Appointments  
Hinderwell Show**



**Staitnes Festival of Art and Heritage 2023**

The incredibly popular Staitnes Art and Heritage festival is back for 2023 and will be happening from the 15th to 17th September. This festival celebrates the rich history of Staitnes 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.

**Goodbye and Hello**

Sadly Dr Josh Lawson will be leaving the practice at the end of July 2023 for pastures new, we wish him well in his new endeavours.  
Dr Rebecca Foljambe will be joining the practice as maternity cover for Dr Jess Little. I am sure you will all make Dr Foljambe feel welcome.

**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**