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# Monthly Newsletter

## Updates from Staithe Surgery



### Appointments

**1367** (22/05/2023 - 18/06/2023)

**Attended Appointments**

**269** (22/05/2023 - 18/06/2023)

**Same Day Appointments**

**90.63%** (22/05/2023 - 18/06/2023)

**Face to Face Appointments**

The Hinderwell agricultural show 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](http://hinderwellshow.org.uk). Representatives from Staithe Surgery along with some of our staff will be in attendance at the show to discuss a variety of topics such as the NHS App, carers and condition management and much more. Pop along and say hello to our wonderful staff.

### 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.

### 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](mailto:caringwhitby@gmail.com)  
[www.caringtogetherwhitbyanddistrict.org](http://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**

**Compass Phoenix**

If something is **buzzing** around your head...

Don't keep it to yourself.

**BUZZ US on  
07520 631168**