

July 2023



Newsletter Items

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ESK VALLEY MEDICAL PRACTICE

Updates from Esk Valley Medical Practice

Appointments

Egton and Danby Shows

2112 (22/05/2023 - 18/06/2023)

Attended Appointments

590 (22/05/2023 - 18/06/2023)

Same Day Appointments

86.97% (22/05/2023 - 18/06/2023)

Face to Face Appointments



More information including ticket prices and schedule information can be found at www.danbyshow.co.uk and www.egtonshow.org.uk. Representatives from Esk Valley Medical Practice along with some of our staff will be in attendance at both Danby and Egton shows 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.

Thursday 6th July 2023

Egton site will be closed on the afternoon of the 6th July from 11:30—15:30 for staff training. The practice will open again from 15:30—18:30. Danby site will remain closed in the afternoon as usual on a Thursday.

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**



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

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.

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