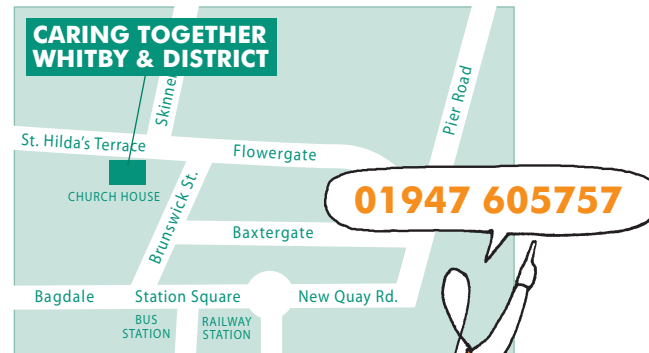


TAKING TIME OFF WHAT WORKS FOR YOU? CAN WE HELP?

"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."



HOW TO GET IN TOUCH WITH US...



**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

"Having a volunteer has allowed me to have time to myself to do jobs I would otherwise be unable to do."

We have agreed policies on confidentiality, equal opportunities and complaints. Please contact us if you would like copies. Caring Together Whitby & District is an independent charity whose main funders are North Yorkshire Health & Adult Services and the Hambleton, Richmondshire and Whitby Clinical Commissioning Group (CCG). Reg. Charity No. 1033005



Caring Together
Whitby & District

CARING TOGETHER WHITBY & DISTRICT

**SUPPORTING THOSE WHO
CARE FOR OTHERS**



Providing practical help:

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

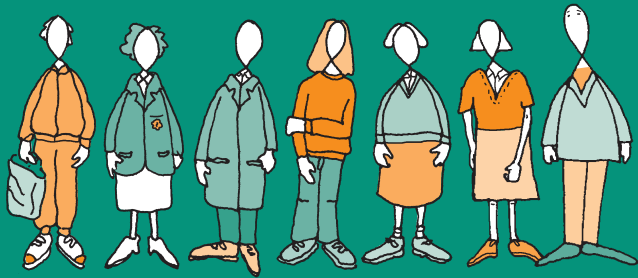


Caring Together
Whitby & District

CARING TOGETHER WHITBY & DISTRICT

WHO ARE WE?

Caring Together is a local voluntary organisation and registered charity that provides practical and emotional help for carers, the people they care for and older people living on their own. The service is provided by volunteers who can visit weekly, fortnightly or monthly for a couple of hours or so.



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

**"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.*

WHAT DO WE DO?

SITTING SERVICE

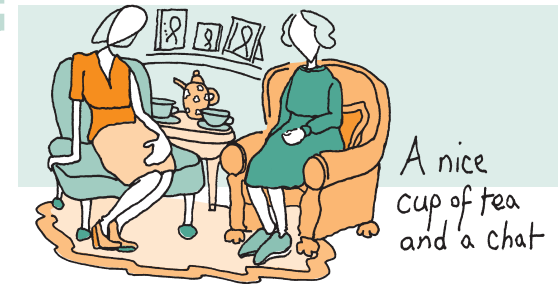
We run a sitting service for carers, provided by volunteers, to enable carers to have a break from their caring responsibilities. This service is free to carers, and the volunteer's expenses are met by the organisation.

**"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."**

