

Beating the Squeeze: What's on!

14th September, 12.00noon to 5.00pm

East Ayton Lodge, Ayton

The event promises a wide range of interactive and informative stalls/stands and activities to give you top tips on 'Beating the Squeeze'. We have also put together an information leaflet for all attendees to take away with lots more information and contacts for you to consider. Please remember in the words of well-known supermarket: 'every little helps' and we hope the event provides a number of helpful support options for your household in the coming weeks. Present on the day are:

Health Checks and Advice

- **East Ayton Dental Practice** – Dental care & advice
- **West Ayton and Snainton GP Practice HCA and Nurse Practitioner** – Health checks & advice

Help and Advice - Health & Wellbeing

- **Carers Plus Yorkshire** – Advice and support for Carers and non-Carers (including those discharged from hospital and those experiencing isolation)
- **Living Well North Yorkshire County Council** – Advice and guidance on a wide range of wellbeing needs - an experienced team of Advisers offering lots of 1-2-1 practical support
- **Scarborough Whitby Ryedale Mind** – Mental health and wellbeing advice and support
- **Healthwatch North Yorkshire** – Advice and help over accessing health & social care services. Healthwatch are always keen to hear voices and experiences
- **Warm & Well** – raising awareness of the impact of cold homes on our health and wellbeing, offering practical solutions to reduce fuel poverty, how to stay warm and well in our homes
- **Citizens Advice Bureau** – Advice and support managing a wide range challenges

Help and Advice – Housing / Home

- **Choices4Homes** – is an energy efficiency advice centre set up to provide advice on how residents of the borough can save money on their energy bills.
- **Beyond Housing** – working to provide a range of independent and supported living options for people so that they thrive and live well within their local communities

Help and Advice – Activities

- **North Yorkshire Sports** – Accessing and providing sports and physical activities
- **Park Run** – a national weekly event that happens in thousands of locations. Our local 5km fun run / walk is held at North Yorkshire Water Park, Wykeham
- **Ayton Sports Clubs** – Accessing local sports, football, cricket, tennis, darts and dominoes
- **Raincliffe Woods Community Enterprise** – Health & wellbeing and Guided walks. Woodland crafts
- **Age UK** – Offering at the event a taster of their mindful walks, meditation and movements
- **Roots of Yggrasil** – Indoor exercises for the home

West Ayton & Snainton Patient Participation Group

Would you like to help your practice? Do you have knowledge and experience in using and accessing the practice and health and social services? Speak to us at this event to learn more.