

Please join us!

**Every Wednesday**

**1 – 4pm**



**Whitby Spa Pavilion  
West Cliff, Whitby  
YO21 3EN**

If you would like to find out more you can visit our website

[www.scarboroughsurvivors.org.uk](http://www.scarboroughsurvivors.org.uk)

You can get in touch with us by phone, email or via Twitter or Facebook

**01723 500222**

[survivors.office@btconnect.com](mailto:survivors.office@btconnect.com)

We are based at

9 Alma Square  
Scarborough  
YO11 1JR



We are committed to making a difference for disabled people

**ScarboroughSurvivors**  
Mental Health Resource Centre



**Whitby  
All-Sorts**



Commissioned and funded by  
NYCC Health and Adult Services

If you...

**are 18 or over**

**live in Whitby or surrounding areas**

**have experienced or are experiencing poor mental health**

**...you are welcome to join our free weekly group**



We look forward to meeting you

Whitby All-Sorts is managed by Scarborough Survivors - a coastal mental health and well-being hub supporting the Borough of Scarborough



Scarborough Survivors has been established as a user-led and self-help charity since 1994



In 2017 we received the Queens Award for Voluntary Service in recognition for our work in the community



In 2019 we received the Duke of York Community Initiative Award

Charity no. 1044058

**Whitby All-Sorts is supported by a Coordinator**

We offer safe, supportive and structured social and well-being activities.



Keep in touch to find out about more activities being established in the Whitby area.