



**Stokesley & District**  
Community Care  
Association

Charity No: 1178776

# Respite Sitting Service



Phone **01642 710085**



Email **[enquiries@stokesleycca.org.uk](mailto:enquiries@stokesleycca.org.uk)**



Website **[www.stokesleycca.org.uk](http://www.stokesleycca.org.uk)**



Address **Town Close, North Road, Stokesley, TS9 5DH**



To donate please  
scan the QR code

Stokesley CCA

**Office Hours**  
**Monday – Friday**  
**9 am – 4 pm**

# RESPIRE SITTING SERVICE

What are the aims of the service?

The service aims to give people who are looking after a dependent relative the opportunity to have a break, in the knowledge that their relative is being well cared for.

How are the arrangements made?

Referral can be made via your social worker, community nurse, health visitor or you can contact our co-ordinator directly . Once the initial enquiry has been made, the co-ordinator will arrange a visit to discuss what help is required and obtain some basic details.

We will match you with a suitable volunteer who will sit with your relative whilst you have a break. This is usually for 2-3 hours every week or fortnight to suit you. Volunteers will have your contact details when you go out so you can be contacted if the need arises.

Who are the sitters?

The sitters are a group of volunteers who have gone through a full application and police check procedure. They also receive regular training to enable them to carry out their role as a sitter.



What will the sitters do?

The sitter will ensure that the client is comfortable, sit and talk to them and make them a cup of tea.

Volunteers cannot help with practical tasks such as cleaning or gardening nor can they help with medication, personal care, financial or legal matters.

When will the volunteer visit?

We will try to match you with a suitable volunteer as quickly as possible. However, depending on your requirements and the availability of volunteers, this could take a few weeks.

What if I'm not happy with the arrangements?

It is very important to us that you are happy with your sitting arrangement. If you are unhappy with any aspect of our service, please contact us and we will do our best to put things right.

The Sitting Service Co-ordinator will bring the volunteer to your home for the first visit, after which your volunteer will contact you directly to arrange subsequent visits. Visits should take place at a time and day that is agreeable to both parties.





**Stokesley & District**  
Community Care  
Association

**FOR MORE INFORMATION ABOUT ANY OF THE  
SERVICES IN THIS LEAFLET  
PLEASE CONTACT THE OFFICE  
TEL: 01642 710085**

**Befriending/Sitting**  
**[communityvisiting@stokesleycca.org.uk](mailto:communityvisiting@stokesleycca.org.uk)**

**Car Scheme:- 01642 710190**  
**[carscheme@stokesleycca.org.uk](mailto:carscheme@stokesleycca.org.uk)**

**Day Centre**  
**[daycentre@stokesleycca.org.uk](mailto:daycentre@stokesleycca.org.uk)**

**Volunteering**  
**[volunteering@stokesleycca.org.uk](mailto:volunteering@stokesleycca.org.uk)**