



# DAG News

Newsletter of Whitby, Scarborough  
& Ryedale Disability Action Group

Whitby  
Scarborough  
& Ryedale DAG  
Disability Action Group

**ISSUE 200**

**July 2014**

This newsletter is available in large print, on tape and by e-mail (PDF).

Please let us know if you would like your copy in a different format.

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It does seem to come around quickly—but our “annual” fundraising day is upon us again. As promoted on page 4 this will take place outside Whitby TIC at Dock End, on Saturday 5th July, when the sun will shine and thousands of people will come and spend their money on wonderful cakes and buy from a wide selection of very interesting books! As always the tombola will be very popular and a fun day will be had by all. Most importantly, of course, a lot of money will be raised for DAG to continue its services, a refrain that is familiar to anyone who has read this newsletter during recent years. As always, I cannot underestimate the importance and impact of local fundraising in helping DAG to continue, and how generous local people have always been. It has always been important for us to be providing services in an area where we are physically based and in which many of us actually live, and we know that this is important to many other local people as well.

Raising money to continue running DAG has always been done on two levels - local fundraising on an on-going basis, and major funding through local, regional and national government funding and many charitable trusts and foundations. DAG has been very successful over the last 15 years in accessing many large funds, but this is becoming increasingly competitive and difficult, and just can no longer be relied upon. This is where raising money through our own efforts, thereby meaning we can use it for whatever we want to, is so important.

As all of you will know, central government funding is becoming increasingly limited, with statutory authorities having to save millions from already stretched budgets. The impact of these cuts on services has been significant, and one way in which health and adult social care services are trying to keep services going at reduced cost is by commissioning the voluntary sector to do many of them. This is beginning to provide opportunities for smaller voluntary organisations like DAG, and many others in this area, to access some longer term funding to provide many similar services to those they already provide to a limited degree.

This is the other part of the job, to ensure that the work DAG does is well known about and continues to be a quality and effective service, as it has always been - well-respected and well-used by local people who are then happy to give generously when the opportunity arises. I would therefore, like to thank everybody who contributes in any way – from money to lemon drizzle cake, and encourage you all to continue to do so in whatever way you can. And please come and see us at Dock End on 5th July!



## Annual General Meeting

**Wednesday 13th August 2014  
Sleights Village Hall, from 11am**

Business meeting, including approval of annual accounts, and the result of the postal vote for the Board of Trustees.

After the meeting there will be an opportunity to see the DVDs produced by DAG —“**Volunteering for DAG**” and “**Access to Whitby & District**” (using mobility scooters to help you get around town and visit places of interest in the surrounding countryside). Copies of the DVDs will be available for sale. Subtitled versions also available.

In addition, **The Embroidered Tablecloth** group will have an exhibition of their work.

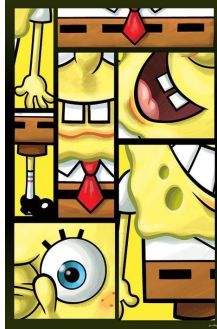
Refreshments will be provided. The DAG minibus will be available to provide transport to the meeting.

Please contact Judith at the DAG office if you would like to come along.

# DAG Fundraising Day “Books and Bakes” & Posters!



**Saturday 5th July  
10am – 4pm**



**Dock End,  
Whitby**

Donations of books, bakes and tombola prizes should be brought to the DAG office, or contact us if you would like us to collect the items from you. Thank you.

**Volunteers needed** - help on the stalls, tombola, or the street collection. Contact Judith at the office.

**Prize Draw** tickets available from the DAG office.  
£1 each. Book of five, £5.

**1st Prize: Two Nights Bed & Breakfast for 2 People** at the 4 Star Radisson Blu Hotel, Royal Mile, Edinburgh



**2nd Prize: Android Tablet**

**3rd Prize: Canon Digital Camera**



Draw tickets will also be on sale at our Books & Bakes Fundraiser 5th July, and at **Lidl (Stakesby Road) Thursday 10th July, 10am-4pm.**



## **Wheels at The TIC**

**Every Saturday, 11am—2pm**

at Whitby Tourist Information Centre, Langbourne Road.  
Mobility Scooters and wheelchairs available for hire.

**Sundays by arrangement only.**

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## **VOLUNTEERS NEEDED**

to help us run our **“Wheels At The TIC”** weekend mobility equipment hire service during the 2014 summer season.

- Are you**
- A good communicator
  - Reliable and flexible
  - Well organised and a good timekeeper
  - Reasonably fit

Wheels@TIC operates Saturdays (and Sundays for pre-booked/ pre-paid customers ONLY). Some moving and lifting of mobility equipment required.

Volunteers always work in pairs. Training and support provided. DBS check required. Agreed expenses paid.

**Contact Judith at the DAG office.**

## Skinningrove Ironstone Mine, April 2014

By Chris Harland (DAG Member)

We drove to the “Brown Cow” at Hinderwell and we enjoyed a very good lunch, then on to the museum.

We were met by Dave, who used to work there, and guided to an exhibition of information, photographs and interesting artefacts, including a cabinet showing the different types of ore found in the area. One sample was the new wonder fertilizer, Polyhalite, recently found in Boulby Mine, which together with the potash and salt will ensure mining there for many years to come. A map of the area showed the location of the 86 iron mines that used to exist, where cart horses (not ponies) used to bring 20 tubs of ore out of the mine in one trip.



Dave told us about the life of a 14-year old boy in the mine, whose job was to help with the ventilation by opening and closing large shutters to re-direct the air flow. He worked in darkness and, to illustrate, Dave switched off his light, and told us about the rat the boy befriended, calling it “Gladstone”.

The miners made pets of rats because as long as the rats were there the mine was free of gas. Suddenly, Dave switched his light back on and, looking straight at Margaret, our escort, was a big RAT!!

After the screams died down we realised it was only a squeaking imitation, but what a fright at the time!

We finally left the mine, handed in our hard hats and "tallies" (numbered discs) and set off home, after an interesting and enjoyable visit to somewhere DIFFERENT!

Book Review by Susan Harty

**"You can't park here!" by Tony Bleetman  
The Highs & Lows of an Air Ambulance Doctor**

As a child, the writer had two ambitions, to be a doctor and to be a pilot. This book, based on fact but slightly changed to protect the identity of some participants, tells how he managed to achieve both.

Inspiration, experience, opportunity all combined. Tony has been a medic in the Israeli Army and was a volunteer Helicopter Emergency Services Doctor for over 10 years. He now works as a consultant in Emergency Medicine.



At one time the priority was for paramedics to get patients to hospital as quickly as possible, but Tony fought for having a doctor on board as more lives could be saved on scene or in the air than by waiting for an operating theatre. He won a bravery award in 2006 for saving the life of a woman trapped in her car in a roadside accident.

Don't read this if you are shocked by colourful language and gory descriptions of accidents, but there is also humour and a fascinating real life story.

## Volunteer for DAG



**Join Whitby, Scarborough & Ryedale DAG, working with and helping disabled people and carers in Whitby & District.**

**Minibus Drivers needed to drive our accessible minibus for the DAG “Embroidered Tablecloth Group”.**



**Tuesdays - pickup from 10am, return from 12.30pm**

**Age 25 or over. References and DBS (Disclosure & Barring Service) checks required. Agreed out of pocket expenses paid. Training (including MiDAS training if Required) and support provided.**

**For more information or to request application forms and role description, contact Judith Owen at the DAG office  
E- [judith@whitbydag.org.uk](mailto:judith@whitbydag.org.uk)**





# The Embroidered Tablecloth

## “Befriending through the Arts”

If you...

- **Are looking to make new friendships**
- **Would like to develop your creative skills**
- **Enjoy sharing these skills and experiences**
- **Want to play an active role as part of your community**

Then join our FREE supported group by contacting Kelly at the DAG office

Tel: 01947 821001

Email: [kelly@whitbydag.org.uk](mailto:kelly@whitbydag.org.uk)



## Alzheimer's Society UK Whitby Branch

### **Singing 4 the Brain**

Community singing group for people of all ages with dementia, and their carers.

**First Tuesday of every month** from **1.30—3pm** at Trinity Centre, Flowergate, Whitby.

The Whitby Memory Café is no longer running but a Dementia Support Worker will be available to talk to from 3-3.30pm, after the Singing 4 the Brain sessions.

For more information **Tel: 01723 500958** or  
Email: **scarborough@alzheimers.org.uk**

**PARKINSON'S<sup>UK</sup>**  
**CHANGE ATTITUDES. FIND A CURE. JOIN US.**

### Parkinson's UK - Whitby Group

**Wednesday 9th July** - trip to **Burton Agnes**.

There will be no meeting in **August**.

The next meeting at Church House Centre will be Wednesday **10th September 2014**.

**Dancing at L& P Dance School** will also re-start in **September**.

Contact Edwin Newlyn for details. Tel: **01947 604533**  
E-mail: **Edwin.newlyn@talktalk.net**

**Whitby Civic Society**  
**Monday 21st July, at Abbey House (YHA)**

Dr Jack Binns, with narration and slides, introduces "**The Cholmleys as benefactor or beneficiary to Whitby**".

Admission free.

Please note the new start time and venue for this lecture. Cream teas (cost £3) served at 6pm by the YHA prior to the talk at 7pm. Car parking on the Abbey Plain TBC. All welcome. For further details phone **01947 228184** or e-mail [whitby\\_civic\\_society@yahoo.org.uk](mailto:whitby_civic_society@yahoo.org.uk)

# Thai Chi

New classes starting **Thursday 4th August 2014**

Every Thursday, **4.30-5.30pm, Physiotherapy Gym,  
Whitby Hospital**

Suitable for all abilities

**£5 per session** (Private Physiotherapy)

Contact **Richard Baetke** (Physiotherapist)  
Tel: **01653 824236**; Mobile: **07772 727 590**



The **Electronic Prescription Service (EPS)** is an NHS service. It gives you the chance to change how your GP sends your prescription to the place you choose to get your medicines or appliances from.

Instead of you collecting your paper prescription from your GP, your GP will send it electronically to the place you choose. So you can collect your medicines from a pharmacy near to where you live, work or shop.

You just need to choose a place for your GP practice to electronically send your prescription to. This is called a ***nomination***. You can choose a pharmacy, a dispensing appliance contractor (if you use one), or your dispensing GP practice (if you are eligible).

Ask any pharmacy or dispensing appliance contractor that offers EPS, or your GP practice to add your nomination for you.

If you don't want your prescription to be sent electronically, tell your GP. You can change your nomination or cancel it at any time. Make sure you tell your pharmacist or GP before your next prescription is due or it may be sent to the wrong place.

More information is available from your pharmacy or GP practice, or the website [www.hscic.gov.uk/epspatients](http://www.hscic.gov.uk/epspatients)

## Free to a good home

**Euroglide Stairlift.** Straight staircase (up to 14 stairs). Swivel seat. 16 years old but in good working order.

**Tel: 07947 459162. New owner collects.**

**Two hand made, wooden ramps 32" x 35.5" (3.5" height); 32" x 72" (11" height). New owner to collect.**

The following items have been donated to DAG.

Reasonable offers accepted. Buyer collects. **Contact Judith at the DAG office.**

**4 Wheeled Rollator** with seat

**Volito 4 wheeled rollator** with seat, net basket and tray.

**Transfer bath bench.** Sits with 2 legs inside bath and 2 legs on floor. Back rest and hand rail.

**Drive Medical light weight shopping trolley** with detachable bag and wheels. Never used.

**Plug Pulls.** Self adhesive, white plastic moulded T-piece which fit to the back of a standard 3-pin plug.

**RNIB Communiclock** Talking calendar clock. Battery powered. Radio controlled.

**Schweizer OKOLUX** illuminated magnifying glass. Hand held. Requires batteries.

**Drive Medical folding walking frame** with wheels. Light-weight frame

# The Computer Centre St Hilda's Business Centre



NEW COMPUTERS  
AND REPAIRS  
**FULL DISABLED  
ACCESS**

Tel: 01947 605859

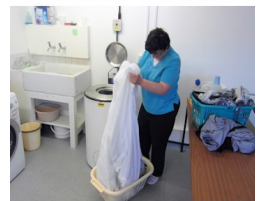


**SHOPPING SERVICE** For people who have difficulty shopping for themselves. We collect your list, then your shopping is delivered with your itemised till receipt. We can also unpack and put your shopping away for you.

Contact **Paul** on: **01947 604839**.

**LAUNDRY SERVICE** We also run a laundry scheme for anyone who can't manage this themselves. Your laundry will be collected from your home, washed, dried and even ironed if requested.

Contact **Eileen** on: **01947 606104**.



**There is a small charge made for these services.**

**ESK VALLEY MOBILITY  
UNIT B4C, ST. HILDA'S BUSINESS CENTRE,  
THE ROPERY, WHITBY, YO22 4ET**

Telephone/Fax: 01947 825555

E-mail: [eskvalleymobility@mail.com](mailto:eskvalleymobility@mail.com)

Website: [www.mobilityemporium.com](http://www.mobilityemporium.com)



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**For a FREE, no obligation home  
demonstration, contact Colin Thirkill**

Send us your articles for our newsletter e.g. book, film or theatre reviews, holiday experiences, helpful hints, and information about local and national organizations that support disabled people and carers.

Small ads for Items for Sale/ Items Wanted cost £2.00 per month.

Contact Judith at the DAG office.

- Have you changed your address?
- Would you like your details to be added to/ removed from our newsletter mailing list?



**Contact the DAG office.**

- Do you have any articles, stories, items wanted/ for sale or information you would like to be included in our newsletter?



**Send the details to the DAG office by the 20th of each month.**

**WHITBY, SCARBOROUGH & RYEDALE DAG details:**

**Address:** Church House Centre  
Flowergate  
**WHITBY**  
**YO21 3BA**

**Telephone:** 01947-821001

**E-mail:** [info@whitbydag.org.uk](mailto:info@whitbydag.org.uk)

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

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