

# DAG News

Newsletter of Whitby, Scarborough  
& Ryedale Disability Action Group



ISSUE 206

February 2015

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

So, the Christmas and New Year festivities are well and truly over with for another year. How many of you have managed to keep your New Year resolutions?

As the evenings begin to lighten we are turning our thoughts to the Spring and, following the success of our current 'Befriending through the Arts' project, we are looking to develop a '**Befriending through Sport**' project.

As part of the development process we need to gather evidence to support any funding applications we may make, which shows the need for a project of this type. And that is where *you* – our Members and disabled people - come in. Some of you may have seen the item about the Calvert Trust on Country File on 18<sup>th</sup> January. We can't offer abseiling down a sheer cliff (yet!) but come and try some of the sports

Whitby, Scarborough & Ryedale DAG

Church House Centre, Flowergate, WHITBY, YO21 3BA

T: 01947 821001

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

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

Reg. Charity No: 1131037

Company Reg: No: 6956837

Patron: The Marquis of Normanby

we do have available at our **“Taster Day”** .

I am working on a funding application to the Hambleton, Richmondshire & Whitby Clinical Commissioning Group (CCG) for money to help us establish a **‘Befriending through Sport’** pilot project. I have also been busy contacting a number of Charitable Trusts to see if they would support our work, and, just before Christmas we received £1,500 from the Persula Foundation, a very welcome seasonal surprise. Funding through legacies, is, by its very nature, a sensitive subject, but I am keen to talk to some Members to see whether DAG could develop a **legacy funding scheme**.

Most of us have thoughts about our local health services, and we have arranged a **Coffee Morning for Members** to come along and give your views on community health services in Whitby and the redevelopment proposals for Whitby Hospital. Representatives from Hambleton, Whitby & Richmondshire CCG will be there to get your feedback on these important issues on **4<sup>th</sup> March, here at Church House between 10.00am – 12.00noon**.

A health issue may mean you become entitled to a Welfare Benefit; or a change in employment, family or financial circumstances. If you – *or someone you know* – is in this position I would encourage you to call in and see **Mo (in Whitby)** or **Paul (in Ryedale)**, our **Welfare Benefits Advisors** and have a chat.....you just never know!

Last but not least, if you are in Church House on a Wednesday, pop-in and say “hello” to **Dale Milne**, an A-Level student at Caedmon College, on work experience with us until May. Dale is updating our Handbook and other information materials.

**Richard**

## The Gift that Continues Can You Help?

I am keen to meet with three or four DAG Members to talk with them about **Legacy Fundraising**. Legacy Fundraising is, of course, where a person will leave a donation or percentage of their estate to a particular Charity, so that the charity benefits from this donation when the person dies.

I realise that this is a sensitive issue, so I would be keen to talk to some Members about whether this is something DAG should look at, and if so how we should go about it. Please let me know if you would like to be part of this group.

**Many Thanks. Richard**

Meet **Representatives** from **Hambleton, Richmondshire and Whitby CCG** at the



## DAG Coffee Morning

**\*Wednesday 4th March 2015**

**10am-12.30pm,**  
Church House Centre

They want to hear what local disabled people think about the proposed developments for **Whitby Community Hospital** and **Community Health Services**.

\*Please note - this is a new date and may be subject to change. Final confirmation will be in the March newsletter or contact the DAG office to confirm details.

**MAKE A NOTE IN YOUR DIARY NOW!**

# **SPORTS TASTER DAY**

**When?** Saturday 14th March 2015  
**Where?** Whitby Leisure Centre  
**What time?** 10.00am – 2.00pm



This is **YOUR** opportunity to try out some sports ..... Tell us what you like ..... Or don't like ..... And help us to gather evidence to fund a .....



## **‘BEFRIENDING THROUGH SPORT’ PROJECT’**

**.....AND LOOK OUT!**

**FURTHER INFORMATION WILL BE AVAILABLE SOON**

**In the meantime, if you want to talk to us about this exciting event please call us on 01947 821001**



## Befrienders

### A new befriending service in Whitby & District

Do you seek companionship?

Are you unable to get out to meet people?

Are you feeling lonely or isolated?

Do you need help to access services, statutory and local?

Would you benefit from support when trying something new or potentially stressful?

Wouldn't it be great to know that once or twice a week, you can meet up/ have telephone contact with someone you can trust?



If you answered 'yes' to any of the questions then one of our trained volunteer befrienders may be able to help!

Our befrienders will provide support and companionship on an agreed regular basis.

All volunteers are DBS checked.



For more information, contact Kelly Baxter at Whitby, Scarborough & Ryedale Disability Action Group. Tel: 01947 821001



## **FREE—Jigsaw Lending Library**

**New venue - The Coliseum, Victoria Place, Whitby** (in the room behind the café) on the **first and third Wednesday of every month, 10.30am-12.30pm** .

Large variety of over 650 jigsaws in stock. Jigsaw donations welcomed. Can collect. **Tel. 07753 725586**.  
Tea/ Coffee (small charge). All Welcome.

**Whitby RAF Association** will hold its **AGM on Friday, 6th February at 12 noon**, at the **air cadet HQ** behind **Caedmon School**. Business meeting will be followed by buffet lunch (for a small charge). New members welcome.

Regular meetings held every **two months on the first Friday**.  
**Chairman Alan Rogers, 01947 810734**.

**Whitby Civic Society** monthly meetings will in future be held **at the Coliseum**, on the **third Monday of each month**. Details on the website [www.whitbycivicsociety.org.uk](http://www.whitbycivicsociety.org.uk), or phone the **Hon. Sec. 01947 228184**.

## **Domino Drive in aid of DAG**

**Thursday 19th February 2015**

At the **Beach Hotel, Sandsend**, from **8pm**

Donations for the Raffle are welcome.

Contact the DAG office.



Scarborough & Ryedale  
**Carers Resource**

## FREE Support Sessions For Carers

**General Money Management** - Maximising Income; Debt advice; How might changes to the benefits system affect you? **Wednesday 18th February, 10am— 12 noon.**

**Communicate with Confidence** - If you have trouble talking to your GP or other professionals about the person you care for, this session is for you. **Friday 27th February, 10am—12 noon.**

Both sessions will be held at the **Green Lane Centre, Whitby**. If you need help with transport or alternative care arrangements just ask when you book.

**Tel: 01723 850155; E-mail: [staff@carersresource.net](mailto:staff@carersresource.net)**



If you wish to apply for a **Blue Badge** you have a number of options:-

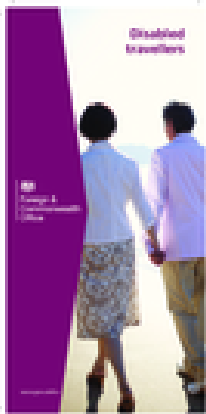
- On line at the North Yorkshire County Council (NYCC) website **[www.northyorks.gov.uk](http://www.northyorks.gov.uk)** - click on “Health and Social Care”, then on “Disabilities”.
- In person, at any **NYCC Library**
- Contact **Customer Services** on **01609 780 780.**

## Thinking of travelling in the UK or abroad this year?

**EUAN'S Guide** at [www.EuansGuide.com](http://www.EuansGuide.com) is an online guide which provides disabled access reviews by disabled people, their friends and families. The reviews provide a knowledge bank that users can search, filter and use to assist in planning visits.

You can also contribute to the guide by adding your own review of a cinema, bar, sports ground, station, holiday resort, or anywhere else you would like to tell people about.

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Travel can be challenging for everyone but it can be more so for disabled people. The Foreign and Commonwealth Office publication, **“Disabled Travellers”**, contains advice and information to help make your travels easier.

A PDF version of the document can be downloaded from the website

[www.gov.uk/government/publications/disabled-travellers](http://www.gov.uk/government/publications/disabled-travellers)

The file may not be suitable for users of assistive technology. To request a different format, send an email to [webmaster@fco.gov.uk](mailto:webmaster@fco.gov.uk) with details of the format you need. It would also be useful if you give details about the assistive technology you use.



## Cash Donation to DAG for the following items.

- **Volito 4 wheel Rollator** with seat, net basket & tray.
- **Transfer Bath Bench** with back rest and hand rail.
- **Drive Medical lightweight Shopping Trolley**
- **Plug Pulls**
- **Schweizer OKOLUX** illuminated magnifying glass.
- **Two pairs - Adjustable Aluminium Sticks**
- **Invacare Transit Wheelchair** with power pack
- **Folding walking sticks.** Height adjustable.
- **Folding Shower chair.** With cut away seat
- **Comfort cushion.** To prevent pressure ulcers.

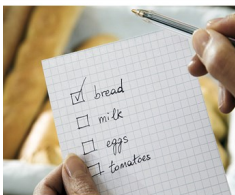
## FOR SALE

**Craftmatic Electric Adjustable Bed** with body wave massage (Mattress only 2 months old). Can deliver locally.  
**£100 ono. Tel: 07811 378 092**



## SHOPPING & LAUNDRY SERVICES

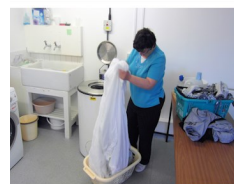
For people who have difficulty managing these themselves.



We collect your list, deliver your shopping with your itemised till receipt. We can also unpack and put your shopping away for you. Contact **Paul** on: **01947 604839.**

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 for these services.**





# The Computer Centre

Repairing Whitby's computers for over  
15 Years

## Sales & Repairs

Computers, Laptops, Tablets & Phones



# FREE DIAGNOSTICS FREE COLLECTION

within 5 miles of Whitby

E: [sales@apc4me.co.uk](mailto:sales@apc4me.co.uk) W: [www.apc4me.co.uk](http://www.apc4me.co.uk)

Visit: Unit G1B St Hilda's Business Centre, The Ropery

# T: (01947) 605859

**ESK VALLEY MOBILITY  
UNIT B3, ST. HILDA'S BUSINESS CENTRE,  
THE ROPERY, WHITBY, YO22 4ET**

Telephone/Fax: 01947 825555 Mob: 07584220247

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

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



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**Stair Lifts**

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Insurance and Warranties. All work guaranteed  
Part-Exchange considered

**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.**



Make your money go further. Support Whitby DAG through:

- **Gift Aid**
- **Give as You Live**
- **Local Giving**

**Contact the office for details.**

*Every effort has been made to ensure the accuracy of the information in this newsletter. However, Whitby, Scarborough & Ryedale DAG can accept no liability whatsoever for any matters in any way connected or arising out of use of this information. No recommendation is implied by the insertion of such information.*