

# DAG News

Newsletter of Whitby, Scarborough  
& Ryedale Disability Action Group



ISSUE 207

March 2015

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

At the end of January we applied to Hambleton, Richmondshire & Whitby Clinical Commissioning Group's Voluntary Sector Small Grants scheme, asking them to fund a 6-month Pilot Project for our 'Befriending through Sport' idea.

On the 10<sup>th</sup> February we heard that we had been unsuccessful, but later that day received an email saying that our project was on the 'Reserve List' and that should further funding become available we would receive it; a great encouragement to us all in the DAG office.

Then, on Tuesday 17<sup>th</sup>, we heard the very good news that we were definitely going to get the funding! We are now waiting to hear the final details and looking forward to getting the project underway. In the meantime, please come and take part in our Sports Taster Day on 14<sup>th</sup> March and

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Reg. Charity No: 1131037

Company Reg: No: 6956837

Patron: The Marquis of Normanby

tell us your thoughts on the Project – on page 4.

So, when the ‘Befriending through Sport’ project is up and running we will have three projects working to combat the effects of loneliness and isolation for disabled and vulnerable people. This means that we our work will have a significant impact on those people in the Whitby area.

I recently came across a report – **‘No Place Like Home’** – on the Leonard Cheshire website. This report contained some shocking statistics:

- Only 5% of homes in England can be visited by someone in a wheelchair
- 1 in 6 disabled adults live in housing that isn’t suitable for their needs
- 75% of British adults live in a home without an accessible front door.

The report calls on the Government to make Lifetime Homes\* the minimum standard for all new-built homes.

\*Lifetime Homes have 16 design criteria that can be applied to new homes with an average cost of £1,100 or less.

The Government and housebuilders are resisting this, so, if you have an opportunity, over the build up to the Election, to speak to our local parliamentary candidates, this may be something you would like to ask them about.

If, like me, you love football, you may have seen that Whitby Town has been successful in obtaining funding to get DAG to do some further access work. They have some good facilities in the new stand for disabled people, and this work will improve those and also access to the Club House.

Finally, two very different reminders.

Please come along to our **Coffee Morning** on **4<sup>th</sup> March, 10am-12.30pm** here at **Church House Centre**, to meet representatives of **Hambleton, Richmondshire & Whitby Clinical Commissioning Group (CCG)**. They want to hear what local disabled people think about the proposed developments for **Whitby Community Hospital** and **Community Health Services**.

I would still like the opportunity to talk to some Members about **Legacy Fundraising**. Please do contact me. **Richard**

The early part of 2015 has brought the sad news that two great supporters of and contributors to DAG, **George Scarth** and **Anna Lovel**, have died after serious illnesses.



**George** joined DAG in 2007, and along with fellow Member and good friend Margaret, helped raise an amazing amount of money for DAG, particularly for our minibus and its running costs. George and Margaret regularly ran fundraising events for DAG and always

ensured a splendid Christmas Raffle.

**Anna**, a DAG Member for seven years, until 2010, was a busy Volunteer helping with the newsletter mail out and audio recording, access audits and projects, fundraising and latterly as a Trustee.



Anna and George both gave a lot of their time to DAG. Their commitment, hard work and humour made a big impression on all of us who knew them.



**FREE!  
SPORTS  
TASTER DAY**

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

**Boccia, Easyline, Adapted Bikes, Archery,  
Boxercise, Seated Volleyball**

**PLUS** Guided tour including the Pool with hoist & accessible changing room, and the Fitness Suite with equipment suitable for wheelchair users **AND** a Voucher for a free swim during general swim sessions.

**Try out some new sports ..... Tell us what you like .....Or don't like ... Help create our  
'BEFRIENDING THROUGH SPORT'**



## 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**

## WHITBY Singing for the Brain Group

**Green Lane Centre, Whitby, 1.30—3pm**, on the first Tuesday of every month, **starting Tuesday 3rd March**

Open to anyone with memory problems, carers, friends and families. For more information contact **Alzheimer's Society (Scarborough, Whitby Ryedale)** on **01723 500958** or e-mail **scarborough@alzheimers.org.uk**

## FREE—Jigsaw Lending Library

**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.



## Friends Of Whitby Lifeboats Tea Dance

**2-4pm, Wednesday, 11th March**

Hosted by **The Royal Hotel, West Cliff**  
**Admission £2.00**

All Proceeds To Whitby Lifeboats

**Whitby Civic Society** meets at the **Coliseum**, on the **third Monday of each month**, starting 7.15pm.

On **Monday 16th March** the speaker will be **Julia Mulligan, North Yorkshire Police and Crime Commissioner**.

## Do you have COPD, Asthma or other respiratory condition?

### Keep Well This Winter

- Ask friends and neighbours for help with essentials, such as shopping or medicines.
- Have the flu jab. The vaccine is available until 31 March 2015, so contact your GP to book an appointment.
- Be familiar with your self-care plan. If you don't have one, contact your GP or practice nurse.
- Make sure you have a rescue pack at home in case things do go wrong.
- Have the pneumonia vaccine if you've been offered it. If you're unsure dial NHS 111 or see your pharmacist for advice.
- If you are breathless and/or have chest pain seek urgent medical help.

From Media Release issued by the NHS in Hambleton, Richmondshire and Whitby, 17/2/2015



University of the  
West of England

## Disability and Flood Resilience Survey

**Glyn Everett** from the **University of the West of England** is conducting research into disabled people and flooding. He wants to learn how well disabled people are listened to and provided for in Flood Emergency Plans.

Information collected will be securely stored and any data will be used anonymously.

For more information or if you would like to become involved please contact **Judith** at the **DAG office**.

## Gardening Service

The **White Rose Home Improvement Agency** operates a list of established gardeners who can provide a variety of services within the **Scarborough and Ryedale** areas.

The gardeners can all provide services such as mowing, strimming, weeding, pruning, hedge trimming, planting, one-off garden tidy, vegetable tending, shed and fence repairs and waste removal. They may also offer full landscaping and design services.

Hourly rates and prices for each job should be confirmed with the gardener by the customer at time of booking. All costs must be met by the customer.

**Tel: 01723 232531; E-mail: [hia@scarborough.gov.uk](mailto:hia@scarborough.gov.uk)**



**nrAS**  
National Rheumatoid  
Arthritis Society

Do you suffer from **Rheumatoid Arthritis**? Do you feel that you have to learn to live with the pain? **You do not have to settle for this.**

Find out more about Rheumatoid Arthritis at **[www.nras.org.uk](http://www.nras.org.uk)** or call the National Rheumatoid Arthritis Society Helpline on **0800 298 7650** for information and support.



## 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**
- **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

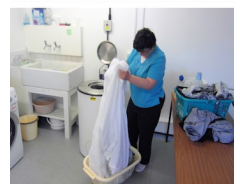
For people who have difficulty managing these themselves.



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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**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.*