

# DAG News

Newsletter of Whitby, Scarborough  
& Ryedale Disability Action Group



ISSUE 215

February 2016

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

**Firstly, I would like to wish all our readers a Happy New Year.**

Most of you will know that the final few weeks of 2015 were a mix of the terrifying and the terrific; terrifying because DAG had to consider the prospect of not being able to continue to deliver our much needed services to disabled people, and terrific because of the response to our appeal for funds to get us through the crisis.

Thanks to numerous donations, including a large anonymous one and a substantial donation from the Normanby Trust we can face the immediate future with more confidence as we move into 2016. Nevertheless, the financial situation remains delicate and any further donations towards our work would be most gratefully received.

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  
Patron: The Marquis of Normanby

Company Reg: No: 6956837

One of our Trustees, **Susan Harty**, has suggested that a **Fundraising Group** be set up to plan and carry out local fundraising. If anyone is interested in joining this group and supporting DAG in this way please contact Susan via her email: [susanharty@hotmail.com](mailto:susanharty@hotmail.com) , or let the **DAG office** know of your interest.

Susan, and our Trustees will have a number of decisions to make in early 2016 including about our **Mobility Equipment Hire Service**. As you know, we brought this back 'in-house' at the end of the year, but in order to deliver the best service and maximise the income from it, we will need to consider from where, in the town, we can deliver a 6-days-per-week service during the busy period of the year (April – October). We remain unsure as to how the proposed closure of the Tourist Information Centre will affect this service as we have always had a number of bookings made by people when they arrive in the town.

Finally, can I again encourage Members to consider getting involved in our '**Befriending through Sport – Winter Warmers**' project. You don't have to love sport or be particularly sporty; none of the activities are too energetic and are a great opportunity to meet new people, and have a couple of hours of fun and enjoyment. We'll try and leave any strenuous activity to people in training for this year's Olympics or Paralympics! If you want to know more about "**Winter Warmers**" please contact **Sally Williams** at the **DAG office** who will be delighted to talk things through with you.

Until the next time,

**Richard.**



## **VOLUNTEER WITH DAG!**

Our schedule of outings and activities for DAG Members using our accessible minibus is very popular, so we need more **VOLUNTEER DRIVERS** to help us meet the demand.

**Do you like working with people?**

**Are you aged 25+ with a full driving licence?**

**Can you give a half day/ full day of your time each week/ month?**

- Two References required
- DBS (Disclosure & Barring Service) checks required.
- Agreed out of pocket expenses paid.
- Training (including MiDAS training) and support will be provided.

We would also like to recruit more **PASSENGER ASSISTANTS**. For information, application forms and role descriptions, contact Judith; **01947 821001** or **judith@whitbydag.org.uk**



2015 was another busy year for DAG Member **Margaret Trowsdale**. As well as being a regular Volunteer Passenger Assistant on Members' trips, Margaret has also been a STAR fundraiser - running raffles and domino drives for DAG, raising the magnificent sum of **£1017!**

Margaret says *“DAG Members and friends are always generous, donating prizes, buying raffle tickets on trips and coming along to fundraising events. I want to say ‘Thank You’ to everyone, and a big “Thank You” to William, my helper in many ways.*

**The Cinder Track** follows the old Scarborough to Whitby Railway line - a 21 mile route along the coast and through the countryside. The track is open to walkers, horse riders and cyclists (it is part of the National Cycle Network route), and some sections are designated as wheelchair/mobility scooter accessible.

A short online questionnaire has been launched to gather views on the Cinder Track - its usage and improvement needs. It is an initial consultation, and the survey should only take between 2-5 minutes to complete.

**[groundwork.org.uk/Sites/newy/news/cinder-track-survey-newy](http://groundwork.org.uk/Sites/newy/news/cinder-track-survey-newy)**

The Cinder Track restoration project also has a new Facebook page at **<https://www.facebook.com/cindertrack/>**





## DriveAble

**DriveAble** is an online motoring guide, available on the **Able** UK disability lifestyle magazine website [ablemagazine.co.uk](http://ablemagazine.co.uk)

Motoring is an important aspect of independent living to many disabled people, and having this independence (to go shopping, meet friends, attend appointments, travel) helps both mental and physical wellbeing.

In order to cover as many aspects as possible about the benefits of motoring, Able has devoted an entire section of their website, describing it as the “**Definitive Guide to Motoring**”.



The Guide includes information on the vehicles listed on the Motability Scheme, funding for Wheelchair Accessible Vehicles (WAVs), Motability, Adaptations, Learning to Drive, Winter Driving and Insurance,

as well as useful contacts such as the Disabled Motorists Federation.

Just click on “**DRIVEABLE**” on the Able Home page and then follow the links.



## The **Embroidered Tablecloth** group

Meets Every Tuesday at Church House  
Centre, 10.30am-12.30pm

**except** ,

16th February, 15th March, 19th April, 17th May.



Bring along your own craft project or join in the group activities. Refreshments provided. Contribution of **£1** per person appreciated.

Space is limited, so please contact the DAG office in advance if you would like to come along. We can also arrange transport ( Whitby town only), with notice. Contact the DAG Office.

## **Whitby Whalers Meditation & Relaxation Group** meets every **Thursday** in **Whitby Library, 2.30 – 4.30pm**

Gentle exercises and meditation talks and music to help you relax in mind, body and soul. Visualisation journeys and group discussions. And, of course, tea or coffee and biscuit at the end of the session.

**Jean Thornton** who leads this friendly little group is sure you will find it a benefit in releasing your stresses. Come along to give it a try. We are very friendly, have some good fun and you will receive a warm welcome.  
**Your first session will be free.**

For more information, contact the U3A Curriculum Organiser **Bruce Russell** on **01947 605016**.

## Diary - February 2016

**Carers Group** - every Tuesday 10am to 12 noon at the Red Lea Hotel, Prince of Wales Terrace, Scarborough.

**Scarborough Singing for the Brain** - every Wednesday

**Whitby Singing for the Brain** - 2nd February

**Hunmanby Singing for the Brain** - 3rd February

**Ryedale Singing for the Brain** - 4th and 18th February

**Scarborough Activity Group** - 8th February

**Hunmanby Luncheon Club/Café** - 17th February

**Filey Activity Group** - 23rd February

### **NEW for February 2016 - Whitby Area Activity Group**

Will meet monthly at **Briggswath & Sleights Methodist Church**, Carr Hill Lane, Sleights, from **10.30am to 12.30pm**. Starts on **Tuesday 16th February**.

Contact the **Alzheimer's Society Scarborough** office for details of times and venues of events , or if you have any enquiries about dementia and memory problems.

**Tel: 01723 500958;**

**E-mail: [scarborough@alzheimers.org.uk](mailto:scarborough@alzheimers.org.uk)**

**Please Note - From January 2016 the Pickering Memory Café** will no longer run. Our other services, such as **Singing for the Brain** in **Norton**, will continue as before. The local Alzheimer's Society team will continue to offer information by telephone (at the Scarborough office) and is developing new ways of working with people in the area who have memory problems or dementia.



## BritishRedCross

**The Yorkshire Moors and Dales Community Connect Service** which covers a wide area of Scarborough District, Ryedale and Whitby District (including the Esk Valley), aims to improve well-being, independence and quality of life by connecting you to activities in the local community.

***“.....It could be the new mother on an isolated farm and stuck in the house because she has no transport, or someone that has been recently bereaved and their wife used to take care of the shopping and cooking and they aren't sure what to do. ....”*** (Pauline Broadwith, reported in the Yorkshire Post)

You can refer yourself or be referred by your GP or other health and social care professional. A Red Cross team member will meet you to find out more about your needs and interests, and then you will receive short-term support and companionship to help you access, for example, social groups, advice centres or community transport.



If you think the service could help you, or you would like to volunteer, contact **Pauline Broadwith** or **Rebecca Sirrell** at **Carrick House, Thurston Road, Northallerton, DL6 2NA, Tel: 01609 772186.**

You can contact **Pauline** directly on **07921 403 288**, e-mail: [pbroadwith@redcross.org.uk](mailto:pbroadwith@redcross.org.uk). Contact **Rebecca** on **07894 802794**, e-mail: [rsirrell@redcross.org.uk](mailto:rsirrell@redcross.org.uk) . Information is also available on the website [redcross.org.uk/yorkshire](http://redcross.org.uk/yorkshire)



## FOR SALE

**Toshiba E-Studio 351C colour photocopier** . Seven years old, excellent condition. Can be linked to computers for printing. A5, A4 & A3 paper. Plus user manual, set of genuine Toshiba replacement toner cartridges & two “used toner” collection bottles. **£300 ono. Contact the DAG office**

**Dimplex “Stourbridge” electric stove.** Double fronted convector heater with thermostat and remote control. Gloss black finish. Cost £350 new. **Donation to DAG secures (minimum £35).** Can be delivered. **Contact the DAG office**



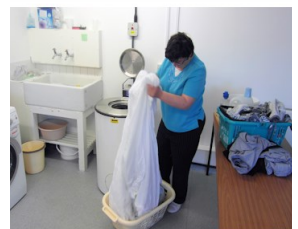
## SHOPPING & LAUNDRY SERVICES



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





# 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**

Installation - Servicing -  
Repairs



**Authorised Dealer**

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?
- 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.**

**DON'T FORGET - you can get a PDF version of your newsletter by e-mail. It gets to you more quickly and saves on paper, printing & postage costs for us!**



Make your donations to DAG go further.  
Support us through:

- **Gift Aid (if you are a UK Taxpayer)**
- **Local Giving**
- **Give as You Live**
- **Leaving a Financial Gift in your Will**

**Contact the DAG 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.*



## **Items for Sale**

**All of the items listed have been given to DAG for anyone who needs them.**

**Cash donations to DAG for the items would be appreciated**

**Items sold as seen. It is the buyers' responsibility to check the suitability of the items for their use. DAG cannot assess the suitability of aids and equipment for individual users.**

**For more information or to view items contact the DAG office at Church House Centre.  
Tel: 01947 821001 E-mail: [info@whitbydag.org.uk](mailto:info@whitbydag.org.uk)**

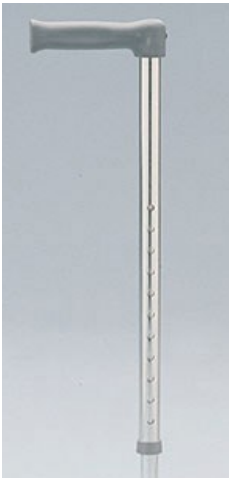


**Z-Tec 3-wheeled Rollator with shopping bag. Hardly used.**

**3- Wheel Rollator**



Both rollators have brake controls on the handles and can be folded for transport and storage.



**Aluminium Walking Sticks (1 pair) Height adjustable.**



**Folding Walking Stick carry pouch.**

**SOLD**

**Unihold PVC Walking-stick Holders (Pack of self-adhesive to any smooth surface).**







**Handy Utility Bags**  
for Zimmer frames.  
**Brand new.**



**3 Fluted Plastic Grab Rails** with  
moulded ends. Suitable indoor and  
outdoor. Fix to wall -screws not  
provided. Length 21"/ 53cms. Rail  
length 14"/ 36cms. **As new.**



**Drive Medical Adjustable**  
**Grab Bar** with suction  
cups. Rail length 30.7"/  
78cms. **Never used.**



**Comfort Cushion.**  
To prevent  
Pressure ulcers.





**Portable Shower Chair –**  
Folds for transport/ storage.  
**Never used**



**Transfer Bath Bench**  
with back rest and hand rail. Height adjustable.



**Impey Deluxe fold down Shower Seat** - fits to wall of shower cubicle (screws not provided)  
Height adjustable. **Never used.**  
**Cost £250 new.**



**Bath Board.** Fixings Included. **Never used.**



**Adjustable Height Bath Step** - Four interlocking components. Maximum height 4"/ 10.5cms. Non slip surface. Slip resistant feet.