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On behalf of everyone at Whitby, Scarborough & Ryedale Disability Action Group I would like to wish you a Merry Christmas and a Happy New Year.

As we approach the end of 2023, I have been reflecting on just how busy and challenging this year has been. One example of this is our **Mobility Equipment Hire Scheme** which has been busier than ever. In previous years, income from the

scheme was around £13,000 but in 2022-23 this jumped to £20,000 and with four months still to go, this year looks to be just as busy as the last one, **with income already over £18,000**. We really need volunteers to help out with the scheme, so **if you have some spare time on your hands and enjoy meeting people, please give us a call to find out more about the scheme.**

Our **Benefits Advice Service** has also been extremely busy, and at times we have had a waiting list of four weeks before we could offer appointments. From the beginning of April this year, we have helped over **120 disabled people** with their PIP forms, (and the almost inevitable mandatory

reconsideration), Attendance and Carers Allowance applications, Disability Living Allowance for children and Universal Credit Health Questionnaires. I can't speak highly enough of the way that **Phillipa** has supported people through what is undoubtedly a stressful process.

I would also like to **thank all our volunteers** who've made a tremendous contribution to DAG this year. We have been very fortunate to have so many active volunteers over the years, but this is always a fluid situation and we welcome anyone who has spare time to help support our services. If you want to find out more about our volunteering opportunities, please get in touch with the office!

More thank you's!

To **Nat Hansell** who overcame all her fears and successfully completed her fundraising Skydive to raise awareness of Anxiety and money for DAG and Dalewood Trust. Originally hoping to raise £500, Nat has exceeded all expectations and her current total is **£1835.00**. This is a fantastic achievement in so many ways and we cannot thank Nat enough. To **Bev Crisp** who has signed up for the Great North Run next year and will again be raising funds for DAG. To **Whitby Krampus Run** for choosing to support DAG as their chosen charity this year. As I write, they are finalising their plans for their event at the weekend. Watch out for our **Whitby DAG donation buckets** on **Saturday 2nd December** if you have any spare change spare change.

Finally we would welcome any prizes for our **Christmas Prize Draw** - just drop them off in the office. Likewise, if you have any connections with friendly local businesses, don't be shy of asking them to donate a prize.

Until the next time

Ian



Christmas Coffee Morning

FRIDAY 8th DECEMBER 2023

**At Staithes Village Hall
10.30am - 12.00noon**

EVERYONE WELCOME

Coffee/ Tea, Mince Pies
(Donations appreciated)

&

Seasonal Raffle



TRIPS & SHOPPERS - DECEMBER & JANUARY

The prices given are for **members/ non members**. Staithes Shopper pick up point is **Staithes Memorial Hall**. Home drop off. Open to Whitby residents, subject to seat availability. Home pick up and drop off. Contact the DAG office to book your place(s).

Places for trips on our vehicles will be allocated on a first come first served basis.

December

Saturday 2nd: Malton Christmas Festival - This trip is now full.

Thursday 7th: Guisborough Shopper

There's been a market in Guisborough for over 600 years!
Definitely worth a visit. **£8/ £10**

Friday 8th: Christmas Coffee Morning at Staithes Village Hall. **Transport £6**

Monday 11th: Lunch Trip to the Victoria Hotel. Menu Choices required by Thursday 7th December.

Bistro Menu enclosed with this newsletter. Pay for meal on day. Maximum 20 places at restaurant.

Transport £6/ £8

Friday 15th December - DAG Members' Christmas Lunch at The Ellerby.

DAG Members' Christmas Meal 2023

Thank you to everyone who voted.
The majority of votes were for **The Ellerby** on **Friday 15th December**.



- Menus have been enclosed with Members' newsletters. Menu choices and payment must be received at the DAG office by **Friday 8th December**.
- Main course & dessert (£20) or three course (£25). Please notify us of special dietary requirements.
- **Minibus transport will be £6 per person**. If you are able to provide lifts for other DAG members, please contact us at the DAG office.



Monday 18th December: Carols at St Mary's, Whitby, 7pm.

Wrap up warm for this musical treat. Volunteer Driver, Roger N, has requested seating in the downstairs pews. There may be a step up into the pew and the stone floor is uneven. **Transport £6**

We end the year with two popular destinations for last minute shopping:-

Wednesday 20th: Shopper to Northallerton £10/ £12

Thursday 21st: Staithes Shopper to Skelton £8/ £10

January 2024

Please note that trips may have to be cancelled or rescheduled due to weather conditions.

| | |
|--|-----------------|
| Thursday 4th: Guisborough Market Day - Please book your place(s) before 22nd December. 2023 | £8/ £10 |
| Tuesday 9th: Local lunch Trip - venue TBC | £8/ £10 |
| Friday 12th: Staithes Shopper to Redcar | £8/ £10 |
| Tuesday 16th: Scarborough Day Out - various drop off points in the town. | £8/ £10 |
| Friday 19th: Helmsley Market | £8/ £10 |
| Thursday 25th: Staithes Shopper to Skelton | £8/ £10 |
| Wednesday 31st: Northallerton Shopper. | £10/ £12 |



DAG Office Closure: Christmas/ New Year 2023-24

The DAG office and Mobility Equipment Hire will **close** for the **Christmas/ New Year Holiday** at **4pm** on **Friday 22nd December 2023**, and will **re-open** at **9am** on **Thursday 4th January 2024**.

Telephone, Facebook or email enquiries sent to DAG during this period will be picked up on 4th January.

Scooter or wheelchair hire requests for this period will only be accepted IF equipment can be **delivered/ collected on or before 22nd December 2023**, AND **collected/ returned on or after 4th January 2024**.

Our next newsletter will be the February 2024 issue, sent out at the end of January.

FUNDRAISING FOR DAG



The amazing **Natalie Hansell** completed her tandem skydive on 11th November, having had to reschedule due to bad weather.

People have continued to sponsor Nat, so, as well as raising awareness about mental health, she has raised **almost £2000**, to be shared between **Dalewood Trust** and **Whitby DAG**. Well done and huge **THANKS** to Nat for your support.

Whitby DAG has received **£2567.10** from the **Co-op Local Community Fund**. **THANK YOU** to all of the Co-op members who nominated us. Pictured right is DAG Trustee, **Malcolm Watt**, with Whitby Co-op Manager, **Andrew**, at the formal presentation in November.



The **2023 Whitby Krampus Parade** will take place on **Saturday 2nd December 2023**, raising money for Whitby DAG. the Parade will start at **3.30pm** from the Bandstand on Pier Road, and will make its way up to the Whalebones.

If you have some time on the 2nd to help carry collection buckets and tins during the parade, please contact us at the DAG office as soon as possible. Thankyou.

The next **DAG Bookstall** at **Whitby Co-op** will be in January 2024 - date yet to be confirmed.



If you are interested in helping run the stall, please contact Tom Cooper for details.

Tel: 07871 388425 Or email: tom@whitbydag.org.uk



DAG Benefits Advice Service

DAG can help people fill in forms for benefits, including **Personal Independence Payment** and **Attendance Allowance**.

There is usually a deadline to return these forms and our service can be booked up in advance. **If you need help with a form, please contact us as soon as possible**, to make sure we can get you an appointment in time.

DAG could not support so many people without the help of our wonderful **Volunteers**.



If you are interested in any of these roles -
Personal Assistant/ Companion on bus trips
Mobility Equipment Admin Support Fundraising

please contact the **DAG office** on **01947 821001** or email info@whitbydag.org.uk

North Yorkshire Council Consultation - Whitby Public Realm - HAVE YOUR SAY!



North Yorkshire Council (NYC) has been granted government funding through the Towns Fund. They have a number of proposals which aim to improve the public space, from Tin Ghaut to New Quay Road/ Langbourne Road, and the New Bridge/ Spital Bridge junction.

The consultation process is underway. Three consultation events have taken place and NYC is planning to more events during December. DAG will advertise these as soon as the details are available.

It is important that as many people as possible comment on the proposals before the closing date - 22nd December 2023. There are a number of ways you can participate in the consultation:-

- Attend one of the open events
- You can see the full proposals and complete the consultation on-line

<https://www.northyorks.gov.uk/your-council/consultations-and-engagement/current-consultations/whitby-public-realm-consultation>

OR

- **Ring 0300 131 2 131** to request a consultation pack, including consultation form which can be returned free-post. An automated voice asks you to describe the service you require in three words - just say **"public realm consultation"**.



Patient Transport

Ian Lawson

Co-Chair,
Accessible Transport Group

At a recent meeting in Malton of the **York & Scarborough Teaching Hospitals NHS Foundation Trust PACE** (Patient and Care Experience), a representative from **Yorkshire Coast Sight Support** made me aware of yet another transport related challenge for disabled people - **obtaining carriage in NHS Patient Transport vehicles.**

I want to hear about your experiences when using, or trying to use, Patient Transport services in the Whitby area, so have put together the following questions.

- Where do you live (town/ village)?
- Which NHS hospital, surgery or establishment is/ was the destination?
- How easy or difficult is it to book transport?
- Do you book over the phone, or can it be done at the hospital when another appointment is made?
- Has the service become more difficult to obtain in the last 12 months?
- What is the alternative for you if Patient Transport is not available? (e.g. None/ multiple bus journeys/ long walk from bus stop to hospital or clinic building).

Please send your responses c/o Judith at Whitby DAG, either by telephone **01947 821001**, or email **judith@whitbydag.org.uk**.

When I collate the responses no-one will be identified.
Thank you.

What You Can Do With Christmas Stuff

by Janet Fife



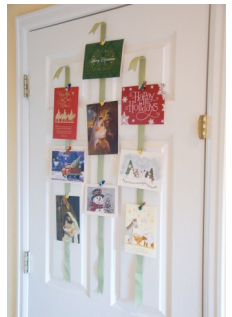
Have you a lifetime's collection of old buttons and clip-on earrings? You can make an old-fashioned garland for the Christmas tree by stringing large buttons onto lengths of thin cord or dental tape. Earrings can be clipped onto the tree's branches or Christmas wreaths for a bit of extra glamour.

Keep a wreath of real greenery by spraying it all over with hair spray. This traps the moisture inside the branches. **BUT** don't do this in a room where there are lighted candles, and never put a lit candle near greenery. It's a fire hazard.



If you're having trouble keeping a Christmas tree watered without getting the presents wet, try using a turkey baster to direct water into the tray. Or, place ice cubes in the tray and let them melt.

If your home has picture rails, try taping Christmas cards to lengths of red ribbon. Then use drawing pins or tacks to hang the ribbon from the picture rail. No picture rails? Tape or blu-tak the cards to internal doors.



Pictures courtesy of Pinterest & Blogspot.com



Whitby Sight Loss Group

Hopefully the Whitby Sight Loss group meetings will **restart in the New Year.**

Current members will be contacted with the new dates and times. If you are interested in joining the group, and would like some more information, please contact Tom.

Tel: **01947 821001 (DAG office)**

Mob: **07871 388 425**

Email: tom@whitbydag.org.uk



**Information & Advice
Drop in Sessions**

Weekly,

at Whitby Library

Friday mornings

10am to 12 noon

Contact: jim.johnson@ageuknycm.org.uk

Parkinson's UK Whitby Support Group

Meets at Whitby Golf Club



PARKINSON'S CAFE

Friendship and support locally to people with Parkinson's, their families and carers. **For dates and details contact Tracy on 07789 884 602**

Parkinson's UK helpline on 0808 800 0303

Returning Equipment

When you no longer require the
**equipment loaned by NHS or Social
Care services, contact **Medequip** to
request **free** collection

north.yorks@medequip-uk.com or **01423 226240**



Items can also be dropped of at the **Medequip Scarborough Depot: 5B & 5C Dunslow Court, Eastfield, Scarborough, YO11 3XT** **or**

Whitby Household Waste Recycling Centre, Cholmley Way, Whitby YO22 4NJ, Monday to Friday 9am - 5pm



We Are Moving!

As of 6th December 2023,

Citizens Advice will be moving from Church House Centre, Flowergate, **to the Coliseum Centre, Victoria Place, Whitby.**

Drop-In on Wednesdays, 10am-3pm.

Adviceline: freephone 0808 278 7900

Monday to Friday, 9am to 4.30pm (except bank holidays)



Care and Support for Life

Whitby “Welcome Wednesday” Wellbeing Café

1-3pm, Hopkinson Room, The Coliseum Victoria Place

**Dementia Forward Local Helpline, Monday to Friday,
9am to 4pm. Tel: 3300 578592**



Dalewood Trust supports adults with learning disabilities providing leisure activities, adult education, volunteering and work experience.

They provide **Shopping and Laundry** services for the wider community in the Whitby area – charges apply.

On site café at Cholmley Way, alongside woodwork craft and plants shop.

For more information and to arrange services

Tel: 01947 600583 Email: info@dalewoodtrust.org

Facebook:

<https://www.facebook.com/DalewoodTrust/>



A local voluntary organisation and registered charity.

Providing practical and emotional help for carers, the people they care for and older people living on their own.

Sitting service, befriender visits, support groups.

Volunteer befriending opportunities.

For details please phone **01947 605757**.

Website: caringtogetherwhitbyanddistrict.org

Make your donations to DAG go further through

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

Contact the DAG office for more details.



The Computer Centre
Repairing Whitby's computers for over
15 Years

Sales & Repairs
Computers, Laptops, Tablets & Phones

E: sales@apc4me.co.uk W: www.apc4me.co.uk
Visit: Unit G1B St Hilda's Business Centre, The Ropery

T: (01947) 605859

- 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.

Please help DAG keep our costs down by getting your Newsletter as a PDF document by email. It gets to you more quickly and saves on paper, printing & postage costs for us!

Find us at Church House Centre, Flowergate, WHITBY, YO21 3BA Mon, Tues & Thurs 9am-5pm; Fri 9am-4.30pm

Telephone: 01947 821001 Mobile: 07956 751 790

Email: info@whitbydag.org.uk

Website: www.whitbydag.org.uk

All Mobility Hire enquiries should be via the DAG office.

Reg. Charity No: 1131037

Company Reg: No: 6956837

Patron: The Marquis of Normanby



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.