

### In this Issue:

- 3: DAG Updates, AGM, Fundraising, Volunteer Opportunities, Benefits Advice, Trips/ Events
- 8: Take Action Against Discrimination
- 10: Herbert Protocol
- 11: Insulation & Energy Efficiency Grants
- 12: Local Organisations, Groups & Services
- 16: Contact DAG

Firstly a Happy New Year to everyone, (even though I am writing this at the end of January and it already seems like an age ago!) This is now officially the last time I'll wish anyone a Happy New Year until 2025!

As we look forward to what will be a busy and no doubt, challenging year for DAG, I want to say a **big thank you to the staff and volunteers for all their hard work in 2023.**

Demands on all our services increased this year and everyone has worked incredibly hard to make sure that all of our services continued to be delivered and meet the needs of our members, service users and wider beneficiaries.

Thank you to everyone who came to our AGM, at the United Reformed Church (The Trinity Centre). It was really nice to see some old, and quite a few new, faces there.

One of the topics we spoke about was **volunteering**, how important it is to DAG, and the difference it makes when we have people who are willing to give up some of their precious free time to help us run our activities and services.

If you feel that you (or someone you know) would like to find out more about volunteering with DAG, please get in touch.

The AGM was also a time to reflect on what we'd achieved over the year, and one of the key priorities we identified was increasing the number and range of our trips and outings. After coming through Covid, we started off tentatively with a fortnightly shopper and some trips out for lunch. By the end of the year we were running regular market trips to **Northallerton, Skelton Retail Park, Redcar and Malton**.

As well as this, we were offering regular trips and outings to places of interest, for lunches, and hiring out the minibus to local schools, community groups and other voluntary organisations. None of this could have been achieved without our **wonderful Volunteer Drivers and Passenger Assistants** and the hard work of **Tom Cooper** who took on the role of Transport Worker.

Another priority for us was improving access for disabled people and again I am proud of what we achieved. DAG was involved in lots of consultations and projects and the end result of some of this work was the year ending with a new **Changing Places Toilet** being installed on the **Marina Car Park** and the promise of one at the newly remodelled **Whitby Hospital** and an **accessible beach chalet on West Cliff beach**.

Improving our transport "offer" and continuing to improve access remain ongoing priorities for DAG, as we know how important they both are for disabled people to be able to live as independently as possible.

Finally, many of you will have seen the “**SOLD**” sign **outside Church House** and wondered what is happening with the building.

The new owner has assured us that he wants Church House to continue to be a **Community asset**, and somewhere where people can go to for the help and advice that they need. **DAG has formally agreed to sign a new lease** and look forward to hearing more about the new owner’s plans for the building.

**Until the next time**

**Ian**



### **Phyllis Fellows**

We received the sad news at the beginning of December, that long-time DAG member, Phyllis Fellows has died.

Phyllis, (pictured left with her son, Michael, at our Christmas 2022 party) became a DAG Member in December 2005, not long after I started to work for DAG, and quickly became a regular on our trips, coffee mornings and Christmas meals. Phyllis regularly came up with suggestions and ideas for outings and events. She didn't have good mobility but was always up for a challenge. Even when she needed to stay in her wheelchair, a trip on Wetwheels didn't phase her at all!

Phyllis was a forthright person. She didn't go around the houses to give her opinion or indicate when/ if she needed (or didn't need) assistance, but she always enjoyed a cheeky joke and a laugh. We send our condolences to Michael and family.

**Judith**

## Annual General Meeting

Whitby DAG held our AGM for the year 2022-23 on 23rd January 2024, at The Trinity Centre. 20 Members and three staff attended. 11 Members sent their apologies.

The Minutes from 24/1/2023, Annual Report & Accounts for 2022-23 were all approved. **Barbara Booth, Roger Everitt, Mike Hutchinson, Jacqui Jobling, Malcolm Watt, Richard Weightman, and Sally Williams** have all been re-elected to the Board of Trustees.

The Trustees presented two proposals for the Membership Fee for 2024-25 for discussion:- **retain the current rates (£15/ £20), or increase them to £20 for a single Member and £25 for joint membership.** Following a discussion of the proposals **the meeting approved the Increase, which will be applied from 1st April 2024.**

The **Whitby DAG Bookstall** will return to Whitby Co-op in February. The bookstalls will now run on **one Wednesday and one Friday each month**, alternating between mainly Jigsaws and mainly Books. The first stall will be held on **Wednesday 21<sup>st</sup> February, 10am to 1pm.**

We are also planning a **Jigsaw Sale** at **Church House** on **Monday 12th February.** We have over a thousand jigsaws to sell, so please let your family and friends know.

**Please can I put a shout out to all our wonderful Members and to anyone who could help run the stall at the Co-op.** Transport is available. Come along for part or the whole of the session. Feel free to pass on my contact details to anyone who would like to help. **Tommy**

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

Tel: **01947 821001** or **07871 388 425**

## Getting your DAG Newsletter

The cost of producing our monthly Newsletter has, like everything else, continued to rise, postage in particular. However, we don't receive any funding for the newsletter.

In order to bring the costs down, **from April 2024 we need to make the following changes:**

- We ask as many recipients as possible to get their newsletter by email. Contact the DAG office.
- Organisations and groups will only be able to receive our newsletter by email.
- Only paid up DAG Members may continue to receive printed newsletters.
- Individual non-members who wish to receive a printed newsletter will be required to make a contribution toward the cost - amount to be confirmed.
- We will ask for volunteers to hand deliver newsletters in their area.

Thank you for your understanding and support.

**Judith**

## **DAG** **Easter Coffee Morning**

**Thursday 28<sup>th</sup> March**  
**at Staithes Village Hall**

**10.30am -12.30pm**



Teas, Coffees, Hot Cross Bun **Everyone Welcome**  
s plus an Easter Raffle



## 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**.



Are you interested in any of these roles?

- **Personal Assistant/ Companion on bus trips**
- **Mobility Equipment Hire Service**
- **Admin Support in the Office**
- **Fundraising**

DBS Checks are required for some roles.

Please contact **the DAG office** on **01947 821001** or Email [info@whitbydag.org.uk](mailto:info@whitbydag.org.uk)

## TRIPS & SHOPPERS - FEBRUARY & EARLY MARCH

**Unless otherwise stated all trips cost £8 for a DAG Member and £10 for a non-member.**

### **FEBRUARY**

- Tuesday 6<sup>th</sup>      **Whitby Day Out to Saltburn**
- Friday 9<sup>th</sup>      **Staites Shopper** to Redcar Market & Morrison's Supermarket
- Tuesday 13<sup>th</sup>      Lunch to the **Tiger Inn, Easington**
- Friday 16<sup>th</sup>      **Whitby Shopper** to Helmsley. Market, Castle, Walled Garden
- Thursday 22<sup>nd</sup>      **Staites Shopper** to Skelton Retail Park
- Wednesday 28<sup>th</sup>      **DAG Shopper** to Northallerton Market  
**£10/ £12**

### **MARCH**

- Thursday 7<sup>th</sup>      **Whitby Shopper** to Guisborough Market
- Tuesday 8<sup>th</sup>      **Staites Shopper** to Skelton
- Thursday 14<sup>th</sup>      **Dean's Garden Centre** - Scarborough Spring Visit  
(Please note change of date from 13th)

**Contact the DAG office to book your place .**

**To do or not to do – that is the question.  
Is there a link between rugby and discrimination ?  
Food for thought.....** **By Ian Lawson**



Is there a connection between rugby union and disabled people? Clearly not an obvious one, unless an injury on the field leads to an impairment for life. All of my life I have loved rugby, played rugby, watched it and now I recall admiring **Nelson Mandela when he joined the Springboks on the pitch, celebrating their World Cup win in 1995.**

The end of apartheid in the early 1990s, enabled black players to be selected for the South African team. Now the Springboks captain, **Siya Kolisi**, leads by example, both on and off the pitch - Kolisi and his wife Rachel campaign to end violence and sexual abuse towards women, which is a huge problem in South Africa. I've just finished reading his recent autobiography which contains the following statement – ***“the only thing needed for evil to triumph is for good men to do nothing”***.

If you replace the word **evil** with the word **discrimination**, his statement is very relevant to us in the disabled community.

If you live with a disability, **you can say or do nothing** if you experience discrimination by an organisation or business that reduces your enjoyment of everyday life. **But that means other disabled people will also face discrimination.**







**Or, you can raise the issue with that organisation or business, which can and does result in improvements that benefit other disabled people.**

Unfortunately, many people in business and the public sector, do not know about the **Equality Act 2010**, or their **duty to make their business or organisation as accessible and inclusive as possible**. And, in my experience, many able-bodied people are simply unaware of how their business or services disadvantage disabled people. **Simply starting a conversation with them can result in “reasonable adjustments” being made to how they operate.**

Understandably, raising an issue that spoilt your day out, with the manager of business owner, may be daunting. I understand that completely. **However, please believe me when I say that, the personal satisfaction you will get by seeing improvements that benefit other disabled people, is massive.**

If necessary, Whitby DAG can help you to write a letter or email to explain the discrimination you experienced, how it affected you and what could be done to avoid it happening again to anyone else.

If you like to know more about **WHAT YOU CAN DO**, please contact the Whitby DAG office.



northyorkshire  
community messaging



Urgency: 3 | 2 | 1



HEALTH & SAFETY

## Herbert Protocol Keeping People With Dementia Safe

According to Alzheimer's Research UK, **every day in this country, 600 people develop dementia**. Sometimes people with dementia wander off, often into the garden, but sometimes they get lost and unintentionally go missing.

When someone is reported missing to the police, we need to ask lots of questions about the person and will ask for a recent photograph. **The Herbert Protocol form** has been designed to speed up the process of collecting this Information. The form should be stored in a safe location and only passed to the police if the person goes missing.

Keeping a completed form means you don't have to try to remember the information when you are under stress if someone goes missing. And it saves time, so we can start the search sooner.

The form is 10 pages long, but covers a wide range of information which would be useful for the police if the person goes missing.:- basic details, contact physical description, health, money, communication, interests, routine, previous times they went missing, other people the police might need to talk to, and a recent photo.

You can download a form from **[Herbert Protocol Form](http://northyorkshire.police.uk)**  
**[northyorkshire.police.uk](http://northyorkshire.police.uk)**



## Insulation and Energy Efficiency Grants

Getting homes insulated and improving energy efficiency is still the best way to cut energy bills and help make homes warmer. Some options:

### **Connected for Warmth**

This loft and cavity wall insulation offer is available to homeowners and privately rented properties, and is subject to availability of funding.

**<https://www.connectedforwarmth.org.uk>**

### **Great British Insulation Scheme**

This is a government scheme **delivered via your energy supplier**. It offers grants of up to £1,500 per household and, again, eligibility is based on Council Tax band and EPC rating. There is likely to be a contribution required (estimated 10% of the cost) for people who don't receive means-tested benefits.

**<https://www.gov.uk/apply-great-british-insulation-scheme>**

### **Home Upgrade Grant**

**Targeted at homes that are off mains gas, have poor quality insulation and have inefficient heating systems.**

Measures can include insulation, heat pumps and/or solar panels - check with your own local authority.

**<https://www.northyorks.gov.uk/housing-and-homelessness/other-housing-information/energy-efficiency-advice/home-upgrade-grant-phase-2>**



## Update on the Whitby Sight Loss Group - Tom Cooper

I am proposing **restarting the Sight Loss Group**. My plan is to arrange **a meeting at the beginning of March** to discuss how we take the group forward. I will be in touch shortly with all current members to arrange the date and time.

If any other Whitby DAG members are interested, or if you know someone to whom this group may be of benefit and who would be interested in joining, please contact me or pass on my contact details.

**Tommy**

Tel: **01947 821001** or Mobile: **07871 388 425**

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



**Information & Advice  
Drop in Sessions**

**Contact: [jim.johnson@ageuknycm.org.uk](mailto:jim.johnson@ageuknycm.org.uk)**

**Weekly,  
at Whitby Library  
Friday mornings  
10am to 12 noon**

## **Parkinson's UK Whitby Support Group**

**Meets at Whitby Golf Club**

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 CAFE**

**Parkinson's UK helpline on [0808 800 0303](tel:08088000303)**

## 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](mailto: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](mailto:info@dalewoodtrust.org)**

**Facebook:**

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



A local voluntary organisation and registered charity.

**Now based in The Coliseum, Victoria Place, Whitby**

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](http://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](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**

- 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](mailto:info@whitbydag.org.uk)

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