

# DAG News

Newsletter of Whitby, Scarborough  
& Ryedale Disability Action Group



ISSUE 224

February 2017

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

An audio  
cassette  
version is  
available on  
request.

May I first of all wish all readers of this Newsletter a very **Happy New Year** and offer my grateful thanks to everyone for their good wishes during my time off for my heart bypass operation and recovery, and since. Particular thanks to my colleagues at DAG for doing more than enough to keep things going, and special thanks to Mike Hutchinson for 'doing my bit' in the Newsletter.

In September I mentioned our success in getting funds from **North Yorkshire Stronger Communities** to support our **Mobility Equipment Hire Service**. This service has now moved to **Whitby Library**, so do pop in and say 'hello' to **Vicky Millson** who is based there (Tuesdays and Thursdays) to deliver the service. Our equipment is stored in the old Library Bus garage, and at least in the recent storm surge we didn't have to frantically move it all!

Whitby, Scarborough & Ryedale DAG  
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Reg. Charity No: 1131037  
Patron: The Marquis of Normanby

Company Reg: No: 6956837

**Comic Relief's Local Communities Fund** (administered by the Two Ridings Community Foundation) has agreed to fund our **Welfare Benefits Advice**. This funding will cover the service for three months from early February. So, if you, or someone you know needs to talk to **Mo Aldred** particularly about Personal Independence Payments (PIPs), Disability Living Allowance (DLA) or Employment Support Allowance (ESA), please do get in touch.

Our very popular '**Befriending through Sport**' project has also got new funding, this time, thanks are due to the **Scurrah Wainwright Charity**. Their support means that the project will be able to run from January to early May. Once again, **Sally Williams** will lead it.

Following the information in the December Newsletter about our non-quoted **AGM**, I can confirm that the written Resolutions (listed below) – sent to Members – were all approved in writing by the required number of Members.

- \* Minutes of the AGM of 9<sup>th</sup> September 2015
- \* Treasurer's Report & Annual Accounts 2015-16
- \* Postal Election of Trustees (Barbara Booth, Roger Cohen, Susan Harty, Mike Hutchinson, Jacqui Jobling, Emma Smith)
- \* Membership Subscriptions for 2017-18
- \* Appointment of Accountant - Philip Burley.

It's time to say **Thank You and Goodbye** to one of our long-serving Volunteers. **Margaret Trowsdale**, says her good-byes and thanks in the Members' Noticeboard, but it simply would not be right not to put on record the thanks from DAG for all that Margaret has done for us as a Passenger Assistant. We so very much appreciate her contribution over the years, and we must mention the amount of funds

Margaret as raised for DAG through her tireless organising of raffles. Last year alone DAG benefited by **£1,130**.

**Thank you Margaret. Enjoy your 'retirement'**. You will be missed as a PA, but we are delighted that you will continue to be a DAG member.

Until the next time.

**Richard**



**North Yorkshire**  
County Council

## **Yorkshire Coast and Ryedale Disability Forum**

- Are you disabled? Do you have views on what is and what isn't working well for disabled people locally?
- Would you like the opportunity to have access to decision makers and to help make a difference for local disabled people?
- Disabled people are being sought for the **Yorkshire Coast and Ryedale Disability Forum** supported by North Yorkshire County Council.

### **NEXT FORUM MEETING**

**February 16<sup>th</sup> 2017, 10.30am – 12.30pm**

At Friends Meeting House, Quaker Close,  
Scarborough, YO12 5QZ

Please come along. Travel expenses are available.

Interested in finding out more? Please ring **Karen** on **01609 534061** or E-mail [sarah.robinson@northyorks.gov.uk](mailto:sarah.robinson@northyorks.gov.uk)



## Direct Payments, Peer Support Groups

If you are a disabled person and need support in your home, or assistance to access your local community facilities, activities and/or work, Direct Payments could help. You may already receive Direct Payments, a health budget or you are just interested in learning more about financial assistance. Either way, the **Direct Payments, Peer Support Group** is aimed at you!

This group will give disabled people, carers and professionals an opportunity to share personal experiences, gain information, listen to guest speakers, discuss concerns, and resolve issues together in a safe and friendly environment. The meetings are held in accessible venues. Refreshments will be provided.

For more information contact **Bridget Hardy, Project Support Officer**, by e-mail [bridget@nycil.org.uk](mailto:bridget@nycil.org.uk) or [thepsq@nycil.org.uk](mailto:thepsq@nycil.org.uk) , or **Tel: 01723 588002**. Bridget works Tuesdays and Wednesdays.

You are welcome to come along to any of the meetings:-

**Tuesday 14<sup>th</sup> February**, 10.30am - 12.30pm at Friends Meeting House, Quaker Close, Scarborough, YO12 5QZ

**Tuesday 21<sup>st</sup> February**, from 1-3pm at The Encephalitis Society, 32 Castlegate, Malton, YO17 7DT

**Tuesday 7<sup>th</sup> March**, from 10.30am - 12.30pm at Whitby Library, Windsor Terrace, Whitby, YO21 1ET

**NHS**

Vale of York  
Clinical Commissioning Group  
Hambleton, Richmondshire and Whitby  
Clinical Commissioning Group  
Harrogate and Rural District  
Clinical Commissioning Group  
Scarborough and Ryedale  
Clinical Commissioning Group

## Do you use a wheelchair Provided by the Community Wheelchair Service?

From 1st December 2016, **NRS Healthcare** will provide **Community Wheelchair Services** for North Yorkshire and York Wheelchair users.

We're working alongside **Blatchford Clinical Services**, who will carry out clinical assessments.

If you experience any problems with your wheelchair or require a new referral, please call the new Community Wheelchair service on:

# 01904 654 052

8.00am to 5.00pm, Monday to Friday  
(Out of Hours service available)

## Luncheon Club - Every Tuesday

A chance to make new friends or  
meet up with old ones



Meet at the **Penny Hedge, Stainscare Lane, Whitby** from **11am**. Lunch at 12noon followed by quiz and chat.

**All over 50s welcome.** No need to book - just come along and you will receive a warm welcome.

£6.00 menu and Light Bites menu available. The Penny Hedge is wheelchair accessible, with accessible toilet facilities. Orders taken at your table.

For more information contact **Community Link Workers Barbara or Ian** on **01723 379058**.



## NEW ADDRESS

The Spencer Suite, Falsgrave Community Resource  
Centre, Seamer Road, Scarborough, YO12 4DJ

Tel: 01723 356562

Fax: 01723 330363

Email: [info@swrmind.org.uk](mailto:info@swrmind.org.uk)

Web: [www.swrmind.org.uk](http://www.swrmind.org.uk)

Twitter: @swrmind1

Facebook: facebook.com/swrmind1

**IT PAYS TO STOP  
AND THINK  
FIND OUT HOW**



**What should you do about phone calls, texts or e-mails asking you to hand over personal or financial information?**

**STOP AND THINK ABOUT WHAT'S REALLY GOING ON!**

- 1. Never disclose security details, such as your PIN or full banking password.** Banks and other trusted organisations will never ask you for these in an email, on the phone, by text or in writing.
- 2. Don't assume an e-mail or phone call is authentic.** Just because someone knows your basic details (such as your name and address or even your mother's maiden name), it doesn't mean they are genuine.
- 3. Don't be rushed or pressured into making a decision.** Under no circumstances would a bank or organisation force you to make a financial transaction on the spot; AND they would never ask you to transfer money into another account for fraud reasons.
- 4. Listen to your instincts** If something feels wrong then it is usually correct to question it.
- 5. Stay in control.** Have the confidence to refuse unusual requests for personal or financial information. It's okay to stop the discussion if you do not feel in control of it.

If you think there has been fraud on your card or bank account, or an attempt to compromise your financial details, report it immediately to your bank or other financial services provider. Then contact **Action Fraud** on **0300 123 2040** or on their website [www.actionfraud.police.uk](http://www.actionfraud.police.uk)

## Alternatives to Motability

(as reported by independent living.co.uk)

Many disabled people are losing their **Motability** vehicles if they are reassessed from Disability Living Allowance (DLA) higher mobility to Personal Independence Payment (PIP) standard mobility. Penny Mordaunt, the Minister for Disabled People, has suggested that a way could be found for people who appeal the decision to retain their vehicle until the appeal is heard, but Motability and the DWP have both stated they have no plans to change the system.

There are alternatives to Motability, which are worth considering, depending on your circumstances.

Mobility charity **MASIS** (Mobility and Support Information Service), which is associated with the Disabled Motorists Federation, has teamed up with **OSV**, a national vehicle supply company to provide a leasing solution for those people who lose their entitlement or don't qualify for Motability, and people who choose not to make use of their entitlement to Motability.



It is suitable if you are employed, have a private income and, in certain circumstances, if you are on long-term benefits. **Approval is subject to a credit search and underwriting criteria.** You keep any benefits you may receive, and pay a fixed monthly payment by Direct Debit.

The vehicles supplied through the scheme are '**non-adapted**', **standard specification vehicles**. MASIS has entered into an agreement with a supplier of used adapted

vehicles. For details contact MASIS via their website [www.masis.org.uk](http://www.masis.org.uk), or e-mail [info@masis.org.uk](mailto:info@masis.org.uk)

You can also contact **OSV** directly for details.

Tel: **01903 257155**, website: <https://www.osv.ltd.uk/masis/>

The second option may be to buy a **pre-owned WAV** (wheelchair accessible vehicle) or car with adaptive driving controls. The price will be lower than a new vehicle, and you will have a vehicle which you can sell or trade-in.



**Boothbys, in East Heslerton, Malton** sells pre-owned WAVs. They also have a range of finance options.

Tel: **01944 711711**; website [www.boothbys.co.uk](http://www.boothbys.co.uk)

**AbleToEnable** sells WAVs and adapted vehicles and can also adapt your vehicle. They have showrooms in **York (01904 690666)** and **Harrogate (01423 880882)**. You can also contact them via their website [www.ableto.co.uk](http://www.ableto.co.uk).

**Vehicle adaptations** usually have to be paid for by the customer. Your appropriate disability group, such as Scope, the MS Society or the Muscular Dystrophy Campaign, may know of sources of financial help.

**Charity Search** can help you find a grant-giving charity if you are aged 50 or over. Tel: **0117 982 4060**;

Email: [info@charitysearch.org.uk](mailto:info@charitysearch.org.uk)

**Turn2Us** can help you find financial support including grants Tel: **0808 802 2000**; Email: [info@turn2us.org.uk](mailto:info@turn2us.org.uk)

Charity Search and Turn2Us both provide a free service.

**NHS**  
Hambleton, Richmondshire  
and Whitby  
Clinical Commissioning Group

## MEDICINES WASTE

Did you know that wasted medicines costs the NHS across Hambleton, Richmondshire and Whitby nearly **£1 million every year?**

Once medicines leave the GP practice or pharmacy, they cannot be re-used. Per year, that money could pay for:

1,058 days of care in an Intensive Treatment Unit (ITU) for critically ill patients

5,389 outpatient appointments with a Consultant

1,764 days of treatment in a Special Baby Care Unit for seriously ill babies



20,000 GP appointments

99,700 blood tests

20 community nurses

16,363 hearing tests

600,000 inhalers for asthmatics

Please help to save NHS resources. Only request medicines on prescription you really need, when you really need them.

[www.hambletonrichmondshireandwhitbyccg.nhs.uk](http://www.hambletonrichmondshireandwhitbyccg.nhs.uk)

## PARACETAMOL

Did you know that it costs the NHS around **four times** more to provide paracetamol on prescription than it does for you to buy them yourself?

Buying at your local pharmacy or supermarket:



It costs the NHS in Hambleton, Richmondshire and Whitby around £190,000 a year to fund prescriptions for paracetamol.

Cost to NHS on prescription:



Please help to save NHS resources. Only request a prescription for paracetamol if you really have to.

[www.hambletonrichmondshireandwhitbyccg.nhs.uk](http://www.hambletonrichmondshireandwhitbyccg.nhs.uk)

**NHS**  
Hambleton, Richmondshire  
and Whitby  
Clinical Commissioning Group

## MINOR AILMENTS

Did you know that it costs the NHS around **four times** more to provide medicines for some minor ailments than it does for you to buy them?

Here are just a few minor ailments that can be managed by advice and medication from your local pharmacy or supermarket:

- |                    |                         |                           |
|--------------------|-------------------------|---------------------------|
| Acne               | Earache                 | Nasal congestion (infant) |
| Athlete's foot     | Ear wax                 | Oral thrush               |
| Back ache          | Eczema                  | Pain                      |
| Blocked nose       | Haemorrhoids            | Scabies                   |
| Cold sores         | Hay fever               | Sore throat               |
| Common cold        | Headache                | Sprains and strains       |
| Conjunctivitis     | Head lice               | Teething                  |
| Constipation       | Indigestion / heartburn | Temperature / fever       |
| Contact dermatitis | Infant colic            | Threadworms               |
| Cough              | Insect bites / stings   | Toothache                 |
| Cystitis           | Migraine                | Vaginal thrush            |
| Diarrhoea          | Mouth ulcers            | Verruca / warts           |
| Dry skin           | Nappy rash              |                           |

Please help to save NHS resources. Only request a prescription for a minor ailment if you really have to.

[www.hambletonrichmondshireandwhitbyccg.nhs.uk](http://www.hambletonrichmondshireandwhitbyccg.nhs.uk)

## Do You Need That Prescription?

Its hard to miss the headlines about the funding crisis in the NHS. Every health authority is looking at how to reduce the pressure on their services and budgets.

Whatever you think are the causes of the current problems or what the big solutions could be, Hambleton, Richmondshire and Whitby CCG is asking patients to help reduce waste and save resources locally.

These three posters are now on display in GP surgeries and Pharmacies asking patients to think about whether we really need a medicine on prescription. It is often possible to buy them cheaper than it costs the health authority.

Pharmacists can always advise on the suitability of proprietary medicines for your ailment or health condition.



## Improving the Workplace Experience

**Clear Talents On Demand** is a free tool for identifying **reasonable adjustments** in the workplace.

Clear Talents helps employers to understand how things like disability, health conditions, religious beliefs, ethnicity, age, sexual orientation, pregnancy, cultural backgrounds, caring responsibilities (and many more) can have an impact on an employee's ability to perform at their best. **Clear Talents is completely free to use for both employees and employers.**

Log on to [abilitynet.org.uk](http://abilitynet.org.uk) , click on “**Workplace Services**” and then “**Identify Reasonable Adjustments**”. You create your own account and share your report with your manager if you're an employee, or invite an employee to create an account if you're a manager.

You can then explore how your circumstances can present challenges for you in your job, e.g. when communicating with others, using work based equipment like computers, or travelling for work. You will receive a report detailing how small changes can improve your working life, with guidance and support to help yourself. Share your report with your employer so that they are aware of your needs. Your employer will get all the guidance they need to help you.

**AbilityNet** is a UK based charity **helping disabled adults and children** use computers and the internet **by adapting and adjusting their technology.**



## “Signly Network Rail”

**Network Rail has launched a new smartphone app** which provides deaf people in the UK with access to a range of information that will help them to **cross the railway** with confidence. This is forms part of a new **campaign** by Network Rail which aims to **help people with visual, hearing or mobility impairments**.

“**Signly Network Rail**” is available, for **free**, from the **Apple App Store** or **Google Play**. Smartphone users can hover their phone or tablet over leaflets or posters; the app is programmed to recognise an image on the front and inserts signed (or spoken/filmed) digital information onto the screen of the user’s own mobile device.



Network Rail has also produced **guides, leaflets and posters** about the various **audible, tactile and visual cues and warnings** that are present at **some of Britain’s level crossings** to help users know when it is safe to cross the tracks.

### FOR SALE

**Sidhil Dynamic Cushion** with pump—pressure therapy cushion for people at risk of pressure sores. Excellent condition. Can cost over £200 new.

**Visiq Infrared Foot Spa**—heated water massage therapy for your tired and sore feet. Excellent condition.

**Silentnight Comfort Control Fleecy Electric Blanket** to fit a double bed. Hardly used. Excellent condition.

The vendors would like buyers to make a donation to DAG for these items. All items are available at the DAG office.

**DAG also has the following items for sale - all available for viewing at the DAG office. Unless stated all have been pre-used. Donations appreciated.**



**Bath Board, fixings included. Unused**



**Comfort cushion. To prevent pressure ulcers.**



**4 Wheel Rollators with seat/storage**



**Transfer Bath Bench - back rest & hand rail.**



**Handy utility bags for zimmer frames. New**



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

**T: (01947) 605859**

**FOR  
SALE**

Advertise your Item for Sale/ Item Wanted.  
We request a donation to DAG of £2.00 per  
month.

**allcare**  
.co.uk

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

Telephone/Fax: 01947 825555 Mob: 07584220247

E-mail: [info@allcare.co.uk](mailto:info@allcare.co.uk)

Website: [www.allcare.co.uk](http://www.allcare.co.uk)

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Services for adults with learning disabilities

## 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**.



**There is a small charge for these services.**

- 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)**
- **Give as You Live**
- **Leaving a Financial Gift in your Will**

**Contact the DAG office for details.**

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