

DAG News

Newsletter of Whitby, Scarborough
& Ryedale Disability Action Group



ISSUE 225

March 2017

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

An audio cassette version is available on request.

In late 2015, as most of you know, DAG experienced a severe financial crisis which was averted through donations large and small, many from unexpected sources.

Fifteen months on DAG's financial situation remains challenging, but has been helped in recent times by a donation of £5,000 from Hilda Wray, one of our Trustees. Hilda decided she wished some of her estate to be used to make a donation to DAG immediately, feeling that she **“wanted to help DAG now, when it needs the help, not at some point in the future.”** We advised her to speak to her solicitor, and, everything was arranged smoothly and went ahead. This was a very generous gesture, helping DAG enormously. So, if someone out there reading this Newsletter feels prompted to respond generously in the same way please come and talk to us, or speak directly to your solicitor.

Whitby, Scarborough & Ryedale DAG
Church House Centre, Flowergate, WHITBY, YO21 3BA
T: 01947 821001 E: info@whitbydag.org.uk
W: www.whitbydag.org.uk



Reg. Charity No: 1131037
Patron: The Marquis of Normanby

Company Reg: No: 6956837

As I said in the previous Newsletter, **Roger Cohen** – one of our volunteer drivers – will be retiring in April. It is a pleasure to put on paper DAG's appreciation of Roger for the work he has done as part of our 'Trips Team', and we want to pass on our thanks and good wishes. At the same time, it is good to know that his knowledge and expertise will still be available to DAG through his continuing role as a Trustee. Needless to say, we would also love to hear from anyone interested in joining us as a volunteer driver.

Employment & Support Allowance (ESA) was introduced in October 2008 to replace Incapacity Benefit. ESA is paid if you are unable to work or have limited capability for work because of illness or disability. Applicants must undergo a **work capability assessment** to determine eligibility and are re-assessed to ensure their condition has not changed. Some are re-tested every three months and others up to two years later. Under the government's change, those who are deemed unfit for work and with conditions that will not improve will no longer face re-testing, although in some of these cases "the devil is in the detail" and things may not be as clear cut as they seem. These people receive up to £109.30 per week in ESA payments. Other claimants - in the "work-related activity group" - deemed unable to work at the moment but capable of making some effort to find employment - receive up to £102.15 a week in ESA payments. However, from April, **new claimants** in the "work related activity group" will see their payments fall to £73 (the same as JSA); ministers say that too few people in this category are moving into work.

If you are worried about ESA and what the changes might mean for you please contact Mo at the DAG office.

Until the next time, Richard

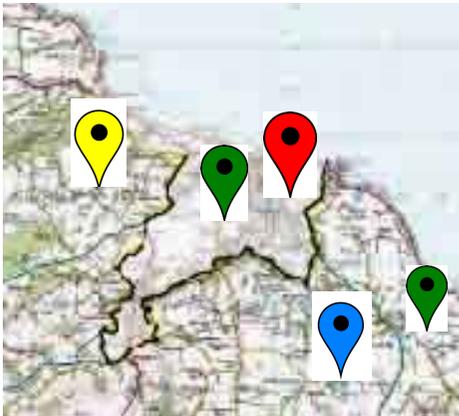


DAG does Disabled Access Day 2017!

Information display in **Whitby Library** (café area)

Friday 10th March 9.30am - 5pm

And **Saturday 11th March, 10.00am - 1pm.**



Colour-coded maps of the town and district showing:

- Information for locals and visitors
- disability services
- support organisations
- places to eat
- local businesses
- access information
- accessible holiday accommodation
- places to visit

Where to Go, Where to Stay and **Where to Eat** guides available (donations welcome). **Plus** a chance to find out more about DAG services, including our welfare benefits advice and mobility equipment hire service. Staff and volunteers will be on hand for enquiries.

Contact Judith at DAG if you would like to help out.



WANTED: FAILED NEW YEAR RESOLUTIONS

Have you made some New Year's Resolutions and feel that you are not achieving them? We can help!

Whether your resolution was to improve your skills, get out into the countryside, lose some of those pounds through exercise (although we can't guarantee they will stay off!) or to specifically volunteer we can help you achieve them.

The Alzheimer's Society is looking for volunteers for their **Side By Side** project. Full training is provided and all expenses are paid including mileage. If you think this might be for you, contact **Bernie** or **Colleen** on **01723 500958**



Develop your skills
and support someone
affected by dementia

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Sleights Activity Group - third Tuesday of every month' 10.30am-12.30pm; **Whitby Practice Dementia Clinic** - first and third Tuesday of every month, 1pm-4pm

Scarborough Singing for the Brain - every Wednesday, 1.30pm-3pm; **Scarborough Activity Group** - second Monday of every month, 2pm-4pm

Filey Activity Group - last Tuesday of every month, 2pm-4pm; **Filey Practice Dementia Clinic** - second and fourth Thursday of every month 10am-1pm

Ryedale Singing for the Brain - first and third Thursdays of every month, 1.30pm-3pm

Plus If you would like to attend a **FREE 4-week carers course** or need information on any of the above services, please ring **01723 500958**.



Direct Payments Peer Support Groups

in
Scarborough, Whitby and Ryedale

Are you 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.

Do you already receive Direct Payments, a health budget or are you just interested in learning more about financial assistance?

If your answer is 'Yes' to these questions then the **Peer Support Group** is aimed at you!

Tuesday 7th March, from 10.30am at Whitby Library, Windsor Terrace, Whitby, YO21 1ET

Thursday 16th March, 1.30pm at Friends Meeting House, Quaker Close, Scarborough, YO12 5QZ

For more information contact Project Worker **Bridget Hardy**, Tel: **01723 588002** or e-mail:

bridget@nycil.org.uk or thepsg@nycil.org.uk

Bridget works Mondays and Tuesdays.

Listen to My Thoughts

When Parkinson's disease affects younger adults, it can cause huge emotional pressures for their children, especially at school. A new film is now helping teachers and health professionals to better understand the issues that can affect children whose parents live with the disease.



Mum of two **Lyn Yearn** (pictured left with her family) , who has Parkinson's, led the project with help from **Plymouth University** and **Parkinson's UK**. Following her diagnosis, Lyn and her husband didn't know how to help their young children understand and come to terms

with her condition. When her son struggled at school and got into trouble because he couldn't express his feelings, the teachers didn't know how to help him.

Lyn - *"It was then that I got involved with the **Peninsula Parkinson's Excellence Network (PenPEN)**. There was a need to develop resources not just for young children, but also for the professionals who interact with them. We wanted children to be heard, listened to and looked after. So, we developed the '**Listen to my Thoughts**' film and leaflet."*

The film follows the experiences of **Jess**, a primary school pupil whose mum has Parkinson's, and can be viewed online at

<https://www.youtube.com/watch?v=N-XBAJYYddg>

Article and picture courtesy of All Together NOW!



The **ProMove** sling was created by the late **Dr Huw Thomas** for his own use when transferring to and from his wheelchair at airports. He set up the Promove company so that other disabled people could purchase the equipment that he found so useful.

The sling is cleverly designed to be used without a hoist, which makes it ideal for use when travelling, and in situations where space is limited. It enables a transfer/lift that is safe, comfortable and dignified and allows as many people as necessary to be involved in the manoeuvre (a minimum of two or maximum of eight people). The sling has been independently tested and comes in a range of different sizes; it can be used for children aged 3 years to large adults weighing up to 45 stone.

The soft material and simple design means the **ProMove** is easily placed beneath an incapacitated person whether on the ground, seated in a chair or restricted in a tight corner. It provides good support, forming a bucket shaped seat, giving a sense of security for moving and transferring .



Picture courtesy of Promove

For more information please visit www.promove.uk.com or call **01970 820893** or e-mail sales@promove.uk.com.



Understanding **Publicly Available Specification (PAS) 2012**

by Helen Dolphin MBE LLB BSc
Independent Mobility Consultant

Many disabled people benefit from the independence and freedom that a **Wheelchair Accessible Vehicle (WAV)** provides. With so many makes and models available it can be difficult to know where to start to find the most suitable WAV.

To help, many vehicle convertors and organisations have written **WAV buying guides**, the majority of which are available on-line. Having read a number of these, they are indeed very useful, giving lots of good advice and information, but to my surprise none of them mention **PAS 2012**, which is something I believe is essential information when choosing a WAV.

When the first WAV's came into production most conversions were rudimentary, addressing only access and basic securing of the wheelchair. However, the WAV industry has grown enormously and with an ageing population the number of disabled people requiring both wheelchair accessible taxis and personal private vehicles is only going to increase. It is important that there are standards which customers can trust when purchasing a WAV and therefore **PAS 2012** was introduced.

PAS 2012 was developed by the **Wheelchair Accessible Vehicle Convertors Association (WAVCA)** according to guidelines set out by the British Standards Institute (BSI).

Accreditation concentrates on structural integrity, the fitting

of lifts, ramps and winches, testing and fitting of wheelchair securing systems and ground clearance. It also addresses the amount of space a wheelchair user needs for access and comfort inside the vehicle and service guidelines for demonstration and handover. There are currently 55 models in the UK which hold the PAS 2012 Accreditation.

Wheelchair tie-downs and anchorages must meet a high level of safety testing, but historically these were only tested with an 85kg wheelchair. Since the likelihood of a powered chair weighing less than 85kg is remote PAS 2012 has two tests; one at 85kg and one for wheelchairs up to 200kg. It is important for customers with powered chairs to check with the convertor if the vehicle has been additionally tested to accommodate the weight of their wheelchair.

PAS 2012 is also limited to WAVs in which the wheelchair is restrained using four-point strap type tie-downs as there is a lack of technical data for other types of wheelchair tie-down equipment.

All WAV convertors will be able to tell you what wheelchair weight the vehicle has been tested to, although there is no handy guide to tell you. Customers are recommended talk to their WAV convertors to discuss wheelchair compatibility with their individual needs.

PAS 2012 is not applicable to drive-from-wheelchair WAVs, which are always bespoke. However, some of the requirements can be usefully applied to drive-from-wheelchair WAVs, e.g. their basic level of accessibility.

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Helen writes for Motability and Access All Areas (Allied Mobility). This article is available in full on the **DAG website** - click on "**Latest News**".

Subtitle It!



Around this time last year, the government was deciding not to legislate on making content providers offer subtitles for hearing impaired viewers watching on demand. However, on **9th February**

2017 the House of Lords approved a Government proposal to amend the **Digital Economy Bill** to give **new powers to the TV regulator, Ofcom**, to compel video-on-demand broadcasters to provide subtitles.

A success for the **Subtitle It!** campaign from **Action on Hearing Loss**, and very welcome news for hard of hearing viewers, many of whom have raised their concerns with DAG over the years.

Subtitles are essential to ensuring that the UK's 11 million people with hearing loss can stay abreast of the latest news, keep up with their favourite shows and share the twists and turns of a gripping drama with friends and family in a way that most of us take for granted.

There had previously been no legal requirement to provide subtitles on catch up or video-on-demand services, leaving 76% of on-demand programming inaccessible to the UK's 7.5 million subtitle users, even if the programmes were subtitled when they were originally broadcast. Subtitle It! has been campaigning on this issue since 2015.

Paul Breckell, Action on Hearing Loss Chief Executive said: ***'...We now look forward to seeing access to subtitles across on-demand programmes enshrined in law.'***



Give BT's new products and services a try for free

BT is always looking for people to take part in their trials. And, you don't have to love new technology, work for BT or EE, or even be one of their customers.

Interested? Signing up means having the chance to try out products and services, such as **ultrafast fibre broadband**, **BT TV**, **mobile apps** or **future voice** before they go live.

Volunteers are asked to commit to using the service and sharing their opinions. In exchange, they'll have the particular piece of equipment, free, for six to 12 weeks.

To register, go to the internet link bt.centercode.com/welcome/ and choose '**Create an Account**'

Once registered testers will be first in line to join new trials as they appear.





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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.



Transfer Bath Bench - back rest & hand rail.



3-wheel rollators plus 4-wheel Rollators with seat/ storage



Campingaz portable flush chemical toilet. Brand new.



Handy utility bags for zimmer frames. New.



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**FOR
SALE**

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

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.