

DAG News

Newsletter of Whitby, Scarborough
& Ryedale Disability Action Group



ISSUE 239

June 2018

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

An audio cassette version is available on request.

For those of you who remember our January Newsletter, I mentioned that despite our financial challenges, 2018 could be an exciting year for DAG, as we had applied to **BIG Lottery**.

I am delighted to let you know that our **application was successful** and DAG has been awarded almost **£129,000 spread out over the next three years**. The process was a long one and to say that we were on tenterhooks as the decision day got closer and closer, is a bit of an understatement.

Our project is called “**DAG: The Place to Go**” and will allow us to maintain and develop our current services and introduce new activities in line with what disabled people say they want to do.

Church House Centre, Flowergate, WHITBY, YO21 3BA
Mon & Tues 9am-5pm; Thurs 9am-1pm; Fri 9am-4pm

T: 01947 821001
07956 751 790*

E: info@whitbydag.org.uk
daglibrary@icloud.com*

*Mobility equipment desk at Library - Mon, Tues & Thurs (10am-4pm)

W: www.whitbydag.org.uk

Reg. Charity No: 1131037

Company Reg: No: 6956837

Patron: The Marquis of Normanby



We will be recruiting a new **Membership and Activities Worker** for the project and we are all looking forward to having a fresh face in the office, especially as it will allow us to do so much more in terms of providing activities that disabled people have told us they want to do.

On another positive note, our **Swimming Sessions** are going really well and **Sally** has had lots of positive feedback from those taking part. **Whitby Leisure Centre** has invested in a new **IPool Pro mobile hoist**, and DAG is working with them to look at how else they can improve accessibility for disabled people. The sessions will run until the summer holidays in July and then restart in September, and I do have to stress that due to the popularity of the sessions, **anyone wanting to attend, must call Sally in the office to book a place.**

Another exciting initiative DAG is involved with is **Wetwheels Yorkshire** and three of our trips over the summer are already full. Having the opportunity to take a trip (and even take the controls) of a specially modified, fully accessible Powerboat is something that we hope will create a lasting memory for those lucky enough to be taking part.

So all in all, things are definitely looking up and I would like to thank all the staff, the volunteers and trustees for all their hard work since I took up the post of Manager last August. The last eight months have flown by and although it's not always been plain sailing, I am hopeful that DAG can now go from strength to strength and has an exciting future to look forward to.

Ian



SWIMMING FOR WELLBEING

**Bringing
people
together
through
inclusive and
accessible
sports**



Sessions are on a
Thursday afternoon
from 3.15pm - 4.15pm,
until July.
Restart September.

We have exclusive use of
the Whitby Leisure
Centre pools.

Swim some lengths, do
muscle strengthening
exercises, or just chill -
its up to you.

**Pre-booking is essential as places are limited.
Contact Sally at the DAG office on 01947 821001
or email sally@whitbydag.org.uk**

The DAG **Tuesday Craft Group** is now taking a break for the summer. If you are interested in joining the group when they re-start in the Autumn, please contact the **DAG office** on **01947 821001**.



The **Whitby Cardiac Support Group**
Meets every third Wednesday of the month.

For details **Tel 01947 601547**



Activities in Whitby, Scarborough & Filey

- **Sleights Café Activity Group** - third Tuesday every month' 10.30am-12.30pm
- **Whitby Practice Dementia Clinic** - 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 each month, 2pm-4pm
- **Filey Practice Dementia Clinic** - second and fourth Thursday of every month 10am-1pm

For full details about these events, contact **01723 500958**.



Rural Community Breakfasts on the **first Wednesday of the month**, at **Lythe Village Hall**

6th June : Music with the Eskuleles'
 4th July : Trip out to Mulgrave Gardens

A donation of £3.50 towards refreshments is appreciated.

Goathland get togethers At the **Mallyan Spout Hotel, Goathland** on the **second Thursday** of every month, **10.30am-12.30pm. £4** to include tea/coffee and cake.

.....



RYEDALE CARERS SUPPORT



SUPPORTING THOSE WHO CARE FOR OTHERS

Songs and Scones: A social afternoon of music, #conversation and cake at **Ayton Village Hall**, East Ayton, on the **last Thursday** of every month, **1.15pm - 4pm**

For information about the above events, contact **Isabelle Harrison**, on **01947 605757**
 or E-mail: caringwhitby@btopenworld.com

Isabelle can also be contacted on **01723 364808**
 or E-mail: activities@ryedalecarers.org.uk



**Robin Hood's Bay
and Fylingthorpe
OPEN
GARDENS**

Sunday 10th June 2018

11.00am - 5.00pm

Adults £5.00, accompanied children free

Tickets available from
**Station Road Stores, Thorpe Stores
and signposted gardens**

Live Music • Refreshments •
Cake Stalls • Tombola • Plant Stalls •
Table Top Stalls •

In aid of the Alzheimer's Society



independent
LIVING

This article can be read in full,
on-line at
www.independentliving.co.uk .

Eating and Drinking Aids



This **lightweight thick handled cutlery set** has been designed for easy eating with reduced dexterity or strength. Particularly for people with joint problems, it relieves strain on the fingers, and can be used with various different grips.

Other adapted cutlery is available with heavier handles, to help people with a tremor, or with a twist in the metal shaft of the handle, so that the user can bend the cutlery to a more convenient angle for eating. The **spoons on the right** with their **narrow, shallow bowls** make it easier for anyone who has difficulties eating from a standard spoon.



High-tech eating aids

As well as assistive crockery and cutlery, there are more technologically advanced systems that can enable people who would otherwise rely on assistance, to feed themselves independently.



The Cyclone Mobility robotic feeding aid shown here is battery-powered and portable. With just two buttons for on/ off and to adjust the position, it can be set up very quickly, and can be used by children and adults.

Drinking aids

If weakness, lack of dexterity or a tremor make it difficult to use a standard cup or mug, a two-handed design may be easier. Options include the **Dignity range** which combines a wide, two-handed grip with a drinking spout that can also accommodate a straw if preferred. The oval saucer also does duty as a plate for biscuits, etc, and has a deep recess to hold the cup securely while it is being carried.



A simple, cost-effective solution for anyone with limited mobility, whether in bed or a chair, the **Hydrant (left)** provides liquid via a tube with bite valve, which opens under pressure and closes when released, so there is no leakage. Ideal for situations – such as hospitals and care homes – where somebody is otherwise dependent on others to provide drinks.

Suppliers

Cutlery and crockery:- Able2; Drive DeVilbiss; Manage at Home

Robotic feeding aids:- Cyclone Mobility

Manual and robotic feeding aids:- Neater Solutions

The suppliers can be contacted via the Independent Living website, or contact the DAG office for details of addresses and telephone numbers.

FOR SALE



Pride Colt Executive Mobility Scooter. Colour black. Comes with cover, charger, scooter bag/ stick holder and user manual. Purchased June 2016. Hardly used. Excellent condition. Cost £2250 new.

Accept £1125 or nearest reasonable offer. Buyer collects. For more details or to arrange to view this item, contact **07778 177 953**

.....

Aluminium 4-wheeled rollator with seat and basket. **£30.00**, and, **4 foot Adjustable bed and Drawer** (Beevers). Three year warranty to run. **£250.00**. Contact **01287 660495** for both of these items

SMALL ADS

Diana Richardson: Cleaning Service & Mobile Hairdresser (City & Guilds) Cleaning, Ironing, Shopping. Ladies, Gents & Children’s hairdressing. Whitby and district. Reasonable rates. **T: 01947 602477 or 07870 321 477**



Family Values Home Help Service Support Services and care packages to people of all ages. **T: 07545 867316;**
E: familyvalueshomehelp@yahoo.com

Stuart McClure: HandyMan
Experienced builder, handyman, gardener, repairs etc. No job too small. Reasonable rates.
T: 01947 601826





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 W: www.apc4me.co.uk
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 Website: www.allcare.co.uk

Mobility Scooters and Wheelchair

Sales – Servicing – Repairs
 Accessories – Hire



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**

Dalewood
 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.

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.