

# DAG News

Newsletter of Whitby, Scarborough  
& Ryedale Disability Action Group



ISSUE 242

November 2018

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

An audio cassette version is available on request.

By the time you read this, the clocks will have gone back, signifying the official end of British Summertime and shorter days and longer nights. For some of you this might mean that you won't get out as much as you would like to so can I take this opportunity to say that DAG will be hosting a number of activities and events in the run up to Christmas which might be of interest. Alongside our **regular swimming sessions at Whitby Leisure Centre, DAG's Christmas Lunch and our Members trips**, our new staff will be launching their projects with "**Meet & Greet**" events in November. Following on from this, we will be holding some **creative arts workshops in Whitby, Hinderwell and Staithes** and holding a **Christmas Social Event** to which you are all invited!

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

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As DAG continue to encourage disabled people to be more active, it's disheartening to read a report which says that almost **Half of Disabled People Fear Being Stripped of Benefits for Being 'Too Active'** and disabled people avoid exercise as they fear the loss of much-relied on benefits for appearing "too independent".

This new research, published by The Activity Alliance, states that (47%) worry the government will cut their benefit if they seem too active for a disabled person. On the other hand, almost two-thirds (65%) said they rely on benefits to maintain a healthy lifestyle and that, without



support, they could not afford travel, specialist equipment and paid-for exercise. It would seem that despite these fears, a study by the national body for disabled people in sport also found that four-in-five (83%) long to be more active.

This means that disabled people, who make up a fifth of the UK population and currently the least active group in society, are missing out on the positive social, economic and health outcomes of being active, out of fear of losing the financial support that they are entitled to. We need to give all disabled people the same rights to be active that everyone else enjoys – and support and encourage disabled people to take part in activities without the fear and worry of losing their benefits.

On a much more positive note, our **AGM** takes place on **Tuesday 20th November at 12.30pm**, here at Church House Centre and we look forward to seeing you at this important event. Tea, coffee & refreshments will be provided of course, but if anyone wants to bake a cake or make some scones, this would be much appreciated. Please let us know if you can help in this way.

This year we are delighted to have **Peter Richardson** as our guest speaker. Peter is the Chairman of Wetwheels Yorkshire and through our trips out to sea over the last few months, we have got to know him well. He will be talking about how the **Wetwheels Project**, launched this year in Whitby, came to life, along with photos, a display and some uplifting stories about the difference the project has made to disabled people. Wetwheels builds disabled people's confidence by providing the opportunity to access the sea in a fun, safe, stimulating and rewarding way using specially modified, fully accessible powerboats.

I hope to see you there and if you need help with Transport, please let us know. If you are unable to attend, please fill in your ballot papers and cast your vote to elect our Trustees for another year.

Until next month  
Ian

### **Raffle Prizes Appeal**

We are seeking items for our Christmas Raffle.

Donations of items, gifts of any description, bottles (including alcoholic) and anything with a festive theme are welcome.

Please pop into the office at Church House during November or give to the driver on the Minibus Trips.





Hi I'm **Lynne Lawson** I am the new **Creative Arts Project Worker** here at Whitby DAG and will be working for the next two years on an exciting new project funded by **People's Health Trust**.

Let me start by telling you a little bit about myself. I have worked in a few different jobs over the years until I was made redundant in 2012 and decided to follow a lifelong ambition to train in drama (there's always been a Dame Judy Dench hiding somewhere inside me trying to get out). So I went to Teesside University as a mature student and graduated in 2015 with a degree in performance. I worked on various artistic projects during my studies and since graduating. These include acting, producing and running workshops about drama and using drama to teach.

Enough about me, let's talk about the project. This is an amazing opportunity for us to explore the creative arts together, whether that is theatre, card making, film, photography, sewing etc, the list is endless.



So here's the plan, we set up three separate groups in Staithes, Hinderwell and Whitby and to start with I will run taster sessions in a variety of subjects maybe with the help of some other freelance artists.

During this time we will form a steering group with a couple of members of each group. We can then develop the groups together and decide how we want to proceed.

In the second year we will work towards a public showing of our work.

So if you would like to learn more about the project and get to know me a bit better please come along to one of our Meet & Greet sessions on:

**Thursday 22nd November** - Staithes Village Hall 2-4pm

**Friday 23rd November** - Hinderwell Village Hall 2-4pm

**Monday 26th November** - Church House, Whitby 2-4pm

followed by weekly taster sessions at each venue. Look out for more details in the next newsletter.

Neil Daniel who is the new Membership and Activities Worker will also be there so you can meet him too. Feel free to bring a friend if you would like to and if you need transport please let us know so we can arrange for you to be picked up.



- Can you spare a few hours?
- Want to meet new people?
- Want to help us?

We have a variety of roles available to suit a variety of people and skills.

Help with fundraising, events, administration tasks, minibus driving, passenger assistants, access audits, social media or become a trustee.

Training on drinking tea/coffee is available if required!

Get in contact with us if you are interested email [info@whitbydag.org.uk](mailto:info@whitbydag.org.uk) or call into the office at Church House for an application form or give us a ring on 01947 821001

Enclosed with the newsletter is a leaflet with details of North Yorkshire Fire & Rescue Service's FREE home fire safety check. If you require this service please complete and return Freepost.



## Christmas Afternoon Tea

We are holding a festive get together for members on Tuesday 18th December at 2pm in the Trinity Centre, Whitby Tea & coffee and Mince Pies & entertainment.



# ANNUAL GENERAL MEETING

It's that time of year again, a reminder that our AGM is to be held on **Tuesday 20th November at 12.30pm** in **Church House**.

Come and meet us, have some refreshments and find out about the work we have done in the past year and our future plans, meet our new staff and existing ones too.

**You must be a fully paid up Member of DAG to have a vote in the election of Trustees and at the AGM.**

**Friends of Caring Together** are holding an event on **Friday 16th November** 10.30am-12pm at Church House.

**Caring Together**  
Whitby & District

Meet **Hannah Oakley** from North Yorkshire Fire & Rescue and **Dean Walker** from White Rose Home Improvement Agency with advice for the winter months.

The White Rose Home Improvement Agency is a non-profit organisation

White Rose

Home Improvement Agency



jointly established and managed by Scarborough Borough Council and Ryedale District Council.

We help older, disabled and vulnerable people to stay independent in their own homes. This is done by providing advice and support with adaptations like stair lifts, ramped accesses for wheelchairs, wet floor showers etc, and early intervention and accident prevention measures by means of our Well Being Service.

Our free Well Being Service offers a home visit to anyone within the Scarborough Borough or Ryedale District. We can provide help and advice with things like: Personal safety, falls prevention, fire safety, crime prevention, energy efficiency/reducing fuel bills (we can register people for the 'Collective Switch' Scheme), social isolation, benefits awareness, and sign posting to relevant agencies.

We also have a Handyperson Service which helps with minor repairs and small jobs around the home such as fitting smoke alarms, fitting window and door locks, fitting light bulbs, hanging curtains and installing grab rails.

In winter we usually have schemes to help vulnerable people (those on low income, single-parents, elderly, disabled etc), funding boiler services and small heating repairs.

Anyone can request the Well Being Service. All that is required is a phone call to Customer First, Town Hall, Scarborough Tel No: **01723 232323**.

## Whitby pilots 'Safe and Connected' scheme

Whitby is one of three places where local government has partnered with Royal Mail to trial the Government-funded 'Safe and Connected' scheme, outlined in the Government's loneliness strategy. Postal workers will check in with people as part of their usual delivery rounds, asking them set questions about their health and wellbeing.

The trial scheme, which focuses on Whitby, Sleights and Goathland, will work with up to 100 people aged over 65.

The scheme will involve postmen and postwomen from the Whitby Delivery Office visiting participants twice a week to check on their wellbeing. They will ask set questions about the participant's health and happiness, whether they have had difficulty taking part in social activities, whether they've had problems with anyone bothering them and whether they would like to speak to someone about anything they need help with or that is worrying them.

The postal workers will record the responses on their handheld mobile devices, any issues will be reported to the County Council's Living Well team. A member of the team will visit the participant to talk about their concerns and discuss what support is required and available.

If you or anyone you know feel you could benefit from the scheme, contact Living Well co-ordinator **Louise Partlett** on **01609 532962** or email **Louise.Partlett@northyorks.gov.uk**

You will then be contacted by a Living Well co-ordinator to arrange a home visit and register you for the scheme if applicable.





## The Whitby Cardiac Support Group

Meets every third Wednesday of the month.

For details Tel **01947 601547**

**Sleights Café Activity Group** on the third Tuesday every month' 10.30am - 12.30pm  
For full details and information about events in Scarborough, Filey, North and Malton **contact 01723 500958.**



**Carers Information and Support Programme (CrISP)**  
**Are you a carer or family member of a person with dementia?** Do you want to attend a **FREE 4 week course** by Alzheimer's Society to find out more? If so give us a ring. **Booking is essential. Tel: 01723 500958**

**Caring Together**  
Whitby & District



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

**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.



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

For information about the above events, contact **Isabelle Harrison**, on **01947 605757**



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**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.**

**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!**



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**Contact the DAG office for details.**

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