

DAG News

Newsletter of Whitby, Scarborough
& Ryedale Disability Action Group

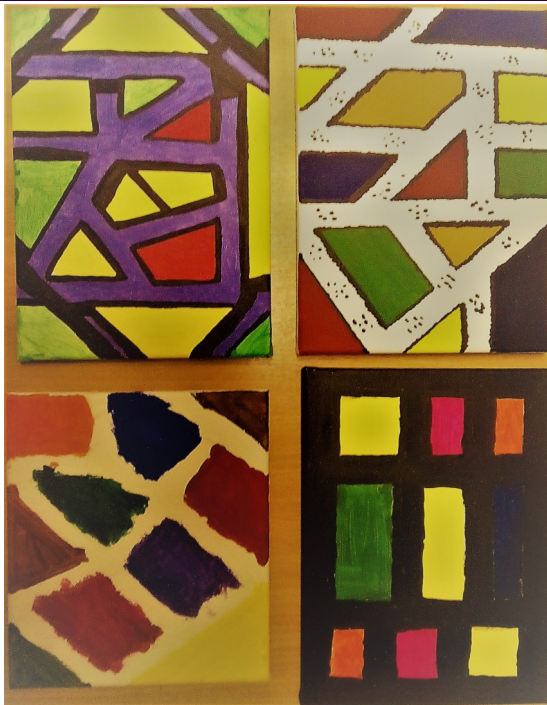
ISSUE 244

February 2019

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This
Newsletter is available
by e-mail (PDF),
and in large print. An
audio cassette
version is
available on request.



Painted Canvasses made by
members of the **Whitby Creative
Arts Group**, who meet on a
Monday afternoon.

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

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Mobility equipment desk - Mon, Tues, Thurs, & Fri (10am-4pm)

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Reg. Charity No: 1131037

Patron: The Marquis of Normanby

Company Reg: No: 6956837



Inside DAG

I would like to wish all our readers a belated Happy New Year. As we look forward to an exciting, yet as always, challenging year for DAG, I would like to say a big thank you to the staff and volunteers for all their hard work in 2018.

What can you expect from DAG in 2019?

Over the next 12 months DAG will be continue to offer the same services and activities we have always provided, and also some new ones.

So, as well as our Welfare Benefits Advice Service, Members trips, Mobility Equipment Hire and advice and information services, our popular **Swimming for Wellbeing** sessions will resume in **March**.

We also have weekly opportunities for you to unleash your inner Picasso by joining our **Creative Arts** sessions in **Whitby, Hinderwell and Staithes**.

We will be contacting you about Membership activities to find out directly from you what you want to do and how DAG can better support you. It might be January but we are already thinking about the summer and planning more trips on the **WetWheels** accessible **Powerboat**, to go **cycling** in **Dalby Forest** and even beginning to think about our Summer Fundraiser and Christmas events.

We also want to establish a **fundraising group** and encourage disabled people to get involved more with the work that we do. If you would like to know more about any of our services or activities, please get in touch. The kettle is always on (thanks to Lynne and Neil) and we would love to hear from you!

I recently highlighted a report which stated that **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”. It is now being reported by the **Disability News Service**, that video footage and other information about disabled anti-fracking protesters in **Lancashire** was passed by the **Police** to the **Department for Work and Pensions (DWP)**, presumably to suggest fraud may be being committed by people falsely claiming to be disabled. I find both these reports to be shocking and highlight the fact that many disabled people are afraid to be active and vocal members of their community as they fear that they will be judged or have to live in fear of fraud allegations.

We know that you can be disabled and leave the house.
We know that disabled people don't just sit inside all day.
We know that Disabilities can be hidden and can vary from day to day. Taking part in any kind of physical activity can often mean days in bed recovering. To judge someone from a few minutes video which can easily give a false perception of ability is totally wrong. DAG will always provide a voice for disabled people, promote equality, independent living and challenge discrimination and bad practice.

On a brighter note, I have been contacted by the **Yorkshire Arboretum** at **Castle Howard** for advice on access, and how to improve the disabled visitors experience at this stunning landscape of parkland, lakes and ponds. If you have personal experience of the Arboretum, or thoughts and ideas on how it can be improved from a disabled person's perspective, we would love to hear from you.



Until the next time, **Ian**



Hi and Happy New Year, I hope 2019 brings you joy.

The Creative Arts project is up and running and we have had a lot of fun along the way.

We have been trying a wide variety of new things, such as the beautiful canvasses featured on the front cover, making Christmas decorations and paper folding hedgehogs.



In the next few weeks we have more exciting things planned. We have some guests in to run sessions, as well as our members sharing their skills.

Groups in Staithes and Hinderwell have been slower to get going, but we are working with the community to get more people joining in which is fabulous.

All of the groups are friendly and relaxed. There is always a choice of activity to do, you can bring your own project along, or just sit and natter over a cuppa and biscuit.

In the future the groups will chose the projects we tackle. This is only limited by your imagination so think BIG and I'll do my best to make it happen.

Our sessions are:-

Whitby Mondays 1pm-3pm.

Hinderwell Wednesdays 9.30am – 11.30am.

Staithes Wednesdays 1pm – 3pm.

If you want more information, or have an idea for a future session please contact me, I'm in the DAG office **Mondays** and **Tuesdays**.

Lynne



Trips & Activities



Our members have enjoyed regular trips on our minibus for several years.

Excursions to local market towns, meals out and trips to stately homes and gardens have been particular favourites.

If you wish to go on future trips and activities then please contact us for full details.

**Are you are driver?
Can you spare a few hours?
Want to help people?**



Our regular members' trips need your help.

Contact us at the office on (01947) 821001 for an application pack and to discuss the opportunities that we have.

We also have vacancies for passenger assistants to assist people on trips and activities.



Appeal for prizes

We need your tombola prizes for fundraising events that are coming up over the next few months, please call into the office with suitable prizes or give donations to the driver on the minibus trips. Thank You for your continued support.



DAG Welfare Benefits Service

Are you receiving all the welfare benefits to which you are entitled ?

Our experienced Benefits Advisors will meet with you to discuss your circumstances, give advice, and if needed, support you to claim your full benefits entitlement.

We can help with claims for :

- Personal Independence Payment (PIP)
- Attendance Allowance (AA)
- Carers Allowance
- Employment Support Allowance (ESA)
- Pension Credit
- Housing Benefit
- Council Tax Benefit



Don't miss out - if you are entitled, you should claim.

For more information contact us on 01947 821001 or call into the office at Church House.

This Month

Details of national campaigns and awareness weeks with some local happenings too.



Raynaud's Awareness Month - A medical condition in which spasms of arteries cause episodes of reduced blood flow. The fingers, and less commonly the toes, are involved.

Monday 4th - World Cancer Day

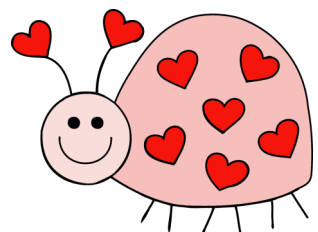
Thursday 7th - Time to Talk Day - Asking everyone to have a conversation about mental health.

Thursday 14th - St Valentine's Day

18th - 24th - OCD Week of Action - Obsessive Compulsive Disorder is a common mental health condition in which a person has obsessive thoughts and compulsive behaviours.

February Facts

- With 28 days this is the shortest month of the year
- It is the last month of metrological winter
- Named after the Latin word februum which means purification
- The Welsh call **February** "y mis bach" which means "little month"
- The birthstone for February is amethyst.
- The birth flower is the violet or iris



Public Transport

At the time of writing Whitby is quiet due to the action of Arriva bus drivers to hold a week long strike in January.



A further 10 days of strike action is planned in a dispute over pay. About 650 workers in Teesside, County Durham and parts of North Yorkshire will take industrial action from 27 January to 5 February as part of their call for a wage rise of £1 per hour, backdated to March 2018. **STOP PRESS: Strike Called OFF - Pay dispute settled after a ballot of drivers.**

This industrial action comes at a time when recent research states that one in four disabled people say negative attitudes from other passengers prevent them from using public transport, while 40 per cent often experience issues or difficulties when travelling by train in the UK, a study by disability equality charity Scope has found.

Its *Independent. Confident. Connected* report included findings based on interviews with 2,000 UK working age adults with long-term impairments or conditions.

Over 8 billion journeys are made by public transport in Britain each year. However a number of physical and attitudinal barriers throughout the transport system are likely reasons why disabled people make fewer journeys by public transport than non disabled people.

Throughout Scope's research disabled people state that public transport acts as a microcosm for the barriers they face across society.

ScarboroughSurvivors

Mental Health Resource Centre



Whitby All-Sorts

Are you 18 or over, live in Whitby or surrounding areas, have experienced or are experiencing poor mental health?

...you are welcome to join a free weekly group

Whitby All-Sorts is managed by Scarborough Survivors a user led coastal mental health and well-being hub supporting the Borough of Scarborough

Join at **Whitby Spa Pavilion** West Cliff, Whitby YO21 3EN

Meets every **Wednesday**

Mindful well-being quiet time 1 – 1.30pm

Social inclusion and activities 1.30 – 4pm

Offers safe, supportive and structured social and well-being activities, facilitated by a co-ordinator.

All activities are free to join.

For further details, please ring **Scarborough Survivors** Coastal Mental Health Well-Being Hub on **01723 500222**



Humber **NHS**
NHS Foundation Trust

Newcastle based healthcare services company Vocare has been awarded a contract to provide out-of-hours GP services for the Humber Teaching NHS Foundation Trust.

Under the terms of the £1.2m contract, Vocare will manage the provision of GP out-of-hours services in **Whitby** for 15 months, commencing on 17 December 2018.

Vocare is a wholly-owned subsidiary of Totally, an AIM listed group providing "out-of-hospital" healthcare services.

Camphill Village Trust Dementia Friendly Cinema

Joan of Arc Hall - Botton Village Danby

14th February - Dirty Dancing

22nd March - Les Miserables

26th April - West Side Story

Everyone Welcome



Doors open 2pm and film to commence at 2.30pm

Refreshments and Snacks will be available

Come along and join the fun of a cinema with a difference

Transport can be provided

Contact **Michele Buck** on **01287 661208** or email

Michele.buck@cvt.org.uk

Talking Books

R N I B

RNIB's Talking Books service is absolutely **free**.

Giving you access to over 25,000 fiction and non fiction books for adults and children.

Talking Books has been one of RNIB's most loved services for more than eight decades, and now offers more formats and titles than ever before.

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You can choose to receive your books on **DAISY CD** (one book per disc) or **USB stick** (three books per stick) depending on your personal taste.

Talking Books are available by digital download, and also have a range of titles available to buy from the online shop.

Sign up to Talking Books for **free** by contacting the **RNIB** helpline on **0303 123 9999** or completing the online form at **www.rnib.org.uk/talking-books-service**



You may not want your old washing machine, TV or fridge but British Heart Foundation will collect them from your home and find them a new life.

The funds raised help save lives too. Items collected include: TVs, DVD Players, Radios, Furniture and Homewares.



Contact the Scarborough store for collection on **01723 821608**





Strong and Steady is a 12-week programme designed to encourage people to become more active and reduce the risk of trips and falls.

Delivered by friendly, qualified instructors, the specialised programme aims to improve balance and strength, increasing confidence and improving ability in everyday tasks.

Weekly sessions are held at Whitby Leisure Centre on **Monday** 10am -10.45am and **Thursday** 3pm - 3.45pm.

For more details or to book a place contact **Pat Breman**, Age UK Scarborough and District on **01723 379058** or email **pat@ageukscarborough.org**

For Sale

Sherborne Riser Recliner Armchair

Green/Grey. Electric Control.

Excellent Condition, New this year

Cost £1250 plus VAT.

Will accept **£250 ONO**

Viewing recommended

Contact **07758 201964**





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**



allcare
 .co.uk

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

Telephone/Fax: 01947 825555

E-mail: info@allcare.co.uk Website: www.allcare.co.uk

Mobility Scooters and Wheelchair

Sales – Accessories



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**.



The Computer Centre
 Repairing Whitby's computers for over
 15 Years

Sales & Repairs

Computers, Laptops, Tablets & Phones

E: sales@apc4me.co.uk W: 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.

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.