

DAG News

Newsletter of Whitby, Scarborough
& Ryedale Disability Action Group



ISSUE 245

March 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.

Origami Flower made by the
Whitby Creative Arts Group
who meet on a **Monday**
afternoon.

The session was facilitated by
our own local artist
Vicky Millson.

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)

W: www.whitbydag.org.uk

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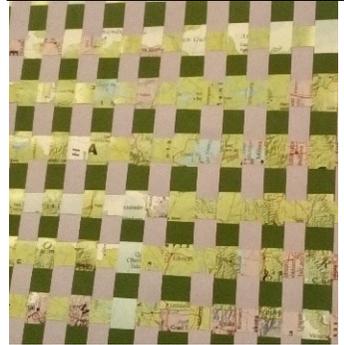
Patron: The Marquis of Normanby



Creative Arts
All Together DAG



Paper Weaving Art



Hi, isn't it lovely to see the first signs of spring, lighter nights and bulbs starting to grow.

We've had a busy time at in our creative arts group with lots of chatting and being creative.

DAG's very own **Vicky**, who is also an amazing artist has been in to run sessions on paper weaving and how to make beautiful origami flowers like the one on the front cover.

There has been lots of lovely knitting and nattering, making blankets for the neonatal ward at James Cook Hospital, trauma teddies for the police and much more.

In the next few weeks we have lots of lovely things planned including making infinity scarves and a lesson in art by **Whitby based artist Hilary Thorpe**.

We would love you to join us and bring along your ideas and skills, the groups meet on the following days/times:

Whitby - Mondays 1pm - 3pm

Hinderwell - Wednesdays 9.30am - 11.30am

Staithes - Wednesdays 1pm - 3pm

I'm in the office on Monday and Tuesday if you want to contact me

Lynne

Inside DAG

Firstly, I would like to wish two of our long standing members a (slightly belated) Happy Birthday, with **Nellie Hardy and Hilda Wray celebrating reaching 90 and 97 respectively.** Both Nellie and Hilda have been staunch supporters of DAG over a number of years and it was great to see them have a lovely time with other DAG members at the **Fox and Hounds in Goldsbrough.** (See the back page of our Members' noticeboard for the photos)

DAG is delighted to welcome two new Trustees to its Board. Sam Grisedale joined us at our January Trustee meeting as a Co-opted member and **Richard Weightman** will be joining us in March. I'm sure you will all remember Richard from his time as Manager here at DAG and we are **really pleased to have them both on board.** A strong board of trustees is vital to the success of any voluntary organisation and DAG is no different. If you feel you have something to give and would like more information about the role of a Trustee, please don't hesitate to get in touch.

I am pleased to announce that we will be resuming our popular swimming sessions at Whitby Leisure Centre on **Thursday 7th March, and these will run through until the 18th July** before taking a break over the summer holidays.

If you would like to come along or just want some further information about the sessions, please give **Sally Williams** a ring on **01947 821001.**



DAG has been successful in applying to the **Co-op Community Fund** and we are now one of their nominated local causes.

What does this mean?

The Co-op donates 1% of members' spending on its own brand products and services to the fund, which then is used to support local causes. This means that if you are a Co-op member, just by buying a pint of milk from the Co-op, you could help raise funds for DAG.

How can you help?

If you are a Co-op member you can go to DAG's Local Cause page here: <https://membership.coop.co.uk/causes/29513> and nominate us as your chosen cause.

By doing this, funds will go directly to DAG instead of being shared with other local causes. If you don't have access to the internet, you could **ask your family or a friend** to do this for you, I would also encourage you to ask them to do the same! It isn't just DAG members we want to nominate us, we also want to get the word out to as many people as possible.

DAG will be doing some in store fundraising at the Co-op so if you have **any tombola prizes**, please let us know, also we will need some volunteers who can give some time to help us **make the most of this fantastic opportunity to raise much needed funds**.

Please get in touch if you would like to help.

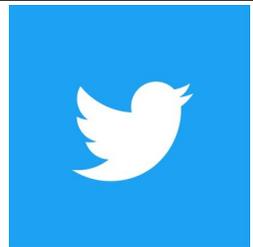
Finally, you may have noticed a few changes to the format of the Newsletter and particularly, the **Members Noticeboard**, **Neil**, our **Membership and Activities Worker** is continually looking at ways of improving our communications with you so please let us know what you think or if you have any thoughts on how it can be improved even further.

Until the next time

Ian

Twitter

We are now on **Twitter**, give us a follow
@whitbydag



Thanks to everyone who has followed so far
and all our **Facebook** friends too.

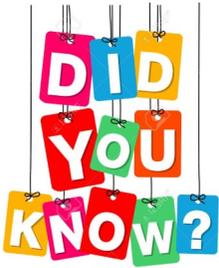
Mobility Scooter & Wheelchair Hire

On **Thursday 14th March 2019**, Whitby Library will be **CLOSED** for one day for staff training.

However our mobility scooter and wheelchair hire service will be **OPEN** for business as usual, as we will manage the bookings for the day from the DAG office.

So, to hire a scooter or wheelchair on **14th March** please contact the **DAG office** directly on **01947 821001**.

Normal service will be resumed on **Friday 1st March 2019**.



A reminder that you can get a PDF version of this newsletter.

If you have an email address please let us know by emailing info@whitbydag.org.uk or phoning us on **01947 821001**.

This helps us reduce our printing and postage costs and you can enjoy DAG News in **colour**.



Book Appeal

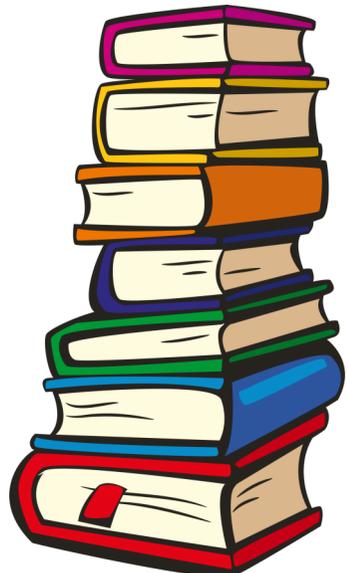
We would like your books

As part of our fundraising events we are holding a book stall on **Saturday 13th April**.

We have several titles in our store, however we are particularly interested in donations of the following:

- **Sports**
- **Local Interest**
- **Travel**
- **Recent Publications**
- **Cookery**
- **Children's Books**

Please bring them in to the DAG office or give to the driver or PA on the bus trips.





Easter Social

Staithes Village Memorial Hall

FRIDAY
12th APRIL 2019
2pm

Tea & Coffee



Quiz



Easter Raffle



A DAG Benefits advisor will be available to have a discussion with you and offer advice.



This Month

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



Ovarian & Prostate Cancer Awareness Month

Friday 1st - St David's Day - Patron Saint of Wales



Tuesday 5th - Shrove Tuesday, Pancake Day

11th - 17th Nutrition and Hydration Week - An annual event with an objective to highlight, promote and celebrate improvements in the provision of nutrition and hydration

Wednesday 13th March - No Smoking Day - an annual health awareness day in the United Kingdom which is intended to help smokers who want to quit smoking

Friday 15th March - World Sleep Day - an annual celebration of sleep & call to action on sleep issues

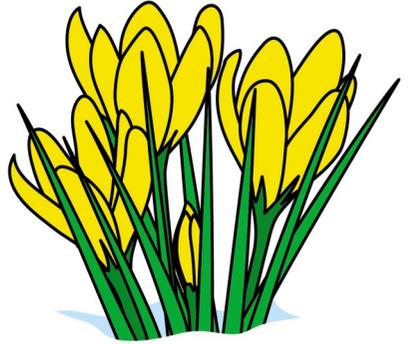
Sunday 17th March - St Patrick's Day - Patron Saint of Ireland

Wednesday 20th March - World Oral Health Day - An International day to celebrate the benefits of a healthy mouth and to promote worldwide awareness of the issues around oral health

Tuesday 26th March - Epilepsy Purple Day - Inviting people to wear Purple to increasing awareness about epilepsy worldwide

March Facts

- Each year March and June end on the same day of the week
- It is the time of year when animals start to wake up from hibernation
- March was known as Hlyda, or Lide in Old English, which means 'loud. This was referring to the March winds, which were considered very noisy
- The flower of March is the daffodil
- The birthstone is the aquamarine
- Alexander Graham Bell made the first ever phone call on 10 March 1876
- Famous people born in the month of March include Albert Einstein, Vincent Van Gogh, Daniel Craig, Sir Steven Redgrave, Lady Gaga, Keira Knightley and Bruce Willis



Free Research Skills Workshop

Have you ever wanted to research your family history, learn more about your home, a local industry or event, or to investigate the subject of your novel, but don't know how to go about it?

Whitby Town Council, working with Whitby Literary and Philosophical Society, are offering a free workshop, teaching the basics of how to start researching your subject.

The workshop will take place at **Whitby Museum** from **1.30 – 3pm** on **Wednesday 6th March**. The session includes free light refreshments in the Museum Tea Room providing the opportunity to network with other interested individuals.

Places are limited and must be booked in advance. To reserve a place please phone **01947 820227** or email **panett.gallery@whitbytowncouncil.gov.uk**

Defibrillators

Recent visitors to Church House may have seen the new defibrillator outside the building, **Whitby** has seen an increase of 24 hour access defibrillators. The town had three installed but there are now 14.



The project was set up by a group of locals, now they are wanting to set up a trust so the defibrillators are maintained, as they will need to replace the batteries and the pads every four years.

The funding has come from a variety of sources including the **Whitby District Lions Club** which has contributed financially to help purchase some units.

Ryedale Talking Magazine

The **Ryedale Talking Magazine** is a small charity based in **Pickering**.

Producing a completely free monthly audio magazine for anyone who finds reading difficult or even impossible because of visual impairment of any kind.



The items are chosen and read by our team of volunteers and there are a wide variety of subjects covered.

The magazine is recorded onto CD and sent out and returned **POST FREE**.

If required CD players can be provided.

If you would like to receive a sample CD to see if it's your 'cup of tea' please contact **Val** on **01751 476499**.

Whitby Trust for the Blind

Funds are available to provide benefits and assistance to blind and partially sighted persons resident in Whitby and the surrounding villages, formerly part of the area covered by the Whitby Rural District Council.

Enquiries from eligible persons should be made in the first instance to **Mr Colin Eastwood** at **Yorkshire Coast Sight Support** on **01723 354417**.

**New website to help local
people access
mental health therapies**



North Yorkshire improving access to psychological therapies (IAPT) service, which offers talking therapies treatments, has launched a new website to make it easier for people to access help and support. Included is an option to self-refer online without having to go through a GP.

The service, which is operated by mental health and learning disabilities provider, Tees, Esk and Wear Valleys NHS Foundation Trust (TEWV), helps people who are experiencing common mental health difficulties such as depression and anxiety.

The new website provides a wealth of information about the support and services available, as well as an option for anyone registered with a GP in North Yorkshire to self-refer online, with a series of questions designed to help determine if the service is suitable.

It aims to use the least intrusive method of care possible to treat and support people, such as guided self-help over the phone or face-to-face, psycho educational courses or computerised / face-to-face cognitive behavioural therapy.

IAPT is a national NHS programme to increase the availability of talking therapy treatments recommended by the National Institute for Health and Clinical Excellence (NICE) to treat anxiety and depression.

The site can be accessed on www.northyorkshireiapt.co.uk

Caring Together

Whitby & District

Hinderwell Friends Together

Would you like to meet up with old friends
 Would you like to make new friends?
 Would you like to share a cup of tea and a piece of cake?

Come along to
 Methodist Chapel School Room
 High Street, Hinderwell



Tuesday March 26th
2 pm – 3.30 pm

RURAL COMMUNITY/ FARMERS BREAKFAST

Lythe Village Hall
 Wednesday
 10.15am – 12.00 noon

A social morning of conversation,
 memories and a bacon buttie

6th March - Bryan Cross - Quit While You are A Head

3rd April – Nick Harland from the Glaisdale Hunt

1st May – Pete and Paula Craggs - Treasures of Whitby

If you would like further details on any of the above events please contact the Rural Activities Coordinator **Isabelle Harrison** on **07811 638504** or **01947 605757** or email: activities@ryedalecarers.org.uk



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**

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, As seen.

For more details or to arrange to view this item, contact **07778 177 953**



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

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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**.



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.