

# DAG News

Newsletter of Whitby, Scarborough  
& Ryedale Disability Action Group



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Members' welcoming Wendy Taylor on completing her fundraising run in Helmsley Market Square



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

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Hi everyone, I love this time of year when the leaves are starting to turn and the vibrant colours of autumn are appearing. I hope you are enjoying the change in the season too.

As usual we have had lots of fun being creative this month, with a variety of activities including acrylic painting and origami. At Hinderwell Ginny showed us how to make lovely boxes, which will be ideal for Christmas gifts, and pretty butterflies. At Whitby we discovered that 'easy bunnies' are not that easy to fold but we did laugh a lot and as you can see they didn't turn out too bad in the end.



We are busy planning for the A.G.M in November, where we are going to be showing some of the beautiful work from the groups. Who knows we may even set you a creative challenge too.

We would love to see a few more faces in our groups so if you want to come along please contact me. You don't have to be brilliant at making things and we will give you a warm welcome, a cuppa, biscuit and usually a good laugh.

Lynne

funded  
through



Yorkshire  
& Humber



## Inside DAG

The summer is just about over, (although you wouldn't think so with the wonderful September weather we have had) after a hectic few months of fundraising, trips out, creative arts, Wetwheels and fishing, we are now planning an **“Active Autumn” which includes Swimming, Boccia and Chair based exercise.**

Research suggests that almost one in two disabled people don't take part in sport because of lack of facilities and opportunities, so this is a great chance to **have a go at something new and to make some new friends.** You don't have to be sporty to take part, just bring a smile and a positive attitude.

I say this because last year I was lucky enough to go on holiday to the Greek Island of Kos and every day an elderly gentleman would arrive at the beach on his mobility scooter, armed with a body board and a walking aid. With a bit of a struggle, he would make his way to the water and use his stick to help get him to a depth where he could lay on the body board and have a swim.



It would be great to see more **DAG members and other disabled people with this “Can Do” attitude** and have a go at something they might think they can't do! Please contact the office if you would like further details of any of DAG's activities.

While I am on the theme of physical exercise, as I write my piece for this month's newsletter, Wendy Taylor, one of our passenger assistants is preparing for her ten mile sponsored run from the top of Sutton Bank to Helmsley to raise funds for DAG. I would like to wish Wendy good luck and thank everyone who has sponsored her, and hope that when we add all the money up we reach our £250 target!



Over the next couple of months DAG will be approaching local businesses to offer advice and support to make their premises more accessible for disabled people. Access is an issue which lies at the heart of independent living and we hear too often about the difficulties disabled people face just going about their daily lives, whether it involves shopping, travelling, or just going to the pub or a café. We will be working with a few supportive local businesses to start with but hope that this piece of work will lead to something much bigger and we can go on to create a much larger awareness campaign that will improve the lives of local disabled people and visitors alike. If this is something you would like to get involved in, please let us know.

**We have set the date for our AGM, which will take place at 11.00am on Tuesday 5<sup>th</sup> November, at Hawsker & Stainsacre Village Hall** and we look forward to seeing you at this very important meeting which is your chance to have a say on the future of the organisation. (There's more information about the AGM in this Newsletter). Tea, Coffee & refreshments will be provided of course, but if anyone wants to bake a cake or make some scones, I'm sure we would all be delighted. Please let us know if you can help in this way. Also if you are interested in becoming a Trustee, please feel free to ring me or call in the office for a chat to find out more. Until next time **Ian**

## Trustee Appeal

Are you a member of DAG?



Would you like to support the organisation and make decisions relating to the future and governance of DAG.

If so you can stand to be elected as trustee at our AGM.

Expressions of interest and a chat about what becoming a trustee of DAG involves to Neil at the DAG Office by **Friday 11th October**

The **DAG Annual General Meeting** will take place on **Tuesday 5th November 2019 at 11.00am**



**Hawsker & Stainsacre Village Hall**

Everyone welcome. Tea and coffee and refreshments provided.

You must be a paid up Member of Whitby, Scarborough & Ryedale DAG in order to vote on any resolutions at the meeting, or to stand for election as a Trustee for 2019-20.

Voting papers for the election of Trustees will be sent out to DAG Members following the closing of nominations on Friday 11th October.

## Morning Cuppa & Games Club

Held on the **First Thursday** of the Month at **Whitby Library**.

**Thursday 5th September**  
**Thursday 3rd October**

From **10.30am - 12noon**

All Welcome

**Free refreshments**

Come along and play from a range of games including Scrabble, Backgammon, Dominos, various board games and Jenga.



For more information contact us at the DAG Office.



## Boccia

Fancy trying a Paralympic Sport?

Then join Scarboccia at the Green Lane Centre, Whitby on a **Thursday** from **11.30am -12.30** and have fun.



The sessions are £1.00 per person to cover room hire.

**Thursday 26th September**  
**Thursday 3rd October**  
**Thursday 10th October**

Choose us as your  
Co-op local cause

Go online [coop.co.uk/membership](https://coop.co.uk/membership)



## Are you a Co-op member? Help raise funds for us

**Thank you** to everyone who has nominated us, to date, we are delighted that we have broken the **£2000 barrier** through this scheme.



Its not too late to sign up, and remember, **DAG** gets **1%** of the money you spend on your shopping and services.

We will next be in store on **Friday 25th October** with a fundraising stall.

## Fundraising

**Do you have any fundraising ideas?**  
**Considering a sponsored event?**  
**Thinking of donating?**



We are looking for fundraising ideas for the future.

Talk to Neil in the DAG office with your ideas or ask to for details of our fundraising group that meet regularly to discuss ideas and events. Next Meeting **Friday 27th September** at **11am** in Church House, Flowergate

## Chair Based Exercise

Roots of Yggdrasil are a locally based CIC providing a range of programmes and activities based around exercise to aid health & wellbeing



We at DAG are pleased to have teamed up with them to provide sessions in the Whitby area as part of DAG's "Active Autumn" programme

These are facilitated by a qualified personal trainer who can also offer advice, support and tailor a programme to suit your requirements on an individual basis.

**Thursday 17th October - 12.30pm at Hinderwell Village Hall**

**Thursday 17th October - 2pm at Staithes Village Hall**

**Monday 21st October at 11am in Church House, Whitby**

Then commence weekly each session lasting around one hour.

Monday's 11am - Whitby

Thursday's 12.30pm - Hinderwell

Thursday's 2pm - Staithes

The cost is £3 per session to cover room hire costs.



## This Month

### October Facts



- The **name of the month of October** comes from the Latin Octo meaning eight, because in the Roman calendar October was the eight month of the year.
- The months Zodiac signs are Libra and Scorpio
- 21st October is Apple Day, an annual celebration of Apples and Orchards

### **Awareness Campaigns**

There are several National awareness campaigns this Month including: National Cholesterol Month, Breast Cancer Awareness Month, Stoptober.

1st - 5th October - National Work Life Week, promoting a flexible work life balance culture

8th - 12th October - Back Care Awareness Week

10th October - World Mental Health Day

18th October - World Menopause Day

## Phone Boxes

Once a familiar sight, with the increase of mobile phones the once familiar phone box is disappearing and becoming a museum piece of the future.

The latest round of phone kiosks are set to be removed, however communities are being told by BT that they can be bought for just £1 to be used as a local asset.



Many of the kiosks are in the rural areas, it has been revealed. However communities can adopt a traditional red heritage kiosk for just £1.

They include Westerdale, Commondale, Danby, Barnby, Hinderwell, Mickleby, Newholm, Roxby, Ugthorpe, Egton, Eskdaleside, Goathland, Glaisdale, Grosmont, Sneaton, Hawsker and Staintondale.

Some phone boxes have already found a new role as the home for a defibrillator, small library or information point.

**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**



**allcare**  
.co.uk

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 THE ROPERY, WHITBY, YO22 4ET**

Telephone/Fax: 01947 825555

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**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**

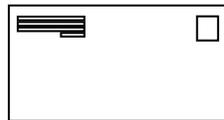
**Computers, Laptops, Tablets & Phones**

E: [sales@apc4me.co.uk](mailto:sales@apc4me.co.uk) W: [www.apc4me.co.uk](http://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.**

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