

# DAG News

Newsletter of Whitby, Scarborough  
& Ryedale Disability Action Group



**ISSUE 253**

**November 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.

The LMS No: 45428 "Eric Treacy" at Pickering Station waiting to take us back to Grosmont on our Nostalgia Day in September

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](http://www.whitbydag.org.uk)

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As the nights draw in and the clocks go back, winter is on its way and spring seems a long way off. I often feel like hibernating at this time of year but I am always glad when I venture out and meet up with friends and get creative.

With that in mind I wanted to tell you about some of the activities we are going to be doing in the next few weeks. We are lucky to have some of our previous artists coming back to run sessions, so we know that they will be great.

Hilary Thorpe a Whitby based artist will be helping us make collages using natural elements, such as leaves from the garden or park.

Louise and Rita from Just Pottering will bring some pottery for us to paint, we may even get to make some too. We will also be doing willow weaving with Anthea Firth, making some Christmas wreaths or decorations.



The days and times are:-

Whitby, Church House, Mondays 1.30 - 3.30

Hinderwell Village Hall, Wednesdays 9.30 -11.30

Staites Memorial Village Hall, Wednesday 1 - 3

If you want to come along, have a cuppa, chat and make something lovely, I'd love to hear from you I am in the office on Mondays and Tuesdays

**Lynne**

funded  
through



**Yorkshire  
& Humber**



## Inside DAG

Firstly, I would like to remind everyone that **DAG's Annual General Meeting** will soon be upon us. Due to the room at Church House being too small for everyone to be comfortable last year, we are holding it at **Hawsker Village Hall**. Unfortunately someone will miss out on being elected to the Board of Trustees this year, as we will be having a contested election. We have eight nominations for seven places on the Board of Trustees so I would urge you to read the pen profiles you received and cast your vote responsibly and with DAG's best interests at the forefront of your thoughts. I do hope that you will attend and we are able to have a lively and positive meeting. **Tea, Coffee & refreshments will be provided; so please let us know if you will be coming** so that we can get the refreshments right and if you need help with transport to the meeting please let the office know.

This month's newsletter has on the front cover a photo of the North Yorkshire Moors Steam Train. **It's great to report that everyone had a wonderful time** on what was our last trip of the "summer" The sun was shining, the NYMR staff were helpful and supportive and after listening to the positive comments from DAG members, staff and volunteers who went, it is certainly something we will look at doing again. It rounded off a summer of varied and well attended trips with one of the other highlights being Wendy's sponsored run where on a gloriously warm and sunny day, she was met by **a large gang of flag waving DAG supporters.**

I don't think I can emphasize how important our trips and outings are as they allow people to **get out of their houses, meet up with their friends and enjoy time together on a regular basis**. We have all probably either read, or seen on the news how loneliness and social isolation is a huge issue within our communities generally, but it is an even bigger issue for disabled people who, particularly as they get older, find it much more difficult to get out and about. DAG trips and outings really contribute to overcoming this but we do **rely heavily on volunteers giving up their time (often a full day) to make these trips possible**. I would like to take this opportunity to thank our minibus drivers and passenger assistants who so generously give the gift of their time to help make sure that DAG trips remain such an integral part of what we do.

Finally, as we move inexorably towards winter when the colder weather and shorter days can have serious effects on both your physical and mental health, can I just mention **the Warm & Well in North Yorkshire initiative**. If you have not heard of this, it is a partnership project bringing together organisations from the public, private and charity sector with the aim of reducing the number of cold homes, cold people and cold deaths within North Yorkshire. Warm & Well offers advice, guidance and hands-on support to residents across the county. **The project aims to support anyone who is on a low income or benefits, is over 65 or has a physical or mental health issue**. This might include: advice on how to save money on energy costs, switching suppliers and grants. It can also include home visits to advise on how to make your home warmer and more energy efficient, or for help with minor repairs and even **access to a Hardship Fund for those in urgent need**.

If you would like more information on the scheme, please contact the office.      Until the next time      **Ian**

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. This year we are celebrating 25 years of DAG, we have a guest speaker with reflections of Whitby, our Creative Arts groups will be displaying their work completed over the past year.

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.

DAG Members should have received voting papers, please return these to the DAG office by Friday 1st November.

## **Silver Raffle**

As part of our 25th anniversary celebrations, we are holding a special raffle at our AGM.



DAG trustee Sally Williams has been busy collecting Silver Items for a special hamper, that one lucky person will win at the AGM.

If you cannot attend and would like some tickets then please contact the DAG Office.

## This Month

# November



## November Facts

- In Anglo-Saxon times, November was known as Blotmonap (blood month or sacrifice month)
- November is the only month used to represent a letter in the phonetic alphabet.
- US Presidential elections are held every four years on the first Tuesday after the first Monday in November
- The gemstone is Topaz and the Flower is Chrysanthemum

## **Awareness Campaigns**

There are several National awareness campaigns this Month including

Movember - Men's Health Awareness Month

4th - 8th - International Stress Awareness Week

11th - 15th - Anti Bullying Week

19th - 25th - Alcohol Awareness Week





**Thank you** to everyone who has nominated us for the Co-Op local cause scheme

Nominations have now closed and we are awaiting the final total, which will be announced in early November and we will reveal in the next issue of the newsletter



## **Raffle Prizes Appeal**

We are seeking items for our Christmas Raffles. 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 or ring the office on (01947) 821001 to arrange collection.

If you know a business who would be willing to donate a prize or voucher, then let us know and we can make contact with them.



## 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.

These are held weekly at the following times/venues

**Monday's 11am** - Whitby, Church House, Flowergate

**Thursday's 12.30pm** - Hinderwell Village Hall

**Thursday's 2pm** - Staithes Village Hall



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

## Celebrate Christmas with DAG

Its that time of year again, we are delighted to reveal our Christmas events that we will be holding in December

**Thursday 5th December**  
Christmas Coffee Morning  
**Staites Village Hall**  
10.30am  
Donations for Transport



**Tuesday 17th December**  
Celebration Christmas Meal  
**Dunsley Hall Hotel**  
12.30pm  
3 Course Meal  
£22.45 per person plus £6.00  
transport  
Contact the DAG Office for Menu's and book by  
15th November please



**Friday 20th December**  
Mince Pie Merriment  
**Church House Centre**  
Celebrate Christmas with DAG  
10.30am  
Tea, Coffee & Mince Pies



## Are you winter-ready?

**Save money, keep warm and stay healthy with Warm & Well in North Yorkshire**

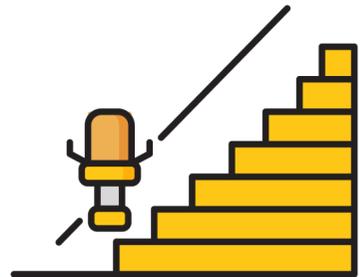
The Warm & Well in North Yorkshire project is funded by British Gas Energy Trust and is being delivered by organisations across North Yorkshire. A range of practical and financial support is available to residents in North Yorkshire, enabling them to stay warm and well in their homes.

Call the Warm & Well in North Yorkshire helpline on 01609 767555 or email [wnw@northyorksica.org.uk](mailto:wnw@northyorksica.org.uk)

## FREE Stair Lift

Stair Lift, free to good home.

Contact Mrs Halder on (01947) 880283.



**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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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**.



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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.*