

DAG News

Newsletter of Whitby, Scarborough
& Ryedale Disability Action Group



ISSUE 254

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Christmas Prize Draw

Tickets available from the DAG Office to be drawn on Tuesday 17th December at Dunsley Hall Hotel.

Full details of prizes inside

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

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

T: 01947 821001
07956 751 790*

E: info@whitbydag.org.uk
daglibrary@icloud.com*



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

W: www.whitbydag.org.uk

Reg. Charity No: 1131037

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As the nights darken and the streets and shops are starting to sparkle with Christmas lights and decorations, it's got me thinking about how different Christmas is for everyone. While we are bombarded with adverts about the 'perfect' Christmas meal, family, present etc we all know this is not the reality for most people.



For me the real Christmas joy is in the small things, the handmade gift, not perfect but made with love. The silly present that costs very little money but is just right for you. My sister once bought me some fancy washing up gloves to help clear up after Christmas lunch – perfect. I should say she always gives me great presents (or I might not get a Christmas Lunch this year)!!

There is lots of evidence about the benefits of doing something creative, it's not about producing something perfect, it's the fun involved in doing the task. That fun is reflected every week in our creative arts sessions, sometimes we make mistakes on our projects but we all laugh and we support each other at sad times too. As you all know I love my job and this is the reason, the wonderful people I spend time with and learn from every week.

So I guess I am counting my blessings, looking for the pleasure in the small things, the imperfect things and the thoughtful random acts of kindness I see every day.

Whatever Christmas means to you, I hope it brings you peace and kindness. coming up.



Lynne

funded
through



**Yorkshire
& Humber**



Prize Raffle

Following generous donations by local businesses we are delighted to announce that we are holding a prize draw, this will be drawn at Dunsley Hall Hotel on **Tuesday 17th December**.



If you wish to buy tickets please contact the DAG Office for a book of tickets, please return by FRIDAY 13th December.

1st Prize - HP Officejet 3800 Printer - Donated by The Computer Centre Whitby

2nd Prize - Sunday Lunch for Four People at Grinkle Park Hotel

3rd & 4th - Vouchers for one pair of designer glasses at Specsavers, Whitby

5th - Afternoon Tea for Two at Raithwaite Hall Hotel

6th - £50 Voucher for The Star Inn, Harbour, Whitby

7th - Meal for Two at The White House Hotel

8th - Sunday Lunch for Two at The Forge Inn, Aislaby

9th - Bottle Hamper

10th - Chocolate Hamper

11th - £20 Voucher for Hadley's

12th - £25 Voucher - Eastside Taxis

13th - £15 Voucher - Harrisons Garage

14th - Takeaway for 2 at Fusco's

15th - £10 Voucher at Jacksons Butchers

16th - £5 Voucher for Clara's Coffee Shop

17th - £20 Voucher for Rhoobarb & Co

18th - £10 Harper Brown Voucher

19th - Framed Print

20th - £25 Voucher for White Rose Taxis

Thanks to all that have donated prizes and good luck to those that buy tickets.

Inside DAG

I must start by saying Thank You to everyone who attended **DAG's Annual General Meeting on Tuesday 5th November**. This year we had eight nominations for seven positions on the Board of Trustees and unfortunately Susan Harty, a longtime Trustee and supporter of DAG (along with her late husband Nicholas) was the one who missed out. Susan has agreed to be a Co-opted member of the Board and so experience won't be lost all together. **I would like to take this opportunity to personally thank Susan for all her many years of support and also welcome Richard Weightman and Sam Grisedale onto the Board.** I look forward to working with all the Trustees over the next twelve months.

For those of you who were unable to attend the AGM, or haven't seen our Annual Report, I would like to highlight a few of our achievements over the period it covers (April 2018 to March 2019). In the year as a whole, **enquiries to DAG numbered 3378, which is an increase of 8% on the previous financial year**, Enquiries cover a wide range of topics including Benefits, Accessible Accommodation, Mobility Equipment, DAG activities, travel and parking, blue badge applications, food bank, access advice, library services, volunteering, photocopying, and tourist information. I never cease to be impressed with the way that the staff deal with such a wide range of topics in a friendly, helpful and courteous manner. We also welcomed **3 new staff members** to complement our already existing, experienced staff. The addition of a Membership & Activities Worker, Creative Arts Worker and Ryedale Benefits Advisor is enabling us to move forwards in delivering key services and activities to more clients, both members and non-members.

During 2018-19 we had **1714 enquiries about mobility equipment hire, which is an increase of 48%**. A total of 456 enquiries about welfare benefits were received at the DAG office and **in Whitby alone, 220 people were assisted to complete applications** for Personal Independence Payment, Disability Living Allowance, Attendance Allowance (AA) and Carers Allowance.

Throughout the year DAG also ran our members trips and outings, offered weekly Creative Arts Sessions, held various fund raising events, swimming for wellbeing sessions at Whitby Leisure Centre, went out several times on the Wetwheels Accessible Powerboat, had our Christmas meal at Dunsley Hall, a Christmas Social at the Trinity Centre and Coffee Mornings in Staithes. **More recently, we have introduced Chair Based Exercise Classes in Whitby, Hinderwell and Staithes as well as Boccia sessions at Green Lane Centre.** In October we also had a Grand Day out on the North Yorkshire Moors Steam Train which was thoroughly enjoyed by one and all.

It is only when looking back that I realise just how busy we have been and I thank the staff for their support, commitment, enthusiasm, and passion in all that they do to support disabled people. I would also like to thank our volunteers who give DAG so much of their time as without them, we wouldn't be able to offer all the things that we do.

As 2019 draws to a close, on behalf of everyone at Whitby, Scarborough & Ryedale Disability Action Group **I would like to wish you all a Merry Christmas and a Happy New Year.** 2019 was an interesting and exciting year for DAG and 2020 promises to be no less so.

Until the next time
Ian

Annual General Meeting

Our 2019 AGM was held on **5th November 2019** at Hawsker & Stainsacre Parish Hall. Despite the driving rain and cold wind this was attended by 33 DAG



members, Trustees, volunteers, staff and Guest Speaker, with a number of other people who would have attended but for other appointments or illness.

The minutes from the AGM in 2018 were approved, as were our annual accounts for 2018-19. The meeting also agreed to appoint Philip Burley & Co as our accountants for 2019-20.

The Trustees were elected by postal ballot. The results were announced at the meeting:- Barbara Booth, Sam Grisedale, Mike Hutchinson, Jacqui Jobling, Sally Williams, Richard Weightman and Hilda Wray were all elected.

Chair **Mike Hutchinson** thanked outgoing Trustee **Susan Harty** for all her input and stated that she has accepted the role of Co-Opted Trustee and will continue to support DAG in the future.

A superb £100 was raised from the Silver Raffle with the lucky winner being **June Griffiths**, thanks to **Sally Williams** for collecting all things Silver!

Thanks to **Mike Dawson** from the Civic Society who gave a talk on how Whitby has changed in the 50 years since he moved to Whitby and in the last 25 years of DAG.

Choose us as your Co-op local cause

Go online coop.co.uk/membership



Thanks to everyone who nominated DAG for Co-Op's local cause.

This scheme has drawn to a close and we are delighted to announce that a total of **£6,751.24** has been raised thanks to Co-op members over the past 12 months.

Regifting - January

Did Santa bring you something you didn't ask him for?

Did you get two of something? (that happens to us too!)

Here at DAG we are always on the look out for quality raffle and tombola prizes.

Please donate items to us after Christmas and we will use it to raise funds for DAG this year.

Good items are non-perishable goods, gift sets and new toys/games.



Christmas & New Year

The DAG Office closes for Christmas and New Year at **4.30pm, Friday 20th December 2019.** We will re-open at **9am, Thursday 2nd January 2020.**



Wheelchair & Scooter hire

Pre booked only - during the holiday period. **MUST** be booked and fully paid by **Friday 20th December at Noon.**

Collections/returns at agreed times/dates **ONLY** (not Sundays/ Bank/ Public Holidays)

Creative Arts Groups

The last groups will be **week commencing 16th December** and we will restart **week commencing 6th January.** We look forward to seeing you all, we have some exciting sessions.

Chair Exercises

Staithes last session is **Thursday 5th December** and re-opening on **Thursday 9th January - 2pm.**

Whitby finishes on **Monday 16th December** and back on **Monday 6th January at 11am at Church House Centre**

Boccia

Sessions with Scarboccia will restart on **Thursday 16th January** at the new venue of **Whitby Leisure Centre** from **11.30-12.30**
£3.00 per session

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



Tuesday 17th December
Celebration Christmas Meal
Dunsley Hall Hotel
BOOKINGS CLOSED



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



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 2pm - Staithes Village Hall



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

We are aiming to start a third group in the new year, if you are interested in attending, know of a suitable venue, then please contact Neil at the DAG office and we will look at the feasibility of this.

This Month

December Facts



- The Birthstones are Turquoise, Zircon, or Tanzanite
- The Flowers of the Month are Narcissus or Holly
- The Zodiac signs are Sagittarius or Capricorn
- The month of December gets its name from “decem” the Latin for 10, as December was the 10th month in the ancient Roman calendar
- The only film with “December” in its title to win an Oscar was December 7th, a 1943 documentary about Pearl Harbour directed by John Ford.

Sunflower Lanyards



Sainsbury's and Argos have announced the nationwide rollout of sunflower lanyards in all stores, to help enhance the shopping experience for customers with hidden disabilities. Following a successful trial earlier this year, the initiative offers shoppers the option to pick up a sunflower lanyard in store, which has been purposely designed to act as a discreet sign for store colleagues that they may need to provide a customer with additional support.

Colleagues will be happy to provide extra support such as assisting with finding shopping items or simply giving customers more time at the checkout. Lanyards will be available to collect for free and are for each customer to keep so they can use it every time they come into store.

ESCAPE-pain



ESCAPE-Pain courses are here to help you manage your daily symptoms of chronic knee or hip pain.

This unique Education & Exercise class is aimed at people 45 + with Osteoarthritis and is a 6 week, 12 session rehabilitation programme.

It is a well-recognised national programme, run by highly professional ESCAPE-Pain trained instructors.

Health Benefits can include:

- Improvement in pain, physical and mental well-being
- Increased self-confidence
- Less reliance on medication
- Can help reduce the need for surgery

There are 8 courses within the Scarborough and Ryedale districts of North Yorkshire.

Please check the course listing on www.northyorkshiresport.co.uk/escape-pain where you can self-refer or call North Yorkshire Sport on 01423 226303 during office hours for more information.

Strong and Steady



Strong and Steady is a 12-week rolling programme designed to encourage people 65+ 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. There are 3 sessions running at Whitby Leisure Centre, The Street, Scarborough and the Evron Centre, Filey.

For more information and to self-refer onto the programme contact: Pat Breman on 07732 804805 or email pat@ageukscarborough.org

Great Run Local



Great Run Local is a free, weekly, friendly running event organised by fantastic volunteers that can take place on any day and time of the week. Our runs are 2km and 5km in distances, to encourage participation, ideal for beginner runners and families as well as regular runners.

Whitby's run takes place every Saturday, 9:30am at Caedmon College. On 14th December there is a fundraising stall for WHISH.

For more information or to volunteer contact Matt Hewison, Event Co-Ordinator by emailing whitby@greatrunlocal.org

A North Yorkshire Mental Health Charity is celebrating a huge National Lottery win.



East Coast charity Scarborough, Whitby and Ryedale Mind (SWR Mind) has been awarded almost £365,000. The fund will support the charity's work across Scarborough District and Ryedale.

The grant will fund three further years of its Side by Side service, providing one to one outreach to people experiencing mental ill health. The Side by Side service has so far provided one to one support to more than 1,000 people with personal experience of mental ill health, their friends and family, carers, SWR Mind staff and volunteers. The cash will also see four regional mental health support workers appointed for Whitby and Esk Valley, Ryedale District, Scarborough town centre as well as one for the surrounding villages of Scarborough.

Christine Miles, chair at SWR Mind, said: "We're delighted that the lottery have once again chosen to support our organisation and recognised the value of the service we provide across Scarborough, Whitby and Ryedale.



Mind will be recruiting for a range of volunteers to provide one to one support, telephone support, surgery volunteers and on the project steering group. Anyone interested in volunteering opportunities or wants to find out about the project can contact the SWR Mind office on 01723 356562 or email info@swrmind.org.uk.



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- 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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