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Dates for your diary

**Creative Arts -
Monday: Whitby 1.30pm -
3.30pm**

**Wednesday: Hinderwell
9.30am - 11.30am
Staithes - 1pm-3pm**

**Chair Exercises - Whitby,
Monday 11am
Staithes - Thursday 2pm**

**Boccia - Thursday 11am-
12.30pm, Whitby Leisure
Centre**



Welcome to the first edition of DAG news of 2020. Pictured are natural collages made by the Creative Arts Groups.





Happy New Year everyone, I hope the new roaring 20's bring you happiness and of course lots of time to be creative.

2019 saw the Creative Arts groups go from strength to strength, both in terms of numbers and in the wonderful diversity of activities, including making collages with Hilary Thorpe, this one was made by Staithes group.



2020 has got off to a great start, with wonderful sessions run by Beth Burrows showing us the wonders of quilting and helping us to start a quilted square which can be added to a larger project or would make a lovely cushion cover.

We are always looking for new challenges so if you have a particular skill you would like to share, or you would like to join in the fun, please let me know. I can promise a warm welcome, a cuppa and of course a biscuit.

Lynne

funded
through



Yorkshire
& Humber



Inside DAG

May I first of all wish all readers of this Newsletter a very **Happy New Year**. Unfortunately, the New Year brought sad news as three DAG members died over the festive period. On behalf of everyone at DAG, I would like to send our thoughts and condolences to the family and friends of Nelly Hardy, Sheila Mclachlan and Trevor Davies. Nelly and Trevor were long standing members of DAG and Sheila joined us last year as a very active member of the Staithes Creative Arts Group. All will be sadly missed, but not forgotten.

On a brighter note, our oldest member, Hilda Wray will be celebrating her 98th birthday at the end of January and we wish her all the very best for a wonderful day. I first met Hilda when she was a volunteer receptionist at Church House, and never ceased to marvel at the tales she told of her life growing up as a young girl in Leeds, her time at University and her exploits in Africa!

As the evenings begin to lighten we are turning our thoughts to the Spring and beyond. Whilst the New Year brings opportunities, it also brings challenges. On one hand, we have recently recruited several new volunteers to help out on DAG trips, our Scooter and Wheelchair hire and to help with undertaking "Access Audits" which are aimed at improving accessibility to local shops, businesses and community venues.

Volunteers are so important in helping us deliver our services and activities, and we welcome anyone who feels they have something offer.

On the other hand, we are still constantly looking for funding to carry on our core work and applying to Charitable Trusts and Foundations takes up a large percentage of my time, often only to read the dreaded words “unfortunately, due to receiving far more requests than we can fund from our limited resources, your application has been unsuccessful”. Although we currently have BIG Lottery and People’s Health Trust funding our financial situation is always delicate and this year will again mean lots of local fundraising to help supplement our grant income. Any donations towards our work would be most gratefully received as will any ideas you might have for fundraising.

During all the years DAG has been running the mobility equipment hire scheme, we have regularly received very generous donations of good quality equipment from local people. These have always been very welcome and very well-used and appreciated by residents of, and visitors to, Whitby. If anyone has a mobility scooter or manual wheelchair, **less than three years old and in good working order**, no longer used, would you consider donating it to DAG?

We would be very appreciative and guarantee that your donation would be acknowledged and the equipment put to very good use as we continue to enable disabled people to live independently and enjoy the delights of Whitby and the surrounding rural area. If you are able to help, please contact us at the DAG office - we would be very pleased to hear from you.

Until the next time.

Ian

Prize Draw

The winners of the Prize Draw were announced at Dunsley Hall Hotel on Tuesday 17th December.



All winners have been notified and prizes have now been collected. A huge Thank You to all those that bought tickets, donated prizes and helped us by selling tickets, We raised a fantastic **£1113**.

Further details of our fundraising activities for 2020 will be announced in due course. If you have any ideas for fundraising or can help at our events then please let us know at the DAG office.



Boccia & Chair Exercises

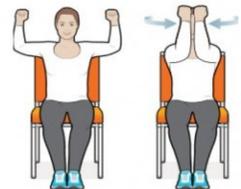
Our weekly active sessions have resumed after the festive break.



Boccia has returned at the new venue of **Whitby Leisure Centre** on **Thursdays** at 11am until 12.30pm.

Chair Exercises are in **Whitby** in Church House, Flowergate on **Monday** from 11am and **Staithes Village Hall** on **Thursdays** at 2pm, sessions are £3.00 per person and last around an hour.

SEATED CHAIR EXERCISES



New Year New Adventure?

Would you like to do something new in 2020?

Here at DAG we have plenty of opportunities to get involved with.

Can you spare a few hours to help us fundraise?

Help with our activities, either occasionally or weekly.

Can you help our regular Members Trips by being a Passenger Assistant, Companion or Minibus Driver?

Meet new people and help with our mobility equipment hire scheme.

Contact us at the DAG office on **(01947) 821001** for further details and a chat about the above roles.



DAG News

You may have noticed a few minor changes to the newsletter, don't worry most of the articles are returning favourites.

We are delighted to introduce a new series of articles about local villages, their origins and history and a flavour of what is going on now, attractions and amenities. These have been kindly compiled by Janet Fife, so a big DAG Thank You for her ongoing input into the newsletter this year.

If you have any suggestions for a place for us to feature in future editions of DAG News, then please contact us.



DAG is now on Amazon Smile



AmazonSmile is a simple and automatic way for you to support a charity of your choice every time you shop, at no cost to you. Amazon will donate 0.5% of the net purchase price (excluding VAT, returns and shipping fees) of your eligible AmazonSmile purchases when you shop at www.smile.amazon.co.uk

How do I select DAG to support when shopping on AmazonSmile?

On your first visit to smile.amazon.co.uk you need to select a charitable organisation to receive donations from eligible purchases before you begin shopping. We will remember your selection, and then every eligible purchase you make at smile.amazon.co.uk will result in a donation.

How do I shop at AmazonSmile?

To shop at AmazonSmile simply go to smile.amazon.co.uk from the web browser on your computer or mobile device.

Which products on AmazonSmile are eligible for charitable donations?

Millions of products on AmazonSmile are eligible for donations to charities by Amazon. You will see eligible products marked "Eligible for smile.amazon.co.uk donation" on their product detail pages.

Can I use my existing Amazon.co.uk account on AmazonSmile?

Yes, you use the same account on amazon.co.uk and AmazonSmile. Your shopping cart, Wish List and other account settings are also the same.

Curious about ... RUSWARP

Much of what is now Whitby used to be in Ruswarp parish. The boundary ran below Bagdale Hall and through the middle of the Little Angel pub. The name is from an Old English word meaning 'silted land overgrown with bushes'.



A monks' trod runs from Mayfield Road, Whitby, into Ruswarp. The Larpool Viaduct downstream of Ruswarp is 120 feet high and contains five and a quarter million bricks. Building began in 1882 and the first trains ran in 1884. The railway line was closed in 1965; it now carries the Cinder Track footpath and cycle trail. Trains from the Esk Valley Line stop at Ruswarp Station. There is also a separate miniature steam railway, a circular track of 700 yards.

There were corn mills by the River Esk in Ruswarp from Saxon times until 1989. In 2012 the mill race was adapted to power a hydroelectric plant. The old mill building still has its waterwheel but has been converted into flats.

Ruswarp Hall was built in 1603, in the reign of James 1, for Nicolas Bushell, a Whitby merchant and ship owner. It is Grade 2* listed. His son, Browne Bushell, was a son-in-law of Cromwell's Chief of Staff. He betrayed Scarborough Castle first to the Roundheads and then to the Royalists, and was eventually executed for treason. The Hall has two priest holes, and the banister of the main staircase main was originally a ship's mast. The building is now a B&B with antique furniture and many original features.

The Esk is tidal as far as Ruswarp. Rowing boats can be hired at Ruswarp Pleasure Boats, upstream of the weir.

Cinder Track Improvements

Major improvement works to the Whitby to Hawsker end of the Cinder Track on the North Yorkshire coast get underway during January



Restoration of the permissive route, which follows the former Scarborough to Whitby railway line, will vastly improve users' access and experience, promote environmentally sustainable methods of travel, facilitate active lifestyles and help to support wildlife.

The works, coordinated by Scarborough Borough Council, are in line with the Cinder Track Restoration Plan, which was agreed following public consultation in 2018 and has been guided by the Cinder Track Steering Group, which was set up to manage the restoration of the 21.5 miles long route. To allow for the restoration to go ahead, ground work clearance begins on the stretch between Whitby and the Larpool Lane area.

Following landscape work, the council's approved contractors are expected to start the major re-surfacing work during February

Funding for the Whitby to Hawsker upgrade was secured by Sustrans, the Sustainable Transport charity, allocating £275,000 of investment from The Department for Transport. Scarborough Borough Council has committed a further £60,000.

Yorkshire Coast & Ryedale Disability Forum

**YORKSHIRE
COAST
& RYEDALE
DISABILITY
FORUM**

Are you frustrated because you are not able to access buildings, leisure facilities or there are no loop systems, transports a nightmare to access then the forum might be useful to you!

The forum is a user-led organisation made up of disabled people, carers, disability organisations, councillors and statutory organisations.

The forum is one of six local disability forums, who are all part of North Yorkshire Disability Forum.

We want to improve the lives of people with physical and/or sensory impairment.

The forum provides a collective and stronger voice on all issues of disability to achieve positive outcomes.

If any of these issues have affected, you or a friend then why not come a long to a meeting and find out how you may able to change things for the better!

Our next meeting is on **Thursday 12th March 2020** at 1pm, Scarborough Friends Meeting House, Quaker Close, Woodlands Drive, Scarborough

For more details about the forum or the meeting contact Bridget Hardy by emailing bridget.hardy@ycrdf.org.uk

Carers Coffee Morning

Come along and meet other people and have a cuppa and a chat.

Ingham Close Community Centre,
Sleights

10.30am - 11.30am

Friday 28th February

Friday 10th April

And throughout the year, this event is open to everyone and free to attend.



Mental Health First Aid Course

Would you like to learn more about
Mental Health?

Involved in delivering sport
sessions?

Then this is the course for you



Mental Health First Aid - Adult 2 day course qualifies you as
a Mental Health First Aider.

Gain an in depth understanding of mental health and the
factors that can affect wellbeing - Practical skills to spot the
triggers and signs of mental health issues - Confidence to
step in reassure and support a person in distress -
Enhanced interpersonal skills such as non-judgemental
listening

For further details contact North Yorkshire Sport

www.northyorkshiresport.co.uk

Rural Community Farmers Breakfast

Caring Together
Whitby & District

**Lythe Village Hall
First Wednesday of the Month
10.15am – 12.00 noon**

**A social morning of conversation,
memories and a bacon buttie**

**5th February – Dr Michael Williams - The Whitby to
Loftus Railway**

4th March – George Cromack - Laughter Films

1st April - Colin Armstrong - British Cycling

6th May – Neil Williamson – The History of Fylingdales

3rd June - Medicinal Plants from James Cook's travels

Donations of about £3.50 would be appreciated

How to Book: Call Rural Activities Coordinator Isabelle
Harrison, 07811 638504, 01947 605757

email: activities@ryedalecarers.org.uk

Free transport will be provided where possible

Whitby Leisure Centre

Wish to do some leisure activity this year? There are some offers at Whitby Leisure Centre, Carers swim free when accompanying someone with a disability.

everyone
ACTIVE

Anyone in receipt of carer's or disability allowance can obtain a reduction in memberships for the facility. You pay £24.00 per month, this gives access to all everyone active facilities.

Esk Valley Railcard

Save a 1/3 OFF most local rail fares for only £10 per year. Ideal for days out, shopping trips, visiting friends and family.



Who can apply?

You can apply for an Esk Valley Railcard if you are 16 and over and live in: The Hambleton, Scarborough or Ryedale Districts of North Yorkshire, The Boroughs of Middlesbrough, Redcar and Cleveland or Stockton.

Where can I use it?

The Esk Valley Railway Railcard entitles you to discounted fares between Whitby and Middlesbrough and intermediate stations on the Northern Rail services.

Discounted fares also apply between Whitby to Pickering on North Yorkshire Moors Railway services.

How much does it cost?

The Esk Valley Railcard can be bought for only £10.00 per person.

How long is the Railcard valid?

Esk Valley Railcards are valid for twelve months from the date of issue or commencement date.

How do I apply for an Esk Valley railcard?

You can buy a railcard from the following stations:

- Middlesbrough
- Redcar Central
- Scarborough
- Thirsk
- Thornaby
- Malton
- Whitby



SMALL ADS

Diana Richardson

Mobile Hairdresser (City & Guilds) For all your hair requirements.

Cutting, Setting & Perming

Whitby and District.

Contact Diana on

01947 602477 or 07870 321477



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.

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

**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


 Dalewood
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!

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

Telephone: 01947 821001 Email: info@whitbydag.org.uk
Website: www.whitbydag.org.uk

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

07956 751790

daglibrary@icloud.com



Reg. Charity No: 1131037 Company Reg: No: 6956837
Patron: The Marquis of Normanby

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.