

In this Issue:

- 3: Membership & Activities
- 6: DAG Fundraising
- 9: NHS APP (pull out leaflet)
- 13: Volunteer For DAG
- 14: Energy Bills Support Scheme
- 15: Flower of the Month
- 16: Local Services
- 20. Contact DAG

Firstly, I hope that you are all enjoying the sunny weather we have been experiencing over the last few weeks. June can often be cold and wet so it makes a nice change to see the sun shining and some amazing sunsets at the end of the day.

As I'm writing this, I am reading a report from the DWP in which they have shared the **"three main reasons"** why award decisions for PIP (Personal Independence Payment and Employment and

Support Allowance (ESA) are being overturned in favour of the claimant. New figures released this month revealed that **a staggering 72% of PIP tribunals result in success for the claimant.**

This is a picture that here at DAG, we know only too well. We often explain to clients that statistically, after they have submitted an application and had an assessment, they are likely to be unsuccessful or they might get a lower rate than expected. If the client disagrees with the decision, they can ask for a Mandatory Reconsideration, but again, statistically the odds are against being successful. It is only at the Appeal stage that things seems to change.

The DWP say that the three main reasons why decisions are being overturned on appeal are:

- Tribunals drawing a different conclusion based on the same evidence used by the DWP decision makers
- Cogent oral evidence given by the individual
- New written evidence provided at the hearing

The DWP insist that there is a comprehensive performance regime which drives the assessment providers to meet stringent quality standards, and say that they continually monitor and manage the assessors' performance and obtain maximum value under the terms of the contract.

My question would be that if the process is so well monitored and stringent quality standards are in place, **WHY are 72% of decisions overturned at Tribunal**, and why are disabled people put through months of mental anguish before being awarded what they are entitled to? None of this actually comes as a surprise as DAG was writing to Robert Goodwill MP back in 2016 about the fact that our parliamentary constituency had one of the lowest success rate for PIP applications at just 27%!

Following Mary Harland's retirement, DAG is currently signposting PIP claimants to our friends at CAB but **next month we will be able to make an announcement about our own Welfare Benefits Advice service - so watch this space!**

Finally, June saw the launch of our Staithes Shopper. We are now looking at a developing a Whitby Shopper if there is enough demand, so please respond to the article in the Newsletter if this is something you would be interested in. Until the next time, and enjoy the summer while it lasts!

Ian

MEMBERSHIP & ACTIVITIES

THANK YOU to Ian Lawson for organising another great Domino Drive at the White Hart in Mickley. The event on 28th June raised over **£200 for DAG**.

CHAT & CRAFT

Our Chat and Craft group meets **Staithe Memorial Hall** meet on Wednesdays.



This is a friendly, relaxed group, and we always have a cuppa and a biccie. Bring some knitting, crocheting or other project to do and have a really good natter.

If you want to come along, and perhaps help Asa with his knitting, please get in touch with us at the DAG office.

OUTINGS



Friday 8th July: Helmsley Market Day

Departing Whitby between 10am—11am. **Transport £13.00 for DAG members, £15 for non-members.**

A chance to hunt for some bargains or get some essential supplies at the market.

Or, if you wish to go to the Walled Gardens the entrance fee is **£9.00**. Carers accompanying a disabled person do not need to purchase ticket.

Wednesday 20th July: Burnby Hall Gardens & Museum

We aim to get there around 12 noon.
Entrance to gardens and museum
£7.50 (£6.55 for 60+).



Transport: £13.50 - DAG members, £15.50 - non-members.



Monday 8th August: Strikes Garden Centre, Stokelsey

Go for lunch at the **Topiary Restaurant**, or explore the outdoor plant area or garden centre shop for gifts, garden tools and essentials and pet care. Strikes also has a clothing shop, and a new food shop stocking fresh bread and

cakes made in-house.

Transport: £13 - DAG members, £15 - non-members.

Wednesday 17th August—Dalby Forest, Pickering

We have booked a session with **Dalby Cycle Hub** to use their adapted bikes. Tramper mobility scooters are also available from the Visitors Centre. Please let us know whether you wish to try cycling or need to use a mobility scooter.



Bring a picnic or get a sandwich and a drink from the cafes at the Visitors Centre or the Courtyard café.

Transport: £11 - DAG members, £13 - non-members



Staithe's Shopper

For people who don't have cars and who struggle to use public transport.

Are you able to get to the shops but can't carry all of your shopping home? Is public transport difficult because you can't get on the bus or the stop is too far away?

The Staithe's Shopper is run by Whitby, Scarborough & Ryedale DAG, every two weeks in our wheelchair accessible minibus. The pick up point is at Staithe's Memorial Hall, and we will drop you back home with your shopping after the trip. **Booking in advance is required.** **Contact the DAG office on 01947 821001 to book and pay for your place.**

Thursday 7th July: Skelton Retail Park. **Cost £8.00**

Friday 22nd July: Redcar (Market Day). **Cost £8.00**

.....

Do you want a Whitby Shopper?

This would be in our wheelchair accessible minibus, "Hilda".

We could run a local shopper, for example to Sainsburys, B&M, Aldi and Food Warehouse, and stop off at Dalewod Café for a coffee?

Or

Out of town? Eg. Pickering Market, or Redcar including the market day.

If you are interested and for more details, please contact the DAG office on 01947 821001.



Summer Fair

Jubilee Celebration

SATURDAY 9TH JULY

WHITBY PAVILION

11am - 3pm



**Fundraising
for**



**Cake &
Sweet Stall**

Raffle

Craft Table

**Old school
fête games!**

**FREE
ENTRY**

**BOUNCY
CASTLE**

and much more!

With thanks to Friends of Whitby Pavilion

**Saturday 27th
August, 10am-4pm**

DAG Annual Fundraiser

Come and visit our stall at Dock End (opposite Oxfam/ Specsavers), where we will have a **Super Tombola** and a **Cakes/ Preserves Stall**.



Contact the DAG office if **you can help on the day**, donate a **tombola prize** (for adults or children) or make a **cake or preserves**.



Sunday 11th September 2022, Bev Crisp will be competing in the **Great North Run** to raise money for DAG.

DAG Manager, Ian Peck is Bev's partner. Bev is pictured left with granddaughter **Edith**, then aged 4yrs, after they completed the children's run

together in 2019. Since her late teens, Bev has completed the half marathon 12 times.

Contact the DAG office for details of how to sponsor Bev, and keep a look out for updates on the DAG Facebook page.



Whitby, Scarborough & Ryedale DAG is one of this year's nominated causes for the Co-op Local Community Fund.

So, **between now and October 2022**, we would love as many Co-op Members as possible to **choose Whitby DAG** when you shop at **Whitby Co-op** or purchase **Co-op Funeral Care services (Well Close Square)**.

For every £1.00 Co-op Members spend on selected Co-op branded products and services, 2p will go into your membership account. The same amount will support community organisations and local causes like DAG. To collect rewards and contribute to your cause, you must swipe or scan your Co-op membership card when you shop.

DAG has a dedicated page on the Co-op membership website. This explains who we are and what we do.

<https://membership.coop.co.uk/causes/61181>

If you aren't already a Co-op member and would like to support Whitby DAG, **this link** also takes you to the **membership registration**.

Thank you for your support.



Setting up your NHS App



What is the NHS App?

The NHS App is FREE to download and is a safe, secure and easier way to book appointments at your GP surgery, order repeat prescriptions, and view your medical records at any time, as well as getting medical advice and your COVID-19 passport whenever you need it.

How to create an account via NHS login

This guide will show you **how to set-up an NHS login** and gain access to the features of the NHS app.

To do this you will need:



A smart phone



An email address



To be registered
with a GP

Depending on whether you have already been registered for online

NHS services previously, you might also need:

- Photo identification (such as a passport or driving licence).

Setting up your NHS App

Step 1 Download the App

Go to the App Store or Play Store, search for “NHS App” and download it to your phone.

From here you can access general health information and advice, but to make the App even more useful it will need to know who you are by linking it to your NHS personal health record.



Step 2 Create an NHS login account

- **Enter your email address.** This checks the system to see if you already have an NHS login. If you have, and you know your password, you can log in from there.

If not, choose ‘Continue with NHS login’ to create an account that matches you and your NHS records.

To create an account, you’ll need to know your:

- - email address
- 📅 - date of birth
- 📍 - post code

- **Continue to create a password.**

Your password needs to be **at least 8 characters and contain at least one capital letter**. If you are setting the account up with someone else, you can do this privately or go back in to change it after you’ve created your account.

After this, you need to agree to the NHS privacy notice and terms of use. Note that the NHS will not share your personal information without your permission.

Once this is done, choose ‘Continue’.

Step 3 6 digit security code

You will have been sent an email containing a 6 digit security code.

If it's not there, please check your junk or spam email folder as it might have been sent there by mistake.

- Enter the 6 numbers in the app.

Your email is now verified and **next you'll need to do this for your mobile phone number**. Enter your mobile phone number. You'll then receive a text containing another 6 digit security number.

- Now enter the 6 numbers from the text and choose **'Continue'**.

Step 4 Your NHS Number

Here is when you will be asked to enter your NHS number.

- If you know your NHS Number choose **'yes'** and enter it in the app.

For the best chance of quickly matching you to your NHS records it would be helpful to have you have your NHS number; this is the **10 digit number** you'll have on a letter from the NHS, a prescription or vaccination letter.

- If you do not know your NHS number choose **'no'** and continue.

Here you'll be asked for your full name that you have registered with your GP surgery. Complete this including any middle names you have.

- Continue to enter your date of birth and the post code that your GP will have on record for you.

Check that details are correct making any changes necessary. When you're happy click

"Submit information."

Step 5 The app should be ready for you to use!

You may be asked to accept terms and conditions, cookies and enter your notification preferences. Simply follow the instructions and then choose the **'Continue'** button.

VOLUNTEER



Help the work of DAG by Volunteering with us.

DAG could not support so many people without the help of our wonderful Volunteers.

We would love some more to join us. So, if you have skills to share and time to spare, or would like the opportunity to learn something new, please have a look at the roles below.

Personal Assistant on bus trips – helping people on and off the bus, getting them seated comfortably etc.

Companion on Trips – supporting one person, maybe pushing their wheelchair, for a whole trip.

Delivering Mobility Equipment – during the summer we need help to deliver mobility scooters and wheelchairs, either riding the scooters to and from the holiday home or delivering them in our wheelchair accessible car.

Admin Support – office based and working from home

Fundraising – Organising fundraising events and volunteers to help out.

Agreed out of pocket expenses paid. On the job training provided. DBS checks required for some roles.

If you are interested in any of these roles, or have another role in mind, please contact **the DAG office** on **01947 821001** or Email info@whitbydag.org.uk



Energy Bills Support Scheme

The Yorkshire Energy Doctor has provided a summary of the government help available to cover rising energy bills. These are all in addition to the non-repayable £150 Council Tax rebate for those in England living in bands A to D.

£400 Help With Energy Bills

All households in Great Britain with a **domestic electricity connection** will be automatically eligible for grant. **All suppliers will be applying the reduction to bills from October 2022.** This replaces the £200 'loan' scheme.

£650 Cost of Living Payment - Means-tested benefits

To be paid to all households who receive **Universal Credit, Income-based JSA, Income-related ESA, Income Support, Working Tax Credit, Child Tax Credit, Pension Credit.** Two lump sum payments directly to households - **the first from July 2022, the second in the autumn.**

£300 Pensioner Cost of Living Payment

To be paid, directly, to all pensioner households who **receive the Winter Fuel Payment, as a top-up to annual Winter Fuel Payments in November/December 2022.** For most households, this will be paid by direct debit, is not taxable and does not affect eligibility for other benefits.

£150 Disability Cost of Living Payment

One off payment in September, paid directly to Disabled people who receive DLA, PIP, AA, Scottish Disability Benefits, Armed Forces Independence Payment, Constant AA and War Pension Mobility Supplement. Exempt from tax, and will not have any impact on existing benefit entitlement.

July's Flower: Honeysuckle

by Janet Fife

Scientific name: *Lonicera periclymenum*, ('**Lonicer's twining plant**'), after 16th century German Botanist Adam Lonicer.

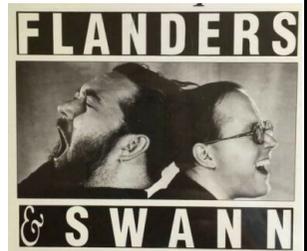
Common names: common honeysuckle, honeybind, woodbine, hold-me-tight. Children pick the flowers to suck the drop of nectar from the end, or 'suck the honey'. 'Woodbind' or 'bine' is from its habit of winding around and twisting tree branches. 'Barley sugar' walking sticks formed in this way were considered lucky.



Our native honeysuckle flowers in woods and hedgerows from June to September, providing nectar for bees, butterflies, and moths. In autumn birds love its glowing red berries which are poisonous to us.

Honeysuckle has been used in remedies for headaches, coughs, asthma, rheumatism, fever, cramp, and nervous disorders. The leaves contain antibiotics and anti-inflammatories.

Honeysuckle always twines **clockwise**, while bindweed twines anticlockwise. Flanders and Swann wrote a song called '**Misalliance**' about a doomed love affair between the two: '**they twine to the left and we twine to the right.**'



Honeysuckle growing round a door was thought to bring good luck and keep evil spirits out. Traditionally the flower is a symbol of undying passion. The sweet, strong scent was thought to bring on dreams of love - which may be why Victorian girls weren't allowed to bring them into the house!

Whats's On At Whitby Library?

North Yorkshire County Council has been running a campaign to reduce the number of small electrical items being thrown in the bin or hidden away at home.

Whitby Library has been one of the participating Libraries across the county collecting small electrical items, **and will continue to do so until 8th July 2022**.

Whitby Library also has 40 **small battery recycling bins** to give away on a first come first served basis. Use your tub at home and empty it at Whitby Library battery recycling bin. They have a battery recycling box all year round.

www.northyorks.gov.uk/hwrc



Whitby Library also has a range of **dyslexia friendly books to borrow**. They can also request books from other NYCC libraries.

The **ebook library on Borrowbox** (the NYCC online book borrowing App) has a dyslexia friendly font too, along with a large selection of audio books.



FARMERS' BREAKFAST

Caring Together
Whitby & District

**Monthly, on a Wednesday at
Lythe Village Hall ,10.15 - 12.15 (ish)**
Cuppa, conversation, memories and a bacon buttie

Advance booking required. To book or for more information call Rural Activities Coordinator, **Isabelle Harrison** on:-

M: 07811 638504 T: 01947 605 757,
E: isabelleryedalecarers@gmail.com

Caring Together is a local voluntary organisation and registered charity providing practical and emotional help for carers, the people they care for and older people living on their own. For details please phone **01947 605757**.

Trinity

activities
talks and demonstrations
celebration events

Registered Charity 1164415

Social activity centre for older people in Whitby and surrounding district

Mondays, Wednesdays & Fridays
11.30am-2.30pm

Trinity Centre, Flowergate, Whitby, YO21 3BA
T: 01947 601548; E: info@trinitycentrewhitby.org

Scarborough & District CAB

Contact Details

Website: www.scarcab.org.uk
Online Advisor: citizensadvice.org.uk/chat
Tel: 0808 278 7889 (Mon-Fri 9am-5pm)
Email: info@scarcab.cabnet.org.uk
Relay UK: 18001 0800 144 8884

Contact DAG to be referred directly to Scarborough CAB for general enquiries and their money, welfare benefits and debt advice service.

A blue circular logo with the text "citizens advice" in white, lowercase letters. The logo is positioned to the right of the text in the second section.

citizens
advice



Dalewood Trust supports adults with learning disabilities providing leisure activities, adult education, volunteering and work experience.

They also provide services for the wider community in the Whitby area – **Shopping, Laundry, Meals on Wheels** and **Afternoon Teas**.

For more information and to arrange services

Tel: 01947 600583

Email: info@dalewoodtrust.org

Facebook:

<https://www.facebook.com/DalewoodTrust/>

Make your donations to DAG go further through

- **Gift Aid (if you are a UK Taxpayer)**
- **Give as You Live**
- **Leaving a Financial Gift in your Will**
- **Amazon Smile**
- **LocalGiving**
- **Easy Fundraising**

**Please support Whitby DAG by
nominating us for the Co-op Local
Community Fun 2021-22**



Contact the DAG office for more details.



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 Hire has re-opened. All enquiries should be via the DAG office.

Reg. Charity No: 1131037
Company Reg: No: 6956837



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.