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As I write this, amongst lots of other activity, we are making preparations for our **'DAG Day'** at Dock End on Saturday 27th August. This annual fundraiser has become DAG tradition and one which helps raise vital funds. In previous years it has included Bric a Brac, Books and Crafts alongside a tombola and cakes and bakes. This year we are doing it a little differently and focusing on a large tombola and home

-made cakes and bakes. We would welcome donations for the tombola and if any of you fabulous bakers out there would like to contribute, please let us know!

We are fully aware of the effect that inflation and worries about gas and electricity bills is having on our members and other disabled people. We know that many of you are watching every penny and there is so much uncertainty as to what is going to happen over the coming months. We also know that our trips and outings are for many, the only time they get out to socialise with other DAG friends, so with this in mind, **thanks to a grant from the Charles and Elsie Sykes Foundation we are reducing the cost of all DAG trips, as well as our Staithes Shopper.** See page three of this newsletter for details.

I would also like to thank Caroline Davies who recently held a summer fair for three local charities, including DAG. We are using her donation towards a day at Dalby Forest, which includes adapted cycling. (Judith still complains about how her knees haven't recovered from the last time)!

Here in the DAG office, the summer is in full swing. There is no such thing as a "typical" day. The day starts with order and a plan but more often than not, as soon as we take the answerphone off, both phones and the mobile are ringing, and we are immediately dealing with Mobility Scooter and Wheelchair hire customers, who "left a message last night" or sent an email at 11.30pm, or have just arrived and "didn't realise that Whitby was hilly", all wanting a mobility scooter or wheelchair as soon as possible (meaning in the next 20 minutes!) Meanwhile we have people ringing the DAG buzzer asking for CAB and after explaining how to contact them, insisting on telling us their life story. Others want directions, or a parking zone disc, a foodbank referral, or ask "is this a café" or even where is the beach? This extremely busy and tiring time for us, brings a smile to our esteemed Chairperson Mike Hutchinson's face - **an empty mobility equipment garage means income for DAG!**

Finally, I am delighted to announce that on Tuesday 2nd August, **Philippa Valentine** starts work with DAG as our **Welfare Benefits Advisor**. We are thrilled to welcome Philippa to the team. She brings over 20 years' experience working for CAB, and a wealth of knowledge about benefits and all other aspects of the work we do and the challenges clients face. So we know she will be able to offer the best support that disabled people need to help claim their benefits entitlements.

Until the next time

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MEMBERSHIP & ACTIVITIES



DAG Summer Special Deal!!

ALL DAG TRIPS, until 30th September 2022 will cost **£5.00 for **DAG Members** and **£6** for **non Members**.**

To get your discount quote
“**DAGSUMMER22**” when booking your place

Shopper Trips included.

Anyone who has already put their name down for our August trips will automatically get the discount.

If you have paid for your trip(s), then we can offer a refund, or you can transfer the credit towards another trip.



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 food shop stocking fresh bread and cakes, all made in-house.

Wednesday 17th August: Dalby Forest, Pickering

We have booked a session with **Dalby Cycle Hub** to use their adapted bikes. Trumper 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.



Thursday 11th August: Guisborough Market Shopper

For over 600 years Guisborough has been a traditional market town with markets held every week.

As well as the market, Guisborough has many high street shops such as Boots, Marks & Spencers and M&Co.

Or you could take the opportunity to visit 14th century Guisborough Priory on Westgate. Please note there are some uneven surfaces in the Priory grounds.

Monday 22nd August: Pickering Market Shopper

The substantial market is situated on Market Street in the town centre. If that isn't enough shopping for you, Pickering also has numerous independently owned shops and businesses. There are also plenty of cafés, coffee shops, pubs and restaurants for a refreshing drink and/ or meal.



September 2022

We have yet to set the dates but we are planning trips to

- Ryedale Folk Museum and Hutton le Hole**
- Cleveland Ironstone Mine at Skinningrove**
- The Owl Centre, Kirkleatham**

Full details will be in the September newsletter.



We would also love to hear your ideas for places to visit, including information about things like wheelchair access, provision for assistance dogs etc.

Please contact Judith at the DAG office.



Staithe Shopper

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?

Whitby, Scarborough & Ryedale DAG runs a shopper trip, every two weeks in our wheelchair accessible minibus, "Hilda".

Thursday 4th August - Skelton

Friday 19th August - Redcar

Thursday 1st September - Skelton

Friday 16th September - Redcar

The cost is £5 for DAG Members and £6 for non-Members.

Pick up point is at Staithe 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.

CHAT & CRAFT

Our Staithes Chat and Craft group meets on Wednesdays at the Memorial Hall.

If you want to come along and join this friendly group (and perhaps help **Asa** with his knitting), **please get in touch with us at the DAG office.**



Swimming for Wellbeing Sessions

Our weekly swimming sessions are having a break for the summer, and will restart in September 2022.

If you are interested in joining this activity, for more details, including the booking procedure, contact **Sally** at the DAG office on **01947 821001**.

Please note: PLACES ARE STRICTLY LIMITED.

Anyone turning up at the Leisure Centre without a prior booking will not be allowed to join the session.

DAG OFFICE CLOSURE: AUGUST 2022

The DAG office will be **closed** on **Monday 15th August (Regatta Monday)**, and **Monday 29th August (Summer Bank Holiday)**. The Mobility Hire service is now closed for bookings on both of these dates.

The office and mobility hire service will re-open at 9am, Tuesday 16th August, and Tuesday 30th August.

**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, to set up, clear away or on the stall**

Calling all bakers and jam makers! Everyone loves home made edibles, so if you would like to share some favourite recipes, please let us know. Baked goods should be individually wrapped. Bakes and jams should also have a list of ingredients.



Our **Super Tombola** is always very popular. We welcome donations of prizes, suitable for adults or children.



**Thank you in advance for
your support.**



Whitby, Scarborough & Ryedale DAG is one of 2022 nominated causes for the **Co-op Local Community Fund**.

Between now and October 2022, please choose Whitby DAG when you shop at **Whitby Co-op** or purchase **Co-op Funeral Care services (Well Close Square)**.

When you swipe or scan your Co-op membership card, for every £1.00 you spend on selected Co-op branded products and services, 2p will go into your membership account. The same amount will support local causes like DAG. DAG has a page (see link below) on the Co-op members' website, explaining who we are and what we do.

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

Book Stall At The Co-op

DAG has been running a **fund-raising bookstall** at **Whitby Co-op** on the **first and third Tuesday of the month, 11am-2pm**.

Pictured right are **DAG Trustee JJ** and **Volunteer Tom** who regularly run the stall. We would like more volunteers to help them, so, if you can spare a couple of hours please contact the DAG office. Tom and JJ would also be delighted if DAG Members just come along and say hello.



We like to recycle and always looking to renew our stock. Donations of any of your much loved and well read books would be a welcome addition to our stall. **Thank you.**

THANK YOU to **Caroline Davies** for organising the Summer Fair in aid of DAG, WHISH and Interactive.

The event on 9th July raised over **£130 for DAG**, which we are going to use towards our Dalby Forest trip on 17th August.

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On **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 a sponsorship form, or details of how to sponsor Bev online.

Keep a look out for updates on the DAG Facebook page.



Whitby Sight Loss Group

New group for
Whitby and
surrounding area

Do you have sight loss, or care for someone who does? We would love to welcome you to our group. Our meetings are friendly and informal social events, giving you the opportunity to meet up with people in similar situations. Come along and have a cuppa, and we always have cakes and biscuits to sweeten your time at the group.

We meet at **Church House Centre, Flowerate, Whitby, YO21 3BA**, on the **first Wednesday of the month, 10am to 12 noon**. Timings are relaxed and you can stay for as long or as little time as you choose.

In the coming months, we are hoping to introduce activities for the meetings and trip out to local venues. **In September, Sid, our local RNIB Officer, will be giving a presentation around the latest technology, the basics of using your computer, and the gadgets you can get to help you.**

We are also **working with Pannett Art Gallery to make art more accessible for disabled people**, and hope to arrange a visit to the Gallery in the near future.

Our next meeting is **Wednesday 3rd August 2022**. For more information please contact Tom on
T: **07871 388 425** or Email: **tomcooper267@yahoo.com**



Fit Notes: Changes from July 2022

Until July 2022, Fit notes could only be certified by doctors. Nurses, Occupational Therapists, Physiotherapists and Pharmacists are now all able to issue them. It is hoped that this will relieve pressures on GPs, **and** enable patients who have been off work sick for more than seven days to see the healthcare professional who is most appropriate, for example who is actually treating them.

If you're off sick for more than seven days, your employer will usually ask for a fit note (or **Statement of Fitness for Work**), sometimes referred to as a doctor's note. If the period of sickness is seven days or less, your employer should not ask for medical evidence. You can fill in a form yourself when you return to work, saying that you've been ill. This is called **self-certification**.

For sickness periods of more than seven days, you should contact your GP surgery, or one of the other healthcare professionals mentioned above, **who will assess you**. If they decide your health affects your fitness for work, they can issue a fit note and advise either that:

- you are “not fit for work” or
- you “may be fit for work taking into account the following advice”, for example if they think that you are able to do some work, even if it is not your usual job.

Fit notes can only be issued following an assessment of a person's fitness for work; they cannot be issued on request or via over-the-counter services. Eligible healthcare professionals can now also certify them digitally, as they are no longer required to be signed in ink.



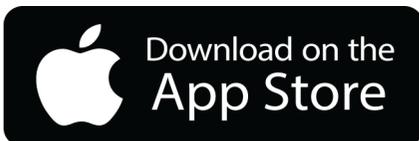
NEW 999 British Sign Language app launched in June 2022

999 BSL, the new British Sign Language (BSL) app, means that BSL signers now have equal access to the fire, police, ambulance and coastguard emergency services and can exchange information quickly and accurately.

The app works on iOS or Android devices. Using a smartphone app, the caller can talk in real time to the call handler, with an interpreter signing the handler's responses and instructions back to them. Alternatively people can use the 999 BSL website, www.999bsl.co.uk to contact 999 in BSL.

A text service for 999 already exists, though users have had to register for that prior to use. **The new sign language-based service does not require registration**, meaning callers can use it as long as the app or webpage is open.

To make a call with 999 BSL, **open the app or webpage**, then **press a red button** that will connect you to an interpreter. The service is designed to be very easy to use with just one button to call 999 via an interpreter. It also has a function to allow call backs if needed. All calls will be free and available 24/7.



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

August's Flower: Heather

by Janet Fife

Scientific name: **Calluna vulgaris** (Greek *kalluna*, 'to brush', and Latin *vulgaris*, 'common').

Common names: **Heather, ling, fraoch** (Gaelic). The name 'heather' is from the Old Scots word *haeddre*, while ling is Old Norse for 'lightweight'.

Ling is our most common heather. Bell heather and Cross Leaved Heath, commonly called heather, are *Ericas*, a different species. *Callunas* can live up to 40 years.



Heather was a sacred plant to the **Druids**, and has long been considered to have magical properties which protect those who wear it from harm. **White heather**, thought to be especially lucky, **was believed to grow on patches of ground where there's been no bloodshed, or on the graves of fairies.**

Heather is a very useful plant. It's provided brushes and brooms, dyes, herbal remedies; water-resistant ropes; baskets; mattresses; feed for livestock; building materials and thatch.



Archaeologists have found traces of heather ale in Pictish sites, 3000 years old. Heather



brush is used in moorland conservation, to protect eroded areas while they reseed. Beekeepers often bring their hives on to the moors in when the heather comes into bloom, to produce delicious **heather honey.**

I'll leave the last word to the Urban Dictionary: **'When someone says that you're Heather, they mean that everybody can't help but like you.'**

Citizens Advice Scarborough & District has been helping the people of Scarborough & Whitby for over 80 years



**citizens
advice**

We offer free, confidential advice online, over the phone, by email and in-person.

Adviceline: 0808 278 7900

Monday to Friday 9am to 5pm excluding Bank Holidays.
Calls to Adviceline are free from mobiles and landlines.

If you cannot use the phone service or need to drop off bulky papers to our office, our Office opening times are:

4 Elders Street, Scarborough, YO11 1DZ

Monday, Tuesday, Thursday, Fri 9.30am to 1pm

Pre-scheduled appointment for face to face can still access the office outside of these times

Eastfield Community Centre

Thursday drop in advice 10am - 1pm

Church House, Flowergate, Whitby, YO21 3BA

Thursday drop-in advice 10am to 1pm (paperwork drop off)

We may not be able to answer the door outside of these times.



If you need to speak to someone in our office, call **01723 368710** and select **option 3**. Please note you cannot access advice from this number.

www.citizensadvicescarborough.org.uk

FARMERS' BREAKFAST

Lythe Village Hall, 10.15 - 12.00 (ish)
September to December 2022



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

****September 14th - Virginia Arrowsmith: North Yorkshire Farming History. **Please note change of date.**

October 5th - Imogen 'The Jet Carver's Daughter': Whitby Jet.

November 2nd - Lydia and Lacy Hewison: Life in the Young Farmers.

December 7th – Maggie Moo: The 'Saucy Side Of Painting' AND Christmas party. Lots of goodies to buy.

Please let us know if you want to come to any of the meetings. We have to keep to limited numbers to maintain Covid Compliance. Donations of £3.50 greatly appreciated.

How to Book: Call Rural Activities Coordinator **Isabelle Harrison**, Mobile: **07811 638504**, Tel: **01947 605 757**
Email: isabelleryedalecarers@gmail.com

Trinity

activities
talks and demonstrations
celebration events

Registered Charity 1164415

Mondays, Wednesdays & Fridays
11.30am-2.30pm

Social and activity centre for older people from Whitby and surrounding villages, plus home cooked lunch



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

Or follow them on **Facebook**



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** (charges apply).

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 Mobile: 07956 751 790

Email: info@whitbydag.org.uk

Website: www.whitbydag.org.uk

All Mobility Hire enquiries should be via the DAG office.

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.