

In this Issue:

- 3: Membership, Activities & Volunteering
- 8: Blocked Pavements
- 9: Pumpkin Parent Packs
- 10: Specsavers Home Visits
- 13: Green Mile Man
- 15: Energy Rebate Scam
- 16: DWP Update
- 17: Local Services
- 20: Contact DAG

Last month I mentioned the long hot summer we have just had and how it reminded me of the one in 1976.

At that point, it felt like the good weather was never going to end, but just like then, this year's summer came to a sudden end, with lots of rain and plummeting temperatures.

Autumn has most definitely arrived, but hopefully the weather over the next few months will not be too cold.

We are all very aware of rising costs, especially for food, gas and electricity, and even though the government has introduced a cap on energy prices, this is especially worrying as we move into the winter months.

We know that life costs more for disabled people and their families, spending more on essential goods and services like heating, insurance, equipment and therapies. Also, older and disabled people feel the cold more, can lose their body heat quicker and changes in your body that come with ageing can make it harder for you to be aware of getting cold.

When you add in the huge increases in utility bills we are seeing, we know that many DAG members and disabled people will be watching every penny. We have seen a large increase in the number of applications DAG is making to the **North Yorkshire Local Assistance Fund**, on behalf of disabled people who are in financial crisis. We are referring people to the **Yorkshire Energy Doctor** for advice and assistance as well as working with colleagues at **Warm & Well North Yorkshire**, who provide advice and guidance on how to reduce your energy bills and what support is available.

With all this in mind, we have been thinking about how we can best celebrate Christmas with our members so please read the article “**Christmas 2022, What Would DAG Members Like To Do?**” on page 5 of the newsletter, and the accompanying form. As a user led organisation your views are really important so please take the time to respond.

On a brighter note, **Bev Crisp's** sponsored Great North Run raised **£250** for DAG and she has offered to do it all again next year. A big thank you to everyone who sponsored her.

Judith has suggested that I might want to join her in 2023 but my reply was that perhaps all the DAG staff should do it...**I am looking forward to Judith, Tom and Phillipa's replies!** I have a feeling that utilising some of DAG's mobility scooters might be the only way we could manage it!

Until the next time

Ian

MEMBERSHIP & ACTIVITIES



WELL DONE, and **THANK YOU** to **Bev Crisp**, who completed the Great North Run on Sunday 11th September, on behalf of Whitby DAG.

Pictured left with her “Finisher” medal, Bev completed the race in 2 hours 21 minutes and **raised the fantastic total of £250 for DAG**. She has offered to enter the race again next year to raise money for us.

TRIPS & SHOPPERS

Don't forget our “Autumn Special” Deal - **ALL DAG TRIPS (including Shoppers), until 31st December 2022** will cost **£5.00 for DAG Members/ £6 for non Members**, not including venue entrance fees. Contact the DAG office to book your place.

OCTOBER

Wednesday 5th: **Lunch at Kaskane, Skinningrove**

Thursday 13th: **Guisborough Market Shopper**

Friday 21st: **Owl Centre, Kirkleatham**. Entrance cost £3.00. Carers & Support workers £1.00.

Monday 24th: **Pickering Market Shopper**



Staithe's Shopper

£5 DAG Members/ £6 non-Members.

Fortnightly shopper trips, in our Accessible minibus, **Hilda**. **Booking in advance is required.** Contact the DAG office to book your place.

Friday 14th October - Redcar

Thursday 27th October - Skelton

Thursday 10th November - Skelton

Friday 25th November - Redcar

The **Staithe's pick up point** is at **Staithe's Memorial Hall**. Whitby residents are also welcome on these shopper trips, subject to availability of seats - home pick up.

We will drop you back home with your shopping after the trip.

Swimming for Wellbeing Sessions

Our weekly swimming sessions restarted 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.

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**.

Christmas 2022 - What Would DAG Members Like To Do?



DAG likes to celebrate Christmas, and with the exception of 2020, has traditionally hosted an annual Dinner for our members.

We are very conscious of the current impact of the cost of living increases, particularly gas and electricity. We all need to make our money go further - this why we decided to cap the cost of DAG trips at £5. Last year's meal cost £28 before drinks and purchasing raffle tickets etc. Prices are certainly going to be higher this year, and we know this just won't be affordable for a lot of our members.

So this year we are thinking of doing something different, that will be fun but not as expensive as a formal sit down meal, and want to find out your preferred option(s).

Please fill in and return the form enclosed with this newsletter, by 21st October. We might be able to organise more than one event, but really need to hear from members as soon as possible so that we can start to make plans.

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



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** twice a month on a Tuesday. The next stalls will be held on **11th October** and **25th October**.



DAG Trustee JJ and Volunteer Tom regularly run the stall. If you can spare a couple of hours to help them **please contact the DAG office on 01947 821001**. 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.**

YOU CAN'T SEE THE PROBLEM?



YOU MAY THINK PARKING ON THE PAVEMENT IS HELPFUL TO OTHER DRIVERS, BUT WHAT ABOUT PEDESTRIANS? IF SOMEONE WALKS ON THE ROAD TO GET ROUND A CAR, THEY COULD GET INTO A SERIOUS ACCIDENT. YOU DON'T WANT THAT ON YOUR HANDS.

Blocked pavements can be a huge problem for pedestrians, people with prams, wheelchair users and people with sight impairments. Blocking a pavement may result in a fine.

*If you see a vehicle blocking a pavement **call 101** to report it. However, if you think the vehicle poses an **immediate and serious** danger to the public, **ring 999**.*

Pumpkin Parent Packs

A message from a local Mum, **Sara George**



“**Pumpkin Parent Packs** was created in memory of my daughter, **Lydia**, who passed away on 4th June 2021, aged 23 months. She was my little pumpkin princess with her beautiful red hair.

Pumpkin Parent Packs are bags of **essential items** for **parents or carers of children in intensive care**, so they don't need to worry about leaving a poorly child alone. **We have donated over 100 bags to units across the UK so far.**



We rely on donations to make these bags. Donation of items or money is greatly appreciated.”



Contact Sara through her Facebook page, which also has a **link** to her **fundraising page** for **Pumpkin Parent Packs**.

DAG has a full list of Pumpkin Parent Pack items available on request.

The picture of Lydia has been reproduced with the kind permission of Mum, Sara.

The Specsavers logo consists of two overlapping green ovals. The word "Specsavers" is written in white, sans-serif font across the ovals.

Home Visits

It is important to have regular eye examinations to check the health of our eyes. However, anyone unable to get to the opticians to attend regular eye exams, may feel concerned that their eye health is being neglected.

Being unable to get to the optician does not mean that eye health has to go unchecked - **Specsavers Homevisits** can come to you and perform a full eye examination in the comfort of your own home.

Home eye tests are very similar to those provided in store, but with a few adjustments and specialist equipment adaptable to your home environment. If you have mobility problems or need to stay in bed, the test can be done wherever you are most comfortable.

Visiting opticians are fully experienced in conducting eye tests at home, wear Personal Protective Equipment (PPE) and follow all NHS covid guidance for the safety of customers and colleagues.

At the test we will:

- Ask about your eye care history and any symptoms or problems you may be having.
- Check the pressure inside your eyes (glaucoma check)
- Look inside your eyes with a bright light to check the ocular health.
- Carry out tests to assess your vision.

These tests can be performed with or without the need for a patient to respond. This is useful if, for instance, you or your family member finds it difficult to give subjective responses.

If, during your test, your optician detects any symptoms that indicate a more serious condition, they may refer you to your GP or local hospital for further examination.

We carry a full range of frames for you to try if you need new spectacles. We can advise you on the best lenses for you, and explain all the offers that you would receive in store. Once your spectacles are ready, we'll be in touch to schedule a convenient date for delivery and fitting. During this visit, your glasses will be adjusted for your comfort to ensure that you are happy with their fit.

Contact York Specsavers Home Visits **on: 01904 946 748**, Monday - Thursday 8:30am –6pm; Friday - Saturday 8:30am –4pm.

Or you can check your eligibility and book appointments online at www.specsavers.co.uk/home/eye-test

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To be eligible for a **free home eye test** you must meet the NHS criteria for free NHS eye tests **AND** be unable to leave your home at all, or unaccompanied.

If you meet the NHS criteria for free eye tests and are able to leave your home unaccompanied but have support needs, you are advised to contact your local opticians.

If you usually pay for your eye tests **and** are unable to leave your home at all or unaccompanied, then you are eligible for a **private (paid for) home eye test**.



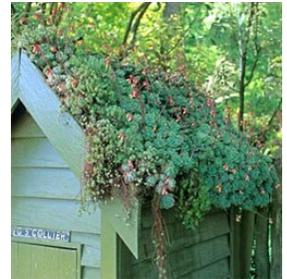
October's Plant by Janet Fife: Houseleek

Scientific name: *Sempervivum tectorum* (literally 'always alive on house roofs')

Common names: hens and chicks, healing blade, earwort, homewort, sengreen, thunderplant, poor Jan's leaf, St. Patrick's cabbage, **welcome-home-husband-though-never-so-drunk** (*a prize for whoever knows the origins of this name!*).



The common houseleek was probably brought to Britain by Roman soldiers, for medicinal purposes. It flowers rarely and is grown for its leaves, used in folk medicine for thousands of years. The cut leaves are used to treat earache, acne, boils, warts, burns, ulcers, and small cuts.



Houseleek is a small succulent which grows in clumps of rosettes. It needs good drainage and little soil, and is almost impossible to kill, so is a good first plant for children to grow. A single rosette or 'chick' will sprout roots and become a 'mother hen'. The plant is useful ground cover for dry, stony gardens, wall tops, gravel, and green roofs. It is traditionally grown on the low roofs of porches and outbuildings where it is easily reached, and was sometimes used to plug small holes in the roof.



It's said to keep away witches and lightning, and to be more effective against evil if stolen! With Halloween and winter storms approaching, **make sure you're protected by Houseleeks.**



The Green Mile Man!

Tony 'Bash' Wright, age 62, from Whitby, lost his legs above the knee just three years ago, after a year long life and death battle, three months of that time being spent in a

coma. Bash is now back home in Whitby, following his recent, **completely unassisted**, wheelchair journey, from **Land's End to John O'Groats**.

No backup van, no assistance, and wild-camping along the way - completely self-sufficient. Bash allowed himself one night of 'luxury' per week, maybe on a campsite or at a B&B, to recharge his phone etc and perhaps take a 'proper' weekly wash.



Bash's full story (and the origins of the "Green Mile Man"), plus the regular video posts he made on this journey can be seen on his **Green Mile Man Facebook page**.

As a young man, Bash was fit and strong... cycling, rugby, weightlifting, deep-sea diving, etc. Later in life, Bash didn't always look after himself properly; he was a bit reckless, and his health suffered. When he was 59, Bash collapsed.

He was rushed to James Cook Hospital, where he was admitted to ICU and rapidly declined into a coma... for three months. The doctors, nurses, and consultants told friends and family he would not recover - his body was shutting down.

Sadly, while Bash was in a coma, he lost his mother, Bessie, who lived in Sleights. The day after Bessie's funeral he came out of his coma, completely unexpectedly. He wasn't out of the woods yet; there was a long list of medical problems still to face. The doctors explained to him that he would have to lose both legs above the knee. Bash spent about a year in hospital recovering, but he was determined to get on with life, independently.

Bash removed the handles from the back of his chair so that nobody can help him; he does everything himself, and in **2021, he pushed himself in his wheelchair from coast-to-coast** (Morecambe to Whitby) over five days, just for his own satisfaction and self-worth.

His latest adventure was to push himself **1000 miles** from the bottom of England to the top of Scotland and raise money for **'Whizz Kids' - the UK's leading charity for young wheelchair users**. So far he has raised the magnificent sum of **£5856!**



Above left - Bash was awarded a Paratrooper's Badge on Unst.

Above right - Orkney sunset

Left - a sunny conclusion to this epic journey.



northyorkshire
community messaging



Energy Rebate Scam

North Yorkshire Police have received a number of reports over the weekend (24-25 September) from residents who have received a text message to apply for the £400 energy rebate.

THIS IS A SCAM.

The rebate is applied directly by the energy companies and **you do not have to apply for it.**

The text message encourages the user to click on a link and is then asked to input banking details. I suspect the format will then follow similar scams (Royal Mail Delivery/ Covid contact) where the victim will subsequently receive a call, claiming to be from their bank telling them they are monitoring suspicious activity on their account and they need to move their money to protect it.

Remember, the police or bank will NEVER ask you to move money to a safe account.

You can report scam text messages by forwarding them to 7726 which is a free service.

Andy Fox

(North Yorkshire Police, Financial Abuse Safeguarding Officer, Economic Crime Unit)

DWP UPDATE

Cost of living support package



The DWP has admitted “operational issues” have led to delays issuing the **£150 cost of living support payment** due to be paid to people in receipt of disability benefits from 20th September.

The cost of living payments are being issued automatically and you don't need to apply. **However, if you don't receive your payment by the end of October, you should contact the DWP.**

The DWP said anyone already receiving, or who had successfully applied for their disability benefit by 25th May 2022, were expected to be paid shortly after 20th September. The process may take longer for those still waiting for confirmation of their disability benefits, or to be assessed for eligibility to receive disability benefits, on 25 May 2022.

People who get a qualifying disability benefit from the DWP will receive payments before people who get a qualifying benefit from the Ministry of Defence.

These are the qualifying benefits:

- Attendance Allowance
- Constant Attendance Allowance
- Disability Living Allowance for adults
- Disability Living Allowance for children
- Personal Independence Payment
- Adult Disability Payment (in Scotland)
- Child Disability Payment (in Scotland)
- Armed Forces Independence Payment
- War Pension Mobility Supplement



FARMERS' BREAKFAST



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

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

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

Numbers limited to maintain Covid Compliance. Donations of £3.50 greatly appreciated.

To book, call Rural Activities Co-ordinator Isabelle Harrison, Mobile: 07811 638504, Tel: 01947 605 757
Email: isabelleryedalecarers@gmail.com

Caring Together A local voluntary organisation
and registered charity.
Whitby & District

Providing practical and emotional help for carers, the people they care for and older people living on their own.

Sitting service, befriender visits, support groups.

For details please phone **01947 605757**.

Website: caringtogetherwhitbyanddistrict.org

Trinity

activities
talks and demonstrations
celebration events

Registered Charity 1164415

We are sorry to report that the Trinity Day Centre is closing at the beginning of October 2022.

The Centre has been providing support, activities, companionship and healthy hot meals for older people in Whitby, including during the lockdown period, since 1990.

It's sad that we've lost such a vital service for our local community.



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



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