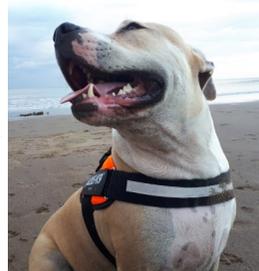


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I hope everyone is enjoying the incredible weather we have had over the summer and you haven't suffered too much during some of the extreme heat. I certainly can't remember anything like it since the long hot summer of '76.

Hopefully we will see some rain soon, I intend to make the most of it while it lasts, and have especially



enjoyed taking our dog, Billy down to the beach for a run.

On Saturday 27<sup>th</sup> August we held our annual fundraiser down at Dock End. I'm pleased to announce that on a gloriously sunny day, we raised **£539.60** on the day with our Tombola and Cake and Bake sale. A huge thank you to everyone who helped out, especially Jackie Jobling and her family who organised and ran the tombola for us. Thank you to Roger Needham too, for lending us his gazebo.

I would like to welcome **Phillipa Valentine** to the DAG team as our new **Welfare Benefits Advisor**. I have known Phillipa for many years, from my days working for Coast and Vale Community Action. I have no doubt that Phillipa will fit in well

here, and disabled people can be assured that the service they receive will be second to none.

A couple of months ago we started a new service, “**The Staithes Shopper**” which gives disabled people living in Staithes, the opportunity to get out and about, meet up with friends and do their shopping. We have decided to make this available to people living in Whitby too, so please see the details on page 6, and let us know if you want to book a place!

We had a great day out this month in Dalby Forest using their amazing adapted bikes. Judith, Phillipa and I went along to help out and can report that we all had an amazing time. It was also a great opportunity to chat with DAG members and listen to some of their experiences on other DAG trips. We stopped off on the way home so that everyone could have an ice cream. I was told that it was Hilda Wray who used to insist on doing this, as a nice way of rounding off the day. So not only is our bus named after her, Hilda also leaves an ice cream legacy behind too! (We won't mention how she used to sneak off to the pub to meet up with friends when she went on the Northallerton trips!)

I am very pleased to announce that our DAG Trips Summer Special has been extended - this means that all DAG trips will cost no more than £5 for members and £6 for non-members until the end of the year. As we all struggle with the cost of living, and seemingly ever rising gas prices, we want to make sure that our trips are affordable as we know how important getting out and about and seeing friends is.

Please have a look at the trips we have organised and book your place!

Our **Swimming for Wellbeing** will be starting again on **Wednesday 14<sup>th</sup> September**. Once again, **Sally Williams** will be organising the sessions and will be in touch with the group with details. Currently the sessions are free and you don't have to be an Olympic swimmer to take part. You can swim, walk or just have a paddle and a chat. If it is something you would like to try, please contact the office.

**Until the next time**

**Ian**



Hello! I'm **Phillipa** and I'm the new welfare benefits worker here at DAG. I live in Scarborough, but have worked in Whitby for the last 20 years, so it's a home from home for me. I worked at the Volunteer Centre first, then as manager of Citizens Advice Whitby. Both roles were in Church House so I haven't had to move far or ask where the loos are!

I got into this line of work by accident. I went to CAB to carry out a two week survey, and stayed as a volunteer for 18 months. I started work at the Volunteer Centre in Scarborough and then Whitby. The Volunteer Centre then became part of a joint project with CAB – I was the Project Worker. And when this finished I ended up back at CAB.

I know DAG well, due to working in the same building, and I am looking forward to being part of the team. Over the years I have gained a lot of experience helping people claim their welfare benefits and I will continue to use this knowledge to support disabled people get their rightful entitlements. I work 3 days a week, usually Tuesday to Thursday and can help with form filling and any benefit queries. So if you think I can help, just contact the office.

## MEMBERSHIP & ACTIVITIES

DAG Member **Margaret T** gave some lovely feedback about the trip to Thornton-le-Dale trip in June.

***“What’s not to like about Thornton-le-Dale and our trip over the Moors. Roger and Wendy dropped us off at Baldersons Café – I remembered this was Hilda’s (Hilda Wray) favourite place, and reminded the staff of her. We ate some of Hilda’s favourite Eccles Cakes. It was a wonderful day.”***

.....

**A Day at Dalby** - thank you to everyone at Dalby Cycle Hub for the fantastic day of adapted cycling on 17th August. They even arranged the sunshine!



**DAG Summer Special Deal has been extended to become the “Autumn Special”!!**

**ALL DAG TRIPS (including Shoppers), until 31st December 2022 will cost **£5.00 for DAG Members/£6 for non Members.****

**SEPTEMBER**

Wednesday 7th September: **Northallerton Market**

Monday 19th September: **Pickering Market Shopper**

Monday 26th September: **Ryedale Folk Museum**

**OCTOBER**

Wednesday 5<sup>th</sup>: **Lunch at Kaskane, Skinningrove**

Thursday 13<sup>th</sup>: **Guisborough Market Shopper**

Friday 21<sup>st</sup>: **Owl Centre, Kirkleatham**

Monday 24<sup>th</sup>: **Pickering Market Shopper**

**Contact the DAG office to book your place.**

We are also planning a trip to **Cayton Glass** in November - details in the October newsletter.



## Staithes Shopper

Fortnightly shopper trips, in our Accessible minibus, "Hilda". Contact the DAG office to book your place.

**Friday 16th September - Redcar**

**Thursday 29th September - Skelton**

**Friday 14<sup>th</sup> October - Redcar**

**Thursday 27th October - Skelton**

**£5 for DAG Members/ £6 for non-Members.**

**The Staithes pick up point is at Staithes Memorial Hall, and we will drop you back home with your shopping after the trip. Whitby residents are also welcome on these shopper trips, subject to availability of seats.**

**THANK YOU to everyone who helped on our Annual Fundraiser at Dock End on Saturday 27th August.**

We raised **over £500** which will go towards activities for DAG Members and local disabled people.

Thank you JJ and family, Richard, Sally, Wendy, Geoff, Roger N, Roger E, Kwan, Tom and Ian, who all helped on the day, and everyone who donated tombola prizes and cakes. and cakes.



**Judith**



Would anyone like to go to the matinee of  
**“Downton Abbey A New Era”**, at  
**Whitby Coliseum on Thursday 15th  
 September, 2pm?**

Tickets are **£5.00**. If there is enough demand we will arrange transport.

Combine with coffee and cake from the Coliseum Café - what's not to like? **Please contact the DAG office as soon as possible, as we are sure tickets will sell out quickly.**

We are also keen to hear from anyone who is interested in going to the local cinema on a more regular basis.

## Swimming for Wellbeing Sessions

**Our weekly swimming sessions 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.

## 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.**



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 below 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.

You can access Bev's online sponsorship page via the DAG Facebook page,

Or use the direct link below

<https://www.facebook.com/donate/1052724358767475/2290276194460935>



We are also happy to collect sponsorship money at the DAG office.



**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 13th and 27th September.

**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.**



## 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, Flowergate, 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.

At our next group (Wednesday 7th September), we will be taking part in our first activities event. A member of the Whitby Company of Archers will be coming along to demonstrate and instruct the group in the **art of archery for people with sight loss**.

Our first group trip out will be on **Wednesday 28th September** to the newly refurbished **RNLI Museum** on Pier Road. We will have the museum to ourselves when Curator, Neil guides us around the exhibits. The shop will be open to purchase any souvenirs of our visit.

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

## Slow Cooker Workshops



Given the daily news headlines about increases in gas and electricity prices, many of us are naturally very concerned about how to manage our winter fuel bills. There are certain kitchen gadgets such as slow cookers and air fryers which use far less electricity than standard ovens, but its always worth finding out how to get the best from them.



**Yorkshire Energy Doctor** is working with **Whitby Foodbank** to set up some **slow cooker workshops** in Whitby, specifically for **families and also those with underlying health conditions/ disabilities**. Plans are now in place to schedule a workshop at Whitby Foodbank,

Whitby Evangelical Church, Skinner Street. **The workshops will be for up to 15 people. Funding is in place to provide a free slow cooker to all attendees.**

Based on a model from Community Action Northumberland, the aim is to **advise people on how to make healthy meals, saving energy by using a slow cooker rather than an oven**. The workshops will also be an opportunity for the Energy Doctor to give **additional energy saving advice**.



**If you are interested in attending a workshop, please ring us at the DAG office, and we will pass on your contact details to the Energy Doctor.**

## **DWP Updates - August 2022**

Further information and links to the relevant forms mentioned below are available on **GOV.UK**. If you have trouble using online services, please contact the DAG office—we can download forms etc for you.

**Carers Allowance Claim forms:** Updated version of the carers allowance claim forms are now available.

**Carers Credit:** Carer's Credit is a National Insurance credit for people caring for one or more disabled people, for a total of 20 hours or more a week. Carer's Credit can help protect your entitlement to the new State Pension The application form has recently been updated.

**Winter Fuel Claim Form 2022 - 2023:** The form to claim a Winter Fuel Payment for winter 2022 to 2023 has recently been published on Gov.uk. Remember, Winter Fuel Payment will usually be paid automatically without claiming. However, if a person has never had a Winter Fuel Payment before they will need to claim, if they do not get benefits or State Pension.

**Cheaper broadband for struggling families:** Broadband bills could be cut for millions of low-income households under **Government plans to encourage social tariffs**. A new service, run by the Department for Work and Pensions (DWP), will allow internet service providers to verify, with customers' permission, whether they are in receipt of a relevant benefit and therefore eligible for extra financial support. **The Government has called on all broadband providers to offer and promote social tariffs .**



## Be Scam Aware

It's a difficult time for everyone at the moment. Inflation is at a 40-year high. And everyday essentials like food, energy and fuel are more expensive than ever.

We're all worried about money, and scammers are taking advantage of this, using the energy crisis to make money.

Be **#ScamAware**. Stop and think about whether you might be about to be a victim of an energy scam.

**Here are techniques scammers frequently use, which may make you less likely to ask questions or think carefully before making decisions:-**

- Is someone trying to make you [feel scared about your energy being cut off?](#)
- Has someone [offered you a special tariff, but only if you act quickly?](#)
- Has someone asked you to hand over details so you can get the rebate that you've heard about in the papers?
- Have you had '[official' communication from Ofgem about switching your account?](#) It won't be genuine. Ofgem does not sell energy.

You can report online scams through the **Citizens Advice Scams Action Service**  
<https://www.citizensadvice.org.uk/consumer/scams/reporting-a-scam>

You can report telephone or doorstep scams to the **Citizens Advice Consumer Service, Tel: 0808 223 133.**

## September's Flower: Rowan by Janet Fife

**Scientific name:** Sorbus Aucuparia (literally, reddish-brown, attracts birds)

**Common names:** rountree, rowan, quickbeam, wicken, witchwood.



Rowans are often called **mountain ashes**, though they are not related to ash trees.

Native to Britain, they grow at a higher altitude than any other UK tree. The creamy flowers produce nectar and pollen for bees and other pollinators, and the red berries feed birds and other wildlife. The berries are made into jelly, eaten with game and cold meat; and into wine and spirits.

Rowan wood was used for stirring milk, as a charm against rheumatism, to make divining rods, and for carving runes. It was also used for walking sticks, tool handles, and spinning wheels.

Traditionally rowan is considered powerful against evil. Each berry has a five-pointed star (a pentagram, an ancient protective symbol) in its base. The trees were planted by houses and byres to foil witches' spells, and a small cross of rowan twigs was often carried as protection. A **'flying rowan'** - one which grew in the fork of another tree, or out of a crack in a rock - was thought especially powerful. Rowans often grow near stone circles and ancient burial sites, and Druids used the bark and berries to dye their robes.



**So if you see a flying rowan, give it respect!**

## 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](mailto:info@whitbydag.org.uk)

## Volunteer At The Whitby Walled Garden



**Whitby Area Development Trust (WADT)** are renovating a neglected walled garden on the outskirts of the town, to become a **community garden for volunteers and service users**. The site, of almost 1 acre, is steadily being cleared, planted and maintained to provide opportunities for gardening and enjoying being outdoors. **The project aims to improve or maintain physical, emotional and social well-being for volunteers and service users, by connecting with nature.**

Participants will be able to plant and harvest vegetables, fruit and cut flower beds, promote habitats for pollinators and participate in biodiversity surveys for birds, mammals and insects. Volunteers can also work in the market garden plots or raised beds providing seating and no-bend gardening.

WADT are looking for volunteers with all types of skills and interests that cover a wide range of gardening activities, Garden Co-ordinator, Effie Burns, says **“No experience is needed. Beginners, experts and everyone in between are welcome”**.

Individuals enquiring about the weekly volunteer groups, or local organisations wishing to join sessions with their own service users should contact reception at the Coliseum, Tel: **01947 825000** or email: [\*\*info@whitbycoliseum.com\*\*](mailto:info@whitbycoliseum.com)

Follow the project on Instagram: **thewhitbywalledgarden**



## **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 14<sup>th</sup> - Virginia Arrowsmith: North Yorkshire Farming History.** \*\*Please note change of date.

**October 5<sup>th</sup> - 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](mailto:isabelleryedalecarers@gmail.com)

## **Caring Together**

Whitby & District

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.

Sitting service, befriender visits, support groups.

For details please phone **01947 605757**.

**Website: [caringtogetherwhitbyanddistrict.org](http://caringtogetherwhitbyanddistrict.org)**

# 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](mailto: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](mailto: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](mailto:sales@apc4me.co.uk) W: [www.apc4me.co.uk](http://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](mailto:info@whitbydag.org.uk)

Website: [www.whitbydag.org.uk](http://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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