

In this Issue:

- 3: Membership & Activities
- 9: Ian's Barcelona Trip
- 12: Wheelchair Services
- 13: Barcodes on Stamps
- 14: Cost of Living Scams;
Oakhouse Foods
- 15: November's Flower
- 16: Volunteer for DAG:
Co-op Community Fund
- 17: Local Groups &
Services
- 20. Contact DAG

“What goes around comes around” is a phrase we often hear. As I have been looking back at some DAG Newsletters from previous years, its been really interesting to see how many of the issues and challenges faced by disabled people daily either haven't changed or have come back round again.

Access to services, Welfare Benefits and transport, loneliness and isolation have

all been common themes over the years. Fast forward to 2022 and these issues are still major concerns for disabled people; in the current economic climate, even more so. In fact the challenges and issues that people are presenting now are probably far more complex, as we are seeing the full impact of a decade of austerity, the Covid pandemic and now, a cost of living crisis.

We are fortunate to have Judith and Phillipa here at DAG, Their wealth of experience and knowledge, gathered over nearly two decades, is invaluable. So much so, that when we recently an invite from **Scarborough Borough Council (SBC)** to meet their **Cost of Living Crisis Working Party** about the effect of cost of living increases on disabled

people, to help them build up a picture of the impact this is having on the community we support, I had no hesitation asking them to represent DAG. Although only initially given a thirty minute slot, Judith and Phillipa spoke for nearly an hour to the Councillors. We can only hope that SBC is able to use the information to target help towards disabled people over the coming months.

Funding is another common thread. Back in 2015 **Richard Weightman**, DAG Manager at the time (now a Trustee) was reporting on how the two most troubling issues for organisations were attracting volunteers, and yes, you guessed it, funding. At that time we only received a very small annual grant from SBC, and nothing from North Yorkshire County Council towards our core costs. **What's changed you might ask?...Well we now get no funding whatsoever from either SBC or NYCC.** So funding from charitable trusts and foundations, and local fundraising is essential. We raise some of our own income, especially through the Mobility Hire Scheme but are always looking for help with ideas for fundraising events and activities. **If you can help, we would love to hear from you!**

Finally, you will remember that, alongside our friends at **Wetwheels Yorkshire**, DAG has been supporting **SBC's** bid for a new **Changing Places facility at Whitby Marina**. A final report has now been submitted to Cabinet for their meeting on November 15th. If approved (and we see no reason why it shouldn't be) work on the new facility should be able to begin shortly afterwards and completed early in 2023. This brilliant addition to the facilities for disabled people in Whitby shows that, when we speak with one voice, **disabled people can, and do, make a difference.**

Until the next time

Ian

MEMBERSHIP & ACTIVITIES

TRIPS & SHOPPERS

ALL DAG TRIPS (incl. 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.**

NOVEMBER

Guisborough Shopper: Thursday 3rd

Malton Market Shopper: Saturday 12th

Bird of Prey Demonstration, Sleights Community Centre: Tuesday 8th November.

Event organised by Revival North Yorkshire.

Cost £15 - includes transport, entrance fee, refreshments.

Stained Glass Centre, Cayton: Tuesday 15th

Have a light lunch in the tearoom and then browse in the showrooms. If you would like to have lunch please let us know as we have to reserve tables.

You can take a virtual tour of the centre by following the links on **www.stainedglasscentre.co.uk**

Pickering Market Shopper: Monday 21st

Northallerton Market: Wednesday 30th

DECEMBER

A chance to do some last minute shopping for Christmas.

Guisborough Market Shopper: Thursday 1st

Pickering Market Shopper: Monday 12th



Staithes Shopper

£5 DAG Members/ £6 non-Members.

Fortnightly shopper trips, in our accessible minibus, **Hilda**.
Booking in advance is required. Contact the DAG office.

Friday 11th November - Redcar

Thursday 24th November - Skelton

The **Staithes pick up point** is at **Staithes 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.



Christmas 2022 - What Would DAG Members Like To Do?

At the time of writing we have received replies from 24 members. We are a little disappointed at the low numbers, but the following two options have received most votes:-

- **A Christmas Buffet with Musical Entertainment**
- **A Pub Christmas Meal**

We are now in the process of organising dates and venues in December. And of course we will also have our annual **Coffee Morning** at **Staithes Village Hall**.

Transport will be provided for all events.



Asa invites us to check out what the “tight-knit” bunch at Staithes have been making...

WARNING - Asa was determined to include as many knitting and crafting references and puns as possible! Groans are permitted. Judith



‘**Our Staithes** group meets on Wednesdays at the **Memorial Hall**. It been an great many months since I had the privilege of taking over the running of the **Staithes Knit and Knatter** group. With regards to my own knitting abilities I can assure you I’m really getting into the stitch of it. But in this month’s newsletter it’s the skills of the group members that I want to show off.

Alongside Hinderwell, we have a weekly group in Staithes (officially dubbed “Craft and Chat”) where we get together for some knitting, nattering and drinking an awful lot of tea. It’s certainly a lively group. Between attempts to spin-a-yarn and the many pearls of wisdom there’s an awful lot of high-brow chat and banter. We’ve discussed everything from Nostradamus’ famous predictions to local Anglo-Saxon archeology.

With the conclusion of some long-in-the-making projects, I want to shed some light on the true professionals. I dare say you won’t believe what these ladies have managed to knit, it’s absolutely knots! If there’s anything that’s piqued anticipation for the Wednesday group this summer, it has to be the progressing metamorphosis of **Jean’s** Giraffe.



From a few loose pieces of light-yellow wool it has grown into a charming little character. This skittish giraffe calf, named George, has even learnt how to stand on its own four hooves...almost.



A short while ago, a magazine with a pattern designed to create easy-to-make dressing gowns for keeping people warm in winter was going around the group. Based upon a pattern of knitted squares, **Kit**, the master of squares, decided to take on the challenge. Whilst the final design is slightly different to the pattern, it is nevertheless as brilliantly colourful as we were all expecting. Gracefully modelled (left) by yours truly, as we head into a chilling winter I know for a fact that this **technicolor dream coat** is going to keep someone very warm.

One of our knitters with a rather unique style, **Sheila**, has been knitting like a machine to make these hat and scarf sets for very young children. To achieve that specific colour pattern, Sheila knits together up to five strands of wool instead of a single yarn. I did ask if this style had a special name, but for the life of us no one in the group seemed to know.



These are obviously only some highlights from the overwhelming amount of knitting which gets done every week. If this sounds like something you'd be interested in, and you live nearby, please feel free to come join us on **Wednesdays at 1pm at Staithes Memorial Hall.**

DAG Access Group: Making Positive Changes

How often have you heard or said “**Someone should do something about that!**” Or “**They should be doing that!**” But, who is “Someone”? Who are “They”? **Well, its you, me, us.**

The DAG Access Group is made up of staff, disabled volunteers and members. Since the end of 2019 we have worked on a wide range of projects in our area, with individuals, businesses, organisations, and the local authorities. In the last two years we have been part of the consultation group for the redevelopment of **Whitby Hospital**, and, along with **Wetwheels Yorkshire** have actively supported the SBC bid for the provision of a **Changing Places Facility at Whitby Marina** (hopefully ready Spring 2023).

We have carried out mystery shopping for **North York Moors Railway** and been actively involved in the **SBC Wayfinding Project**, improving the physical and digital signage and information in Whitby. We provide access advice and guidance for local businesses, and looking forward, will soon be meeting again with **SBC** to discuss much needed improvements at **Whitby beach**. And, we will continue to lobby the local authority about better provision accessible taxis.

Its not just about wheelchair access, and change can be slow. But **as a group we have a more powerful voice**. Bring your experiences and ideas and help to make positive changes for disabled people here in our community.



Interested? Please contact Judith at DAG

Book Stall At The Co-op

DAG runs a **fund-raising bookstall** at **Whitby Co-op** twice a month. The next stalls will be held on **Tuesday 1st November** and **Wednesday 16th November**.

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.**

Weekly Swimming for Wellbeing Wednesdays: Whitby Leisure Centre

For more details, including the booking procedure, contact **Sally** at the DAG office on **01947 821001**.



PLACES ARE STRICTLY LIMITED.
PRE-BOOKING ESSENTIAL.

The current timetable runs **finishes on 30th November 2022**

My Solo Trip to Barcelona by Ian Lawson

As a few people have asked me for information about my trip to Barcelona, alone in my powered wheelchair. Hopefully this provides the information that you need.

A good friend of mine, with MND, recommended **MICs Sant Jordi which is a "24 hour care service" based in "fully adapted & personalised apartments" in a purpose built building.** I do not need care as I am used to living independently but I like an electric bed, wet room and toilet with support bars. The building has a cafe on the ground floor with cafes and restaurants close by. Right outside the entrance is a lift down to the Metro so the centre of Barcelona is 10 minutes away. The ticket machines were beyond me but a friendly local soon got me sorted. The **MICs admin team helped me to book assistance on the train from Paris**, booked me a wheelchair taxi to and from the station, and gave me good advice each morning on how to get to where I wanted to go.



Barcelona is a fantastic city for a number of reasons. Moving around in a wheelchair is so easy with smooth dropped kerbs everywhere, including out of the city centre. All crossings of busy roads are controlled by traffic lights which do not need a button to be pressed. The old town is full of historical buildings, including the cathedral, which are fantastic to see, as is the beach front and marina, all being wheelchair friendly. Further away from the centre are places worth seeing including **Sagrada Familia** (pictured above), **Parc de la Ciutadella**, the Zoo, and

Montserrat. The Metro is cheap and almost all stations are accessible. And, the October weather was sunny and warm.

I used **LNER** to get to St Pancras then Eurostar to Paris. Crossing Paris from Gare du Nord to Gare de Lyon is a challenge, but then it is **SNCF - RENFE** to Barcelona. I used the **Trainline app** to buy all tickets (visible on my smartphone) which must be bought before booking assistance. I learnt, while trying to book assistance on the SNCF and RENFE websites, to bypass them both and use oca.asistenciapmr@adif.es who, I believe, are one organisation that will book the assistance that you need for train travel in Europe.

If you plan to visit Montserrat by train do not use RENFE. Their stations are not accessible at all, as I found out the hard way. There is a direct service from **Barcelona Placa Espana** operated by **FGC** which is fully accessible, only an hour in duration and there's no need to book assistance. At the Placa Espana you buy a combined ticket for the train and either the **Cable Car** or the **rack railway mountain train** (picture, left, from barcelona-tourist-guide.com). I used the latter, from which the views are amazing, as I'm sure they will also be from the cable car.



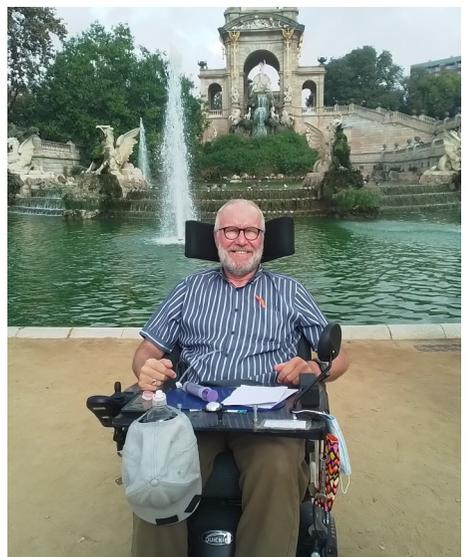
Barcelona centre has a poor reputation for pick pockets and theft. I took those warnings seriously and kept my devices and valuables out of sight at all times. The city has cyclists, electric standing scooters and normal scooters everywhere....so move and change direction carefully.

Crossing Paris in a wheelchair is a challenge that, I suggest, needs at least 90 minutes or more. I booked a taxi using the G7 automated website which quite simply did not work, as no taxi turned up. Consequently **I was taken by the SNCF assistance people to the Metro which was quick and effectively organised without prior booking.**

On my way home my direct train from Barcelona was delayed by a police incident on board. I crossed Paris, assisted by SNCF staff, using an alternative train to the Metro from the Gare de Lyon to Gare du Nord station ... again it worked well. I missed my booked Eurostar train, but they simply put me on the next one without any additional charge.

Finally, expect hassle by making the trip in a wheelchair, so its best to simply accept that hiccups will happen but will get sorted. My journey there involved four trains and crossing Paris, the journey home involved three trains and Paris again. The trip to Montserrat involved three trains there and two back so inevitable hiccups crop up.

For me I would happily go to Barcelona again by train as I am reluctant to fly. Next year I will probably go to Switzerland or Austria mountain railways, using the experience gained on my trip to Barcelona.



DAG member Ian, pictured right, at Parc de la Cuitadella

Action on wheelchair services

From independentliving.co.uk 19/10/22



It won't be a surprise to hear that [NHS wheelchair services](#) aren't delivering as they should for wheelchair users. Chronic underfunding and a postcode lottery face people trying to get the mobility support they need.

A new report “**An Economic Assessment of Wheelchair Provision in England**”, is an important insight into a malfunctioning service. The report was undertaken by **Frontier Economics** on behalf of the charity **Motability** in partnership with the **Wheelchair Alliance**.

There are **two key findings** that demonstrate the problems wheelchair users are facing.

- **Chronic underfunding**
- **No reliable wheelchair user data**

Recommendations from the Wheelchair Alliance

- The adoption of the Model Service Specification for Wheelchair and Posture services to ensure the standardisation of service provision.
- All NHS organisations and contract providers to be subject to more rigorous, mandated regulation.
- Review the scale of demand for wheelchair services and enable the filling of existing and future skills gaps.

The full report can be downloaded from

<https://wheelchair-alliance.co.uk/wheelchair-research-report/>

and is available in **Easy Reader** and **Screen Reader** versions.



Use up your old stamps by 31st January 2023



The Royal Mail is adding barcodes (see picture right) to their regular stamps. **After 31st January 2023, regular stamps without a barcode will no longer be valid.** Use up these stamps before the deadline, or swap them out for the new barcoded ones.

There are three ways to obtain a **Swap Out form**:

- Download a form from the Royal Mail website www.royalmail.com/barcodedstamps . If you do not have access to a printer, complete a web form and request a form be posted to you.
- Contact Royal Mail's Customer Experience team on **03457 740740** and request a form be posted to you.
- Visit the local **delivery office** Customer Service Point (Crescent Avenue, Whitby), to pick up a form in person.

Complete a **Standard Swap Out form** for stamps worth up to the value of **£200**. To swap stamps with a value of **more than £200 you** need to request and complete a **Bulk Stamp Swap Out form**.

The following stamps are having barcodes added to them:

- 1st Class; 2nd Class; 1st Class Large Letter; 2nd Class Large Letter
- Make up value stamps: 1p; 2p; 5p; 10p; 20p; 50p; £1; £2; £3; £5
- International Tariff stamps



You don't need to Swap Out special edition stamps, **and Christmas stamps without a barcode will continue to be valid.**



As the cost of living increases, so do the number of online scams

Our tips will help you protect yourself.

#CostOfLivingScams



www.getsafeonline.org/costofliving



Oakhouse Foods has been home delivering frozen ready meals for over 25 years. There are over 300 meals and desserts to choose from, including a softer foods selection.

DAG has some of both new brochures in the office. Full details including prices are listed. If you would like us to send you out one or both of the brochures please contact the DAG office. **Postage will cost £1.65 - £2.15.**

Or you can contact Oakhouse Foods directly

Tel: 01904 948 949

Email: York@oakhousefoods.co.uk

Website: oakhousefoods.co.uk



November's Flower: Ivy by Janet Fife

Scientific name: Hedera helix (literally, 'clinging spirals')

Common names: Bentwood, Bindwood, Hibbin, Ivin, Ivery, Love-Stone

We don't think of ivy as a flower, **but its yellow-green flowers are vital in British ecology.** It blooms from September to November, and fruits from November to January, so is **a valuable food source for insects and birds** when little else is available. Ivy grows to 30 metres, and on house walls has been proven to keep them cooler in summer and warmer in winter. **It can save 8% of energy costs, and won't damage the building unless the mortar is unsound.**

In folk tradition, ivy was a charm to keep evil away from animals, milk, and butter, and to protect against house goblins. It traditionally represents eternal life because it's evergreen, and fidelity because it clings. Pagan priests presented an ivy wreath to newlyweds. It's still traditional for a bride's bouquet to contain a sprig of ivy.



Bacchus, the Roman god of wine, was pictured wearing an ivy wreath, thought to allow drinking without getting drunk, and in England the first pub signs were a bunch of ivy hanging over the door.

The Druids decorated the midwinter feast with ivy and it's still used in Christmas decorations. Not that we drink at Christmas, of course!





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

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
Delivering Mobility Equipment
Fundraising

Companion on Trips
Admin Support

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 has successfully applied to be one of the **2022-23** nominated causes for the **Whitby Co-op Local Community Fund**.

Between now and October 2023, 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. Click on the link below on the Co-op members' website, to register your support for DAG.

<https://membership.coop.co.uk/causes/66144>



Whitby Sight Loss 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 each month at **Church House Centre, Flowergate, Whitby, YO21 3BA**. Timings are relaxed and you can stay for as long or as little time as you choose.

Our next meeting is **Wednesday 9th November 2022, 10am to 12 noon**.



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/>



FARMERS' BREAKFAST



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

A morning of conversation, memories and a bacon buttie!

**Wednesday 2nd November: Lydia & Lacy Hewison -
Life in the Young Farmers**

**Wednesday 7th December: Maggie Moo - The “saucy
side of painting” and Christmas Party**

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
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

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 2022-23**

Contact the DAG office for more details.



The Computer Centre
Repairing Whitby's computers for over
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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.