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As another challenging year draws to a close, I would like to start with some good news. Our Access group, along with Peter Richardson at Wetwheels Yorkshire, supported Scarborough Borough Council's application for Government funding for a new Changing Places in Whitby. The application was successful but it wasn't clear if match funding would be needed or not. On

Tuesday 15th November, Members of Scarborough Borough Council's cabinet voted unanimously in favour of the plan to increase the number of changing places toilets and this will see new facilities installed not only in Whitby, but also in Filey and in Scarborough's North Bay too. Funding from the Government of £160,000 has been awarded and at the Cabinet meeting, SBC agreed to allocate an additional £120,000 to the scheme.

Changing places toilets are life changing for families and disabled people, especially those who are unable to use standard disabled toilets and / or need a hoist. The new facility in Whitby will be built on the marina and what's even better news is that the cabinet also approved an exemption to the council's contract procedure rules to allow the authority to procure the works required within this financial

Our access group and our good friend Peter Richardson from Wetwheels put a lot of work into supporting the bid and we are delighted at this news.

We know that everyone is worried about the cost of living and steep rises in energy costs, but I hope that you are able to support us by buying some of our Prize Draw tickets. We are also one of the Whitby Co-op's Local Causes again and I would urge you to nominate us as it would mean more funding coming to DAG.

As the Christmas decorations and lights are going up in the streets and shops, it's got me thinking about how different Christmas is for everyone. TV adverts are all about the "perfect Christmas" but the reality for many this year is very different. We are acutely aware that for many of you, this will be a long winter, with worries about paying heating bills and affording food and gifts. We are dealing with more and more people who are really struggling and need help and advice. My message is to get in touch with DAG if you need support. If we can't help you, we will know who can. We can't wave a magic wand but we'll do our very best to help.

DAG's Annual General Meeting will be held on Tuesday 24th January, 2023. For the first time in three years, the AGM will be held in person, so I hope that you will come along.

Finally... I would like to thank the staff for their support and commitment in all that they do for DAG and to support disabled people. I would also like to thank our volunteers who give DAG so much of their time. Without them, we wouldn't be able to offer all the things that we do.

On behalf of everyone at Whitby, Scarborough & Ryedale Disability Action Group I would like to wish you a Merry Christmas and a Happy New Year. Ian

DAG office closure - Christmas and New Year 2022-23

The DAG office and the Mobility Equipment Hire will **close for the Christmas/ New Year Holiday on Wednesday 21st December 2022**, and will **re-open on Thursday 5th January 2023**.

Scooter or wheelchair hire bookings during this period will only be accepted **if** equipment can be **delivered/ collected on or before Wednesday 21st December 2022**, AND **collected/ returned on or after Thursday 5th January 2023**.

Telephone messages or emails sent to DAG during this period will not be monitored - we will respond to enquiries on our return on 5th January 2023.

The DAG Annual General Meeting will be held on Tuesday 24th January 2023.

The time and venue will be sent to DAG Members in early January 2023, along with the voting papers for election to the Board of Trustees.

DAG can have up to 10 elected Trustees. If you would like to stand for election, or would like more information about the Trustee role, please contact the DAG office before 21st December.

Please note - In order to be a Trustee you must be a fully paid up, current member of DAG.

Help over Christmas and New Year 2022-23

Foodbank4Whitby Located at the rear of Whitby Evangelical Church at the end of Poplar Row. Ramped access. Food parcels cover meals for approx six days. Toiletries, pet food and household cleaning products available.

Open every **Monday and Friday afternoon between 2.00pm and 4.00pm**, except Bank Holidays. **Outside these times phone [Chris 07789 765696](tel:07789765696), or [Barry 07810 205014](tel:07810205014)**

Peoples Kitchen Flowergate Hall (behind the Trinity Church. Stepped access. Stairlift from street level to main floor.

Follow on [Facebook](#). Email flashcompanyarts@gmail.com

Clothing Bank - clothing exchange session usually at Whitby Pavilion. Updates and schedules on [Facebook](#) , or email wcbcommunityclothing@outlook.com

North Yorkshire County Council: Tel: 01609 780 780

Scarborough Borough Council: Tel: 01723 232323

Whitby Hospital - Urgent Treatment Centre:

Open 8am-8pm, seven days a week

Whitby Group Practice: Tel: 01947 820888

The answer phone message will give you the details you will need to contact an out of hours doctor.

MEMBERSHIP & ACTIVITIES

TRIPS & SHOPPERS

ALL DAG TRIPS (incl. Shoppers), unless otherwise stated, will cost £5.00 for DAG Members/ £6 for non Members, until 31st January 2023 (not including venue entrance fees). Contact the DAG office to book your place.

DECEMBER 2022.



Thursday 8th: Christmas Coffee Morning at Staithes Village Hall - donation appreciated for transport .

Monday 12th: Pickering Market Shopper

Tuesday 13th December: DAG Christmas Party plus Buffet and Music at Whitby Rugby Club. £10 per person. Donation appreciated for transport .

Tuesday 20th December: Carols at St Mary's, Whitby - from 7pm. Donation appreciated for transport .



JANUARY 2023

Thursday 12th January: Guisborough Shopper

Wednesday 18th January: Northallerton Market

Wednesday 25th January: Lunch at the Victoria Hotel, Robin Hoods Bay.

Trips may be subject to cancellation due to poor weather.



Staithes Shopper

Shopper trips, in our accessible minibus, “**Hilda**”.
Booking in advance is required. Contact the DAG office.

Friday 16th December - Redcar

2023

Friday 6th January - Redcar

Thursday 26th January - 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.

Trips may be subject to cancellation due to poor weather conditions.

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 **Wednesday 21st December 2022, Tuesday 17th January and Tuesday 31st January 2023.**

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.**

*The book stalls have raised **£185.21** for DAG since April 2022. Thank you JJ and Tom.*

Weekly Swimming for Wellbeing **Wednesdays: Whitby Leisure Centre**

The group will restart in February 2023.



Places are limited so must be pre-booked.

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

VOLUNTEER



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>

December's Flower: Christmas Rose by Janet Fife

Scientific name: Helleborus niger (Greek 'poison food' and Latin 'black', from its black roots).

Common names: Christmas rose, snow rose, winter rose, oracle flower, hellebore.

Hellebores are related to buttercups

(not roses) and flower from December to April. Their white blooms are often pictured on Christmas cards. Legend tells of a poor **shepherd girl** who went to greet the baby Jesus and wept because she had no gift to give him. Where her tears fell on the snow, flowers sprang up; she gave one to Jesus.



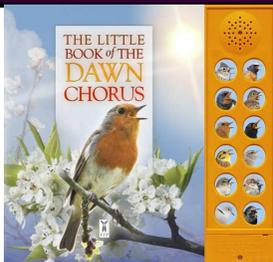
All parts of the plant are poisonous, but small doses have been used in medicines for thousands of years. Worms, gout, and insanity are some of the conditions treated with it.



Hellebore was used to bless cattle, drive out evil, and in witches' spells; A tiny amount could produce a hallucination of flying. Sorcerers were said to scatter powdered hellebore to make themselves invisible.

The **oracle flower** was used to predict the weather. Twelve buds, one for each month, were put in a vase. **If a bud opened by Christmas Eve, that month would be fair.**





Hitting The Right Note (from Living With Disability Magazine: Autumn 2022)

A Christmas Gift Idea With A Difference

Fine Feather Press have a collection of easy to read and beautifully illustrated sound books, **which include live recordings of some of the UK's favourite birds.** Originally written with children in mind, **these books are also helping people with dementia and disabling memory loss recall and enjoy the sounds of the natural world.**

The sound books come with curated, sound recordings to help identify the birds. In addition to the easy-to-use sound bar. There is a general introduction to each bird that highlights its key characteristics, accompanied by an informative data profile and some surprising facts. The books are great for taking on country walks, sitting quietly in a garden or simply listening from an open window, **and for adults and children to enjoy together.**



The “**Little Book**” collection includes the **Dawn Chorus, Garden Bird Songs, Wetland Birds Sounds, Woodland Bird Songs, Night Animal Sounds,** as well as **Ocean Animal Sounds, Rainforest Animal Sounds, Safari Animal Sounds and Dinosaur Sounds.** There is also a Welsh edition Little Book of Garden Bird Songs. **Cost from £12.99 each. Prices may vary from other vendors.**

Available from Amazon, Fine Feather Press, the BTO and the Alzheimer's Society.



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



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 14th December 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)
December 2022**

A morning of conversation, memories and a bacon buttie!

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, and for information about January 2023 events 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

SMALL ADS

FOR SALE

iCraftmatic Electric adjustable double bed with massage function. All in good working order and good condition but no mattress.



More product information available

<http://www.craftmatic.com/>

£150 (it was £2500 new)

Also for sale, in good condition, a **3 wheeled walker (£15)** and a **4 wheeled walker with a seat (£20)**

Contact **Lin** on **07388877750** or let DAG Office know

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If you have items for sale that would be useful for disabled people, or need aids and equipment, we would be happy to include an ad in our monthly newsletter.

Contact Judith at the DAG office.

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
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.