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Firstly, I hope that you are all enjoying the summer and thankful that we haven't experienced the extreme heat of last year (not yet at least!).

Exactly a year ago, I wrote about a DWP report which revealed that a staggering **72% of PIP tribunals result in success for the claimant.** Sadly, 12 months later, the picture is just as bad if not worse. The most recent

figures for England and Wales show the **DWP is rejecting 89% of mandatory reconsiderations** relating to initial applications for PIP.

The main reason Mandatory Reconsiderations are being refused, according to the DWP, is that they are **not submitted within the one-month limit.** However, to put in a Mandatory Reconsideration, the claimant must produce the evidence as to why they disagree with the DWP's decision, including the PIP assessment report. In order to obtain this, applicants must call the DWP's PIP enquiry line, which has lengthy wait times and high cut-off rates – and even then, the report can take weeks to arrive. This means the appeal is automatically rejected, and the applicant is then forced to go to a tribunal.

Although the DWP state that “We support millions of people with disabilities each year and our priority is they get the benefits they are entitled to promptly and receive a supportive, compassionate service”, **disabled people are telling a very different story**. At a time where the cost of living has risen dramatically, it does seem that there are countless obstacles in the path of disabled claimants in order for them to receive what they are entitled to. With all of this in mind, **we would be very interested in hearing your experiences of applying for PIP, both good and bad.**

On a much more positive note, this week saw the arrival of an **accessible beach hut** near to the Beach Management Centre on West Cliff beach, which is the result of our ongoing work around improving access working with Scarborough Borough Council (see page 3). We hope to have even more exciting news next month and that moving forward, the new North Yorkshire Council offers the same level of ongoing commitment to improving access for disabled people, not only at the beach but more broadly.

Over the past two years, the work DAG has been involved in, has resulted in a new mobile hoist at Whitby Leisure Centre, a new Changing Places facility at Whitby Marina, a soon to be opened Changing Places at Whitby Hospital, Whitby Town Signage and Wayfinding and many other improvements. It's an area of work that we are very proud of and will continue to be involved with.

Finally, a date for your diary: On Saturday 26th August we will be holding our annual fundraiser at Dockend. **If you can help out on the day, or donate something for the stall**, please get in touch with the office on 01947 821001.

Until the next time

Ian

Project Sunshine: Improving Access at Whitby Foreshore

Whitby, Scarborough & Ryedale DAG has been working with **Scarborough Borough Council** to improve facilities at **Whitby Foreshore**. Before North Yorkshire Council took over as the local authority for this area, some funding from **Project Sunshine** was allocated to the beach areas across the Borough.



We are delighted to report that a wheelchair accessible Beach Chalet has been installed at Whitby Foreshore.

The chalet has double doors, and the access ramp is kept inside. At the time of our discussions with Scarborough BC, we were told that the chalet would have an electric supply. We haven't yet had the chance to check out the new arrival, but will share information about the chalet and **other access improvements** as we get it.

The chalet can be booked through the usual channels:-

- seasonal/annual chalet enquiries and bookings in Whitby, call **0300 131 2 131**
- weekly chalet enquiries and bookings in Whitby, call **01723 513852**
- North Yorkshire Council information page
www.northyorks.gov.uk/leisure-tourism-and-culture/beaches/beach-chalets

Changing Places Facility at Whitby Marina: Now Open!

The new **Changing Places Facility at Whitby Marina** (adjacent to the Marina office) Langbourne Road is now officially opened, and is listed on the Changing Places website www.changing-places.org

The new facility was funded by the **Department for Levelling Up, Housing and Communities Programme**.



It is fitted with a height adjustable changing bench, ceiling hoist, privacy screen, height adjustable wash basin, peninsular toilet with fixed and drop down grab rails, colostomy shelf, and non slip floor.

The facility can be accessed 24 hours a day, but this may be subject to change if there is evidence of damage or misuse.

The key pad access codes are available on the [changing places website](http://www.changing-places.org) and by ringing the **Operations Officer on 01723 232323**.

Details of all registered Changing Places facilities in the UK are available from www.changing-places.org Click on **“Find a Toilet”** and then the **“Official CPT Map”**.



FUNDRAISING FOR DAG

The Quiz in aid of **Whitby DAG at the White Hart Inn**, Mickleby on 6th June raised **£160**. And team DAG came first!

Thank you to Hazel Montgomery, the pub landlady, for hosting the event, and to **Sheila and Andrew Sloan** for organising the quiz.

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We will have a report on the fundraiser at **Whitby Rugby Club on 30th June**, in our August newsletter.

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DAG will be holding our annual fundraising stall at **Dock End** on **Saturday 26th August 2023, 10am to 4pm.**

This is the Bank Holiday weekend so we are hoping that people will come and spend some of their holiday money at our stall which will be located opposite Specsavers.

Our stall will include Tombola, Book Stall, Cakes/ Bakes and Home Made Preserves.

We need:

- Volunteers on the day to help us set up and clear down, as well as man the stall during the day
- Home made cakes and bake and preserves
- Tombola Prizes - suitable for adults or children

Please contact Judith at the DAG office if you can help.

July Trips

Thursday 6th: Guisborough Shopper & Market Day -
£8 members/ £10 non members

Friday 14th: Staithes Shopper to Redcar
£8 members/ £10 non members

Friday 21st: Helmsley Market & Shopper
£8 members/ £10 non members

Wednesday 26th: Northallerton
£8 members/ £10 non members

Friday 28th: Staithes Shopper to Skelton
£8 members/ £10 non members

Monday 31st: Preston Park and Lunch
Preston Park is situated next to the River Tees in the Eaglescliffe area of Middleborough.

There is a **Museum, Victorian Street** and of course the **Gardens**. Latest estimates put the number of butterflies at over 20,000. Beware though! It does get very hot inside the glass houses. Or you can visit the **Meerkats** group or the **Reptile House** if you are feeling brave!
There is a **Tearoom** on site.

A **£5 entrance fee** will give to access to the Museum, Victorian Street and Gardens, and is an annual pass. There is a separate charge for Butterfly World - amount to be confirmed. The distance between Butterfly World and the Museum complex is approximately 200 meters; the ground is fairly level, even and solid.

Cost: £10.00 for members, £12.00 for non-members.

August Trips

3rd August: Guisborough Shopper & Market Day
£8 members/ £10 non members

4th August: Hinderwell Show

The first **Hinderwell Show** was in 1886. It is said to have begun in order to resolve an argument between two local men who were unable to decide who had the best **Cleveland Bay** foal. The show has grown to be a highlight of the year, providing family entertainment and fun for the local and wider communities.

The Hinderwell Show is still well known for its Cleveland Bay classes, favoured by royalty for pulling carriages at royal events. Nowadays, the show gives people the chance to display their skills and animals in “friendly” competition. There will be a **dog show, gymkhana and show jumping**, plus **smaller animal classes**. Children also get a chance to show their talents, with prizes for **handwriting, best picture and collages**.



Vintage farm machinery is a great attraction, and if you fancy something healthy to eat, fresh produce will be on sale. Over thirty trade stands will be available for you to purchase, amongst other things, antique books, jewellery and plants, plus the children’s amusements.

Whitby DAG will be running a bus to the show this year, leaving Whitby at approximately 10am. **The entrance fee to enter the showground is £5.00 adults, and for us slightly older “teenagers” £4.00.**

Transport for this trip will be **£6.00**

Wednesday 16th August: Dalby Forest - Provisional Date

Whitby DAG are hoping to visit **Dalby Forest** again this year, and to use the adapted cycles they have there. Everyone who went last year thoroughly enjoyed themselves. The instructors, can, if you wish ride with you on the bikes, which means you don't need to do any of the work!



There are several different types, there is even one that can lift a wheelchair in front and the poor instructor rides behind you; it is affectionately known as **“The Fork Lift”**

There is also a **Sensory Room** at Dalby, where you can listen to the sounds and take in the smells of the forest, and then maybe take a walk out in the forest itself.

The on-site food options were disappointing last time, so we are thinking of providing a picnic lunch and drinks, (special dietary requirements catered for with advance notice).

At this stage we just need to know how many of our lovely members would be interesting in going, so that we can see whether it would be viable. Please contact Tom or Judith at the DAG office.

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Don't forget to let us have your ideas for future trips.

DAG Member Jeanette Hays sent us this feedback about our trip to The Grainary last month.

On Friday 9th June with Whitby DAG we went to The Grainary at Harwood Dale, between Whitby and Scarborough.

The restaurant was lovely and well presented and spotless. The service was excellent, the food was delicious and hot. We had panoramic views of the countryside.

There was picnic seating outside, a playpark for children and a farm with animals which you can visit.

You can also have a walk in the forest.



Jeanette Hays

Thank you Jeanette. No doubt we will be making a return visit in the future.

We'd love to hear more feedback from our trips, to include in future newsletters. Please contact me at the DAG office.
Judith

Whitby Disability Action Group: Book Stall at the Co-op



For some time now Whitby DAG has been holding a fund raising book stall at the Whitby Co-op. **In July this will on the Tuesday 4th July and Tuesday 25th July, 10am-1pm.**

We now need more volunteers to assist in running the stall, so if you could spare an hour or two to help out, we would love to hear from you. And we are always pleased to see our members and friends who come along and say hello and have a chat.

We like to recycle and are always looking to renew our stock. Donations of any of your much loved and well read books, will be a most welcome addition.

If books aren't your thing, we also have a collection of **jigsaws** for sale, donated by one of our kind members. They are all complete! I know because I have had the pleasure of counting all the pieces! And there will be a selection of **DVDs and CDs** available to buy as well.



Weekly Swimming for Wellbeing At Whitby Leisure Centre

The current run of sessions will finish on 19th July 2023.

Details about the group starting up again after the summer holidays will be publicised in this newsletter and on DAG's facebook page.



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 **Companion on Trips**
Delivering Mobility Equipment **Admin Support**
Fundraising

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



We're part of the Co-op
Local Community Fund

Select us
as your
cause

coop.co.uk/membership

Whitby, Scarborough and Ryedale Disability Action Group is part of the **@Coopuk 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 causes like DAG.

Use the link below on the Co-op Members' website, to register your support for DAG.

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

ARE YOU AN OLDER DRIVER?



**NORTH YORKSHIRE
FIRE & RESCUE SERVICE**

The chances are that most of us have been isolating due COVID-19 and perhaps even shielding.

Either way, it's likely you have not been out in your vehicle, if at all. If so, not only may your vehicle need some attention, but your confidence may have taken a knock too. If this rings true please do not despair, this guide could help!

As mentioned earlier, confidence will be a big factor for everyone returning to the road.

So perhaps start re-building by visualising the successful trips you have made in the past.

Limber up

The mobility of your head is important when driving. You should be able to move your head from side to side easily and quickly to check for traffic at junctions.

Practise this while sitting in a chair at home.



How's your grip? We have spent a lot of time at home holding mugs of tea or coffee but check you have the strength in your hands (and arms) to operate the gear stick and steering wheel. Practising changing gear in a parked car could help you confirm you have the strength to operate.

Prescription Medication

Some prescription medications can impair your driving ability and can therefore make driving unsafe and, in some cases, illegal. Speak to your doctor about the type of medication you are taking in order to keep yourself as safe as possible.



Licence check

As a gentle reminder, please do check you have a valid licence. At the age of 70, drivers must renew their driving license if they wish to continue driving. You then need to renew it every 3 years. If you are over 70 or will be 70 in the next 90 days, you can renew your licence for free online -

<https://www.gov.uk/view-driving-licence>

Prepare mentally

So perhaps start re-building by visualising the successful trips you have made in the past. Then start taking short trips to familiar places and build up gradually. Try not to make your first trip timebound or for anything specific.



Older drivers are less likely to be involved in a crash but injuries tend to be more serious.

134

In 2018, 134 fatalities in road collisions were aged over 70.

49%

The number of drivers aged 70 or over increased by 49% between 2002 and 2018.

The legal stuff

All drivers are required by law to notify the Driving, Vehicle Licensing Agency (DVLA) if they develop a medical condition that may affect their ability to drive safely.

You must be able to read (with glasses or contact lenses, if necessary) a car number plate from 20 metres.

North Yorkshire Fire and Rescue Service is working in partnership with the York & North Yorkshire Road Safety Partnership. If you require any more information, then please scan the QR code below or visit the website:

<https://www.roadwise.co.uk/older-drivers/>



All emergency services are stretched now. By keeping yourselves and your loved ones safe on the roads, you are avoiding an incident which may involve the Fire & Rescue service, the Police and NHS.



York & North Yorkshire
Road Safety Partnership

What You Can Do WithTights

by Janet Fife

Did you think tights were just a women's garment? There are **more than 30 other things** you can do with them, including:



Keep rolls of gift wrap tidy and undamaged by inserting each roll into the leg of a pair of tights. Cut the legs off and store the rolls singly, or leave the tights whole and hang a pair of rolls over a hook.

Lost a small object? Fasten the leg of a pair of tights over the hose of your vacuum cleaner with an elastic band, ensuring the toe (of the tights) is intact. Hoover carefully until you find the lost item.



Make scented sachets for your drawers or wardrobe by pouring potpourri mixture into the toe of a pair of tights. Knot it above the mix. For a drawer, cut off above the knot; leave it longer to tie to the hanging rail of a wardrobe. You can also use dried herbs or lavender from your garden.

Do you want to **test a sanded surface for snags?** Put your hand inside the toe of the tights and run it over the sanded surface.



In the garden, use old tights to **fasten plants to stakes**. Cut off a strip for a small plant, or use the whole leg for a shrub or tree. It works well and saves money.

FOR SALE

Drive De Vilbiss Healthcare, transportable **Mobility Scooter £350.00**

- Four wheeled folding mobility scooter
- 5 years old, little used and in very good condition. It has been stored inside when not in use.



For viewing and inspection contact
Tom on 07871 388 425

Look for equipment label



Returning Equipment

When you no longer require the **equipment loaned by NHS or Social Care services, contact **Medequip** to request **free** collection
north.yorks@medequip-uk.com or **01423 226240**

Items can be dropped off at the **Medequip Scarborough Depot: 5B & 5C Dunslow Court, Eastfield, Scarborough, YO11 3XT** **or**
Whitby Household Waste Recycling Centre, Cholmley Way, Whitby YO22 4NJ, Monday to Friday 9am - 5pm

**Perching stools, Raised toilet seats, Pressure cushions, Toilet frames, Trolleys, Wheeled adjustable frames, Adjustable walking sticks, Crutches, Chair raisers, Commodes, Bed levers



WHITBY SIGHT LOSS GROUP

Do you suffer from sight loss or care for someone that does?

Then we would like to invite you

to our group. Carers, spouses and partners are also very welcome.

Our meetings provide the opportunity to chat with people in similar situations, and include information and advice about sight loss. Occasionally we have guest speakers with up to date information for visually impaired people. Just relax, chat and enjoy a cuppa, or partake of our cakes and biscuits (see photo above!)

The group meet at **Church House on Flowergate in Whitby, one Wednesday every month, from 10am until 12 noon.** Timings are relaxed, and you can stay for as long, or as little of the meeting that you choose. **Our next meeting is on Wednesday 19th July 2023**

On the 13th July, we have been invited to visit another **Sight Loss Group in Pickering.** They have been established for many years and we hope to be able to use their experiences and knowledge to help to take our group forward.

If you would like to come along with us, or want more information about our group please let Tom know.

Tel: 07871388425 or Email: tomcooper267@yahoo.com



FARMERS' BREAKFAST 2023

Lythe Village Hall: 10.15 - 12.15 (ish)

July 5th – Trip to Kirkleatham Museum Redcar and lunch. Cost £13.50, including lunch.

September 6th – Whitby Seafoods and the History of Whitby Scampi

Let us know if you would like to come along, so that we can make sure we have enough butties for everybody. We can have alternatives to bacon with advance notice.

We would appreciate a donation of £3.50 towards the running costs. Call me if you have transport needs and we can see what we can help with.

How to Book: Call, Rural Activities Coordinator Isabelle Harrison, 07811 638504, 01751 432288 email: isabeller-yedalecarers@gmail.com



PARKINSON'S CAFE

At Whitby Golf Club
For people living with, or caring for
someone with Parkinson's

For dates and details contact **Tracy**
on **07789 884 602**



Dalewood Trust supports adults with learning disabilities providing leisure activities, adult education, volunteering and work experience.

They provide **Shopping and Laundry** services for the wider community in the Whitby area – charges apply.

On site café at Cholmley Way, alongside woodwork craft and plants shop.

For more information and to arrange services

Tel: 01947 600583 Email: info@dalewoodtrust.org

Facebook:

<https://www.facebook.com/DalewoodTrust/>



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.

Volunteer befriending opportunities.

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**
- **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.

Please help DAG keep our costs down by getting your Newsletter as a PDF document by email. 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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