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Firstly, I hope that you are all enjoying the recent spell of good weather that we have been enjoying. The month of May has been a strange one, with three bank holidays, including one to celebrate the Coronation of King Charles III. Here in the office, they have certainly been welcomed as we are incredibly busy and the extra days off have given us all a chance to have a rest!

**The biggest news this month, is that Church House has been put on the market for sale.** We have known for quite a while that this might happen, but it was still a shock to us all, and quite unsettling, as Church House has been **DAG's home since 1997**. Not only has it been DAG's home, the building has housed a huge number and range of voluntary organisations over the years, such as Relate (Marriage Guidance), Slimming World, The Volunteer Centre, Working Links, Citizen's Advice Bureau, Caring Together, Whitby & District Community Transport, Whitby Underground Young People's Counselling Service and many, many more.

Personally, I have worked in the building since 2002, and it holds many fond memories for me. I've seen many

organisations come and go, but throughout my time here, Church House has always had a reputation for being the place to go if you needed help, and a real hub for community activity, advice and support. The current situation leaves us in limbo as we have no idea how long it will take to sell, or what the new owners intend to do with it. We really hope that it will remain as a community building but in the meantime we have been looking for alternative premises, so that we are ready to relocate if we have to. You might think that finding an office would be fairly easy but for us it's not quite as simple as finding space for a few desks. **We need somewhere that is accessible – both in terms of location and the building itself, is affordable, and is near to our mobility equipment hire service down at Whitby Library garage.** At Church House we also have the advantage of a meeting / activity room, a room for small meetings and lots of storage. We know that we won't be able to replicate all the advantages of our current location and we have already ruled out a number of properties because of the difficulties people would have in coming to their appointments or dropping in to ask for some advice. Whilst it is a time of uncertainty, we will continue to provide all of our services and support disabled people in the best way that we can.

On a brighter note, I would like to welcome **Nina Didelot** to the DAG Team. She is joining us as a volunteer in the office initially, but will be turning her hand to just about anything (and everything). We do still need other volunteers, especially for the Mobility Equipment Hire service, drivers and Passenger Assistants on our trips and outings, and our Improving Access group. If you have a few hours a week to spare and want to make a difference, please get in touch!

**Until the next time**

**Ian**

## A sad day and the end of an era?

On the 2nd May, this “For Sale” sign went up outside Church House.

All we can hope is that it will be kept as a community building so that it can continue to be a hub for people needing help, advice and support, just as it has been **for over thirty years.**



If not, it will mean that DAG, Caring Together, Citizen's Advice Bureau, Little Rainbow Nursery and others will have to find new homes.

Obviously this is very unsettling for us all, but **please be reassured that we will continue to operate all of our services, whilst exploring our options.**

And, if we do have to move out, we will make sure our new location and contact details are well advertised in advance.



## **DAG Office closures: May 2023**

The DAG office and Mobility Equipment Hire Service will be closed on

**Monday 29th May 2023** for the **Spring Bank Holiday**.  
Both will re-open at 9am Tuesday 30th May 2023.

## **APOLOGIES and CORRECTION**

**The fundraiser at the White Hart, Mickleby on the 6th June will be a Quiz, not a domino drive.**  
*Please accept my apologies for this error. Judith*



### **QUIZ**

at the **White Hart** in **Mickleby**  
**Tuesday 6th June, 8pm**  
All proceeds to Whitby DAG

**Teams of four. £2 per person**  
Players are asked to bring a raffle prize  
Organised by Sheila and Andrew Sloan

## **DAG Benefits Advice Service**

Most of you will know DAG can help people fill in forms for benefits, including **Personal Independence Payment** and **Attendance Allowance**.

There is usually a deadline to return these forms and our service can be booked up in advance. **If you need help with a form, please contact us as soon as possible**, so we can make sure we can get you an appointment in time.



## **TRIPS & SHOPPERS in our accessible vehicles**

We have had to increase the transport charges for our trips to help cover costs. We have tried to keep prices as affordable as possible, and hope you will continue to enjoy your trips with DAG. The prices given are for **members/ non members**.

### **Lunch Trips**

**Friday 9th June: The Grainary for Lunch.** We have reserved 20 places and will have to pre-order lunch. Details available on application. **Transport £10/ £12**

**Monday 19th June: Scarborough Day Out** - shopping, lunch, whatever you want to do. **Transport £10/ £12**

**Markets and Shoppers: cost £8/ £10 unless otherwise stated.**

**Thursday 1st June:** Guisborough - Market Day

**Friday 16th June:** Staithes Shopper to Redcar

**Friday 23rd June:** Helmsley - Market, Walled Gardens or Castle

**Wednesday 28th June:** Northallerton

**Thursday 29th June:** Staithes Shopper to Skelton Retail Park

**Contact the DAG office to book your place(s). Booking in advance is required.**

The **Staithes pick up point** is **Staithes Memorial Hall**. Home drop off. Whitby residents are welcome on these shopper trips, subject to seat availability. Home pick up and drop off.

## July Trips

**Monday 3rd: Wolds Lavender & Lunch** - we will only have one minibus for this trip. Entrance fee payable.

**Thursday 6th:** Guisborough - trip to be confirmed. One minibus only.

**Friday 14th:** Redcar Shopper

**Friday 21st:** Helmsley

**Wednesday 26th:** Northallerton

**Friday 28th:** Skelton

**Monday 31st:** Preston Park - butterflies, museum, lunch

In August we are hoping to arrange another visit to Dalby Forest, adapted cycling and picnic.



**Our next trips planning meeting will be on 10th July.**

**If you have any ideas for interesting places to visit please let us know.**

**The destinations should be wheelchair accessible, ideally have or be near to accessible toilet facilities, and not be too far away from Whitby (maximum 1 hour travelling).**

**Contact Judith or Tom at the DAG office.**

**We look forward to hearing from you.**





Judy Davies contacted the DAG office to see if she could hire one of our beach wheelchairs during a recent visit to Whitby. Her aim was to get on the beach and paddle, as she hadn't been on a beach for many years..

As you can see from the pictures, Judy managed to do exactly that in our Hippocampe chair at Whitby Foreshore.

***“Everything was great today!. The Hippocampe was really comfortable and I paddled. Had a fabulous time and a good laugh at the waters edge as I got wet .....  
.....magical! Thanks so much for making it possible.”***

A half hour trip turned into two hours, and the whole experience inspired Judy to then complete a trip to Robin Hoods Bay from Hawsker on the Cinder Track in her powered wheelchair.

Thank you to **Leah at Whitby Surf School** for meeting Judy with the chair and looking after her powered chair while she was on the beach.

**Contact the DAG office if you would like to hire our beach wheelchair at Whitby Foreshore.**

## DAG Book Stall at Whitby Co-op

Hello everyone I hope you have had a good month. We are returning to normal this month - we will be holding the stall inside by courtesy of the Whitby Co-op. **The dates for the two stalls will be on Tuesday 6<sup>th</sup> & Tuesday 20<sup>th</sup>, both from 10am to 1pm.** We've had a number of jigsaws donated to us and these will also be for sale on the day. All are complete! I have had the great pleasure of counting the pieces!!!

If you happen to be in town please come along and say hello. We have yet to meet some of you, especially the newer members. Feel free to bring along any book donations - we are always looking to renew and refresh our book stocks. Very many thanks. **Jacqui & Tom**  
Contact details:

[tom@whitbydag.org.uk](mailto:tom@whitbydag.org.uk)

01947 821 001/ 07871 388 425



## Weekly Swimming for Wellbeing At Whitby Leisure Centre

Wednesdays

**Anyone wishing to attend a session must book in advance.** Please don't just turn up on the day as you will not be allowed in. **Please note - there is now a waiting list for places.**

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





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



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

Select us  
as your  
cause

[coop.co.uk/membership](https://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>

## Local all-terrain mobility scooter available from Ravenscar National Trust Visitor Centre

If you love dramatic seascape, cliffs and bird life, the **Tramper** (all terrain mobility scooter) route at **Ravenscar** has it all.

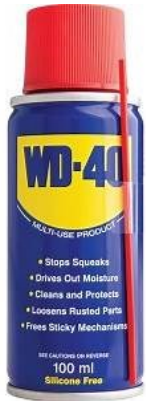
The Tramper scooter gives people with mobility issues access to the countryside and the spectacular views over Robin Hood's Bay in the North York Moors.



A collaboration project between North York Moors National Park, the National Trust and Outdoor Mobility, the Tramper can be hired from **Ravenscar Visitors Centre**,  
**Tel: 01723 870138**

Sessions are currently only available on Fridays. The hire slots are **at 10.20am or 1pm**, and the sessions last for two hours. Starting at Ravenscar Visitors Centre the 2.7km/ 1.7mile route has a steep downhill on the outward journey and uphill on the return. Users must stay on the designated path, and should be accompanied by another person, as in case of emergency, mobile signals are poor.

You must be a member of Outdoor Mobility to use the Tramper. Full details, including booking, are available at **[www.outdoormobility.org/ravenscar](http://www.outdoormobility.org/ravenscar)**



## What You Can Do With WD-40

by Janet Fife

**'If it moves and it shouldn't, use duct tape. If it doesn't move and it should, use WD-40.'**

WD-40 was invented in 1953, the last Coronation year. The name stands for stands for **Water Displacement - 40th formula**. If at first you don't succeed....

Here are a few of the unexpected ways you can use WD-40:

When nested glasses or pots are stuck, spray them with WD-40, wait a few minutes, then gently pull them apart. Wash thoroughly before using.



To remove crayon or marker from washable surfaces, spray with WD-40 and wipe with a clean cloth.

Thistles and cockroaches will die if sprayed with WD-40.

You can unstick a jammed zipper with WD-40. Use a WD-40 pen, or spray some into a jar lid and apply with an old toothbrush or artist's paintbrush.



Use WD-40 to untangle fishing lines or remove burrs from a pet's fur, or a horse's mane or tail. Spray, and use a pin to undo small knots - but **don't use near an animal's eyes or mouth**.

Caution: always follow the instructions on the tin, and use with care.

## **Are you Disabled and aged under 30? Share your opinions and you could win a £50 voucher!**

Shaping Our Lives is a user-led organisation. Can you help them by answering a few quick questions about:

- Sharing your lived experience
- How you can make positive change for Disabled people
- Getting involved with campaigns and groups led by Disabled people

Complete this short survey and you can choose to be entered into a prize draw to win a £50 shopping voucher of your choice: <https://bit.ly/433TGLX>

Your anonymous answers will help Shaping Our Lives empower young Disabled people so that you can get involved, share your lived experience, and make services better, for everyone.

**The survey closes on July 31st at 5pm.**

Link to survey:

<https://www.surveymonkey.co.uk/r/X2B9K3R>

Short link for social media:

<https://bit.ly/433TGLX>



**Shaping Our Lives**  
Inclusive Involvement Matters




**Do you have equipment from the NHS or North Yorkshire Council to help you stay independent at home?**

**Healthwatch North Yorkshire** wants to know what you think of the equipment and the service.

To complete the online survey or download a copy to complete at home go to <https://www.healthwatchnorthyorkshire.co.uk/Medequip>  
To get a paper copy of the survey in standard print, large print or Easy Read, email: [north.yorks@medequip-uk.com](mailto:north.yorks@medequip-uk.com) or call **01423 226240**.

To complete the survey by phone, contact **Healthwatch North Yorkshire** on **01423 788 128**.

A family member, friend or carer can complete the survey on your behalf. Your feedback is anonymous.

## 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](mailto:north.yorks@medequip-uk.com)  
or **01423 226240**



Items can be dropped of 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

# Let's Talk Transport North Yorkshire

North Yorkshire Council (NYC) wants to know about how you travel in North Yorkshire and the issues that you face, to help inform the new **Local Transport Plan (LTP)** for the county.

This is a landmark document that will guide their future approach to all forms of transport. **We know how difficult and expensive it can be for disabled people, just to do the simple things due to a lack of accessible taxis or community transport, so please have your say !**

To complete the survey click here:

<https://letstalkny.commonplace.is/>

Paper copies are also available from your local library, or you can also email [letstalk@northyorks.gov.uk](mailto:letstalk@northyorks.gov.uk) to request a paper survey.







## Your digital footprint - tread with care

[www.getsafeonline.org](http://www.getsafeonline.org)

Your digital footprint is part of your online history and can potentially be seen by other people, or tracked and held in multiple databases.

Here are some top tips to help you protect yourself, your finances, family and workplace.

- Think twice before sharing information about yourself, family members or friends that would be better kept private.
- Think before you post. Even if your social media privacy settings are set up correctly, there's no guarantee that your posts or photos won't be shared beyond those who you want to see them.
- Be aware that every time you visit a website, your activity is visible to tech companies like website owners, browsers and search engines.
- Read terms and conditions and data privacy policies on websites and apps before providing any personal data or making transactions. If you're not comfortable with the information being requested, don't provide it.
- Check geolocation settings on mobile devices, apps and cameras. If you don't want anybody to know your whereabouts – or where you've been – disable them.
- Never stop enjoying the many excellent benefits of using the internet, but always bear in mind the digital trail you may be leaving,

For more information and impartial advice on safeguarding visit [www.getsafeonline.org](http://www.getsafeonline.org) If you think you have been a victim of fraud, report it to **Action Fraud** at [actionfraud.police.uk](http://actionfraud.police.uk) or by calling **0300 123 2040**.



## **Whitby Sight Loss Group** For Whitby & surrounding area at Church House Centre, Flowergate

Our next meeting will be on **Monday 14<sup>th</sup> June, 10am to 12noon**. Plans for this meeting are yet to be confirmed, but I do hope to see you all there.

My details are below should you need to contact me:

[tom@whitbydag.org.uk](mailto:tom@whitbydag.org.uk)

01947 821001 Office

07871388425 Mobile



# **Information & Advice Drop in Sessions**

**WHITBY COLISEUM**

**Friday mornings from 03/02/23**

**10am until 12noon**

contact: [jim.johnson@ageuknycm.org.uk](mailto:jim.johnson@ageuknycm.org.uk)



## **FARMERS' BREAKFAST 2023**

Lythe Village Hall  
10.15 - 12.15 (ish)

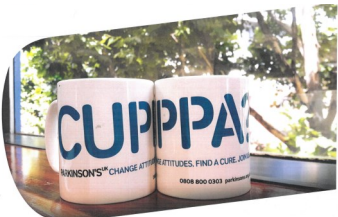


**A social morning of a cuppa, conversation, memories and a bacon buttie.**

Wednesday June 7<sup>th</sup> – **Neil from Whitby Falconers** with his birds

Please let us know if you'd like to come to any of the meetings, so that we make sure we have enough bacon butties!

Call Rural Activities Coordinator: **Isabelle Harrison**  
T: **07811 638504**; E: [isabelleryedalecarers@gmail.com](mailto:isabelleryedalecarers@gmail.com)



**PARKINSON'S CAFE**

For people living with, or caring for someone with, Parkinson's

Meets at **Whitby Golf Club**

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](mailto: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](http://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](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.**

**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](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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