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As we approach the end of 2024, we are all looking forward to a very busy December and then a well-earned break, before coming back in the New Year.

In addition to our schedule of trips, we will be having our **Christmas Buffet at Whitby Rugby Club**, a **Christmas Coffee Afternoon and Raffle at Staithes Memorial Hall** and a **Coffee and**

Mince Pies event at the **Coliseum** for our **Christmas Prize Draw**. If you would like to buy Prize Draw tickets or books, please phone the DAG office, and we will send them out as soon as we get them from the printers.

As usual at this time of year, we would welcome any prizes for our Christmas Prize Draw - if you have any nice prizes which you can donate please drop them off in the office. Likewise if you have any connections with friendly local businesses, don't be shy of asking them to donate a prize.

We are working once again with **Whitby Krampus Run** who very kindly selected to support DAG as their chosen charity this year. As I write, they are busy finalising their plans for their event which is being held over the weekend of the 7th



and 8th of December. Whitby Krampus Run started as a small gathering in 2013, and has evolved into a full-fledged public event which is now celebrating its 10th Anniversary (there was no event in 2020 due to COVID restrictions). If you are in town, keep an eye out for them (and “**Harley**”, our decorated mobility scooter, pictured left last year) and please put your spare change in one of our collection tins.

As the Christmas decorations and lights go up in the streets and shops, and the TV adverts are all about the “**perfect Christmas**” we know that **the reality for many is very different.** We are acutely aware that for many disabled people this will be a long winter, with worries about paying heating bills and affording food and gifts. DAG is being contacted by more and more people who are really struggling and need help and advice.

Our message is **get in touch with DAG if you need support, and if we can't help you, we will know who can.** We can't wave a magic wand but **we will do our very best to help.**

Finally, thank you to everyone who has supported us this year. On behalf of everyone at Whitby, Scarborough & Ryedale Disability Action Group I would like to wish you all a **Merry Christmas and a Happy New Year.** **Ian**

After many years of volunteering for DAG, **Wendy Taylor** (Passenger Assistant) and **Roger Needham** (Driver) have now left us. A big **thank you** to both of them and we're sure you will join us in saying **goodbye** and **wishing them well.**

Julia Brierley

Long standing DAG Member Julia sadly died on 11th November following illness. I've known Julia, and her husband Frank (also a DAG member), since I started working at DAG in 2005. She was one of our earliest members (Number 19), from the days of Whitby & District Disablement Action Group, and was very involved in our work and activities as a committee member 2005-2007, giving presentations at our annual meetings and as a member of our Wheels Appeal Committee.

Before she became ill, Julia and Frank were regular participants in trips and outings and our coffee mornings, and were even tripping the light fantastic at our party at Whitby Rugby Club last April.

Julia was a lovely woman, a joy to spend time with, a very caring person who was also open about her own struggles. She will be greatly missed.

Judith Owen



Christmas/ New Year Closure 2024-2025

The DAG office **and** Mobility Scooter/ Wheelchair hire service will close for the Christmas/ New Year period at **4.30pm on Friday 20th December 2024**, and will reopen at **9am Thursday 2nd January 2025**.

We can only accept mobility scooter/ wheelchair bookings during this period, if delivery/ collection can be made **on or before 20th December 2024**, or, **on or after 2nd January 2025**.

TRIPS & SHOPPERS: DECEMBER and JANUARY

Unless otherwise stated, all trips cost £8 for a DAG Member and £10 for a non-member. For more information and to book your place(s), contact Tom on 07871 388 425.



Thursday 5th: **DAG Shopper, Guisborough Market Day**

Friday 6th: **DAG Christmas Buffet** at Whitby Rugby Club. **Cold Meats/ Seafood Buffet £14.00** per person. Transport **£6/ £8**.

Please **book your place directly with the DAG office**, and let us know any special dietary requirements.



Monday 9th: **Staites Shopper, Skelton Retail Park**

Wednesday 11th: **Northallerton, Market Day.**
Transport **£10/ £12**



Friday 13th: **DAG Christmas Coffee Afternoon**, 1-3pm, at Staites Village Hall. Mince Pies**, Wrapped Present Raffle. Transport **£6/ £8**

** Vegetarian and gluten free catered for.

DAG Christmas Prize Draw will take place from **11am to 12.30pm** in the **Coliseum Café** on **19th December**. Tea/ coffee and mince pies. We are sorry we are unable to offer transport for this event.

Friday 20th December : **Staithe's Shopper, Redcar Market Day.**

JANUARY

Thursday 2nd: **DAG Shopper, Guisborough Market Day**



Monday 6th: **Irton Garden Centre**
(Christmas/ New Year Sale)

Friday 19th: **Staithe's Shopper, Skelton Retain Park**

Thursday 16th: **York Day Out.** Transport **£10/ £12**

Monday 20th: Lunch at **Three Jolly Sailors, Burniston**



Friday 24th: **Staithe's Shopper, Redcar Market Day**

Wednesday 29th: **Northallerton Market Day.** Transport **£10/ £12**



Whitby DAG Hospital Transport Scheme

Whitby DAG's pilot hospital transport scheme for appointments at James Cook Hospital.

The service is for people over the age of 60

- with some form of disability
- who would have great difficulty using public transport or taxis to attend their hospital appointment
- who do not have anyone to take them to their appointment
- who are not eligible for Patient Transport

You will be collected by a volunteer driver from your home address, and dropped off and collected at the nearest entrance to the ward or department you are visiting at James Cook Hospital. The driver will wait for you, and take you back home.

Our vehicles are wheelchair accessible. Wheelchair users will need to have a companion to push you once you have arrived at the hospital entrance, and for the return journey.

The cost for the service is £30.00 each way.

Contact our dedicated telephone line on **07873 631 245** between **11:00am and 2:00pm**, or leave a short message on the answerphone and we will return your call.

Let's Make a Difference



Volunteers are people who give up their time to help their community. It can be as informal as doing an elderly neighbour's shopping right through to supporting an organisation to deliver a vital service.

Being a volunteer has lots of benefits. It can bring meaning and purpose to your life, while increasing your confidence, self-esteem and wellbeing. It can help you make new friends, help you develop new skills and a sense of “giving something back”. Most of all, **volunteering has a positive impact on your community.**

Here are some examples of the DAG volunteer roles

Minibus Driving and Passenger Assistants – Driving and supporting disabled people on our trips and outings

Access – Be part of a small group helping to raise awareness and improve access for disabled people.

Benefits Advice – Helping people make applications for Benefits

Mobility Equipment Hire – Helping out with Mobility Scooter bookings

Fundraising – Helping out at fundraising events or even organising events for DAG.

If you have a few hours a week to spare and would like to know more about volunteering for DAG, please get in touch.



What's on At Whitby Library

“Slipper Social” - Friday 20th December, 10am-1pm.



Did you know good slippers can reduce the risk of older people falling by up to 60%? Grab a free pair at the library!

Get yourself a FREE pair of new slippers, meet others for tea/ coffee and biscuits, try out some

activities and take home some useful information from our event partners.

Do you need help to apply for or renew your **Older Persons** or **Disabled Persons Bus Pass**?

Whitby Library is one of the nine libraries across the county providing one-to-one support for people to complete the online application process.



Library staff and volunteers will be offering sessions on a weekly basis at the following locations:-

Whitby - Thursdays 2-5pm;

Scarborough - Fridays 2-4pm;

Pickering - Tuesdays 1-3pm;

Malton - Tuesdays 1.30-4.30pm.

Call in to make an appointment. For more information, visit

<https://www.northyorks.gov.uk/news/2024/libraries-launch-online-support-sessions-buspass-applications>



Why is a good night's sleep important, and how long is long enough?

From The Independent Living newsletter, 30th October 2024

During sleep our bodies get a chance to restore and repair themselves. Hormones are triggered to enable tissue growth which can help you recover from cuts, grazes and even sore muscles.

Poor sleep can lead to a weakening of the immune system, and an increased risk of serious medical conditions including diabetes and high blood pressure. Insufficient sleep affects our ability to concentrate, and makes us more irritable and moody.



Adults generally need about seven and a half to eight hours sleep. Some can manage very well with a bit less, while others need more. If you fall asleep the second your head hits the pillow, it is actually an indication that you are exhausted, and should get more sleep on a regular basis. And needing an alarm clock to wake you every morning, is also a sign that you aren't getting enough rest.

So what can be done? Here are some suggestions.

Blue light glasses – A 2020 study in the US, showed that wearing blue light filtering glasses for a while before bed-time helps counteract the effect of time spent gazing a blue light-emitting computer screens.

More exercise – a regular routine of exercise helps you sleep better.

Eat well – a healthy, varied diet with plenty of fruit and vegetables and whole grains contributes to better sleep.

Cut down the caffeine and alcohol – caffeinated and alcoholic drinks can hinder sleep, so try not to consume them in the evening.

Afternoon naps are good, as long as they are short – maximum 20 minutes or you could find your nap disrupts night-time sleeping.

Invest in a good quality bed – If you have problems such as sleep apnoea you may find an adjustable bed helps.

Essential oils may help – e.g. Lavender or Marjoram drops on your pillow, but they don't work for everybody.

A bath before bed – a relaxing soak in warm (not hot) water can help you relax/ wind down before going to bed.

Keep your bedroom cool – you won't sleep if it's too warm. Aim for 18° C.

Ban electronic devices – Turn off screens half an hour or so before you go to bed.

Pets – may need to be excluded from the bedroom if they disturb you.

Complete darkness can help - Blackout curtains at the window or a lightweight eye mask are both effective.

A milky drink – this seems to work for some people, despite the supposed science being debunked.

Herbal remedies – valerian, hops and chamomile all have their adherents.

If anxiety keeps you awake – thinking positive thoughts changes chemicals in the brain leading to a feeling of well-being and relaxation.

Motability Payments Ending

<https://www.independentliving.co.uk>



New Vehicle Payment and **New Product Payment** from **Motability** will both be coming to an end at the **beginning of January 2025**. So if you are in the market for a new adapted car or a scooter/powered wheelchair, this is a good time to check them out, and make a decision.

Motability Scheme



Exchange Disability Benefit for Leasing A Vehicle

People with severely reduced mobility who qualify for the **enhanced rate mobility component of PIP (Personal Independence Payment)** or **higher rate mobility element of DLA (Disability Living Allowance)**, can

use this money to fund the lease of a vehicle on the Motability scheme. Some vehicles are currently available on the scheme with no upfront payment, while others require you to make an advance payment, from a few hundred pounds up to thousands. The most complex conversions, for example drive from wheelchair adaptations, require the biggest payments.

Once you have your new vehicle, your monthly benefit payment goes directly to Motability. The lease term on a WAV is five years, and at the end of that time, it can be exchanged for a new vehicle in the same way – provided you still qualify.

.New Vehicle Payment

Because car prices increased quite significantly, due to global shortages, Motability introduced a **New Vehicle**

Payment of £750 to help with the expense - payable to the person leasing the car or directly to the dealer - to help fund the advance payment.

The New Vehicle Payment is coming to an end on 3rd January 2025. You need to have ordered your new vehicle before then, in order to qualify. People who are already on the scheme and will be getting a new vehicle before this date, automatically qualify for the payment. You can find out more from the **Motability helpline** on: **0845 456 4566** or visit the website www.motability.co.uk

Leasing A Scooter Or Powerchair

You can also lease a mobility scooter or powerchair through the Motability scheme, useful for non-drivers with mobility needs. It isn't possible to have an adapted vehicle and a mobility aid at the same time.

For people considering leasing a scooter or power chair, **there is a New Product Payment of £100**, which works in the same way as the **New Vehicle Payment** described above. **This is also coming to an end on 3rd January 2025.**



Alternatives To Motability Scheme

For all those who don't qualify for the Motability scheme, or who prefer not to use their monthly benefit to pay for a car, there is a good market in second-hand WAVs, which offers a considerable cost saving. Typically, pre-owned WAVs offered for sale by specialist dealers tend to be single owner and low mileage, with a good service history. If you need wheelchair accessible transport, or a car with adapted driving controls, for a short time only, it is possible to hire an adapted vehicle on a self-drive rental basis.



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

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.

Calla Café at the **Eastside Community Hub**



For more information and to request services
Tel: 01947 600583 Email: info@dalewoodtrust.org

Facebook:

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

FOR SALE!

Advertise “items for sale” or “free to a good home”. Contact the DAG office.

FREE TO A GOOD HOME

Drive Medical Devilbiss Healthcare Zimmer Frame

Height adjustable. As new. User weight limit 160kg/ 25 stone user weight limit.

New owner to collect (from Flowergate area).

Contact Betty Tel: 01947 606093

Parkinson's UK Whitby Support Group

Meets at **Whitby Golf Club**



Friendship and support locally to people with Parkinson's, their families and carers. **For dates and details contact Tracy on 07789 884 602**

Parkinson's UK helpline on [0808 800 0303](tel:08088000303)

Caring Together

Whitby & District

Providing social and emotional support to carers, the people they care for and people living alone .

- Volunteer visitors - to give carers a break
- Company for those living alone
- Monthly online and in-person social and activity groups
- Volunteering opportunities

T: 01947 605757 (leave a message)

E: caringwhitby@gmail.com

W: caringtogetherwhitbyanddistrict.org.uk



Dementia Forward

Care and Support for Life

Whitby "Welcome Wednesday" Wellbeing Café

1-3pm, Hopkinson Room, The Coliseum Victoria Place

Dementia Forward Local Helpline, Monday to Friday,
9am to 4pm. Tel: 3300 578592

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**

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 or contact details?
- Do you have any articles, stories, items wanted/ for sale or information you would like to be included in our newsletter?



Printed copies of our newsletter are only available to paid up DAG members. Contact the DAG office to join or to have your name added to our e-mailing list.

**Ingrid Flute Room, The Coliseum, 1B Victoria Place,
WHITBY, YO21 1BZ**

Mon, Tues & Thurs 9am-5pm; Fri 9am-4.30pm

T: 01947 511118

E: info@whitbydag.org.uk

W: www.whitbydag.org.uk

Mobility Scooter & Wheelchair Hire enquiries should be via the DAG office, or phone **07956 751 790**.

Reg. Charity No: 1131037

Company Reg: No: 6956837



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