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Firstly, a big thank you to everyone who sent in their votes on the **Special Resolution**. The vote in favour of the resolution was unanimous, and it now means that we can have ten Trustees instead of seven. The big challenge now is finding additional Trustees who can help DAG move forward and meet the challenges that lie ahead. If you think this is something you might be interested in, just give the

office a call and I will be happy to chat to you about the role of a Trustee and the responsibilities that go with it.

On to some good news – DAG has just been selected as one of the Local Causes for the Co-op Community Fund. There were over ten thousand applications this year so we are delighted that ours was chosen. The Co-op has doubled what goes to community organisations and local causes when you buy selected Co-op products and services, so if you are a Co-op member please support us by nominating DAG as your local cause. Just go to <https://www.coop.co.uk/local-causes>, log into your account and nominate DAG! All the money raised will go towards providing a programme of positive activities and experiences for disabled people to take part in.

On a sadder note, the end of October sees us saying goodbye to **Lucinda** and her mum and dad; by the time you read this, they will have moved to Carlton near Selby. Lucinda has volunteered for DAG for a number of years, Her mum, Patricia was an active participant of our Creative Arts Group and dad Charles always willingly helped out whenever we asked him. We will certainly miss Lucinda in the office, and wish them all the best of luck in their move.

October also saw the return of DAG Members' Trips on our new bus. The first trip went really well and Members certainly enjoyed seeing each other again. However, it was also a stark reminder of those Members we have lost over the past eighteen months either to Covid, age, or ill health.

I would like to take this opportunity to thank **Roger** and **Wendy** for volunteering their time. And to welcome aboard **Tom Cooper**, our new **Passenger Assistant** who went along to help out and to get some hands on experience.

Finally, and with great sadness, I have to announce that after more than 20 years loyal service, **Mo Aldred, DAG's long serving Welfare Benefits Advisor is retiring.** Mo always approached her work with empathy, kindness, sensitivity and professionalism, and she will be greatly missed. On behalf of all the staff, trustees, volunteers and her clients who you have helped we wish her all the best in her well earned retirement.

Until the next time

Ian

Mo is Retiring



Many of you will know **Mo Aldred**, our Benefits Advisor, (pictured centre left, at the DAG 2019 Christmas Meal).

After working for DAG for over 20 years, Mo has decided to retire, and will leave us on Friday 5th November

During that time, Mo has helped hundreds of people claim their entitlements to disability benefits, apply for Blue Badges, and access support to get essential household items from the North Yorkshire Local Assistance fund.

All of this has made a huge and positive impact on the lives of disabled people, and we continue to get requests for help from people who were advised to contact Mo by friends, or whose family members had previously been helped by her.

We want to give Mo a fitting send off to mark her time with DAG. It would be lovely to have “a bit of a do”, but this will be guided by any restrictions in place regarding gatherings of people.

We are sure that many of you would like to contribute towards a leaving gift for Mo. Please phone or email us at the DAG office in the first instance - public access to Church House centre is still restricted. We will also be glad to pass on any messages, letters and cards on your behalf.

DAG at Church House

For the time being Church House remains closed to the public, so please **telephone us** first if you need help and advice. If you do come to Church House and wish to speak to us, please ring the **WS&R DAG buzzer**, and one of us will come to meet you at the door.

We will see people by appointment, but initial contacts will be by telephone.

It is still possible to catch and spread COVID-19, even if you are fully vaccinated. **Please play your part by exercising common sense, considering the risks, and taking the necessary actions to protect ourselves and others.** Thank you for your continued co-operation.

Swimming for Wellbeing Sessions

Weekly sessions, every Wednesday, 2-3pm, at Whitby Leisure Centre. We have the sole use of both pools.

PLACES ARE STRICTLY LIMITED - you must book your place, each week, in advance. Anyone turning up at the Leisure Centre without a prior booking will not be allowed to join the session.

For more details, and to book your place for each session, contact **Sally** at the DAG office on **01947 821001**.



Pictured above:
DAG Member Ian,
using the poolside
hoist.

DAG Membership Update **Christmas 2021**



We are so happy to be able to celebrate Christmas this year and have planned the following events:-

Friday 3rd December

Christmas Meal at The Penny Hedge, Whitby

Two Courses **£15.50**; Three courses **£18.50**, plus **£5.00** transport.

Please complete enclosed form and return it to the office asap. Spaces are limited, so names will be drawn out of the hat if necessary.

Thursday 9th December

Christmas Coffee Morning at Staithes Village Hall

Starting **10.30am** - Donations for Transport, contact the DAG office to book.

Tuesday 14th December

Members' Celebration Christmas Meal

Dunsley Hall Hotel 12.30pm

3 Course Meal **£27.50** per person, plus **£7.00** transport.



Please complete the enclosed form and return to the office. Payment due on booking.

For your Christmas Shopping why not join us on Wednesday 24th November Strikes Garden Centre - Stokesley and have lunch in the restaurant, Cost £9.00 Please contact the office by **15th October** if you would like to go on this trip. Places are limited so, if they are oversubscribed, we will draw names out of a hat.



Getting Ready for Winter

WeatherReady - the Met Office preparedness initiative - aims to bring together up-to-date, expert advice to help you prepare your home or business and take care of yourself, your family and neighbours, in the event of severe winter weather.

A range of advice articles can be found on the Met Office website, [metoffice.gov.uk/WeatherReady](https://www.metoffice.gov.uk/WeatherReady), including top tips to help you prepare for winter, staying healthy in winter, and what to do to prepare your home, business and car to cope with winter weather.

Feel free to share the WeatherReady advice with your neighbours, especially the more vulnerable.

Protect Yourself From Online Fraud

Online shopping and auction fraud is predicted to increase in the run up to Christmas. Customers are being encouraged to make purchases earlier, as many businesses will be facing increased prices and delays due to the impact of Covid and Brexit. You may be tempted to search elsewhere for cheaper alternatives, but could end up using fraudulent websites or be vulnerable to scams through online market places.

More information about scams is available on the website ourwatch.org.uk/protectfromfraud

You can quickly and easily report fraud to Action Fraud by calling **0300 123 2040**, or online at any time of the day <https://reporting.actionfraud.police.uk>
(Neighbourhood Watch Newsletter, 5th October 2021)

In Other Words...Newbies

by Janet Fife

This month's words and idioms are modern ones.

Drinking the Koolaid - to be persuaded into extreme commitment to a cause or person, and possibly to hurt yourself. It comes from the tragic events of 18th November 1978, when cult leader Jim Jones persuaded 900 of his followers in Jonestown, Guyana, to take a poisoned powdered drink ('Koolaid').

Gaslighting - manipulating someone to make them question their perceptions and their sanity. Although becoming popular only recently, it dates back to the 1944 film, *Gaslight*. In the film, starring **Ingrid Bergman and Charles Boyer**, a husband tricks his wife into thinking she is going mad so he can rob her.



Going Pete Tong - Cockney rhyming slang for 'going a bit wrong'. Peter Tong MBE is a Radio 1 disc jockey. He made a cameo appearance in the 2004 film *It's All Gone Peter Tong*, about a DJ who's going deaf.



Jumping The Shark - when a project or brand is getting stale, and a gimmick is used to regain attention. The term comes from a 1977 episode of the sitcom *Happy Days*, when **Fonzie** was filmed jumping over a shark while waterskiing.

Picture left, from ABC Television

Love
letters
and
hate mail

Written by
C.M. Gordon
The British Aussie

Claire.M.Gordon (known as The British Aussie for her time between the United Kingdom and Australia) is a local to Whitby. She is a keen writer, who took up writing poetry during her Psychology degree, and while going through an abusive relationship. During this time she also battled chronic illness and disabilities, and still does to this day. Claire is also writing her first novel which will be available next year.

"Love letters and hate mail" is Claire's debut poetry publication. The book is about all those love letters you wish you'd written, and all the heartbreak that can come with love, and, has a strong focus on the impacts of domestic violence.

"My hope is that this book helps even just one person out there who is fighting to survive, fighting to win their life back, to break from the control of another person, for those out there going through tremendous heart-break that they find difficult to put into words."

The book is available on Amazon UK in paperback, as an ebook on Kindle Unlimited and online via Book Depository and Waterstones. Simply search **"Love letters and hate mail - Claire M Gordon"**.

"Anyone who likes, shares the books, shares The British Aussie Facebook page and Instagram or buys a copy of the book can be happy to know you are supporting a local artist and writer." If you buy a copy and post online, please don't forget to tag Claire at **@thebritishaussie** on Instagram or Facebook.

Claire will be writing in future DAG newsletters and is looking to start a creative writing group for DAG Members.

**FOR
SALE**

DAG is happy to advertise items for sale for individuals.

Donation to DAG appreciated to help cover costs of newsletter printing.

Shoprider Cadiz 4-wheel Mobility Scooter, Model S889SL.

Colour red. Max speed 8mph. Registered with DVLA. Delta style tiller, basket, wing mirrors, captain's seat, high visibility back pack. Some scratches on body work but otherwise in excellent condition. Battery working and charged.

The scooter was bought second hand in 2019. £899 paid. **Accept £650 ono.**

4-wheeled Rollator, with seat and shopping bag.

Colour red. Lightweight, can be folded for transportation. In good condition. **Accept £40 ono.**

For both the above items:- Buyer collects. Viewing can be arranged. Phone 07792 277 169

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Left sided Straight Stair Lift – 13 steps. Handicare 1000 series. Bought 2015 but only used for 8 months. Has been stored since. Vendor can deliver but would need contribution towards fuel if outside Whitby. Vendor requests buyer to make donation to Whitby DAG

Phone: 07884 334983 or 01947 821331

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.

Caring Together
Whitby & District

For details please phone **01947 605757**.

Scarborough & District CAB

citizens
advice

Contact Details

Website: www.scarcab.org.uk
Online Advisor: citizensadvice.org.uk/chat
Tel: 0808 278 7889 (Mon-Fri 9am-5pm)
Email: info@scarcab.cabnet.org.uk
Relay UK: 18001 0800 144 8884

Contact DAG to be referred directly to Scarborough CAB for general enquiries and their money, welfare benefits and debt advice service.



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.**

For more information and to arrange services

Tel: 01947 600583
Email: info@dalewoodtrust.org
Facebook: <https://www.facebook.com/DalewoodTrust/>



allcare
 .co.uk

**UNIT B3, ST. HILDA'S BUSINESS CENTRE,
 THE ROPERY, WHITBY, YO22 4ET**

Telephone/Fax: 01947 825555

E-mail: info@allcare.co.uk Website: www.allcare.co.uk

Mobility Scooters and Wheelchair

Sales – Accessories

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



Contact the DAG office for 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 Email: info@whitbydag.org.uk
Website: www.whitbydag.org.uk

Mobility Equipment Hire has re-opened. All enquiries should be via the DAG office.

Reg. Charity No: 1131037
Company Reg: No: 6956837



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.