

In this Issue:

- 1: DAG Editorial, Updates, Trips, AGM, Trips, Hospital Transport, Volunteering
- 8: Caring With Confidence
- 10: Carers Leave Act 2023
- 12: Finding Recommended Traders
- 13: Local Organisations, Groups & Services, For Sale
- 16: Contact DAG

Firstly, although we are at the end of January, I would like to wish all our readers a **Happy New Year.**

As we look forward to what should be busy, interesting and no doubt, challenging year for DAG, I want to say a big **thank you to the staff and volunteers** for all their hard work throughout 2024. It was a year which saw us move from Church House to The

Coliseum Centre. It was a difficult decision to make but seeing that building works are still going on there, nine months after we left, I think it was definitely the correct choice!

The year also saw Judith having a double knee replacement and having to take 12 weeks off work to recuperate. Not having her around really made us all appreciate just how important she is, to the running of the office, and we were all extremely relieved when she was able to return! **Phillipa** also worked incredibly hard to provide the Welfare Benefits Advice Service, as did **Tom** in coordinating all our Transport, trips and outings.

We also took on **Mark Watkins** during the summer to work on the Mobility Equipment Hire Service. He started in August and it was a bit of a baptism of fire, as this was the height of the tourist season, and our busiest month. In addition **Mick Korniej** joined to help with our Pilot Hospital Transport Project.

So whilst there are new faces in the DAG office, one constant is that DAG remains committed to providing services and activities which promote choice and independence, and give disabled people a voice.

This year we are planning a programme aimed at **improving people's health through physical activity**. We know that taking part in physical activity can be a challenge but it does help in maintaining overall body function and can have a positive impact on mental and cognitive health.

We also know that the social side of taking part in regular group activities is also really important. This programme could include gentle yoga, seated exercises or adapted cycling, **but we would also love to hear from you if you have any suggestions.**

Please see the notice on Page 3, regarding our AGM.

Until the next time

Ian

IMPORTANT NOTICE

Due to the weather warning for this area, the decision was taken to postpone our **Annual General Meeting for 2023-24** scheduled for Friday 24th January 2025.

We are in the process of rescheduling the meeting, **hopefully for early February**, and will directly notify DAG Members as soon as this has been confirmed.

We hope that you were safe and your homes undamaged by Storm Éowyn.

Please continue to take care during the winter period.

Judith Owen
Office Co-ordinator

DAG Updates

THANK YOU to everyone who bought tickets for our Annual Prize Draw, which, in spite of the financial pressures people are currently facing, raised the fantastic total of **£909.00**. We have a few prizes still waiting to be collected. If you have one of the following ticket numbers, please ring the DAG office on **01947 511118**.

1006 Leadbetter

0966 Horn

0228 J Smith

1567 Ian & Charlotte

0683 Vicky

THANKS are also due to all of the local businesses and individuals who donated a fabulous selection of prizes - Lisa Taylor O'Brien, Louise Milne Kirby-Hunter, Barbara Booth, Marie Keen, Natalie Wittering, Tracy Coverdale, Deb Henderson, Estbek House, Chris Evans, Glenn Kilpatrick, Youngs Jewellers, Whitby Seafoods, Royal Fisheries, W Hammond Jewellers, Pescado Lounge, Marie Antoinette's, The Whitby Witch, Coliseum Centre, Honeyz, Whitby Distillery, Whitby Krampusse, Nordsjon, Simpsons Jet, Mr Cooper's Coffee House, The Original Factory Shop, Toymaster, Abbey Wharf, Jane's Rock Shop, J'Adore, Whitby Glass, Justin's Chocolate, Paul Ventress, and The Board Inn.

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Whitby Krampus nominated Whitby DAG as a beneficiary of the annual Krampus Run on 7th December, and raised the marvellous total of **£1064.53** for DAG (including the small tombola we ran on the day at The Chapel on the Hill).

MANY THANKS to all the Krampus Run participants who braved the terrible weather on our behalf.

TRIPS & SHOPPERS: FEBRUARY/ MARCH 2025

Unless otherwise stated, **all trips cost £8 for DAG Members and £10 for a non-members.** For more information and to book your place(s), contact Tom on **07871 388 425**, or ring the DAG office on **01947 511118** and we will pass on your message.

FEBRUARY

Friday 7th: Staithes Shopper to **Redcar**

Monday 10th: DAG Lunch outing to the **Ellerby Inn**. Order meals on the day.



Thursday 13th: DAG Shopper to **Guisborough Market**

Monday 17th: **Pickering** - Market Day

Friday 21st: **Kirkleatham Museum & Walled Garden** (sorry, the Owl Centre is closed)



Wednesday 26th: **Northallerton** - Market Day **£10/ £12**

Friday 28th: Staithes Shopper to **Skelton**

MARCH

Friday 7th: Staithes Shopper to **Redcar**



Whitby DAG Hospital Transport Scheme

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 appointment at James Cook Hospital**
- who do not have anyone to take them to the appointment
- who are not eligible for Patient Transport

Home collection and return. Wheelchair accessible vehicles. Wheelchair users will need to bring a companion.

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.

****From 17th February 2025, we will be able to provide transport to the following hospitals. Cost confirmed on application. TWO WEEKS NOTICE REQUIRED.**

Whitby Hospital, Scarborough Hospital, Brotton, South Tees Hospital, Hospital, (Redcar), Guisborough.

Middlesbrough:- James Cook, South Tees Hospital, Tees Valley Hospital, West Lane Hospital, Roseberry Park Hospital, One Life Medical Centre, The Bridge Elysium, Park View Medical Centre.

Stockton:- University of North Tees Hospital, North Tees NHS Trust Hospital, Nuffield Health Tees Hospital, University Hospital Tees Breast Cancer Screening.

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.

We run lots of trips for DAG members and for over 20 local groups and organisations, and particularly want to recruit more **Volunteer Drivers and Passenger Assistants** - driving and supporting disabled people on our trips and outings

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.**

If you have a few hours a week to spare and would like to know more about volunteering for DAG, please get in touch. Our contact details are on the back page of this newsletter.



Caring with Confidence

A series of fortnightly sessions for unpaid adult carers. Sessions are intended for you to have some time out of your caring role and focus on yourself.

Friday 31st Jan – Caring & Resources

An overview of eligibility including financial benefits, concessions & aids

Friday 14th Feb – Caring, Coping & Life

Focusing on different ways to bring balance in busy caring lives

Friday 28th Feb – Carers Health & Wellbeing

A session focusing on carers wellbeing both inside and out

Friday 14th Mar – Caring Day to Day

Supporting carers skills, the practical role of caring and first aid

Friday 28th Mar – Care to Socialise (time/location varies)

A special afternoon treat for carers

*Attend one or all sessions and meet other unpaid carers.
Places are limited and must be booked.*

9.45am Arrival & Refreshments.
10am-12pm Session.

Kirkham Close Community Centre,
Whitby, YO21 1JR

**carers
plus**
YORKSHIRE

For more info or to
book please contact
your 1:1 worker.

Carers Plus are delivering some new **Caring with Confidence** sessions in **Whitby from Friday the 31st of January**. The fortnightly sessions are aimed at bringing carers together and also focusing on some of the key themes carers often ask us about (details on page 10).

The sessions are totally free and run every couple of weeks so hopefully won't take up too much time for those attending. We encourage carers to attend as many sessions as possible if they can, but the sessions do stand alone.

Places are limited so we ask all interested carers to please book with us. If anyone would like to know more, please do get in touch and rest assured we always try and have nice cake too!

Jodie Peckitt

Quality Assurance Lead

Working 2 days a week

T 01723 850155 | E jodie@carersplus.net

Scarborough, Whitby & Ryedale Office

96 High Street, Snainton, Scarborough, YO13 9AJ



carersplus.net



EMPLOYER RECOGNITION SCHEME

SILVER AWARD

Carer's Leave Act 2023

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

Carer's Leave Act 2023

The Carer's Leave Act, which came into effect in April 2024, **enables carers who are employed to take up to five whole days' unpaid leave per year to accommodate their caring responsibilities.** It is hoped that some employers will go beyond the limits of the law and provide paid rather than unpaid leave.



Carer's Leave gives an entitlement to five days** off a year, which can be taken as required – it doesn't have to be all at once, or a full day at a time. Carers can take just the hours they need on any given occasion. Five days of carer's leave is the right for those who work full-time. ****Part-time employees will have a pro rata entitlement, depending on how many hours they work in a week.**

There will be no requirement to provide evidence of how the leave is used - it can be anything to do with caring Responsibilities, such as accompanying a loved one to a medical appointment, or to take a break from caring responsibilities.

The legislation affects unpaid carers in England, Scotland and Wales. It is a right that is available from the first day of employment. Anyone who provides or arranges care for somebody with long-term needs is entitled to the leave. The person being cared for could be a family member or friend, and the need for care could be because of a physical or mental disability, injury, old age or

long-term condition. The maximum amount of leave that can be taken is five days a year, even if you provide care for more than one person.

The Carer's Leave Act provides employment protections to employees in the same way as other types of family-related leave, including protection from dismissal. The employer cannot ask an employee to prove that they are an unpaid carer. It is up to the individual to identify themselves as a carer and request the leave.

This law provides time off for "planned and foreseen" caring commitments. In urgent situations, there is a separate legal right to take a reasonable amount of time off work to deal with an emergency involving someone who relies on the employee's care.

You should advise your employer in advance that you are requesting carer's leave, but it doesn't have to be in writing. You should give notice at least three days in advance if you are requesting a half or single day, of leave. If you are asking for longer, you should give twice as many days' notice as the requested leave period. So, for two days' leave, you need to give four days' notice.

Employers are not allowed to turn down the request, but they can postpone it, if they "reasonably consider that the operation of their business would be unduly disrupted" by the request being granted. In case of postponement, the employer must reach agreement with the employee on a new date, which should be within one month of the original date requested. They should give notice in writing of the postponement with the reason(s), and the agreed date when the leave can be taken. This notice must be given within seven days of the original request.

Recommended traders?

From Independent Living News
www.independentliving.co.uk



There are many websites which offer to help you find recommended traders, which can be a minefield for the unwary. The **Competition and Markets Authority (CMA)** has advice on how to find your way safely around such sites. (<https://www.gov.uk/government/organisations/competition-and-markets-authority>).

- Don't rely solely on claims of 'trustworthiness' made on trader recommendation sites – many sites use terms like 'trusted', 'reliable', or 'expert' to describe traders, but these may not be true or verified
- Choose a trader recommendation site that verifies traders by ensuring they have the necessary licenses, insurances, and certifications
- Make sure the site has a strong complaints process and check whether it offers support in resolving disputes
- Check how trader recommendation sites monitor traders and sanction poor behaviour, and if rogue traders are removed
- Be cautious about reviews – check whether they are badged as being from verified customers
- Once you have found a reliable site, compare traders before deciding – review several, taking into account important details like experience, qualifications, certifications, and verified customer reviews

The CMA guidance for the recommended trader sites themselves, sets out the key principles to follow to make sure they stay on the right side of the law. This means consumers are better protected, and helps ensure a level playing field for qualified and reliable traders.



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



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.