

Selby DIAL AND DISTRICT **DIAL** Newsletter

HELP AND ADVICE FOR DISABLED PEOPLE

ISSUE 20 October 2015

Sainsbury's

Big Bike Ride



As Sainsbury's local charity of the year we jointly supported fundraising events during July, August and September. These have included tombola stands in the foyer and bag packing in store on 30th July, 1st August and 4th September.

The photograph above was taken on the 12th September showing Anne-Marie (Project Coordinator) and Karen (Volunteer Coordinator) having fun in the foyer of Selby Sainsbury's during a table top sale and on the day of the bike ride from Tadcaster Sainsbury's to Selby Sainsbury's, a distance of 14 miles.

This was an event which helped us raise much needed funds.

Anne-Marie joined in the bike ride, without even leaving the store or getting wet! Terry, one of our Trustees, helped Karen and Nicky with the stall, selling gifts, cards and hand crafted items. These events have raised a fantastic total of £397.74. Plus a further £410 raised from the sponsored bike ride and bucket collection. This makes a grand total to date of

£807.62

A big thankyou to the staff at Sainsbury's Selby and all those that supported the bike ride and fundraising effort

Volunteers

A Big thank you to those of you who supported our Cake and Coffee mornings on Monday's during August.

A special Thank you to John who donated the fresh hand made wonderfully tasty cakes & muffins.



Wishing you well as you move on

To Jenny who moved in July to a role with the Social Prescribing Service

To Doreen who is moving to live on the Island of Bute in Scotland
Sincere thanks and best wishes from all at Selby DIAL for all your hard work and commitment!



ITEMS AVAILABLE
Should you be interested in giving a **DONATION** to support Selby DIAL
Please Ring Us On:
01757 210495



Awareness, Promotion & Fundraising

Sainsbury's

Future events include
Win a Halloween Hamper by guessing the weight of a pumpkin

30-31st October

Selby DIAL Tombola, Bag Pack

11-12th December

Plus chance to win a Christmas Hamper

Saturday 21st November

Hemingbrough Christmas Fayre St Mary's church Hemingbrough

Selby and District DIAL will be having a stall with a range of Christmas Crafts e.g. cards, gift boxes etc. plus tombola, lucky dip for girls and boys with a festive raffle.



Awareness, Promotion & Fundraising

Monday 14th September

Following on from the success of our Market stalls on the 4th of May and the 15th of June, we had another market stall on the 14th September to raise money and our profile as a service. We had a tombola, various crafts, Children's Lucky Dip and home made cakes, a special thank you to Lynette who donated the home made baking and Selby Town Council for the use of the market stall. We raised a total of £127.11 on the day.



Charity Gala Dinner 4th September

Selby & District DIAL joined with Voices for People to raise funds for their respective charities.



A wonderful night of fine dining, live entertainment and dancing was enjoyed by all along with the chance of winning some fabulous prizes that had been donated by individuals and local businesses either through the raffle or auction held on the night.



Donations received this quarter:

- ☺ Doosan Babcock
- ☺ Eggborough Parish Council
- ☺ Hambleton Charitable Trust
- ☺ Monk Fyston Parish Council
- ☺ M Oldroyd & sponsors 10k Run
- ☺ S Haywood—Selby Soul Afternoon
- ☺ Stepping Stone

Charity Gala Dinner Auction/Raffle

- ☺ Abbey Cleaners
- ☺ D Allen
- ☺ N Allen
- ☺ Boots
- ☺ Build-a-Bear
- ☺ Cape Beauty
- ☺ Diggerland
- ☺ The Deep
- ☺ Hope Yard Cafe
- ☺ First Trans Pennine Rail
- ☺ K Mann
- ☺ McDonalds
- ☺ M Townson
- ☺ A Turvey
- ☺ Morrison's
- ☺ Nail Flairs
- ☺ Robert Michael Hair Salon
- ☺ Ruby Shoes
- ☺ Sainsbury's
- ☺ Selby Boat Centre
- ☺ Sun-days
- ☺ Tesco's
- ☺ Wimbles Carpets
- ☺ Yorvik
- ☺ Yorkshire County Cricket Club

Advocacy & Mentoring

Now Me - Has being disabled altered your life?

Our weekly group focuses on the emotional and social changes you may have experienced.

Topics include:

Stress Management & Self Esteem

Assertiveness and saying NO.

Goal setting and Time Management

This is a confidential supportive group run at the DIAL offices. If you would like to meet new people and gain new skills contact **Karen on 01757 210495** to express your interest and for more details. Next course date : **Starts Wednesday 21st October (for 6 consecutive weeks)**
I.e. each Wednesday 21st, and 28th Oct, 4th, 11th, 18th and 25th November 2015



10.30am to 12.30pm

North Yorkshire
ADVOCACY
In Selby

North Yorkshire Advocacy in Selby is a Free, Confidential and Independent service for anybody over the age of 18.

Advocacy helps people to:

- Say what they want
- Secure their rights
- Represent their interests
- Obtain services they need

They will be holding new Drop-In sessions:

1st Friday of every month 10:00-12:00

Sherburn-in-Elmet Library

3rd Thursday of every month 10:00-1:00

Community House, Selby

3rd Friday of every month 10:30-12:30

Tadcaster Library

For further information contact:

Bernadette Maxfield 01757618084

Bernie@nyadvocacy.org.uk

Selby DIAL
AND DISTRICT

HELP AND ADVICE FOR DISABLED PEOPLE

Selby & District DIAL

12 Park Street, Selby, YO8 4PW

Open Hours:

Monday — Friday : 10:00am — 3:00pm

www.selbyanddistrictdial.co.uk

Email: selbydial@tiscali.co.uk

Tel:01757 210495

Services we offer include:

Information, Advice and Help

** Home visits available*

Disability Issues *

**Benefit Entitlement
Checks***

Form Filling*

Assistance with Appeals*
Representation at Appeal
Tribunal

We also offer

Activity groups

Short-term Wheelchair
Hire

Now Me Groups

Volunteering &
Mentoring Opportunities

Outreach

Welfare Benefits Advice.

Anne-Marie will be available to give
Welfare Benefits Advice at Horton
Housing Community Cafes

Please check with Horton Housing
Community House, Portholme Road,
Selby YO8 4QQ

Tel: 07525667905
for dates and times