



Nycil News

Issue 1
November 19

DATES FOR YOUR DIARY (NOVEMBER)

Bonfire Night at the Open Air Theater (S'Boro, OAT)	5th (16.00 / 23.00)
Celebrity Xmas lights switch on (Westborough)	14th (16.00 / 20.00)
Whitby Xmas Festival (Front Marina Car Park)	15th – 17th
S'Boro DAG Xmas Fair (S'Boro Indoor Market)	30th (11.00 / 15.30)
Eden Camp Remembrance Week (Eden Camp, Malton)	4th – 11th

A Big Welcome from Nycil News

Welcome to Nycil News, a free newsletter aimed at keeping you informed on events and organisations to help you keep independent and involved in your community.

We will be sending you a monthly update (unless you don't want it, then let us know) on organisations, events and services in the Yorkshire Coast and Ryedale area.

Whether you like to be active or relaxed, whether you need assistance or just a natter, we'll try to keep you informed. This is where you can come



*Hello from Lucy (Payroll manager), Toni (ILO manager) and Carl (Chief Officer)
Not pictured Philip and Alex say 'Hi'*

in, if you hear about any group or event that sounds like fun or you think others would benefit from,

Whats Boccia all about?

- Boccia is a disability sport that tests muscle control and accuracy.
- Players propel balls to land close to a target ball. Two sides compete as individuals, pairs or as a team of three over a set number of ends.
- Each side has six balls (red or blue) each end to try and score points. Points are accumulated over the course of a match to find a winner.
- The ball can be rolled, thrown or kicked. If a player is unable to throw or kick the ball, they can use a ramp. If players are unable to release the ball with their hands, they can use assistive devices – head/hand pointer.

Aiming for success

One of our team recently attended the Inclusive Sports Day held at Scarborough Leisure Village. It's brilliant to hear of so many activities that are open to everyone. One that stood out was the Paralympic sport of Boccia, what's more, Scarborough's team are particularly good at it.

Scarboccia are in fact reigning regional champions and this year qualified for the national championships, but it's not just about success for them, Scarboccia is more than that. Scarboccia are involved with lo-

cal groups and schools, aiming to increase the awareness of Boccia as



Contact scarboccia@gmail.com

an inclusive sport. Boccia is a gentle, seated activity, it is also beneficial not only to the young but the older generation who may be, for some reason, not as active as they used to be. It is a game for everyone and it

is to be encouraged at every level for all to enjoy and participate in either for fun or a competitive sport.

Boccia isn't the only sport Scarboccia has on offer. Maybe archery or volleyball could become your thing so go on, give it a go.

Sessions are every Tuesday 4-5.30 pm and every Friday 3.30 to 5 pm at the Everyone Active Sports Village. Scarboccia are seeking new members and are also looking for volunteers who perhaps would like to help at sessions, join their proactive committee, help with transporting members to competitions, or even help at events in outreach areas. Scarboccia are wanting to reach out to as many vulnerable adults and children as possible.

Cash Boost for Whitby DAG



Whitby DAG recently received a welcome £500 boost courtesy of Beyond Housing.

Ian Peck, Whitby DAG Manager (and Nycil Trustee) said:

"We are delighted to receive this donation from Beyond Housing. It will help DAG maintain the services and activities it provides to support disabled people living in Whitby and the surrounding areas. We would also like to wish Beyond Housing a happy first birthday and look forward to working with them in the years to come."

Set up in 1994, Whitby DAG is a user-led organisation run and managed by disabled people. It provides information, advice and practical support for other people with disabilities, helping them live as independently as possible. Whitby DAG can be contacted on **01947821001**.

- A lot's changed at Nycil over the last few years. We still offer a first class personalised payroll service and recruitment assistance for personal assistants, but we've diversified. We still recruit for personal care, but now if you just want someone to shop for/with you, make sure you can get out and about, clean your home or just a companion, we're here to help. We're no longer just Direct Payments, but a charity dedicated to supporting everybody to live life to their fullest potential. We've revamped our Vision, Mission and Values to reflect the NEW Nycil.

Our Vision: That everyone despite age or disability can live independently to their fullest potential.

Our Mission: We ensure everyone despite physical/sensory/ mental impairment or age related barriers has access to support that enables them to have control and choice over their lives. We believe everyone should be able to live independently and participate in their local communities.

Our Values Our work will be guided and informed by our beliefs and commitments to:

Campaigning We seek to raise awareness and improve the lives and rights of people with physical/sensory and mental impairments and of older people.

Respecting Everyone is unique, we will treat everyone equally in our dealing with you.

Inclusiveness Everyone has a right to live life in the way they wish to, nobody should be excluded or marginalised.

Supporting We are committed to supporting everyone to make their own decisions.

Participation We will strive to ensure that every person involved with us is able to participate in their communities.

Enabling We aim to enable everyone to have control over their own lives.

Funding thrown into the Mix for IndependANCE

IndependANCE has recently been granted funding from the National Lottery. Funding that is vital to keep this fantastic inclusive project going and allows them to keep holding their events, to make them better, pay for more advertising and to expand into other areas.

Exclusively for people with disabilities, IndependANCE aims to bridge the gap on one fun activity a lot of us love to do - Nights out with friends, music and dancing in our local nightclubs.

IndependANCE brings the joy of a good night out with friends to the disabled community in the Scarborough and surrounding areas. What originally started as a 'one-off' experiment quickly blew up into one of the most anticipated regular events for disabled adults in the area.

Events are hosted on Mondays, 6 times a year in 'Sanctuary' bar in Scarborough which is closed to the public on those nights. Adults come with their support workers or guardi-



For more info visit [IndependANCE cic](#) on Facebook

ans and get to party on the same dancefloor that anyone else would on a regular Saturday night. 'DJ Dennis' who also has disabilities is in charge

of the music and really gets the party started.

To see the official video and find out about the next event, search for 'IndependANCE cic' on Facebook.

You can also contact Kate 07527 107444 or misskate-x@hotmail.co.uk

Have you got an interesting story, an event or organisation you'd like us to cover? Would you like to receive this newsletter in different format? If so, then please get in touch.

Nycil

Unit 26 Cayley Court
Hopper Hill Road
Scarborough
YO11 3YJ

Tel: 01723 588002

E-mail: admin@nycil.org.uk

Website: www.nycil.org.uk