

POST OFFICE BID FOR SKINNER STREET

Skinner Street in Whitby has lost an important part of its community resource with the closure of the Scarborough Borough Council building in the street. First it was the Post Office and now a building that has acted as an advice and community resource. The Dispensary, a community interest company currently based in Hunter Street wants to do something about it. They are looking to move into the old SBC building and asked the Post office if they could open a Post Office there

The Post Office said NO - "you already have 2 Post Offices within 0.6 of a mile".

But what if local people say they want and need one: "Too bad" said the Post Office.

Not to be deterred The Dispensary are organising a questionnaire to find out how many people in the Whitby area would like a post office in Skinner Street. Pick up a questionnaire from one of the many shops in the Street or answer 4 simple questions on line at

www.thedispensary.org.uk

DO YOU WANT A



IN SKINNER STREET ?

PICK UP A SURVEY FORM
AT STORES
IN SKINNER STREET
OR GO ON LINE
www.thedispensary.org.uk

OUR NEW HOME ?



The Dispensary



WELCOME to The Dispensary's first Newsletter futurehealthnews

We are an unusual enterprise which Professor David Bellamy launched in December 2012.

We are one of a growing number of Social Enterprises working in the community's interest rather than for private profit.

Our particular interest is in health, but not just physical health: we are interested in social, economic and cultural health and wellbeing too

In our futurehealthstore you can find

- o Natural Food and Clothing
- o Natural Remedies and Therapists
- o Info on Films&Talks,
- o info on Workshops & Concerts
- o Directories & Databases
- o Accessible Business Services
- o Design & Print
- o Marketing & Accounting
- o Library and WiFi
- o Accessibly priced web services including design and web hosting

www.thedispensary.org.uk

Claim your
Dispensary
Dividend



5%

AND GET FREE DELIVERY

FIRST DELIVERY FREE ANY SIZED ORDER
THEN FREE ON ORDERS OVER £20

CALL NOW on 01947 603456
ORDER ON-LINE : www.thedispensary.org.uk



Beautiful

Botton Food



The Dispensary has a particularly strong connection with the community at Botton Village near Danby. This community, which cares for people with learning difficulties produces some of the finest food in the region.

We sell beautiful handcrafted Botton Bread from their bakery, tasty yoghurts and cheeses from their creamery and mouthwatering conserves from their food centre. Many of the products are Biodynamic and/or organic.

Botton's Bakery, Creamery, Village Store, Coffee Bar, Craft Shop and Bookshop are all open to the public.

Watch a short film about Botton Village at :www.thedispensary.org.uk/shop/natural-food-and-drink/botton-village-food

Practitioners at The Dispensary

In addition to a wide range of natural remedies and medicines we are committed to improving accessibility to natural health practitioners and we regularly host days where anyone can call into our shop free of charge and chat to a practitioner about their specialism such as herbal medicine or homeopathy. Look out for future dates when Christine Haughton (Herbalist) and Nathalie Toutou (Homeopath) will be with us.

Find a Practitioner

Looking for a particular therapy? Check our website, find out about different therapies and where your nearest practitioners might be.



futurehealth is not only about our physical health but also our mental and emotional well being. At The Dispensary we aim to support you to find ways to take back responsibility for own health. We are doing this through:

Products

Our shop sells fair trade organic food and drinks including gorgeous food from Botton Village plus aromatherapy oil, homeopathic remedies, herbal and bee medicines, skin care and cosmetics plus more. Also online www.thedispensary.org.uk

Information

Our web site contains information on conditions, therapies and therapists.

Our library is stocked with books on all aspects of whole health from Plato to Parenting !

Access to natural health practitioners



uturesociety

uturesociety is exploring all those ways in which we can live harmoniously and express our voice in the community.

Despite living in a democracy it seems in some ways we have less of a say about how we live than ever. We want to help you to exercise your voice whether than be as an individual or as a group in our community. See Common Cause and The Did you know Surveys.

We want to explore too the ways in which we live , ways which may reduce the pressure of living separate lives in separate boxes. Take a look at David Adams' TEN MINUTE TALK given at our launch in December.

He is a member of the very successful community at Botton Village. He has some useful ideas which could help us all.

COMMON CAUSE

Common Cause is a programme now available to user and consumer groups which can help both better understand your purpose as well as get your message across. Hopefully the programme will be available on line soon. In the meantime give us a call if you are interested.

CAN YOU HELP US?

As a Social Enterprise we need unpaid help to do some of the things we want to do. in the community.

Are you interested in helping us:

- ⊙ Catalogue our library
- ⊙ Be a Dispensary Reporter
- ⊙ Help with projects

**CALL 01947 603456
IF YOU CAN HELP**



DID YOU KNOW SURVEYS

NO 1: PARK AND RIDE



It is one thing having an opinion about local issues which affect us as a community. The problem is, sometimes we dont have enough information to form an opinion. We have started the **DIDYOUKNOW** surveys in response to this problem.

We started with the Park and Ride Scheme. Do you really know what is involved with the new scheme - how it will affect local people. Results so far show that few people really understand what the implications are. If you have not filled in the Park and Ride survey. Please go to: www.thedispensary.org.uk - click on the Park and Ride symbol on the front page.

**Dispensary Members
GET FREE WiFi**



futureconomy

Social Enterprise COMMONSENSE

Social Enterprise is a fast growing business model, which is surprising when you realise it is essentially a not for profit form.

Enterprises based on a combination of community interest and cooperation as well as personal interest can grow as quickly if not faster than traditional competitive businesses.

The Dispensary is hosting a **COMMONSENSE** Wine Cheese and Chat evening on Wednesday 18th September. If you are interested chatting about Social Enterprise call and book a place (£5 contribution towards wine and cheese.)

£700 GIVEAWAY

Let The Dispensary help you access £700 towards your web site and IT costs. If you are business to business you could be in for a bonus. Call us to connect : 01947 603456



Bees

Need Buddies

One of the most important world environmental problems is the crisis that is affecting the honey bee *Apis Mellifera*. Serious over exploitation has led to a whole range of problems from varroa (a mite which lives on the developing larvae) to Colony Collapse Disorder, where the bees leave perfectly healthy hives and simply do not return.

Whilst these problems are certainly worse in the US than here bees in Britain are not doing well. One reason is that we are now virtually the only country refusing to ban Neonicotinoids a powerful pesticide.



ARC (Apiceutical Research Centre) based locally supports sustainable bee keeping and is researching and developing medicines from bee products. Visit www.beearc.com

futureconomy is exploring ways in which we can find satisfying worthwhile work which does not damage our environment and at the same time provide material needs for ourself and our families.

The Commonbox provides a place where small friendly businesses can meet and where possible work together.

A Credit Union based locally we believe is an absolute necessity to provide credit at accessible rates in preference to the very high interest borrowing currently being marketed.

3BExchange is an online shop we are setting up where individuals and enterprises in local community can **BORROW, BUY, OR BARTER**

If you are interested and want to get involved with any of these projects give us a call 01947 603456

futureculture

futureculture is how we connect with those ideas and beliefs that give our life meaning, whether this be poetry, music, art, religion or spirituality.

At The Dispensary we aim to open up opportunities for involvement with cultural events that mean something to you and where you can connect with other like minded people. We like things to grow organically and cooperatively, so our events and ongoing workshops are in response to an expressed interest and usually in partnership with others.

So far we have hosted talks, films workshops and concerts. including Georgian Polyphonic singing, BioMusica and Movement Therapy workshops, talks on Israel-Palestine, films and discussions on social and environmental issues and an amazing violin concert.

We want to make all of this accessible to local villages and have hosted events not only in Whitby but also Glaisdale, Castleton and Botton Village.

Biomusica

We are planning for the Autumn a BioMusica workshop led by Steve Little, which will explore the effects of movement and voice on the human body and emotions. The sessions are suitable for all abilities and are fun. Please get in touch if you would like to join us.



In the Autumn we will be presenting a series of films **The Elephant in the Dark**. The films will explore our sense of spirituality and what it means to us, with the opportunity to discuss issues raised. Our films will include those exploring Anthroposophy, Buddhism, Humanism and Sufism. Please let us know if you are interested in joining us. Please suggest other films you would like to see.

JOIN THE DISPENSARY COMMUNITY

- Good food and Products
- Remedies and Practitioners
- News and Events
- People and Projects

www.thedispensary.org.uk



DIVIDEND

how healthy are you ?

take the SPEC test

Score yourself out of 25 for each health sector

Social & Citizen Health

How much do you feel you are a part of and have a voice locally

My Score

Physical & Emotional Health

How well do you feel about yourself and within yourself

My Score

futurehealth

Economic & Environmental Health

How happy are you with your work and your environment

My Score

Cultural & Spiritual Health

How easy is it to connect with those things that give you meaning

My Score

Total Score
Out of 100

what one thing would most improve your futurehealth

The Dispensary is a Community Interest Company supporting individuals and groups in taking back responsibility for their futurehealth physically , socially, economically and culturally



Talks
Films
Clinics
Change
Concerts
Free WiFi
Good Food
Discussion
Directories
Workshops
Desk Space
Online Shop
Practitioners
New Initiatives
Lending Library
Social Enterprise

