



Craven and Harrogate

**KeyRing**  
... We're Life Changing



## Craven and Harrogate Local Area Group - Minutes

	<p>These are the minutes for the Craven and Harrogate Local Area Group meeting.</p>
	<p>We met at St Pauls Church Hall in Harrogate on Friday 14 February 2020.</p>
	<p>Christopher and Katie welcomed everyone to the meeting. Christopher explained the meeting rules.</p>
	<p>Katie read the minutes from the September meeting. We had no actions in our action log.</p>
	<p><b>Congratulations to Christopher</b></p> <p>In November Christopher was named as a Learning Disability Leader. This is a national award for people who do extraordinary work in the community.</p> <p>Katie said that Christopher is self-motivated and always tries his best to give everything a go. Well done Christopher!</p>



## Ice breaker

We all answered an ice-breaker question to help us get to know each other.



## The Self-Advocate Talk Show

Esta talked with Jamie about her journey to find a place to live.

Esta used to live in Ingleton with her parents. She went to University but got poorly and had to go to hospital and then a care home.

She has lived in three different care homes.



The first care home had over 50 people living there. Esta said the home sounded amazing when they told her about it but it wasn't so good really. The people were all older than Esta and mostly just watched television.

She lived in the other two care homes for a few weeks in between stays in hospital.

Esta now lives independently in Sutton with a team around her. Her bungalow has been adapted for her wheelchair. There are no stairs and the doors open a different way. The kitchen has adjustable worktops and a sink.



She can also get outside on the patio with her dog.

Esta didn't realise that she would be able to live independently. She has been living in her new home for over a year and is very happy.



Esta had a visit from Richard Webb, the head of Health and Adult Services. She said that Social Care often gets bad reports but she was so happy with the help she got and gave positive feedback to Richard Webb. She also asked him what Richard Webb will be doing in the future for young adults.



Everyone congratulated Esta on her journey. Katie said she has had to battle through, to get an ordinary life for herself.

Katie said it is really important to share good stories but we still need to ask for things to be better. It's important to know who to talk to if you are not happy with your home - speak to your Social Worker.



Sam said he came to Yorkshire and lived at Henshaws. He had another temporary place then moved into his own flat.

Natasha shares a home with her husband. Her house has been adapted as it wasn't safe for her. A proper shower and seat has been installed.

She said there are grants you can apply for if you need adaptations, so ask your Social Worker.

### **Group Activity - a place that I call home.**



We chatted in our groups about our homes. We asked four questions:

#### **1. Who do you live with?**

Most people said they live with their family, including parents, or with partners and children.



We agreed there are good things and bad things about living with your family.

Families are always there for you even if you do live on your own.

Some people lived in split houses so family members can live in independently. Some people live with their partners.

Sam lives in a block of flats independently, but said his neighbours look out for each other. He had a nuisance neighbour knocking on his window, but other people looked out for Sam, now the young person has stopped.

Natasha said if she needs any help with her house she rings the call centre.

Katie said people are often happy to live independently but she talks to lots of parents who worry about their family members being on their own. Paul said some people want to go back home, as they miss family very much.

## 2. What type of home do you live in?

We mostly lived in flats or houses.

Jamie said that lots of people with learning disability live in shared homes.

Nobody lived in a castle but we said our home is our castle!

## 3. Who owns your home?

We found out that different people own our homes. Some of us pay rent, some had mortgages. Some of us live with family who pay for the mortgage.





#### 4. Are you happy where you live?

We all felt quite happy about where we live. Some people said that they might want to move one day.

People said home is about a place where you feel safe and you have what you need. We agreed that people should ask for help if you want to talk to someone about their home.



We thought about everything we have learnt today about home. We said we want to make it easier for people to be able to live where they are happy.



We looked at some work done by the group in 2017 called '**What do needs to happen to make sure people with a learning disability get the housing they need?**'

We agreed to share this with the North Yorkshire Commissioning Team so they can write new rules for services.



#### Elections for new co-chair

There will be elections for new co-chairs for all the Local Area Groups in 2020.



Katie and Christopher told us about their experiences of being a co-chair and why you might want to be a co-chair.

The election will be at our June 2020 meeting. If you are interested in being a co-chair then please take an application form today.

Self-advocates can also talk to Karen for help.



### Keeping Safe



## Update from the Partnership Board.

Karen told us about things that were talked about at the Learning Disability Partnership Board meeting in October 2019.




- **Keeping Safe chat show** – we heard about the new books that self-advocates helped to write about Keeping Safe. They are finished and on the Safeguarding Adults Board website: [safeguardingadults.co.uk/keeping-safe/easy-read-guides/](https://safeguardingadults.co.uk/keeping-safe/easy-read-guides/)
- **Safe Places** – we saw some acting about plans to let more people know about Safe Places in North Yorkshire.
- **Terms of Reference** – we talked about writing some new meeting rules for the Partnership Board because they are too old and too long. We all agreed there should be new meeting rules for all the Local Area Groups and the Self Advocates Forum too.
- **New Partnership Board co-chairs** – there was an election for new co-chairs. Mark Hamblin from Scarborough will be the new self-advocate co-chair. Our Katie Peacock will be the new independent co-chair.



North Yorkshire  
Health Task Group

## Updates from the Health Task Group

Christopher and Karen told us about what happened at the last North Yorkshire Health Task Group meeting in November.

	<ul style="list-style-type: none"> <li>• Natasha, Christopher and Sam told us they were busy preparing for the LeDeR workshop in March. It was about making sure people with a learning disability didn't die younger than other people.</li> <li>• Christopher told us the Live Well, Live Longer delivery group agreed the most important thing to work on is making sure more people know about the importance of having an annual health check.</li> <li>• Hannah Brown is asking for people to share their experiences of Direct Payments and employment so that we can look at what is working well and what needs to change.</li> </ul>
	<p><b>Epilepsy awareness – Clare Flynn</b></p> <p>Clare from Opening Minds talked to us about epilepsy. We found out what epilepsy is, why it happens and how to help someone who has epilepsy. We also did a true or false quiz. The presentation is attached to these notes.</p> <p>Some people in our Group have epilepsy and talked about their own experiences.</p>
	<p><b>Information exchange.</b></p> <p>We all agreed that we will tell the Partnership Board about our work today about 'a place called home.'</p>
	<p><b>Next meeting</b> - our next meeting is planned for Skipton on Friday 5th June.</p>

## **These people attended our meeting today**

Christopher Porter	Self Advocate co-chair
Katie Peacock	Independent co-chair
Jamie Bannister	North Yorkshire County Council
Fiona Mashiter	NYCC Business Support Officer
Sam Suttar	Vice co-chair and self-advocate
Natasha Nathan	Self-advocate
Dale Cardus	Self-advocate
Esta Watson	Self-advocate
Helen Somers	NYCC Service Development
Victoria Marshall	NYCC Service Development
Austin Barnett	Team Manager CLDT, TENV
Paul MacKey	Self Advocate
Karen Murray	KeyRing Manager
Claire Flynn	Epilepsy – Guest Speaker
Janet Clarke	
Jaqui Smith	LD Manager Harrogate Day Services
Sarah Garvey	Team Leader Harrogate Day Services