



## Hambleton and Richmondshire

June 2020

Dear friends



This is a letter from Julie and Thelma. We are the co-chairs of the Local Area Group.

We hope you are all OK during the lockdown. It is a very strange time for everyone.



Sadly we have to cancel the meeting in Northallerton in June because of Coronavirus.



Even though there is no meeting, our work will carry on. This letter has information about how we are staying in touch and keeping our work going.



Our last meeting was in Northallerton in February. The minutes are attached to this letter.

We talked about healthy eating and learnt about having a balanced diet. We also heard about the Mind Matters project and found out how art and crafts can help our mental health.



We have decided not to have the election for the new co-chairs in June.

We want everybody to be able to have a say and vote. We hope we can do this in September.



Karen from KeyRing has been in contact with self-advocates to make sure everyone is OK.



Even though we can't meet in person there have been lots of phone calls, emails and even sending letters in the post.

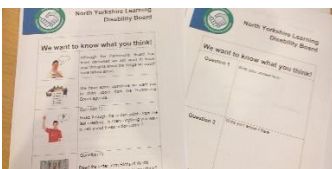
KeyRing have also helped self-advocates to do fun trivia parties on Zoom.



It is nice to see people's faces!



The Partnership Board meeting in March was also cancelled because of coronavirus.



KeyRing sent self-advocates some questions about the Partnership Board work and talked on the phone. People had great ideas.

This will also help us keep our work going until we meet again.



We have sent **Keeping Safe Activity Packs** to everyone. These include our new easy read Keeping Safe guides and some puzzles and questions to help people think about safety.

Services can get copies for people you support by visiting here: [safeguardingadults.co.uk/keeping-safe/easy-read-guides/](https://safeguardingadults.co.uk/keeping-safe/easy-read-guides/)



**North Yorkshire  
Health Task Group**

Christopher is the new self-advocate co-chair of the North Yorkshire Health Task Group.

He has been helping North Yorkshire County Council to think about the future of the Health Task Group and how to make work it better.



Our next Local Area Group meeting is planned to be in Northallerton in September.



We do not know if our September meeting will happen. We will listen to the Government and follow advice so that everyone can stay safe.



We are sorry that there have been so many changes to our plans. We are sad about this too.

Hopefully it won't be too long until we can all meet up. We look forward to seeing everyone again.

If you have any questions please contact Kim Sanders at KeyRing:  
kimberley.sanders@keyring.org

Take care and stay safe!

**Julie and Thelma**

Co-Chairs, Hambleton and Richmondshire Local Area Group