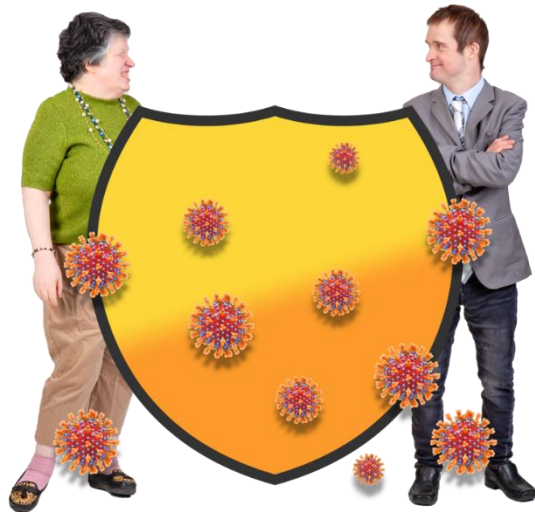




North Yorkshire Learning Disability Partnership Board

Self-Advocates' Questions and Answers

March 2020



In March 2020, we had to stop having meetings because of coronavirus. We have to keep everyone safe and think of other ways to carry on doing our work.

We have done video calls, sent things in the post and kept in touch on the phone. It has been different but we have all showed how committed we are to the important work we do.



We asked questions about things we would have talked about at the Partnership Board.

Is there anything you want to ask about the action points?



“The action points are good, all the people we were going to invite should still come to our meetings when we start to have them again”

What do you think about the employment letter from Richard Webb?



Will Cath Simms be coming to our next PB to give an update on employment?



"It was a good letter but it doesn't really explain how we will work together"

“I like volunteering but I wouldn't want a paid job because I don't want to lose my benefits and also my health would make it hard. I have a lot of panic attacks and I think it would make it hard for me to keep a job if I needed to go home early”



“I think it's a very good letter, and I think people with learning disabilities and/or autism should be involved in the plans to make sure they are working. But only if they want to”

“I have never wanted a job myself but I do like to volunteer sometimes”



“I think it’s good that they are working hard to help people with learning disabilities get into employment. I think they should keep working with us to make sure their plans are working well”



“In the past it was very difficult for people with a learning disability to get a job so the fact the extra support is being looked at for people with learning difficulties is a good thing and I hope that more employers will look at people with learning disabilities”

“What support do people get and if there are any issues how do you support them? Do they get paid a normal wage and get sick pay? If they have an accident at work are they insured by NYCC. If an issue came up and they had to attend a tribunal what support will they get?

Are their supervision notes, employment information all in easy read?”



“It was an okay letter, we need to know from RW the actual number of people NYCC employ with a learning disability and autism”

“Some people struggle with employment and finding the right job for them. They are not always sure what they want to do”



“It’s good he’s told us about the different plans, we should keep working together because the plans might need some help”

Do you have a direct payment?



Tell us what is working well with your direct payment?

What needs to get better?

"I do have a DP and I think that support staff who provide my support need to have a better understanding of how this works or doesn't work for me and some of the reasons why it doesn't work for me"

"Have an open day for parents, carers and support workers to show case and people who have a DP can give a talk about their experiences"

"It's good having DP but it would be better to have a PA. I would like to have a PA but it has taken me a long time to get one and I need more help to do this"





Have you got paid work or do you volunteer?

Tell us about your work and what it means to you!



"I do lots of volunteering in my community and I have had paid work and I would be very happy to write a blog about this"



“I volunteer in a charity shop one morning a week. I feel like it’s helping others and I like knowing I am supporting the charity I’m volunteering for”



"I volunteered for scope 2 years ago, but I got fed up because the work was hard and the hours were too long for me. I liked talking to the customers but I didn't work on the till because I couldn't do that"

“On Friday mornings I
volunteer at the
furniture store”



No paid work ... but I do
get paid sometimes
expenses for Opening
Minds



“I used to volunteer at a playgroup for two mornings every week. I loved it. I was able to give one to one support to a child who really benefited from it. She was really well behaved for me and I was able to help her to settle at the start of playgroup. She would always notice when I wasn't there and I felt like I had a responsibility to be there and help the staff, which was a really nice thing”.

“As time went on she became more confident and I was able to spend more time with the other children in the playgroup. I had a real reason to get out of the house and the staff always showed me how grateful they were for my help. I always enjoyed going in.”



"I do lots of volunteering for the NYLDPB and I don't want to do paid work at the moment as it will affect my benefits and my support. The positives are that it would get me out and about more and meet new people if I had paid work to do"



"I think it would be a good idea to have a big conference to showcase what work people with a learning disability and autism are doing. We could invite Stray FM and have a podcast and promote this on social media"



North Yorkshire Health Task Group

North Yorkshire
Health Task Group



“I am proud to be the new Health Task group co-chair”

"I am happy for Christopher to be voted the new co-chair. It's good that Karen Pearce came to the HTG meeting. It's important for people"



"I liked voting for the new co-chair and I was happy for Christopher"





“Cancer – this work is all to do with funding.

This needs to be talked about more and understand what support people get and how do they find this support

We need to support SA in the work they need to do and work more closely with health commissioners”

Remember to follow the rules.
Try to isolate and wash hands.

Make sure you have your
hospital passports to hand,
especially the Covid-19 one.
Keep phone numbers to hand.

Remember it is OK to feel
blue or down. We can find
other ways to stay in touch.
Everyone loves messages.



Everyday ask the person
you are living with how
they are feeling.

Autism Matters



“Exclusively Inclusive looked at this and we gave our feedback via Katie Peacock”

Autism Matters

There really importantly needs more help for those with autism.

Whatever age we are we need support and comfort when we have first got our formal diagnosis.



If you are older and have high functioning autism we still need help. People don't offer us help or think we can manage. More and more are getting a formal diagnosis when we are adults so we are missing out on all the help when we are younger.

All information should be easy to access and passed to a different health professional

“How long do people have to wait for autism diagnosis?”

“There are so many people doing the same work and we need to work better together”

SA need to understand what is happening too and join in with this conversation even if we don't have autism as we represent the NYLDPB. We don't need to join the meeting but we do need to be involved in this conversation.



What do you think of the new Keeping Safe books?



Keeping safe from abuse



1. What is abuse?

Keeping safe from abuse



2. Speaking up about abuse

Keeping safe from abuse



3. Reporting abuse

Keeping Safe



“I’m looking forward to reading the paper copy when it is ready”



Can we ask Jamie if he can send out the safeguarding leaflets?

“I enjoyed being part of the group that helped to write the easy read safeguarding books. I liked doing the presentation at the SAB to tell them about our work at the Partnership Board”



"I enjoyed helping to make the booklets and I think they will be very useful for people. I think we should tell people that we have finished them so that we can share them with others"



"It is good that the books are online and free for people so they can access them. I'm pleased I help to make them, I think they are very important, we should show people them"



"I think the work we did to make this book is fantastic and it's great to be recognised. There is one thing that wasn't explained in the books- it doesn't explain exactly what happens when someone phones the switchboard to make a safeguarding alert"

"Could we do a podcast about safeguarding?"

"We need to continue to make links with the Adults Safeguarding board even though we are not meeting at the moment. Perhaps the SB could make a list of questions for us and Chris and myself could answer them and have a conversation this way"



What should we do about our self-advocacy celebration day?

"Do we have a date for this celebration day later this year or do you think we should have this in 2021?"



"I think it's a good idea for the self advocate celebration to be moved to next year. I received the letter from the North Yorkshire CC team and I think they made a good decision"



"I think November will be too soon to have it so I think we will have to change it"



"Self-advocacy celebration, we should all be proud of everything we have achieved. We would like to invite Richard Webb, Shanna and lots of other people who have worked with us over the years"



I think now we maybe should have a big group outing instead as after Covid-19 lots of us are going to be scared to go out. Also it is fun having a big group outing.

"I would like to thank Sam and Jim for all their hard work over the last few years"



"I want to say thank you to Sam and Jim you were good co-chairs"



"Sam and Jim have done a great job and it has been nice having them. I will miss them"





Sam has the last word!

“What are NYCC doing to protect people who are in care homes from COVID-19?”



“I think the Partnership Board is a great way of sharing information and work with commissioners and with Shanna, Jamie and Caroline. We should celebrate our work in the past and the future.

It’s going to be a chance for Mark and Katie to learn more about how the partnership board works”

Local Area Group responses



Self advocates from different Local Area Groups were asked to think about what the other groups had been working on recently.

This included:

- Craven and Harrogate
 - A Place I Call Home
- Scarborough, Whitby, Ryedale
 - Travel and Transport
- Selby
 - Healthy Lifestyle Programs

This is what people said ...

“In Keighley they have “Healthy Me Holidays” where people go away for a week to learn about healthy foods, exercise, and learn about other things for example, constipation”

“There should more accessible information about housing, for example, housing options”



“We need to share the KeyRing housing booklet more widely so more people understand what is on offer and how to apply”

"I don't go to anything fitness clubs that are specifically for people with learning difficulties but like going to the gym where there is also a swimming pool. It is open to anyone (but it isn't free) and other people with learning difficulties like it. It is easy to access and has a lift. They have fitness coaches around if you have any questions"



"I'm not sure if I've seen the housing booklets"

"I am okay travelling on trains and I know how to book the ramp I need. I haven't had any problems with it. They are very good. Selby train station staff are very helpful"



"I have never been in supported housing. I lived with my sister and then on my own. I like living on my own. I like doing what I want to do when I want to do it. I think we should look at the top tips again and make sure they are still okay and then share them with people"

"I think KeyRing have some top tips on travel, we could look at those and share them"



"We should share the housing booklet and top tips with more people because some people might not know about it"

“I have seen quite a number of booklets in my time so I am unsure if I have seen the housing one, I imagine I have”



“There aren’t any free services I can think of but I go to a swimming group for disabled people and I think they do a good job at being disability friendly. They have hoists for people who are disabled, they take their time and are very helpful. They will even get in the water with you if you are really anxious. They are also good at keeping everyone informed and updated which it comes to pool closures or any new changes”

“Could get in contact with local providers”

“Podcasts and videos would be a good way to share our experiences of our homes and where we live”



“Need to understand about the person first and have a personal plan for everyone who joins the healthy lifestyle programme”