









Craven and  
Harrogate

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



## Minutes from the Craven and Harrogate Local Area Group

	<p>These are the minutes for the Craven and Harrogate Local Area Group meeting</p>
	<p>We met at Herriot's Hotel, Skipton on Friday 27 September 2019.</p>
	<p>Christopher and Katie welcomed everyone to the meeting. Everyone introduced themselves. We all wished Sam a happy birthday.</p>
	<p>Katie read the minutes from June. We went through the actions from our last meeting. The <b>Action Log</b> is attached.</p>
	<p>We all answered an ice-breaker question out of a tin to help us get to know each other and to get talking.</p>
	<p><b>The Self-Advocate Talk Show</b></p> <p>Sam interviewed Christopher about being a self-advocate. He also asked Jamie about working with self-advocates. You can read the interview in the attachment.</p>



**Group Activity.** We used a jigsaw puzzle activity to help us talk about all the different meetings self-advocates can get involved in across North Yorkshire. These included:

- monthly Self-Advocacy Groups
- the Local Area Group
- the Self-Advocates Forum
- the North Yorkshire Health Task Group
- the Learning Disability Partnership Board



### **Keeping Safe**

Chris and Sam told us about work by self-advocates in York with Inclusion North for the Safeguarding Adults Board. They are writing some Easy Read books about keeping safe. The books will be ready in October.

Sam and Christopher told us about going to a meeting in Nottingham with people from across the UK to talk about how we can all help people be safe. There were advocates, academics and people from CQC. Everyone wants to make sure abuse stops.

We agreed it is important to listen to disabled people to understand their views.



### **Short Breaks Service and Jubilee Lodge**

Ann MacLennan from North Yorkshire County Council came to talk about the Short Breaks service at Jubilee Lodge, Stepping Stones and South Craven Day Service. People with questions can contact Ann by email at

[Ann.MacLennan@northyorks.gov.uk](mailto:Ann.MacLennan@northyorks.gov.uk).



### **Group Photo**

We took a group photo to use on our North Yorkshire webpage and on the KeyRing self-advocacy page.



### **Updates from the Learning Disability Partnership Board meeting in July**

We heard about things that had happened at the Partnership Board including:

1. Employment for people with a learning disability and how hard it is to find a job. Christopher has written a letter to NYCC about this and we will hear back in October.
2. Approval of the new Partnership Board logo (see picture on the left).
3. Safeguarding – the Partnership Board talked about recent abuse in a care home and how to keep people safe.
4. Details about North Yorkshire County Council's 5 year plan



### **Getting healthy!**

Janet Clarke and Amy Lee talked about how they lost weight and how they stay healthy. They talked about making meals from scratch to help eat healthier food. They said exercising together keeps you fit and healthy, is fun and you make friends.



## **Group Activity – Staying Healthy**

In our groups we talked about health issues we want to know more about. We said:

- Health passports – can we have a national one? Can we know more?
- What walking groups are there locally?
- Invite people to talk about how they have been healthy as this is inspiring!
- Diabetes and what this means.
- Epilepsy and the different types of epilepsy.
- How do ambulance service and police cope with stress?
- Emotional wellbeing – how to learn to relax and cope with anxiety
- Find out more about exercise, different types and government guidelines.
- Veggies - which ones are really good for us?
- Staying hydrated - how important is it?
- Mental health – feeling happy in your mind.
- Sexual health and healthy relationships including information about contraception and sexually transmitted diseases.
- Wellbeing, mental health and autism - who do you tell?
- Talk from a learning disability nurse




## **Information exchange**

ICE event to be held at Ripley Hall. It is an inclusive event.

Craven group meeting 29 October 2019.

Kate Senior said small grants are available to community groups from Craven District Council. Ask Kate for more details or look on

	<p>the website. They are also looking for nominations for the Community Champions.</p> <p>Jamie said that Craven Disability Forum is doing a survey for disabled people in Craven. There will be an easy read version which will be shared around.</p> <p>Hannah Brown talked about Autism Matters, a consultation about autism in North Yorkshire. There will be a workshop in Skipton on 21 October 2019 and in Settle 5 November 2019. Venues to be confirmed.</p> <p>Katie thanked everybody for attending today, and said we all do make a difference.</p>
	<p><b>Next Meeting</b></p> <p>Our next meeting will be in Harrogate in February. Please talk to Karen and Katie if you need help to attend.</p>

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

Christopher Porter	Self Advocate co-chair
Katie Peacock	Independent co-chair
Sam Suttar	Vice Chair Self-advocate
Amy Shanley	Self-advocate
Esta Watson	Self-advocate
Yvette Putico	Self-advocate
Amy Davies	Self-advocate
Julie Davies	Self-advocate
Liam Adams	Self-advocate
Daniel	Self-advocate
Jamie Bannister	North Yorkshire County Council
Fiona Mashiter	NYCC Business Support Officer
Jaqui Smith	Learning Disability Manager, NYCC
Janet Clarke	Guest Speaker
Amy Lee	Guest Speaker
Michael Hewson	Yorkshire Housing
Karen Murray	KeyRing Manager
Hannah Brown	NYCC Commissioning officer
Joanne Graham	HAS Social Worker
Rachel Lorimer	Director Henshaws
Ann MacLennan	Manager, Jubilee Lodge
Austin Barnett	CLDT Harrogate
Janette Graham	Support worker

Craven and Harrogate Local Area Group Action Log	
	These are the action points we discussed at the September 2019 meeting.
	<b>1. Encourage more people to join our group, especially younger people.</b> Ongoing Agreed to leave this action on the list.
	<b>2. Invite someone to talk about housing.</b> Katie will invite James from Yorkshire Housing to the Craven consulting group.
	<b>3. Have a cancer screening info session for Craven and Harrogate.</b> Karen will discuss with Vicky Donnelly and share this information at our next meeting.
	<b>4. Invite Anne McLellan from Jubilee Lodge to talk at our next meeting.</b> Done. Ann at meeting today.
	<b>5. Write to doctors surgeries in Craven and Harrogate about hospital passports.</b> Done.