






## 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 7 June 2019.</p>
	<p>Christopher and Katie welcomed everyone to the meeting. Everyone introduced themselves.</p>
	<p>Katie read the minutes from February and we went through the actions from our last meeting. The <b>Action Log</b> is attached.</p>
	<p><b>Ice Breaker: We answered questions in our groups. The questions were:</b></p> <ul style="list-style-type: none"> <li>• Have you ever stayed in a caravan?</li> <li>• Have you ever been on a plane?</li> <li>• Have you ever been on a boat?</li> <li>• Have you ever been to a concert?</li> </ul> <p>We all shared our experiences.</p>



## **What does having a good life mean to you?**

In our groups we talked about a good life:

- what is good about life where you live
- what do you like doing
- What would your life be like if you were able to do all the things you enjoy

Our answers are attached to these minutes.



## **Respite Service, Jubilee Lodge, Skipton**

Jaqui Smith from North Yorkshire County Council told us about changes at Jubilee Lodge where there is a new manager called Anne McClellan. Anne will be invited to the next Local Area Group in September 2019.



## **What are you proud of?**

Learning Disability Pride week is in June. We had a discussion about what we are proud of in our lives. We wrote them on signs and took a photo. We are going to share this photo with other people on social media.

The notes from our discussion are attached.



## **Group Photo**

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



## Partnership Board Meeting

We heard about the North Yorkshire Learning Disability Partnership Board meeting in March. This included:

- The new Partnership Board Logo
- Live Well, Live Longer action plans
- More support for young adults who are in transition to adult services



## Constipation Training

Vicky Donnelly from Bradford Health Trust told us about constipation. We learned about different ways to help ourselves so we don't get constipated. The main things are:

- drink lots of liquid
- eat a healthy diet with fibre
- do exercise

We said that carers should be educated about diet and choices to support people to eat and exercise better and not be constipated.



## Hospital Passports

We talked about work by other Local Area Groups who sent letters to doctor's surgeries about hospital passports. We agreed to send letters to doctor's surgeries in Craven and Harrogate.



## Information exchange

- The group said they would like to tell the Partnership Board about how important it is for people to have paid work. We would like to find out about how to get jobs and what happens in job interviews. Lots of people volunteer but would like to be paid for work.
- We would like to get more carers involved in the local area group.
- Natasha's mum raised £100 for KeyRing by abseiling down Ripon cathedral. We will think of a good way to spend this money.
- Sam and Natasha are going to the North Yorkshire Safeguarding conference to promote the Partnership board is doing.

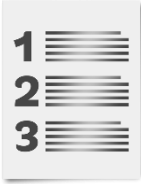







## Next Meeting

Our next meeting will be on Friday 27 September 2019 at Herriot's Hotel in Skipton.

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

- Christopher Porter – Self advocate co-chair
- Katie Peacock – Independent co-chair (Exclusively Inclusive)
- Sam Suttar – Self-Advocate
- Natasha Nathan – Self-Advocate
- Amy Shanley – Self-Advocate
- Dale Cardus – Self-Advocate
- Guy Balderson – Self-Advocate
- Alistair Clayton-Stead – Self-Advocate
- Laura Linton – Self-Advocate
- Nicola Thornton – Self-Advocate
- Carla Burrows – Self-Advocate
- Esta Watson – Self-Advocate
- Yvette Putico – Self-Advocate
- Amy Davies – Self-Advocate
- Julie Davies – Self-Advocate
- Liam Adams – Self-Advocate
- Lisa Smith - Self-Advocate
- Eleanor Borkett – Parent and Carer
- Karen Murray – KeyRing Manager
- Jaqui Smith – Learning Disability Manager, NYCC
- Jamie Bannister – North Yorkshire County Council
- Fiona Mashiter – NYCC Business Support Officer
- Vicky Donnelly - Bradford District Care Foundation Trust

Craven and Harrogate Local Area Group Action Log	
	<p>These are the action points we discussed at the June 2019 meeting.</p>
	<p><b>1. Encourage more people to join our group, especially younger people.</b> We were happy so many new people came to our June meeting but agreed to leave this action on the list (Green).</p>
	<p><b>2. Invite someone to talk about housing.</b> Katie will invite James from Yorkshire Housing to the Craven consulting group (Orange).</p>
	<p><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.</p>
	<p><b>4. Invite Anne McLellan from Jubilee Lodge to talk at our next meeting</b></p>
	<p><b>5. Write to doctors surgeries in Craven and Harrogate about hospital passports.</b></p> <p>Jamie and Karen will work with the Hambleton and Richmondshire LAG about how to do this.</p>