

	<p>These are the quick look minutes for the Scarborough, Whitby and Ryedale Local Area Group meeting</p>
	<p>We met at the Scarborough Bowls Centre on Wednesday 20 February 2019</p>
	<p>The meeting was chaired by Graham and Jim Martin.</p>
<p><b>What we talked about</b></p>	
	<p>Jim and Graham read the minutes from our last meeting. Everyone agreed they were right.</p> <p>Jim read the actions and all of them had been done.</p>
 <p><b>Keeping Safe</b></p>	<p><b>Talking about safety</b></p> <p>We had a big conversation about what safety means to us. We talked about lots of things including:</p>



### **Safe Places**

Safe Place are somewhere you can go if you do not feel safe. An example is Whitby Library.

We wondered if staff know what to do if a person comes in asking for a Safe Place.



### **Carers and support workers**

One person said having a carer with you makes you feel safe.



### **Travelling on the train**

People talked about ways to feel safe when travelling by train. It can be scary. It is important to ask for help if you need it.

One person said looking out of the window makes him feel calmer on the train.

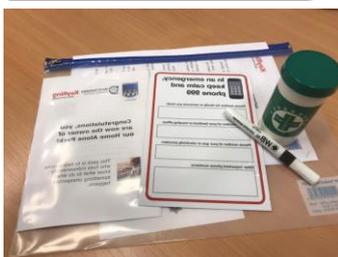
We thought there was a more awareness on trains now and staff are quite helpful.



### **Being home alone in the dark**

We talked about feeling safe at home at night.

It is good to close the curtains when it is dark and to lock the door.



Pets can help people feel safe but not everyone is allowed to have pets.

The Home Alone pack also has good information about being safe at home.



## **Locking your door**

We talked about having your own key and being able to lock your door.

Not all people are allowed a key, especially people in supported accommodation.



## **People who knock on your door**

We talked about strangers who knock on your door. Always ask workers for identification.

It can help if you have an intercom and a door chain.



Be careful about letting strangers into your home, even if they are friendly. Sometimes people can pretend to be friends and then do bad things. This is called 'mate crime'.



## **The police make us feel safer**

We said we feel safer when we see a police officer.

The police can make a record of your learning disability on their system in case you need to call.



## **Someone to trust**

It is good to be able to talk to someone we trust if we are worried or scared.

This might be a partner, a friend, a neighbour or a worker.



### Groups can be scary

People said groups of young people being loud can be scary and worry that they may knock them over or be abusive towards them.



### Travelling on the bus

Some people said that buses didn't stop for disabled people deliberately. Also sometimes the space for disabled people is taken up and they can't get on.

It can be scary getting on a bus with a walker and sometimes buses go off before you are sat down safely.



### Travelling by taxi

It can be hard to know if **taxis** are charging the right fare. We heard about someone who gave their wallet to a driver to take out money and they took more money than they should have done.

Some taxis use technology so people can see or hear how much the fare is, and know who their driver is. People can also pay using their phones. We liked this idea but it is not in Scarborough yet.



Sometimes we can worry too much we do not do things we want to do.

Lots of things can be scary. Being safe means doing what we want to do but trying to make sure that things do not go wrong.

	<p><b>Everybody is different</b></p> <ul style="list-style-type: none"> <li>• Feeling safe is different for everyone. Some people like being in the dark but other people are scared of the dark. Some people like flying but some people are worried about flying.</li> </ul>
	<p><b>Live Well Live Longer meeting</b></p> <p>Mark gave an update about the Live Well Live Longer Delivery Group meeting in York. This is a plan on how North Yorkshire County Council will support people who have a learning disability.</p>
	<p><b>Group Photo</b></p> <p>We did not take a photo because the group was not big enough today.</p>
	<p><b>Presentations from self-advocacy groups</b></p> <p>Self-advocates gave presentations about their work in their groups. All these presentations will be sent out with the minutes.</p>
	<p>Mark told us about the <b>North Yorkshire Health Task Group</b> meeting in York in November.</p> <p>We heard about the NHS 10 Year Plan. We felt that the NHS should have given disabled people more time to get involved in the consultation.</p>
	<p><b>Update from Elaine Crofts, NHS</b></p> <p>Elaine Crofts was not able to come to the meeting.</p> <p>We do not have an NHS person to lead on this part of the meeting. Jamie will find out about this.</p>



## Information Exchange

We talked about issues to take to the Partnership Board, information about local events and what people liked and did not like about the meetings.

This is Sheila's last meeting with us. Jim thanked Sheila for all her hard work.



## Meeting minutes and feedback forms

We talked about what kind of minutes we liked best for our meetings. We liked the idea of having one set of minutes and calling them notes.

We also talked about having new feedback forms.



## Next Meeting

Our next meeting will be at the Ryedale Indoor Bowls Club in Norton near Malton on Wednesday 12 June.



This is so we can meet more people who live in Ryedale. KeyRing will support people to get to Malton.