


	<p>These are the 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 co-chaired by Jim Martin and Graham.</p>

Picture/symbol	Agenda item
	<p>1. Welcome</p> <ul style="list-style-type: none"> • Graham welcomed everyone to the meeting. Everyone introduced themselves and said something interesting that they had done recently. • Graham explained the meeting rules.



2. Notes and action points from last meeting

Everyone said the minutes were an accurate record of our last meeting in November.

Actions from the last meeting

- Lynne Taylor used to come to our meetings to talk about health issues for the North Yorkshire Health Task Group in York. Lynne's job has changed and we have not been able to find out if anyone else can come instead. Elaine Crofts has said she would help us out. We agreed at the last meeting that we would discuss health issues later in the meeting. We will keep this action on the Agenda.
- Shanna had given Richard the link for the NHS 111 service film. Shanna had sent the link with Jo Blades. Jamie suggested that we could watch this film in local Consulting Groups.
- Shanna sent information to Jo Blades on the Self Advocacy Forum and the Easy Read information.
- Richard was to send Christine at Avalon some Home Alone packs. Karen to find out if Richard had sent this information.
- William, Rebecca and David's travel experiences were to be taken to the Talking Travel Group. There had not been a Talking Travel Group meeting since we last met. Meeting had been in West Yorkshire previously. Karen to obtain information and share this at next meeting.
- Shanna has invited Jo Blades and Ben in Harrogate to the next Health Task Group meeting.

Keeping Safe



3. Group Activity: talking about safety

At the Self-Advocacy Forum in Selby in November people said what they wanted to talk about in 2019. One of the issues was about safety including Safe Places, hate crime, mate crime, being safe on the internet and safeguarding.

We had a conversation about what safety means to us. We said:

- Whitby Library is a Safe Place and if you did not feel safe you could go there. Karen suggested that someone could be a mystery visitor to a Library to ask them if they knew what to do if a person comes in asking for a Safe Place. Graham said that he could ask if they are trained for that. Jim said that some libraries are closed and others have been taken over by volunteers. Some do have training for Safe Places for the volunteers.
- Graham said having a carer with you makes you feel safe. Lesley said that Graham always has support with him.
- Mark said he gets scared when he did not feel safe. He would find somewhere to sit down. He said he got panicky about crossing the road. Mark said he had gone to York on the train for the first time on his own and he had felt scared then but had some medication that he could take. Mark said about asking for help if needed too.
- Graham said about feeling scared a long time ago when he used to travel by train to visit his sister. Mark said looking out of the windows makes him feel calmer when travelling by train.



- Elizabeth said that she did not like being at home at night with curtains open as one time person put their head to window and this affected her. This person had thought it was funny but it really affected her. Now she has all the lights on at night. She said she did not like walking out in the dark on her own. She keeps her keys in her pocket, her head down and walks really fast. Ben said that he is the opposite and likes to cycle a lot in the dark after work and is not scared. Karen said she likes to pull the curtains closed at night too. Lesley said that she may feel frightened if it was dark and she was going back to her car.



- Amanda said about a man across the road from her house watching her, he was a stranger. Amanda said she had got into her house. Jamie asked Amanda, was it the surprise or fact you did not know him. Amanda said she had not known this man. Jamie said that sometimes you meet someone for the first time and you can get scared.
- Jim talked being worried in the dark on a long car journey in Ghana. The Police said all the cars must go in convoy in case of armed robbers. Jim said sometimes people worry about things too much. There can be risk in everything. Jim said that generally if he was not sure about something then he will take a chance. People agreed they felt safer if the Police were there.
- Karen asked Graham, how it feels if you have a new Carer. He said he had a chance to meet a new Carer first where he lives. Graham said he liked meeting new people.
- Lesley said that sometimes if you hear a noise in the middle of the night then you can start imagining things and need to get up to see what it is. She



keeps a walking stick by her bed and locks the doors to her house. When people stay with Lesley then she leaves the keys in the doors so visitors can escape if there was a fire. She shows them how to open the door. She also has sensor lights outside her house for if anyone is at the door.

- Jamie said that being able to lock your door was really important to some people. He asked if they thought that all disabled people are allowed to lock their own door.
- Mark talked about friends who have a learning disability. Two ladies knocked on their door. They let them into house and they stole a purse, money and bank cards. They told the Police who came. Now these friends keep the door locked and with a chain across the door. Graham asked if these people had ever been found. Mark said no. Jim said this sounded like 'mate crime'.
- Mark said a person had come to his front door asking to read the meter and Mark had asked for his ID. Amanda said about a person who had been buzzing to be let in and it had turned out that this person had wanted someone else called Mark who lives upstairs to her and Mark.
- Jamie said that a buzzer for entry into your property was another way that can let you know who is there. Graham said a video screen.
- Jamie said he feels safe having dogs who bark if someone approaches a house. Many disabled people cannot have dogs where they live. Lesley said that if a person was in supported living then there are sometimes regulations that say you cannot have pets.



- Jamie said about people living in supported living having their own door keys. Jamie asked meeting if they had their own door keys. People said yes.
- Lesley said that Graham has a key to his room but not the front door key as it was classed as Residential. Some properties may have a security code on the door rather than a key. Jim said that he could see why a security code on the door might be needed in dementia care homes to stop people going out. Lesley mentioned Deprivation of Liberty.
- Graham said Street Angels keep people safe. This is for people who have been out and who are worse for wear. Jim said that the Street Angels would help anyone.
- We discussed safeguarding. Lesley gave an example of a person who lived on their own and had been letting people into their property. He was frightened to phone the police about it. He was shown how to ring the police. The Police put a flag on their system so when they rang up in future they had information that he was quite vulnerable. Lesley said it is sometimes not easy for people who live on their own to say no. Getting people to ring Police for help is sometimes hard. If you phone the Police and you do not understand what they are saying on the phone ask them to speak slowly.
- Karen said that there used to be Hate Crime reporting and also Stop Hate UK. Graham said that the Police suggested that vulnerable people phone 101 if needed. Lesley said the 101 people get training but she did not think they would be very sympathetic for someone with a learning disability. It could be a bit scary inviting person to your house or talking to someone on the phone.

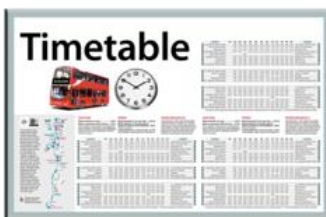


- Jamie said if he was not happy or was anxious he would talk to his wife or his friend on phone. Jamie asked who else people would talk to if they did not feel safe. Graham said a Carer. Mark mentioned the Home Alone pack about keeping safe.
- Jim said that people could be frightened by groups of young people being loud and worry that they may knock them over or be abusive towards them. Graham said he had seen that. Jim said that this was something that people had to learn to live with.

Travel safety



- We talked about **buses** used in various areas and the problems and good things people had experienced. Some buses didn't stop for disabled people deliberately. Also sometimes the space for disabled people is taken up and they can't get on. Jamie said about buses going off without a person not having sat down safely. Graham talked about using his walking frame on public transport.



- We talked about **information**, and if people had the right travel information then they may feel a bit less scared. Jamie said that when you understand something then you may feel less scared about it. Mark said he knew the train times. Graham said he knew where the bus stop was so he felt less anxious. Jamie said that maybe there are some disabilities that make us less safe. If you use a walker it could be harder to get out of a situation.



- Karen said in **taxis** how you know they are charging you the right fare giving the right change. Jamie told a story about a vision impaired person who gave their wallet to driver to take out the money and driver took more money than they should have done.



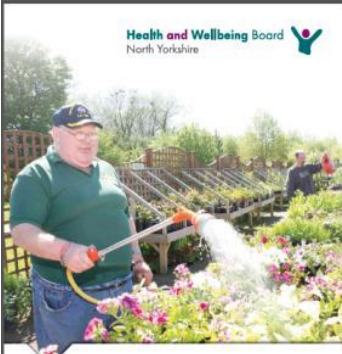
- Lesley said in Australia people can use mobile phones to pay for taxis. Jamie said in Brisbane taxis a machine says the cost out loud at the start and then end so you hear this. It also says this on the screen. Jim said with Uber you can use your phone to say where you want to go and the drivers respond with their registration numbers, how much it will cost and when they will arrive.
- Lesley said that this may be a bit too complicated for some of the people that we work with, but the technology is good. In Scarborough some taxis give you a call back to say the name of the driver, the car number and what time taxi is due. However, in Whitby they do not do this.
- Lesley said there was a lot more awareness on trains now and staff are quite helpful.

What next

- Jamie said that safety was different for us all, but people had some things in common for example locking the door. Some people were afraid of the dark and some were not afraid and the same for flying. People should not just think of safety about safeguarding as it is lots of things but it was about trying to make sure that things did not go wrong.

Karen asked how we could put all of this information together. Jamie will work with Karen and Sheila to make sure we capture the notes from today and then maybe we could talk with the Partnership Board about taking this issue there.

Karen suggested that Graham could report back to the Partnership Board on 29 March in Northallerton about this issue. Graham agreed.



“Live Well, Live Longer”
Learning Disabilities Strategy
for North Yorkshire 2017 to 2022
Easy read version

4. Live Well Live Longer meeting feedback

Mark talked about the *Live Well Live Longer Delivery Group* in York. There were people from each area who have a learning disability, Stewart was a representative and Mark will now take on that role.

Live Well Live Longer is a plan about how North Yorkshire supports people with a learning disability. A lot of work had been done and they check that North Yorkshire County Council are doing all that they said they would do and the meeting will inform them if they feel that they are not doing these things.

We looked at the list of actions to see if things had been done and could be ticked off including the Accessible Information Standard letter and Home Alone packs which have been shared with lots of people. There has also been work on a survey about Annual Health Checks Survey to find out how many people have had one. All people who have a learning disability should have a Health Check every year.

Jim said that there was another meeting arranged in April which Shanna will be attending who co-chairs the Partnership Board. They are meeting formal groups who have the responsibility for Live Well Live Longer and Safeguarding in order to put your views how you feel about it.



5. Group Photo

Karen said that we are a small group and better to do it when we have more people here for this photo.

Karen said Keyring has recruited a person to replace Richard Hicklin and hopefully they will be able to start in March. Karen said Belinda was not returning to work after having her twins.



6. Self-Advocates Feedback from local consulting groups (Scarborough, Whitby and Ryedale)

Scarborough Open Door

Amanda talked about the last meeting especially a chat about Safe Places. Jamie asked if safe Places organisations know what to do when someone comes into them asking for a Safe Place. Lesley Dale is the person at North Yorkshire County Council responsible for Safe Places and will give an update at the Partnership Board meeting in March. Tony Quinn is the Scarborough Safe Places person. Jamie to give Tony Karen's contact details.

Speak Up Whitby Group

Meetings are being shared with Botton Village. Jim said he was pleased about that.

Speak Up Ryedale Group

Karen said that there were no items to report on for Ryedale currently. Kim organising a March meeting.



7. North Yorkshire Health Task Group presentation by Mark Hamblin

Mark gave a presentation to meeting about the last Health Task Group meeting in November 2018. Jim noted that most of the people attending a consultation about the NHS 10 Year Plan were without a Learning Disability and he was not sure if Healthwatch would address that issue. Karen said that she had only received notice about this meeting a week before the meeting. Jim said the issue of asking for people to attend a meeting at short notice should be taken back to the Partnership Board.





8. Updates from Elaine Crofts, NHS

Elaine Crofts not in attendance at meeting.

Jamie said that we did not have an NHS person to lead this part of the meeting as it was not part of Elaine or Lynne's job now. Jamie will find out how we do this. At the previous meeting then we had discussed health issues. Elaine had attended the Knaresborough meeting and discussed the 10 Year NHS Plan and an Easy read version of this document is now available. This document does show an understanding of how we can make sure that people who have a learning disability who use the services that they are accessible.

Karen said part of Elaine's role is training staff who work with people who have a learning disability and that they should improve on issues they say they will improve on.

Jim said Jo Blades who is based at Scarborough Hospital helps us and she had presented to meeting a few times and that Jo Blades was our link.



9. Information Exchange

Issues for the Partnership Board

Mark wants to speak to Tony Quinn and Lesley Dale about Safe Places. People also mentioned following up about Health Passports.

Information about local events

Elizabeth left a leaflet about a sponsored walk for the Scarborough and Ryedale Carers Resource.

Goodbye Sheila

This is Sheila's last meeting with us because she has a new job. Jim thanked Sheila for all her hard work!

What did you like most about the meeting today?

- Jim said it was disappointing that very few people had turned up. Graham said he preferred it like this as meeting got more done!
- Jim said that we had done some things different in today's meeting, like having a simpler agenda and talking about something interesting we had done.
- Lesley said she would try and get some of the people from Dalewood to attend next time. Jim said we needed to involve more family carers. Jim said that for some people Carers can change fairly regularly and commented that perhaps Carers did not see it as a responsibility. Karen said that Carers may not know about the meetings.
- Karen said it was possible that people did not like going to meetings and suggested that the word meeting could be changed. There was a concern that there may not be someone to support a person who has a learning disability in a meeting. She suggested the word **forum** could be used instead.
- Jamie said self-advocates should decide what the meetings are called. Jamie said Graham had done a fantastic job in chairing the meeting today. We do not have enough opportunities for people with a learning disability to be leaders and for others to listen to people who have a learning disability.
- Karen commented about table top discussion at the Partnership Board and a specific question for the group to take to this meeting. Jim suggested that self-advocates could discuss this next week about the specific question they would like taking to the Partnership Board meeting.



10. Meeting Minutes

Jamie asked meeting about what style of minutes we would like from this meeting. What should we write down, and how do we make sure they are accessible and short. We should not be having 20 pages of minutes that people cannot use or read.


Jamie asked if people like having two sets of minutes – the Quick Minutes and the larger full set of minutes. Quick Notes are good enough for the meeting but are we missing something, for example if a person did not attend the meeting. Karen said sometime you need to find out what happened at meeting.

Jamie asked meeting if we should continue with two versions of the minutes or have something in the middle. Jim said that the full minutes were too much if someone picks up and reads them.

Karen asked if NYCC Business Support is needed as they could take notes, type them up and call them notes rather than minutes. Jamie said that we could also make them the same for the Partnership Board. Jim said that he was hearing the same information at other meetings several times and making assumption that they are the same and some of this information then self-advocates were also hearing several times.

Jim suggested that the record of the meeting was called notes rather than minutes. People said that they liked the quick minutes rather than having the other version that took a long time to read.

Jim said that he could see the need for a full set of notes that can be given to the Partnership Board and people can look at these if required.

	<p>Lesley asked what the legal obligation was for the notes. Karen said that Shanna had mentioned about the legal obligation in having a set of notes.</p> <p><u>Feedback forms</u> Karen suggested having a piece of paper for people to write on and give it in when they leave the meeting in relation to them giving feedback.</p>
	<p>13. Next Meeting</p> <p>Our next meeting will be at the Ryedale Indoor Bowls Club in Norton near Malton on Wednesday 12 June.</p> <p>People can ask KeyRing for support for transport.</p>

People who attended this meeting

Jim Martin – Co Chair

Graham – Vice Co Chair

Jamie Bannister – HAS NYCC

Ben Mayes – HAS NYCC

Mark and Amanda Hamblin – Self-Advocates

Elizabeth McPherson - Scarborough & Ryedale Carers Resource

Lesley Dixon – Dalewood Trust

Karen Murray - Keyring

Sheila MacDonald – NYCC

Apologies:

Rebecca Buckle – Co-Chair

Lynne Taylor – TEWV NHS Foundation Trust

Malcolm Ashton – NYCC

Shanna Carrell – HAS NYCC

Meeting Actions

Scarborough, Whitby and Ryedale Local Area Group

20 February 2019

	Action
1.	Jamie to find out who from NHS can attend meeting in order to give updates.
2.	Jamie will work with Karen and Sheila to write up our safety conversation from today in easy read
3.	Graham to report back to the Partnership Board on 29 March about our safety conversation.
4.	Karen to find out if Richard sent the Home Alone packs to Avalon.
5.	Karen to obtain information about the future of the Talking Travel Group meetings.
6.	Jim will raise the issue of asking for people with learning disability to attend a meeting at short notice in planning for the next Partnership Board meeting
7.	Jamie to contact Tony Quinn to attend a Scarborough Open Doors forum to talk about Safe Places.