



	<p>These are the minutes for the Scarborough, Whitby and Ryedale Local Area Group meeting.</p>
	<p>We met at the Ryedale Indoor Bowls Centre, Norton on Wednesday 12th June 2019.</p>
	<p>The meeting was co-chaired by Jim Martin and Rebecca Buckle.</p>

	<p>Agenda item</p>
	<p>1. Welcome</p> <ul style="list-style-type: none"> • Jim welcomed everyone to the meeting. • Everyone introduced themselves. • Rebecca explained the meeting rules
	<p>2. Notes and action points from last meeting</p> <p>Everyone agreed the minutes were an accurate record of our last meeting in February.</p>



Actions from the last meeting

We talked about the things we said we would do after the last meeting. There is a list of the actions and what happened at the end of these minutes.

Keeping Safe





3. Group work – how do you feel safe?

We talked in our groups about things that make us feel safe. We said:

- Being with family, friends and people we know
- Being at home or a familiar area
- Pets
- Having staff to support me
- Taking part in organised activities
- Having a plan or routine and knowing what I am going to be doing
- Wheelchairs make people feel safe and gives independence
- Comfort items: blankets, photos, phones etc.

We also talked about things we do to keep safe. We said we do this by:

- Being careful about who we trust.
- Not assuming everyone is trustworthy because they are in a responsible role i.e. carers.
- Checking people's identification.
- Locking doors, using alarms, mobile phones etc.
- Using and maintaining safety equipment

	<ul style="list-style-type: none"> • Closing curtains, using intercom and any other security systems. • Keeping home tidy to minimise risk of trips. • Being careful who we our give bank details to. • Using protective equipment or clothing. • Asking for help from taxi drivers, bus drivers
	<p>4. Group Photo</p> <p>We took a photo of everyone at the meeting who wished to take part.</p> <p>We will use the photo on our website.</p>
	<p>4. Update from the Learning Disability Partnership Board meeting in March 2019</p> <p>Each table picked a card to discuss something from the Partnership Board. This included:</p> <ul style="list-style-type: none"> • <i>Live Well Live Longer</i> action plan. We agreed that information must be available in easy read and different formats. It is your right to ask for the information in a format you can understand. • Everyone was encouraged to attend for <i>annual health checks</i>; everyone with a learning disability should have a health check every year. • <i>Transitions Pathway</i>. Jamie said that help and support is available for young people moving into adulthood. Children's and Adult services will work together so transition is easier for young people. • <i>Safe Places</i>. We talked about the need for more safe places. We know that some safe places may have had a change of staff so they may need to be trained again.

- *Partnership Board Logo.* A new logo is being developed using feedback from self-advocates. It will be shared at the Partnership Board in July.



5. Health Passports

We talked about health passports.

We agree that they are helpful and can contain important information. Unfortunately some people have had experiences where they could not be used.

Jim suggested liaising with Jo Blades. Malcolm said some hospital passport information has been included in Scarborough Hospital notes system. Sadly this does not happen in all hospitals.

We agreed it would be a good idea to write to all health professionals in the area to tell them about health passports.

Karen suggested referring this back to North Yorkshire Health Task Group.

Action:

- LAG to send a letter to all local health professionals about the importance of health passports.



6. Staying Healthy

We talked in groups about things that we would like to know more about to stay healthy. We said:

- Healthy eating – what is a balanced diet? More info about constipation would be useful
- How to keep hydrated.
- Alcohol – what is a healthy intake
- Oral health – brushing teeth correctly
- Diabetes
- Sepsis (blood poisoning)

- Screening & checks
- How to exercise properly.
- Availability of exercise classes for all abilities
- First aid training & defibrillators
- Sexual health
- Addiction (smoking, alcohol)
- Anxieties & phobias.

Who can help us with this?

- Medical Practitioners (GP/Nurse/Dentist)
- Dietician/Clubs (i.e. Slimming World)

Things to discuss in the future?

- Availability of exercise classes, particularly ones suited to wheelchair users, and other classes that may improve our social life.
- Traffic light system on food packaging and how it can help people with learning disabilities
- Making healthy choices
- Wellbeing – how to look after our mental health as well as our physical health
- Availability of information in a format that I can understand




7. Information Exchange

We said that we would like to tell the Partnership Board about our work on Health passports.






Information about local events




- MENCAP Malton Sports Centre 22nd June
- Learning Disability Pride Week starts 22 June with events throughout the country.

	<ul style="list-style-type: none"> • Scarborough Great Get Together 1pm Sunday 23 June, Crescent Gardens, Scarborough. • Botton Summer Fete on 7th July 11am.
	<p>8. Next Meeting</p> <p>Our next meeting will be in Scarborough on Wednesday 25th September 2019.</p>

People who came to this meeting	
Jim Martin – Co Chair	Andrea Hayes – NYCC (Notes)
Rebecca Buckle – Co Chair	Paddy Chandler - NYCC
Graham Cox – Vice Co Chair	Josey Hall – Ryedale Mencap
Jamie Bannister – HAS NYCC	Cauwood
Malcom Ashton – NYCC	
Karen Murray – Keyring	
Lyndsay Buckle – Self-advocate	
Elliot Hakner – Athena ASPIRE	Botton Village CVT
Stacey Annandale – NYCC	
Mark Bennett – Dalewood	
Suzanne Wheelhouse – NYCC	
Fiona Wood; Sam Herbert – The Croft, CVT	
Apologies	
Stewart Finney; Mark and Amanda Hamblin – Self-Advocates	

SWR Local Area Group Action Log

	<p>These are the action points we discussed at the June 2019 meeting.</p>
	<p>1. <i>Jamie to find out who from NHS can attend meeting in order to give updates.</i></p> <p>Carla Pawson from the NHS will attend future meetings. Completed.</p>
	<p>2. <i>Jamie, Karen and Sheila to write up our safety conversation from today in easy read.</i></p> <p>Completed and shared.</p>
	<p>3. <i>Graham to report back to the Partnership Board on 29th March about our safety conversation.</i></p> <p>Graham did not go to the meeting but the Scarborough Whitby Ryedale group talked about it instead. Completed.</p>
	<p>4. <i>Karen to find out if Richard sent the Home Alone packs to Avalon.</i></p> <p>We do not know the answer but Karen has Home Alone packs available for anyone who needs one.</p>

	<p>5. <i>Karen to find out about the future of the Talking Travel Group meeting.</i></p> <p>This item is still ongoing and will be discussed at next meeting.</p>
	<p>6. <i>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.</i></p> <p>Completed. Jim raised with Shanna. Graham suggested 3- 4 weeks' notice should be given and consideration given to meeting location to facilitate ease of attendance</p>
	<p>7. <i>Invite Tony Quinn to Scarborough Open Doors to talk about Safe Places.</i></p> <p>Tony attended a meeting and people were asked to consider suitable locations for Safe Places across SWR.</p> <p>There are currently no safe places in Ryedale.</p> <p>Stacey suggested libraries but due to cut backs some have reduced open hours and are now staffed by volunteers.</p>