



## Scarborough Whitby and Ryedale

### Local Area Group Minutes – September 2019

	<p>These are the minutes for the Scarborough, Whitby and Ryedale Local Area Group meeting.</p>
	<p>We met at the Scarborough Indoor Bowls Centre on Wednesday, 25<sup>th</sup> September 2019.</p>
	<p>The meeting was co-chaired by Jim Martin and Rebecca Buckle.</p>
	<p><b>1. Welcome</b></p> <p>Jim welcomed everyone to the meeting. Everyone introduced themselves.</p> <p>Rebecca told us the meeting rules. Jim explained what we will be talking about today.</p>
	<p>Karen explained the new feedback system. People can put their ideas and comments on a post it on the 'Tell us what you think board'.</p>



## **2. Notes and action points from last meeting**

Everyone agreed the minutes were an accurate record of our last meeting held in June.

There were no new actions from our last meeting so we reviewed progress on items from our February meeting.



## **3. Ice Breaker**

We all answered an ice-breaker question out of a tin to help us get to know each other and to get talking. We shared our questions and answers with the group.



## **4. The Self-Advocate Talk Show**

Jamie talked to Mark and Graham about what it means to them to be a self-advocate.

Graham said he helps other people when they get stuck with things.

Mark said he represents people at meetings and events to give them a voice.

The meetings are a good place to share information.

Graham said he finds it easy to speak out but Mark said it doesn't come naturally to him, but that his confidence has grown with experience.

Graham encourages people to attend meetings and events to help build up their confidence.

Mark and Graham said anyone can be a self-advocate and help is available from KeyRing if people need it.



## 5. Group Activity.

We talked about the different self-advocacy meetings in North Yorkshire and did a jigsaw puzzle exercise to see what each group does.

- **Self-Advocacy Groups** (also called ‘Open Doors’ in Scarborough)
- **Local Area Group** – people discuss local issues. Attended by self-advocates and professionals. Meetings are held 3 times a year with easy read minutes.
- **Self-Advocates Forum** - fun activities, for self-advocates from North Yorkshire
- **North Yorkshire Health Task Group** - self-advocates, working with health professionals, talk about health issues, these meetings take place in York.
- **Learning Disability Partnership Board** - makes sure the “Live Well Live Longer” plan happens, self-advocates and professionals working together with NYCC, meet 3 times a year in different places.



We talked about the differences between these groups and how they can help people to become a better self-advocate.



## 6. Update from the Learning Disability Partnership Board meeting

Karen told us what was discussed at the last Partnership Board meeting in July including:

- The North Yorkshire County Council five-year Plan, what it is and why it is needed.

	<ul style="list-style-type: none"> <li>• Work by self-advocates on new safeguarding information in easy read.</li> <li>• Employment for people with a learning disability and how hard it is to find a job. A letter has been sent to NYCC Directors requesting an update.</li> <li>• Approval of the new Partnership Board logo (see picture on the left).</li> </ul>
 <p>The logo is circular with a yellow border. Inside, there's a white house shape with two stylized figures (one orange, one yellow) inside. The text 'North Yorkshire Safe Places' is written around the top and bottom of the circle. Below the house, it says 'Safe place'.</p>	<p><b>7. Safe Places</b></p> <p>Mark is attending a meeting at NYCC County Hall next week to find out what is happening with the scheme.</p>
 <p>A collage of public transport vehicles: a red double-decker bus, a blue and yellow train, and a black car.</p>	<p><b>8. Talking Travel update</b></p> <p>Mark was the representative for North Yorkshire Talking Travel. He went to some meetings in Leeds, but he found the main focus at the meetings was on Leeds and York areas.</p> <p>Mark asked whether a local group could be set up locally. Karen said could be part of this group. Jamie asked for clarification of what is needed – is this about travel training for people or to help educate travel companies on the needs of disabled people. Mark said the need is mainly for training of staff on public transport.</p> <p>Jamie suggested inviting a representative from local transport companies to discuss this further.</p> <p><b>Action:</b> Mark will make a list of companies that operate in the area. This item will be included on the agenda for our next meeting in February.</p>



## 9. Group Work – Getting Healthy

We talked in our groups about changes that we can make in our life to help us have a healthier lifestyle. These were our ideas

### Table 1

- ❖ Regular exercise – going to the gym or walking instead of taking the bus, or take bus instead of a taxi so you walk from bus stop.
- ❖ Eat healthily – eat plenty of fruit & veg. Have fewer takeaways or make healthier choices (e.g. lightly battered fish & peas or salad)

### Table 2

- ❖ Regular exercise – gym or other activities
- ❖ Have sugar free or low sugar alternatives
- ❖ Stop smoking or try to smoke less
- ❖ Drink plenty of water and less alcohol
- ❖ Get enough sleep (8 hours is recommended)
- ❖ Good oral hygiene (clean your teeth and get regular check-ups)
- ❖ Accept invitations for routine health checks (for example opticians and doctors)
- ❖ Socialising makes us happy – keep in touch with our friends and families

### Table 3

- ❖ Take lots of exercise, join a sports club
- ❖ Attend regular health checks
- ❖ Reduce salt and sugar in your diet
- ❖ Have good sleep/bedtime routines
- ❖ Make time to relax – listen to music, TV, do what makes you happy

	<p>Jamie said it is important for people to have choices and understand their choices. We talked about what happens if people don't make good choices. Mark said that sometimes its hard to make healthy choices, everyone agreed. Some service provider staff said sometime people don't want healthy options and you can't make people do things they don't want to do.</p> <p>Mark asked if we could have more information about different types of cancer because he heard that it is possible for men to get breast cancer, not just women.</p> <p><b>Action:</b> Jamie will try and invite someone to our meeting who can talk about checking for different kinds of cancers.</p>
	<p><b>10. Hospital Passport Letter</b></p> <p>At the last meeting we talked about hospital passports. The Hambleton and Richmondshire Local Area Group sent a letter to make everyone aware of health passports. A letter has been drafted for SWR and will be sent out soon.</p> <p>If anyone experiences problems please let the group know so that issues can be followed up. It was noted that there has been improvement since Jo Blades started working with SGH.</p>



## 11. Information Exchange

*Transport* – Mark suggested that our discussion here should be fed back to the Partnership Board. We will ask other areas if they are interested in setting up a talking travel project.

Karen asked if anyone is experiencing issues re collection of medication. She was aware of an issue recently where a carer was collecting medication but this was reducing the number of care hours available to the user. No issues were raised.

*Information about local events:*

There will be a performance of Snow White (ballet) at Whitby Pavilion in November 2019.



## 12. Wrapping Up

Jim asked what people liked most about the meeting today. Everyone enjoyed the jigsaw exercise.

The Self-Advocate Chat Show was also very popular and will be part of future meetings (with different advocates). Jim thanked Mark and Graham for taking part.



## 13. Next Meeting

Our next meeting will be in February 2020 in Scarborough.

## **People who attended this meeting**

Jim Martin – Independent Co-Chair

Rebecca Buckle – Self-Advocate Co-Chair

Stewart Finnes, KeyRing Self-Advocate

Mark Hamblin, KeyRing Self-Advocate

Amanda Hamblin, KeyRing Self-Advocate

Catherine Holland, Happy Futures Support

Karen Murray, KeyRing

Jessica Finch, KeyRing

Shelley Glover, Eastfield Clinic LD Service Nurse

Holly Gordon, Mencap

Graham Cox, Dalewood Trust

Mark Bennett, Dalewood Trust

Deborah Walton, NYCC Commissioning Officer

Jayne Rudge, Wilf Ward Family Trust

Fiona Ward, Camphill Village Trust

Sam Herbert, Camphill Village Trust

Jamie Bannister, NYCC, Participation & Engagement Officer

Andrea Hayes, NYCC Business Support (Minute taker)