








## Scarborough Whitby and Ryedale



	<p>These are the <b>minutes</b> for the Scarborough, Whitby and Ryedale Local Area Group meeting.</p>
	<p>We met at The Street, Scarborough on Wednesday, 19<sup>th</sup> February 2020.</p>
	<p>The meeting was co-chaired by Jim Martin and Rebecca Buckle.</p>
	<p>Jim welcomed everyone to the meeting. Everyone introduced themselves.</p> <p>Rebecca explained the meeting rules and Jim said what we will be talking about today.</p>
	<p><b>Notes from our last meeting</b></p> <p>We agreed the minutes were an accurate record of our meeting held in September 2019.</p>



## Group Activity – 2019 quiz

Jess did a fun quiz to see what we could remember about last year.



## Co-chair elections

Jamie said that our Local Area Group co-chairs are elected for 3 years.

Jim and Rebecca have been co-chairs for nearly 3 years. This means we need to have an election to find new co-chairs.

The vote will happen at our next meeting in June. The new co-chairs will take over from September 2020.

Jamie has written an easy read list of the jobs co-chairs have to do and how much time it takes.



He gave out a job descriptions and application forms to all those who expressed an interest.

Jess will work with any self-advocates who might need help filling in their application.



## Self-Advocacy Talk Show – Being a Chair

Jamie talked to Amanda and Jim about their experiences of being a Chair.

Amanda chairs the Scarborough Open Doors self-advocacy group. She said she was nervous when she first started being a chair, but it got easier with practise, and she would now be happy to chair a larger group.



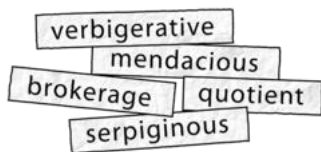
Amanda said she has help from Jess if she needs it. Jess said that being a chair has given Amanda confidence to do other things too, for example she has read out items in Church.



Jim is an independent co-chair. He has had lots of experiencing on local councils and works with other groups in our community. He enjoys co-chairing our LAG meetings and is very proud of the things we have done together.



Jim thinks it is important for this group to have co-chairs so they can give each other support. It doesn't matter if you make mistakes!



Jim said sometimes it can be difficult to keep the meetings on time but it usually works out in the end as some items take longer than expected but some don't take very long at all.

It is important to remember to slow down and not use too many big words so that everyone can keep up and understand what is being discussed.



Jamie said that the co-chairs are volunteers. They don't get paid, but they need to have time to attend LAG planning meetings, LAG meetings, and also sometimes attend the Partnership Board meetings.



Jim said it is important to be committed to doing the job and take the responsibility seriously.

Jamie thanked Amanda and Jim for taking part in the talk show.



## **Group Activity – How do we travel?**

Jess gave everyone some questions to answer about travel. There were four questions.

### **1. Which type of transport do you use most?**

We said we travel the most by:

- bus (private buses, not public transport)
- car or taxi
- train
- walking



### **2. Your favourite way to travel and why?**

We said we like to use bus and taxi services that go door-to-door services.

We like trains because journey times are quite quick - if your train is not delayed or cancelled!

Some of us have had bad experiences on trains, but others have had good experiences.

Short journeys can be done on foot. This can also help us be healthy and keep us fit.



### **3. What is your least favourite way to travel?**

We said public bus services can take too long. Sometime drivers are not very helpful.

Trains are not always reliable and are often late or cancelled.





Motorbikes are too fast and can be dangerous.  
Some of us worry that flying in aeroplanes is not good for the environment.

#### 4. Our top tips to enjoy travel and stay safe

Try to have a regular taxi driver who knows you  
Ask to see the taxi driver's identification if you are worried.

The Life360 helps people stay in touch and feel safe if you are travelling alone.



#### Feedback from the Partnership Board

The last North Yorkshire Learning Disability Partnership Board meeting was in Selby in October 2019.

Congratulations to Mark Hamblin and Katie Peacock who were elected as new co-chairs of the Partnership Board.

We talked about Terms of Reference (the rules of the meeting) and how we can make sure our Terms of Reference are up to date and useful.

We think the rules should be kept short and clear. Jamie asked whether each LAG should have its own Terms of Reference. We said this was a good idea.

The Keeping Safe books are now finished and are available to download from the website or Jess can get printed copies for us.

The Safe Places scheme was also discussed.



## Safe Places update

Jess and Amanda acted out a sketch about the Safe Places scheme.

We learned that shops and businesses show a sticker in the window so people know they are part of Safe Places.

People can go there to get help or if they are lost. Users of the scheme have a card which gives the name and details of someone who can be called to help.

Self-advocates are going to work with the County Council to check that Safe Places venues are still open and displaying the sticker.

Some staff in Safe Places may not be aware of the scheme or have received training.

We will write a letter to Safe Places venues about why the scheme is important and asking for continued support.

We will give venues a check list to help them remember what to do.

We talked about how new venues could get involved in the scheme and we talked about advertising the scheme on local radio to reach more people.

Mark Hamblin has done a lot of work on the Safe Places scheme. Jamie asked Amanda to say thank you to Mark for all the work he has done.



## Constipation Training

Allison Brown is the NHS Specialist Practitioner for the LeDeR Programme.

She was going to speak to us about constipation but she was poorly so Jamie did the talk instead.

Constipation is when we feel that we want to poo but are unable to go.

We learnt that there are different things we can do to not be constipated. Things like:

- Eating food with lots of fibre
- Checking our poo to make sure it is normal
- Regular exercise to keep the body working.



We looked at the Bristol Stool Chart and talked about things that can make us constipated.

Constipation for a couple of days is not usually serious, but if it goes on longer it might be a good idea to talk to someone about it.



## Information Exchange

We said we would tell the Partnership Board all about our travel conversations. Jim encouraged everyone to feedback good experiences, as well as ones.



## Next Meeting

Our next meeting is on 10 June 2020 at Ryedale Indoor Bowls Club in Malton.

## People who attended this meeting

- Rebecca Buckle – Self Advocate Co-Chair
- Jim Martin, Independent Co-Chair
- Stewart Finney, Keyring
- Cheryl Hewlett, Keyring
- Graham Cox, Dalewood
- Lesley Dixon, Dalewood
- Amanda Hamblin, Keyring
- Josey Hall, Ryedale MENCAP
- Jessica Finch, Keyring
- Jamie, Michael, Julie, Katie and Carol - CDC
- Jamie Bannister, NYCC, Participation & Engagement Officer
- Andrea Hayes, NYCC Business Support (Minute taker)

## **Apologies**

- Mark Hamblin, Keyring Self-Advocate
- Allison Brown, NHS Specialist Practitioner for the LeDeR Programme