



## Craven and Harrogate

February 2021

Dear friends



This is a letter from Christopher and Katie. We are the co-chairs of the Craven and Harrogate Local Area Group.

We hope you are all OK in lockdown. It is a very strange time for everyone.



We miss seeing each other and are sad that we still cannot meet. This letter is to help us stay in touch.

It tells you about some of the things we have been doing since our last letter.



Karen from KeyRing is staying in touch with self-advocates with letters, phone calls and emails.



We have some activities on Zoom like self-advocacy meetings and a weekly KeyRing quiz. We have fun and it is nice to see each other.



## Mark, Stewart and Sam Carry on Talking!

Sam has made another podcast for the North Yorkshire Learning Disability Partnership Board.

Sam spoke to Mark and Stewart about schemes to help people with hidden disabilities. The podcast was part of celebrations for International Day of People with Disabilities.



Self-advocates have just voted on a name for the podcast. It is now called the Carry on Talking podcast.



We have just released the next episode of the podcast. It is about celebrating all the things self-advocates have achieved over the last couple of years.



You can listen to the podcast here:

<https://anchor.fm/nyselfadvocates/>

## Congratulations to Natasha



Natasha has won a place on the Dimensions Coronavirus Learning Disability and Autism Leaders' List 2020. The award recognises Natasha's hard work to support and inform people over the last year.

Natasha wrote a blog post about her experiences on the Dimensions website. It is called 'Why my autism is a superpower'. Well done Natasha!

## Mental Health and Wellbeing



The last few months have been very hard for lots of people. KeyRing have made some activity packs to help self-advocates stay mentally well.

The packs have lots of ideas to keep busy, relax and feel happier. We will send them out soon.



If you have the internet, there are lots of activities happening online where you can meet more people and learn new things. You can talk to Karen if you want to find out more.

## Mental Health First Aid

Natasha and Karen have done some training about **mental health first aid**.



**Mental health first aid** helps you to look after your mental health and wellbeing.

Karen and Natasha can now train other groups about mental health first aid. The training is for people with a learning disability and autism. You can talk to Karen if you want to find out more.

## Feeling Good



Self-advocates from KeyRing and Exclusively Inclusive made a video about how they felt about everything that happened last year.

Even though it was a difficult year at times, people still did things that made them feel good. We hope it makes you feel good too.

You can watch the video by following this link  
<https://youtu.be/Kac76MlxMbg>

## Annual health checks and flu jab reminder

The NHS asked self-advocates for feedback about annual health checks for people with a learning disability.



We have filled in some surveys and spoke to someone from North Yorkshire **Clinical Commissioning Group** at a self-advocates meeting.

A **Clinical Commissioning Group** is a group of doctors and other health professionals who are in charge of planning and buying the healthcare that people need.



We hope our feedback will help make annual health checks better in our area.

It is important to have your Annual Health Check and your flu jab. Contact your GP if you have not had yours yet.

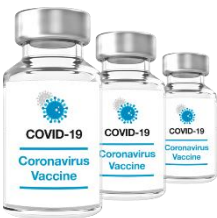
## Coronavirus vaccine



Lots of people have questions about the coronavirus vaccine.

The NHS will contact you when it is your turn to have the vaccine. All the vaccines in the UK have been tested to make sure they are safe.

There is useful information about the vaccine on the Keep Safe website <https://www.keepsafe.org.uk/>



If you do not have the internet, you can ask Karen for information.

## Partnership Board Updates



There were no Partnership Board meetings in 2020 because of coronavirus.

The Partnership Board has still been busy with work across North Yorkshire.



You can read news from the Partnership Board here: <https://www.nypartnerships.org.uk/node/72>



If you have any questions about anything in this letter please contact:



Karen at KeyRing: email [karen.murray@keyring.org](mailto:karen.murray@keyring.org)  
or call her on 07333309693



Claire at North Yorkshire County Council:  
[claire.canavan@northyorks.gov.uk](mailto:claire.canavan@northyorks.gov.uk)

Take care and please stay safe!

**Christopher Porter and Katie Peacock**  
Co-Chairs, Craven and Harrogate Local Area Group

