



Craven and Harrogate

October 2020

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 right now. It is a very strange time for everyone.



Even though we have had no meetings, we have all been very busy!

This letter has news about the Craven and Harrogate Local Area Group, as well as what we have been doing this summer since our last letter.



We have been trying to stay in touch in different ways. This includes phone calls, emails and sending letters in the post.

We have also learned how to Zoom. There have been self-advocacy meetings, a weekly KeyRing trivia party and even Zoom discos for dancing at home. It all keeps us smiling and connected!



We hope that everyone who has joined our quiz over the last few months will come and join our Self-Advocacy and Local Area Groups when we can meet again in person.



We are also working with local organisations to share work and keep people in touch.

Exclusively Inclusive worked with Missing Peace Wellbeing & Support to give tablets to help keep people in Craven and Bradford connected.



Local Area Group co-chair elections

We have decided not to have the election for the new co-chairs this year. This is because we want everybody to be able to have a say and vote.

We hope we can do this in 2021.



Congratulations to Natasha

Natasha Nathan is a finalist in the Coronavirus Learning Disability and Autism Leader's List 2020. This award recognises Natasha's hard work to support and inform people over the last few months. Great work Natasha!



Sam talks safety on the airwaves

Sam Suttar has become the first ever Keeping Safe Champion for the North Yorkshire Learning Disability Partnership Board.

For his first job, Sam recorded a podcast with Jamie Bannister and Jess Finch from KeyRing for Hate Crime Awareness Week. They talked about what hate crime is and what to do if it happens.

You can listen to the podcast here:

<https://www.nypartnerships.org.uk/keepingsafe>





Christopher gets to work

Christopher Porter has been hard at work recently for Learning Disability England (LDE). He was chosen as one of five self-advocates, getting paid work as a quality checker for the LDE website.

Christopher has also been working with the KeyRing national office on a lived experience group for online hate crime. The group has been working with other charities to find out why hate crime happens online including social media such as Twitter and Facebook.



They have sent out three surveys and have been looking at the information they got back. They will write a report about what can be done to reduce online hate crime.



There have been no Partnership Board meetings in 2020 because of coronavirus.

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

Read the latest news from the Partnership Board here: <https://www.nypartnerships.org.uk/node/72>

Annual health checks and flu jab reminder

As we get closer to winter, it is important to remember to get your flu jab and to have your annual health check.





Keep emergency information up to date

Together Matters have produced a guide and plan to help families and carers talk about and plan for the future. You can download and save this plan on your computer and write your ideas. These can be updated and shared with others in the future.

You can find a link to the guides here:

<https://www.togethertomatters.org.uk/resources-and-information/>



It is also important to fill in and update health passports so that if you go in to hospital it is ready to take with you.

Here is a link to a hospital passport:

<https://www.hdft.nhs.uk/content/uploads/2017/10/CV19-Hospital-summary.pdf>



Goodbye Jamie, hello Claire

Jamie Bannister is going back to Australia after two years working with us. We want to say thank you to Jamie for all his great work and we hope he can connect us with self-advocates in Australia!

Self-advocates helped North Yorkshire County Council to find Jamie's replacement. Christopher, Natasha and Sam Sellars from Selby interviewed candidates by video with support from KeyRing.



It was a long day for everyone, but the good news is that Claire Canavan will be joining us in October. Some people may know Claire from HealthWatch North Yorkshire.



We look forward to working with Claire who will support the Craven and Harrogate Local Area Group as part of her new job.



We still do not know when we will be able to meet again in person. We will listen to the Government and follow advice so that everyone can stay safe.



If you have any questions please contact:

Karen at KeyRing: karen.murray@keyring.org

Take care and please stay safe!



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