



Hambleton and Richmondshire

February 2021

Dear friends



This is a letter from Julie and Thelma. We are the co-chairs of the Local Area Group.



We hope you had a good Christmas and feel ok in these strange times.

We are sad that we still can't meet and we miss our meetings.

This letter is to help us stay in touch and to let you know what we have been doing

KeyRing
... We're Life Changing

Kim from KeyRing has been working hard to keep in contact with self-advocates to make sure everyone is OK during lockdown.

nypartnerships.org.uk/learningdisabilitypartnershipboard

OFFICIAL



We continue to enjoy our weekly online quizzes and there have been self-advocacy meetings. These are fun and help us keep in touch with everyone.

Learning Disability England



Self Advocates have been going to online meetings with Learning Disability England where we meet self advocates from all over the country. We talk about things that are happening and how we can make them better.



Mental Health and Wellbeing

We know lockdown has been hard for lots of people.

KeyRing have made some activity packs to help you stay mentally well. They have lots of ideas to keep busy, relax and feel happier. We will send them out to all self-advocates soon.



If you are feeling lonely or bored, there are lots of activities happening online. Talk to Kim from KeyRing if you want to find out more about these.

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.

<https://youtu.be/Kac76MlxMbg>

Annual health checks



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 the North Yorkshire CCG at a self-advocates meeting. We hope this will make annual health checks better in our area.

Flu jabs



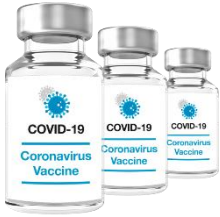
It is very important to make sure that we have had our flu jab and annual health check this year. Please make sure you contact your GP's surgery to arrange this if you haven't already.



Coronavirus Vaccine

Lots of people have questions about the coronavirus vaccine.

Your 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 lots of 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 Kim for information.

NY Partnership Board

In 2020 there were no Partnership Board meetings 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>



If you have any questions about anything in this letter contact



Kim at Keyring kimberley.sanders@keyring.org



Or Caroline Ferguson at North Yorkshire County Council caroline.ferguson@northyorks.gov.uk

Sadly, we do not know when we will be able to meet together again in 2021. We will listen to the Government and follow advice so that everyone can stay safe

Take care and stay safe!

Julie and Thelma Co-Chairs, Hambleton and Richmondshire Local Area Group