Welcome to the latest newsletter from KeyRing’s Self Advocacy Support Team in North Yorkshire. This is a newsletter for people with a learning disability or autism, parents, carers and anyone who is interested in the work we do.

Inside you will find news from;

- **Hambleton and Richmondshire**
- **Harrogate and Craven**
- **Selby and District**
- **Scarborough, Whitby and Ryedale**

If you want to know more about anything in this newsletter, please contact Karen Murray by phone on 07988009774 or by email karen.murray@keyring.org
The last few months has been a very busy time for the KeyRing team and the self-advocates we support. As you will see from this newsletter, we have been meeting new people, setting up new groups and attending many different events.

In September, the Learning Disability Partnership Board had it’s first meeting at the Mencap Centre in Northallerton which was recently rebuilt. We had our photograph taken outside the building and really liked all the changes that have been made.

There is now a fantastic Changing Places toilet for people who need more space and changing facilities when they need to use the toilet.
At Chopsticks, we wrote a letter to North Yorkshire County Council because we aren’t happy with the transport which we get to work. Sometimes it is early and sometimes we have to wait a long time. We are still waiting for a reply.

In Easingwold, our group was asked to do a review of the service. There had been lots of changes over the last year. The manager wanted to know what everyone thought and if there were any more changes that needed to be made.

Across Hambleton and Richmondshire, we have been finding out more about the Accessible Information Standard. It is now the law for all organisations who provide health or social care to communicate with people who have a disability in a way that is best for them.

Learning Disability England told us that there would be a debate in parliament about social care. We sent a letter to our MP, Rishi Sunak asking him to remember it is not just older people who receive social care.

We explained that people of all ages need good support and services and asked him to mention this in the debate.

For more information about these groups please contact Kimberley.sanders@keyring.org or phone Kim on 07717894468
The Craven consulting group now meet at the Exclusively Inclusive office in Skipton. This is because most of our group live in or around Skipton.

Our Craven group recently invited Donna Sykes from Victim Support to talk to our group. She told us about all the different ways we can stay safe. Donna visited our Harrogate group too.

In November, Vicky Donnelly who is the strategic health facilitator in Bradford came to visit our Craven group. This is because in Craven, Bradford District Care Foundation Trust now delivers learning disability health support.

In Harrogate, our group had a visit from Anne Cooke who gave a talk about dementia. She told us that dementia is a illness that means the brain doesn’t work as well as it used to.

Although most people who have dementia are older, younger people can get dementia too. We learnt about how dementia affects people and what things we can do to help them. After the talk we were all given a dementia friends badge.

For more information about these groups please contact Karen.murray@keyring.org or phone Karen on 07988009774
Students from the Personalised Learning Hub in Selby produced an Exhibition about Safe Places for their Celebration Day in June. All the students have joined the safe places scheme.

One student was inspired by Karen Murray’s book to write a story about Safe Places. This can be shared with other self-advocates to start a conversation about Safe Places.

We hope to film Emily reading her story and put on the Partnership Board Website.

Self Advocates visited the Hospital, Council Buildings, Doctors Surgeries and chemists in Selby. They asked if they could put up a poster telling people about the Learning Disability Register.

Our group visited Selby Fire Station. We looked around the station and chatted to the firemen about fire safety in the home.

For more information about these groups please contact Belinda.croce@keyring.org or phone Belinda on 07824327149
News from Scarborough/Whitby/Ryedale

Our Whitby group has lots of new members since we started meeting at Dalewood and Botton Village. Botton is home to over 150 people, including 90 people with a learning disability.

Our Ryedale group have been busy completing surveys about Pharmacies to tell them what we think is working well and what needs to change.

Mark went to the First Bus depot in Leeds to tell them how important it is for bus drivers to have learning disability and autism awareness training.

In all of our groups we have been talking about Safeguarding. Safeguarding is about making sure vulnerable people are safe from abuse and neglect. We want to make sure our carers get good training to help us to keep us safe.

Stewart went to the Provider Forum in Scarborough in September. He told everyone about self-advocacy and how it helps to make us feel more confident.

For more information about these groups please contact Richard.Hicklin@keyring.org or phone Richard on 07908730712
Since our last newsletter self-advocates have already completed some of the things they agreed on North Yorkshire’s **Live Well Live Longer** action plan.

At the self-advocacy forum in June, the group made a short video explaining what self-advocacy means to them. This was shown at local Provider forums, the Learning Disability Partnership Board and Local area groups.

Early next year there will be a Live Well, Live Longer Delivery Group starting. This group will check progress on the Live Well, Live Longer strategy action plans. It will look at what self-advocates said they wanted in the plan.

In our local area groups we voted for the self-advocate who will represent our four areas and be part of this group.

**Thank you to Sue Lear**

Until recently, Sue Lear was the Valuing People co-ordinator for the North Yorkshire Learning Disability Partnership Board.
She has now left this role to spend more time with her grandchildren. In October we had a party to celebrate all Sue has done for us.

We would like to thank her for making sure the voices of people with a learning disability are heard in North Yorkshire.

**Annual health checks**

NHS England are looking at ways of making sure annual health checks are completed. In our local health task groups we have been talking about why annual health checks are so important for people with a learning disability.

An annual health check should take about 40 minutes and everyone who is on the learning disability register should be invited by their GP for a health check every year.

We also watched a film about health checks made by a group of people with a learning disability.

You can watch this film on the internet by following this link here;
https://www.youtube.com/watch?v=p4T9QrUchTU

**York People First**

We are really pleased that York People First now come to some of our meetings. York People First are a self-advocacy group who have been meeting in York for many years.

We welcomed them to the Selby local area group and the North Yorkshire Health task group. This is because some health services and other services are for people living in York and North Yorkshire.

We look forward to working with York People First in 2018.

**Self-advocacy forum**

At our self-advocacy forum in November, Rhonda and Lisa from Selby job centre came to talk to us about benefits. We thought about who helps us look after our benefits and what we would do if we didn’t have this help.
Lynne from North Yorkshire County Council told us about the **Income maximisation team**. They are a small team who make sure you are getting all of the money that you are entitled to.

To find out more information, please follow this link on the internet; [http://www.carechoices.co.uk/short-term-assessment-reablement-team-start-north-yorkshire/](http://www.carechoices.co.uk/short-term-assessment-reablement-team-start-north-yorkshire/)

At the forum we thought about all the things we are able to get if we receive benefits. We made a long list which we will make easy to read and share with everyone early next year.

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**All about us!**

My name is Mark and I live in Scarborough. I met Amanda at the Methodist Church in Scarborough and at meetings we go to at the local Mencap centre.

We saw each other a lot and after about four years, we got engaged. Soon afterwards, we moved in to a flat together.

In August this year, we got married at the Church where we met and it was a wonderful day!
## Dates for your diary 2018

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| Hambleton and Richmondshire | **15th January** Agree together (Mencap centre)  
**25th January** Local Area Group | **19th February** Community Safety | For more dates please contact Kim Sanders |
| Craven and Harrogate | **8th January** Craven Consulting group  
**10th January** Harrogate Consulting Group  
**26th January** Local Area Group | **12th February** Harrogate Consulting Group  
**14th February** Craven Consulting group | **5th March** Craven Consulting Group  
**7th March** Harrogate Consulting Group |
| Selby and District  | **25th January** Open Arms  
**24th January** Sandpiper group | **7th February** Local Area Group  
**15th February** Open Arms  
**14th February** Sandpiper group | **22nd March** Open Arms  
**21st March** Sandpiper group |
| Scarborough, Whitby and Ryedale | **8th January** Speak up Ryedale  
**17th January** Scarborough Open Door group  
**12th January** Whitby Speak up (Dalewood) | **5th February** Speak Up Ryedale  
**9th February** Whitby Speak up (Botton village)  
**14th February** Local Area group **21st February** Scarborough Open Door group | **5th March** Speak Up Ryedale  
**21st March** Scarborough Open Door group  
**9th March** Whitby Speak up (Dalewood) |
| North Yorkshire    | **30th January** County Health Task group | | **9th March** Partnership Board |
Just for a laugh!

Who delivers presents to cats?
Santa paws!

Who is Santa’s favourite singer?
Elf- is Presley!

Where does Santa go when he is sick?
To the elf centre!

What do you call Rudolph with snow in his ears?
Anything you like because he won’t hear you!

What do snowmen eat for lunch?
Ice burgers!

How do snowmen get around?
They ride icicles!

Which athlete is warmest in winter?
A long jumper!

Have a great Christmas and we look forward to seeing you in 2018!