



Scarborough Whitby and Ryedale

February 2021

Dear friends



This is a letter from Rebecca and Jim. We are the co-chairs of the Scarborough, Whitby and Ryedale 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.



Jess 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!

Mark Hamblin, Stewart Finney and Sam Suttar have made another podcast for the North Yorkshire Learning Disability Partnership Board.



Mark, Stewart and Sam talked 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/>

Botton Village

The NHS are designing some new signs for Whitby Hospital. They want to make sure the signs are accessible.

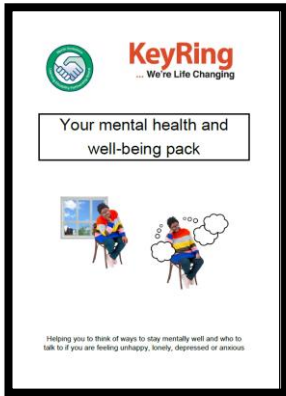


They asked us what we thought. We looked at their plans and gave our feedback.



We have also been thinking about transport within the village. We have been talking about how we can make it easier for people to be more independent.

Mental Health and Wellbeing Activity Packs



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 to all self-advocates soon so keep your eyes out!

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>

Hospital Appointments



Some self-advocates told us their hospital appointment has been cancelled.

Have you been able to have to your hospital appointment or not? How do you feel about this?

You can contact Jess if you want to talk about it.

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 make annual health checks better in our area.



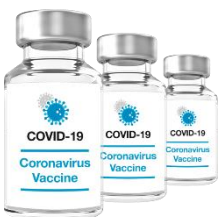
It is important to have your Annual Health Check and your flu jab. Contact your GP if you have not had yours yet.

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 Jess 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>

We are sorry we don't know when we can next meet. We are sad about this too.



If you have questions about anything in this letter you can contact Jess at KeyRing by emailing Jessica.Finch@keyring.org or call 07415259472.



You can also contact Claire at North Yorkshire County Council at claire.canavan@northyorks.gov.uk

Take care and stay safe!

Rebecca and Jim

Co-Chairs, Scarborough, Whitby and Ryedale Local Area Group

