



## Selby and district

February 2021

Dear friends



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

We hope you had a good Christmas and are feeling 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



Jodie from KeyRing has been in contact with self-advocates to make sure everyone is OK during lockdown.



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.



### **Self Advocates in lockdown**

During lock down Self Advocates in Selby have been keeping themselves busy.



Sam has written a recipe, 4 blogs and shared his tips on looking after your mental health.



Jane has been enjoying phone calls from Jodie every week and has joined in with the quizzes which keep her in touch with everyone.



Henry has been busy setting up a folder to keep all his activity sheets. He enjoys regular phone calls from Jodie.

Tony has enjoyed reading the newsletter from Keyring and has really liked the activity packs. Everyone is missing being together but trying hard to keep busy and positive.



**Mental Health and Wellbeing** contact with self-advocates to make sure everyone is OK. We know lockdown has been hard for lots of people.

We continue to enjoy our weekly online quizzes and there have been self-advocacy meetings. These are fun and 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 Jodie from KeyRing if you want to find out more about these. 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.

## Feeling Good

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



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

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

We hope it makes you feel good too.

<https://youtu.be/Kac76MlxMbg>

### Feeling Good

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

## Annual health checks



Even though it was a difficult year at times, people still did annual health checks for people with a learning disability.

We hope it makes you feel good too.

<https://youtu.be/Kac76MlxMbg>

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.

### Annual health checks

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

### Flu jabs



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

### Flu jabs

### Coronavirus Vaccine

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.



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.

### Coronavirus Vaccine

Lots of people have questions about the coronavirus vaccine.



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 Jodie for information. <https://www.keepsafe.org.uk>

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## 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 Jodie at Keyring [Jodieberley.sanders@keyring.org](mailto:Jodieberley.sanders@keyring.org)

Or Caroline Ferguson at North Yorkshire County Council [caroline.ferguson@northyorks.gov.uk](mailto:caroline.ferguson@northyorks.gov.uk)  
Jodie at Keyring [jodie.sarfraz@keyring.org](mailto:jodie.sarfraz@keyring.org)

Or

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  
Caroline Ferguson at North Yorkshire County Council [caroline.ferguson@northyorks.gov.uk](mailto:caroline.ferguson@northyorks.gov.uk)

Take care and stay safe!







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Richmondshire Local Area Group

We will listen to the Government and follow advice so that everyone can stay safe

Take care and stay safe!

**Jane and Steve**

Co-Chairs - Selby Local Area Group