Self-Advocacy News from across North Yorkshire

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 07833309693 or by email karen.murray@keyring.org
Over the last few months we have been very busy, meeting new people and travelling to different parts of North Yorkshire.

In July, the North Yorkshire Learning Disability Partnership Board met in Scarborough. It was lovely to see new people and make some great contacts. We didn’t have time to go to the beach or eat fish and chips though!

Between April and July this year we have supported over 100 people in self-advocacy groups and other meetings across North Yorkshire.

So if you enjoy reading about all the things we are doing please let us know and come and join us. Our contact details are at the bottom of each page.
News from Hambleton and Richmondshire

In Easingwold we tried to have our meeting over the internet but it didn’t quite work out! We aren’t giving up though and we will be trying again soon. Watch this space!

In Northallerton and Scorton we heard about the really bad things that happened to people in Whorlton Hall. We all thought this was very sad and made us all feel very unhappy.

So, we talked about things that made us feel happy. We listened to our favourite songs, talked about our favourite food and the things we like doing.

We wrote all of these things down and then put them in our memory jar. Next time we are feeling a bit sad, we will take out our list of things that make us feel happy and talk about them again.

At Chopsticks in Northallerton we talked about the rules we have in work and why these are important. We practiced what we would do if the fire alarm went off and why we can’t go back in to the building unless we are told it is safe to do this.

For more information about these groups please contact Kimberley.sanders@keyring.org or phone Kim on 07717894468
At our Local Area Group in Skipton we had more new people who came this time. We talked about the things we are proud of and posted our picture on Twitter and Facebook.

In the afternoon, Vicky Donnelly from Bradford NHS health trust came to our Local Area Group to deliver constipation training. We all thought this was really good information that was easy for everyone to understand.

In May, Ben Haywood-Noble came to our Harrogate group. He told us Harrogate hospital now have an assessment and support service for women with a learning disability who are pregnant. This is called a **maternity pathway** and will really help the mum to be get the support she needs.

In our Skipton group, we thought about the training that people who live in Craven would like. We thought travel training, confidence building, first aid and loving relationships would be really good. This information was shared with the Craven Community Learning Partnership Group.

For more information about these groups please contact [Karen.murray@keyring.org](mailto:Karen.murray@keyring.org) or phone Karen on 07833309693
In June we had our Local Area Group and we really enjoyed it when the local fire service came to talk to us about fire safety.

They told us what we need to do to keep safe from fire when we are at home, for example, making sure we have a smoke alarm.

The fire service let us try out their equipment and Sam sat in the fire engine! They will come back later in the year to see if we are putting all their advice in to practice.

James Grayson from Selby Learning Disability Football Club came to talk to us about all the fantastic groups he runs in and around Selby. He showed us some recent pictures of Billy who went to Geneva to play for England last month!

Members of our group knew James and have been part of the team for the last year. James will send us details of the sessions they have planned so we can spread the word. James also invited us all to an award presentation night in Selby in July!

For more information about these groups please contact jodie.sarfraz@keyring.org or phone Jodie on 07960875921
We have a new self-advocacy worker in our area and her name is Jess. Jess lives in Scarborough and works across the Scarborough, Whitby and Ryedale area.

In May our Local area group met near Malton and it was lovely to meet new people. We talked about health passports and asked people what they thought about them.

Someone told us they took their health passport when they went to a hospital outside of North Yorkshire. When the health staff saw it didn’t belong to their hospital trust they wouldn’t look at it.

If you have had a problem with health staff not looking at your health passport, please let us know.

Over the summer we have continued to work with our groups at Botton Village and Whitby. When we had our Local area group near Malton in June it was great to meet so many new people.

We visited Camphill Trust to meet with people who live there and hope to work with them more closely in the future.

For more information about these groups please contact Jessica.finch@keyring.org or phone Jess on 07415259472
And in other news....

**Travelling by train**

Celestino who is a self-advocate in Northallerton tells us about his experiences of travel; I am a representative for Inclusion North and I go to these meetings in York by train. Before the last meeting my support worker, Steve, had a phone call from the train company to say I couldn’t use the train.

This was because they needed to know how long my wheelchair is and how much it weighed. Then they told me it was not safe to go on the train. I have been on lots of trains and I was confused and angry that I couldn’t use the train. I was worried that I wouldn’t be able to go to the meeting.

I spoke to the manager at the Mencap centre after I heard this. She spoke to the train company and explained that reasonable adjustments had to be made.

It turned out there was a mix up between the people who book assisted travel and the train company. They said I should never have been told I could not use the train. They were very sorry this had happened and I felt happy this was sorted.

In May, when we tried to book the train to London for my 30th birthday we were told again that my wheelchair was too big! So, there is still some work to do but I am not giving up. It’s my right!
If you have problems with transport we would love to hear from you.

**Care Quality Commission**

In August, Caroline Bairstow came to our self-advocacy group in Harrogate. Caroline is an inspector for the Care Quality Commission.

The Care Quality Commission is often called the CQC. It is an organisation that checks to make sure that health and social care services give good care and support.

The CQC check services run by care providers, health services, local councils and voluntary organisations but they don’t inspect day services.

Caroline told us she is a specialist inspector as she has a good knowledge of working with people who have a learning disability or autism.

We had lots of questions to ask her! We wanted to know how people can contact the CQC they were worried about a service. Caroline told us that anyone can do this on the internet or by phoning them.
Sam asked what happens when someone phones the helpline and Caroline explained that the CQC have a list of questions to ask. Sam suggested that he could be a mystery caller to check how easy it is for someone with a learning disability to report a service.

Caroline thought this was a good idea and we said we could look at the website to see how easy this is to report a service. She will take all our suggestions back to the CQC.

To contact the CQC – Phone 03000 616161, or you can visit the CQC website by clicking on this link https://give-feedback-oncare.service.cqc.org.uk/

Your rights to good clear information

Christopher is a self-advocate in our Skipton group and he wrote a blog about the Accessible Information Standard. The Accessible Information Standard is a law which means people with a learning disability or autism have the right to ask for information in a way that is easy for them to understand. For example, in easy read, large print or audio.

We all have a right to ask for our information in a way we understand. Self-advocates wrote a letter to explain the importance of having information in a way that is easy to read and understand if you are someone who has a learning disability or autism.
North Yorkshire County Council then sent out over 900 of these letters to Health and Social Care providers and partners. If you don’t understand information, then GP and hospital appointments will be missed because the letters have not been read or understood.

This could be a reason people with a learning disability and autistic people die earlier than other people because information is not written in a way people can understand.

For more information about the Accessible Information Standard, visit these websites;

https://www.mencap.org.uk/advice-and-support/health/accessible-information-standard
http://www.nypartnerships.org.uk/easyread

Making good connections

Sam Suttar is the self-advocate co-chair of the North Yorkshire Learning Disability Partnership Board and he works together with Jim Martin who is the independent co-chair.

Sam told us they went to a meeting with the chairs of the Adult Safeguarding Board and Health and Well-Being board. This was a chance
for everyone to talk about the work they do and how they can work closer together.

Sue Proctor who is the chair of the Adult Safeguarding board suggested that self-advocates could represent the Partnership Board at the Safeguarding conference.

So in June, Sam and Natasha with support from Jamie and Karen had a stall at the conference Market Place to tell people about self-advocacy and the work of the Partnership Board.

Sam said it was really interesting to meet people and tell them about the good work we do.

**Good health information**

Mark is a member of our Scarborough self-advocacy group and a rep on the North Yorkshire health task group. He told us the health task group is working on ways to make sure health professionals talk to us in a way we understand.

This is part of the Live Well, Live Longer plan. He said that before we make a video or do anything else we need to check what information is already out there.
So, in our Scarborough self-advocacy group, we looked at videos about health. We found some really good videos on the NHS website with good information about health for people with a learning disability or autism.

You can find some of these videos on this website; [https://www.england.nhs.uk/learning-disabilities/about/ask-listen-do/information-for-organisations/](https://www.england.nhs.uk/learning-disabilities/about/ask-listen-do/information-for-organisations/)

**Home Alone packs**

You may remember that we launched our Home Alone packs last year. These packs give people who live alone reminders on what to do in an emergency.

Over the past year we have given out over 100 Home Alone packs to people with a learning disability or autism who live in North Yorkshire.

These packs have a large fridge magnet for important phone numbers, a Gas safety card, a message in a bottle, and a leaflet with more information.

We would like to thank Northern Gas Networks and the Lions clubs across North Yorkshire who have given us their cards and bottles for our packs.
If you have a Home Alone pack and have a story to tell us about how you have used it, we would love to hear from you. And if you would like a Home Alone pack please get in touch.

**Charity walk**

Lyndsay Buckle has done it again!! Every year Lyndsay from our Ryedale group takes part in the Crown Tavern charity walk which raises money for children’s charities in Scarborough. And every year Lyndsay raises more money than anyone else. She did it again this year when she raised £620.70, so well done Lyndsay!

**And finally..**

We have some really good news to share with you. A parent of one of our self-advocates, Natasha Nathan, recently abseiled down a build to raise money for a charity. She gave some of this money to KeyRing and we bought a PA system and microphones to use in our forums and other big meetings. We would like to say a very big thank you to Karen Burrows for donating this money as so many of you will now be able to really make sure your voice is heard!
If you have enjoyed reading this newsletter you can also follow us on Twitter and Facebook and visit our websites;

Twitter – KRSelfAdvocacy

Facebook – North Yorkshire Self Advocacy

North Yorkshire Partnership Board -
https://www.nypartnerships.org.uk/learningdisabilitypartnershipboard

KeyRing self-advocacy –
## Dates for your diary 2019

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<td><strong>Hambleton and Richmondshire</strong></td>
<td>26th September</td>
<td>For more dates please contact Kim Sanders</td>
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<td>Local area group</td>
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<td>Craven and Harrogate</td>
<td>9th September Craven self-advocacy group</td>
<td>22nd October Craven self-advocacy Group</td>
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<td>4th September Harrogate self-advocacy Group</td>
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<td>27th September Local Area Group Skipton</td>
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<td><strong>Selby and District</strong></td>
<td>11th September Sandpiper group</td>
<td>9th October Sandpiper group</td>
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<td>18th September Local area group</td>
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<td>Scarborough, Whitby and Ryedale</td>
<td>11th September Scarborough Open Door group</td>
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<td>25th September Local Area Group</td>
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<td>North Yorkshire</td>
<td>17th September Safeguarding Leaflets</td>
<td>25th October Partnership Board in Selby</td>
<td>12th November Self-advocacy forum in Harrogate 19th November North Yorkshire Health Task Group</td>
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<td>23rd September Live Well, Live Longer meeting</td>
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We work with a number of groups across North Yorkshire so not all dates of our groups are included here as often they are agreed each month.
If you would like us to arrange a group near you or would like to know more please contact Karen.murray@keyring.org

Just for a laugh!

Where do pencils go on holiday?
Pencilvania!

What should you give a sick lemon?
Lemon aid!

What’s the best way to contact a fish?
Drop them a line!

How do you make an egg giggle?
Tell it a yoke!

How do you make a fruit punch?
Give it boxing lessons!

What grade did the fish get in an exam?
It was below sea level!

How does a penguin build its house?
Igloos it together!