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
Happy New Year!

We hope you had a good time over Christmas and we look forward to meeting you again this year. This newsletter is full of news and information about the work self-advocates did in North Yorkshire did in 2019.

We have some exciting news about Christopher Porter who is a self-advocate in Skipton. He was a winner of the Dimensions Leaders List in December for all the work he does in his community and as a self-advocate. You can read more about his award later in this newsletter.

If you have a story to tell or you want to know more about our work please get in touch, we would love to hear from you. You will find our contact details in this newsletter.
We have been talking about keeping safe. In our groups we talked about what makes us feel safe and what makes us feel unsafe. We said that if don’t feel safe it is important to talk to someone we trust.

In our November meetings we talked about voting as we heard there would be a General Election. We talked about why voting was important and that our vote could make all the difference.

We talked about all the places in our community which are good places to go and we really enjoy because we are treated well and it is accessible.

If you know somewhere that you know that is accessible, friendly and a great place to visit, we would love to know. We would like to put all this information together to share with people across our community so please contact us.

The community safety group held a hate crime awareness day in Northallerton. This was to tell more people about hate crime and mate crime as lots of people still don’t know what this is and how to report it.

For more information about these groups please contact Kimberley.sanders@keyring.org or phone Kim on 07717894468
News from Harrogate and Craven

Our self-advocacy forum in Skipton was in August when Bronia from Purple Patch Arts came to help us think about ways we can express ourselves.

She had a big basket of things for us to choose from to help us tell our own stories. In groups we thought of all the different ways you can express yourself, for example, singing, dancing, painting, signing and writing.

Caroline is an inspector from the Care Quality Commission and she came to our Harrogate self-advocacy group. The Care Quality Commission checks that health and social care services give good quality care and support.

We thought it would be good to be a mystery shopper for the Care Quality Commission to see what happens when you phone them. Caroline will see if this is possible.

Ruth from Trading Standards talked to us about keeping safe on the internet and at home. She gave us good advice on ways to stay safe.

For example, don’t give anyone money if you don’t know them, always use a door chain, if you don’t know the person or you are not sure, don’t open the door.

For more information about these groups please contact Karen.murray@keyring.org or phone Karen on 07833309693
News from Selby and District

We had a visit from Karen Pearce who is the learning disability liaison nurse for York Hospital Trust. She came to tell us all about hospital passports and why they are important.

A hospital passport has lots of information about you to show to doctors and nurses when you are a patient or you have an appointment at the hospital.

As well as your medical information, there is a space for you to write down other important things here that you want them to know. For example, what you like or don’t like and anything that worries you.

In September, we had a meeting with Debbie from Trading Standards who told us about the different types of scams that can happen at home. This could be people knocking on your door, phoning, texting or sending you emails.

We watched a video on how to be a scam marshall and you can watch this by clicking on this link on your computer https://www.youtube.com/watch?v=r-DsFRKacRA

For more information about these groups please contact jodie.sarfraz@keyring.org or phone Jodie on 07960875921
In our Scarborough group we did some acting about Safe Places. In pairs, one of us pretended to be an assistant at a Safe Place venue and the other person pretended to be someone who was lost and needed help.

We thought that a good assistant was someone who listened, gave us time to speak, offered us a seat and maybe a drink, ask us for our card and offer to phone someone we know or trust.

In our Botton village group we talked about transport and asked, “have you ever gone to the train station and realised the card machine doesn’t accept cash?”

Look out for a button on the card machine which says ‘I only have cash’. A card will be printed that you can give to the ticket officer on the train. The card will let the officer know that you were not trying to get on the train for free.

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

Congratulations to Christopher Porter!!

Christopher who lives near Skipton was announced as the winner of Dimensions 2019 Learning Disability and Autism Leaders’ List for his work in his local community and as a self-advocate.

This award is the UK’s first national list which recognises people with learning disabilities and autism who are challenging stereotypes to make communities better for themselves and others.

Sarah Clarke, Campaigns Manager at Dimensions said: “We’re incredibly proud to be celebrating Christopher Porter whose work is not only challenging perceptions but also inspiring others and showing the world that everyone can make a difference.”

Here are some of Dimensions new research which shows why celebrating achievements of people with learning disabilities and autism is so important:

- 96% of people with learning disabilities and autism have felt misunderstood
- 99% think people don’t understand what people with learning disabilities and autism are capable of
- 54% think they don’t get the same opportunities as other people
Safe Places

Mark Hamblin was recently elected as the co-chair for the Learning Disability Partnership Board in North Yorkshire. He is also the Safe Places representative and he told us about the Safe Places scheme in North Yorkshire.

If you look around your town and you see the Safe Places sticker in a window it means it is part of the Safe Places scheme. The Safe Places scheme is for anyone who needs that extra support when they are out and about by themselves.

Mark said “the Safe Places scheme is important to me because being a self-advocate, I go all over the place and sometimes I go alone. I often get panic attacks and it is comforting to know that I can go into a Safe Place and staff will get in touch with someone who knows me.”

To find out more and sign up to join the North Yorkshire Safe Places scheme please click on this link on your computer

https://www.northyorks.gov.uk/safe-places
Natasha who lives in Harrogate told us about the Sunflower lanyard. This is something you or someone you are with, can wear around your neck when you are shopping to show people you may need extra support.

People who work in shops should know that when they see with the sunflower lanyard that you may need help. You can get the sunflower lanyard free from Sainsburys, Tescos or Marks and Spencers by speaking to someone on the information desk.

Natasha has been speaking to Harrogate Hospital to ask if they can introduce these lanyards for patients with a learning disability and autism. They are very interested and we hope to hear more about this later this year.

Natasha also told us about these sensory apps for your smart phone or ipad which are mostly free to download and may help people to stay calm.

Here is a link to find out more; https://www.sensoryapphouse.com/
A poem about remembrance

A self-advocate in our Malton group sent us a copy of this poem which he wrote and wanted to share with everyone;

Remember the trees
That once stood on this hill.
Remember the fields
Where the poppies stand still.
Remember the old
Whose life are now departed.
Remember the new
Whose life has just started.
Remember the stones
That covered the hill.
Remember the people
Who remind us still.
Remember the world
Where they departed.
Remember the dreams they had
That has now departed.

Why I love being a self-advocate

I am a self-advocate and I go to Sandpiper house in Selby once a month on a Wednesday morning as part of a small group run by Jodie.

I like being a self-advocate because we talk about things that worry us or what we think can be made better for people with learning disabilities or autism.
I am the rep for the North Yorkshire Live Well, Live Longer delivery group where we look at the work we need to do. We turn the actions green when they are finished.

We have done lots of work in Selby including visiting the local hospitals and doctor’s surgeries to put up posters about annual health checks and to let people know about the learning disability register.

I like meeting lots of different people and talking to them. Our group even had a visit from the fire service this year, they talked to us about fire safety in the home and brought the truck for us to look at and sit on!

I enjoy standing up and reading presentations at meetings. Everyone is great and I always get a round of applause.

**Keeping Safe from abuse**

Last year, self-advocates from across North Yorkshire worked with Inclusion North and the North Yorkshire Safeguarding Adults Board to make information about abuse, easy to read and understand.
Self-advocates started work on these books in January last year by looking at the words and pictures. They thought about what was good and what needed changing.

It has taken a long time to get this right but we are pleased to say that three keeping safe books are now finished.

The printed books should be ready by the end of January but you can download them here by clicking on these links;


Thank you to the North Yorkshire Adults Safeguarding Board for giving us the opportunity to work with you to make this important information easy to read and understand.
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

## Dates for your diary 2020

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<td>Hambleton and Richmondshire</td>
<td><strong>13th January</strong> Community Safety</td>
<td><strong>10th February</strong> Community safety</td>
<td>March</td>
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<td><strong>13th February</strong> Local Area Group</td>
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<td>Please contact Kim Sanders for more dates</td>
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<td>Craven and Harrogate</td>
<td><strong>14th January</strong> Craven self-advocacy group</td>
<td><strong>22nd February</strong> Craven self-advocacy Group</td>
<td><strong>18th March</strong> Craven self-advocacy Group</td>
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<td><strong>22nd January</strong> Harrogate self-advocacy Group</td>
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<td><strong>20th March</strong> Harrogate self-advocacy Group</td>
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<td>Selby and District</td>
<td><strong>11th September</strong> Sandpiper group</td>
<td><strong>9th October</strong> Sandpiper group</td>
<td><strong>13th November</strong> Sandpiper group</td>
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<td><strong>18th September</strong> Local area group</td>
<td><strong>12th February</strong> Local Area Group</td>
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<td>Scarborough, Whitby and Ryedale</td>
<td><strong>29th January</strong> Scarborough Open Door group</td>
<td><strong>12th February</strong> Scarborough Open Door group</td>
<td><strong>18th March</strong> Scarborough Open Door group</td>
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<td><strong>19th February</strong> Local Area Group</td>
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<td>North Yorkshire</td>
<td><strong>30th January</strong> Live Well, Live Longer meeting</td>
<td><strong>27th February</strong> NYLD Partnership Board in Skipton</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](mailto:Karen.murray@keyring.org)
Just for a laugh!

**Why do dragons fight during the day?**
So they can fight knights!

**What’s a foot long and slippery?**
A slipper!

**Why did the chef go to prison?**
Because he beat the eggs and whipped the cream!

**How do you organise a space party?**
Planet early!

**Why did the burglar take a shower?**
To make a clean getaway!

**Where did Tarzan buy his clothes?**
At a jungle sale!

**Who is the lady who burns bills?**
Burn a debt!