

## 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](mailto:karen.murray@keyring.org)

## News from KeyRing self-advocacy service



We hope you have all had a great summer and enjoyed the lovely weather. Over the last few months, self-advocates we support across North Yorkshire have been very busy.



A number of self-advocates we support are members of the North Yorkshire Learning Disability Partnership Board. Please visit the website to find out more;

<http://www.nypartnerships.org.uk/learningdisabilitypartnershipboard>



This newsletter is packed with news from our self-advocacy groups and stories from self-advocates themselves. If you want to find out more, please contact us.

We want to thank everyone for your support and hope you enjoy reading our news!

# News from Hambleton and Richmondshire



At Easiworks in Easingwold we have been talking about our rights and what we need to do if we need support for something.



In this group we also talked about internet safety. Our group thought this was very important and have decided to make our top tips on ways to keep safe when we use the internet.



In Northallerton we talked about how we can encourage more self-advocates to join our group. We all agreed to give the self-advocacy leaflets out to people we know.



At Chopsticks we completed a survey about things we liked and things we would like to change at Chopsticks.



On the 17th October there will be a hate crime event at Northallerton town hall. A hate crime is when someone harms a person because of their disability, race, sexuality or age.

**For more information about these groups please contact [Kimberley.sanders@keyring.org](mailto:Kimberley.sanders@keyring.org) or phone Kim on 07717894468**

## News from Harrogate and Craven



At our meeting in Skipton in July, Anne Cooke from the Alzheimers society visited our group. She gave a talk about dementia and we learnt more how we can help people affected by dementia.



We were really pleased to host the self-advocacy forum at the Herriots Hotel in Skipton in April. This was the first time the forum took place here and it was good to see so many new faces.



In July, our Harrogate group had a visit from Danielle Mulholland who told us more about accessible leisure activities across the Harrogate district.



We had a visit in June from Diane Bland at National Energy Action. Her job is to help people to reduce their energy bills. If anyone is on a low income they can apply to be on the warm home discount scheme.



Every big energy company can help customers who are on a low income. Speak to your energy company to find out if you can apply for this money which is usually about £140 off your bill.

**For more information about these groups please contact [Karen.murray@keyring.org](mailto:Karen.murray@keyring.org) or phone Karen on 07833309693**

## News from Selby and District



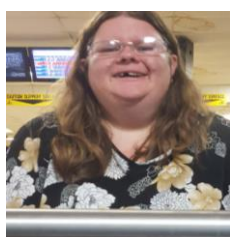
At our local area group in June we had a visit from Phil and Joanne from the Selby District Disability forum. They told us about a mystery shopper survey they did recently to find out which shops were best for people with a disability.



This is because a lot of shops are not accessible for a lot of people and sometimes staff are not very helpful. Phil told us they gave a special award sticker to shops which were accessible.



Our group is still making plans to visit the job centre. We want to do this to find out how easy it is to apply for jobs and what help there is to do this.



Jane told us that she went to a meeting in York. She went on the train to York by herself for the very first time. There was someone to support her to get on and off the trains in York and Selby.



Jane said she really enjoyed her first train journey on her own and can't wait to do this again. She said she felt confident once she knew she was on the right train.

For more information about these groups please contact [Catherine.tymon@keyring.org](mailto:Catherine.tymon@keyring.org) or phone Catherine on 07717894473

## News from Scarborough/Whitby/Ryedale



Jo Blades is a learning disability liaison nurse at York Hospital. Mark went with Richard to an accident and emergency workshop she ran in August.



Staff from Scarborough A and E (accident and emergency) department explained how the system works when someone arrives for treatment.



There was a lot of time for questions and they really wanted to hear personal experiences so they can try to make things better in the future.



In our Scarborough group we talked about the importance of having a healthy diet and the let's talk about "poo" campaign.



In our Whitby group we talked about relationships and annual health checks.



In our Ryedale group we talked about how we can improve our footpaths and what we like about where we live.

For more information about these groups please contact [Richard.Hicklin@keyring.org](mailto:Richard.Hicklin@keyring.org) or phone Richard on 07908730712



## And in other news....

### Home Alone packs



Sam Suttar told us about the launch of the Home Alone packs. In June we launched the Home Alone packs at our self-advocacy forum.



These packs are for anyone who has a learning disability or autism and lives alone. Inside the pack there is a fridge magnet to write down the phone numbers of people who can help you in an emergency.



The Home Alone packs also have information about what to do in an emergency and a gas safety card as well as other useful information.

If you know anyone who would benefit from having a Home Alone pack please contact [Karen.murray@keyring.org](mailto:Karen.murray@keyring.org) or phone 07833309693.

### Congratulations to Lyndsay!



For the second year running Lyndsay won the cup for raising the most sponsorship money for local charities in the annual Scarborough Lions Charity Walk.



Lyndsay was also presented with a special award for extra effort in her personal achievement. This was because she completed the walk on the day despite feeling very unwell and being in a lot of pain.

### **Learning Disability World Congress**



I would like to share my experiences about the learning disability congress in Birmingham. This was held at the International Convention Centre over three days. There were one thousand people here from around the world.



We went to a workshop called Experience in Building Self Advocacy and people from around the world talked about how they had to fight to get their voices heard.



We went to a workshop about failures in the justice system. Darron talked about being arrested. When he went to court he did not understand what was going on. Later, he got the information in accessible format and he was allowed regular breaks during his court case.



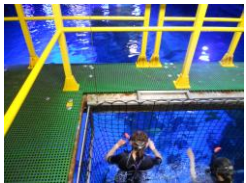
We also heard that NHS England are looking at how self-advocacy groups can get involved in quality checking and how this can be a way of funding groups. I had an exciting three days but was very tired!"



## **Pauline's shark tale**



It was my 50<sup>th</sup> birthday and I wanted to do something special. I decided I wanted to go swimming with sharks and Kim helped me to plan this adventure.



It took us 3 hours to get to the sealife centre in London and I couldn't wait to swim with sharks. I had to use ladders to get in to the cage and the water was absolutely freezing!



When I turned round, there were 2 big boy sharks and 2 little sharks. They swam around us and I got to watch. We weren't allowed to put our hands out of the cage.

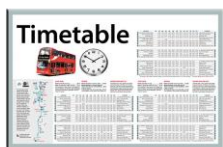


I was in the cage for half an hour but I wanted to stay longer. If you have a dream, do it! You can't take your money with you. Next time, I would like to go swimming with sharks abroad.

## **Talking Travel journey makers workshop**



My name is Mark Hamblin and I am one of the North Yorkshire reps for the Yorkshire and Humber talking travel group. In July I went to the journey makers workshop in Leeds.



This workshop was about helping people to plan their travel. There were presentations and a video and I learned how to set up a twitter account.



I had a really great day helping people and I really want to be a travel buddy so that I can help more people to travel on buses and trains.

## **Being a self-advocate**



Hi my name, is Natasha and I have hidden disabilities and also a form of dyslexia. I have always felt like I don't fit in but then I found that all my dreams have come true when I joined Harrogate self-advocacy group.



Suddenly I felt a part of something amazing! It taught me that you don't have to be ashamed to be like me because everybody works together to merge the world and make it more accessible through all the stunning work they have done.



I was lucky to be part of an interview panel at North Yorkshire County Council. Self-advocates interviewed each candidate first before they went for the next part of the interview.

I had a mixture of it being exciting and scary as I had never done anything like this before.



We were all on equal grounds as we had never met the people we were interviewing and they had never met us. It was all done, in a friendly manner with enough time to have a chat and find out what each candidate was like.



It was amazing to be a part of this and the overall experience is that it made me feel very important.

## **Mobile Changing Places toilet**



Good news!! We have heard that Special Olympics North Yorkshire have a mobile Changing Places facility that can be hired out for events. Please tell everyone!



The organisation says that so far they have had over 100 people using this. It has been out for over 2 weeks in the last 3 months, which is brilliant. They take bookings by e-mail: [info@so-ny.org.uk](mailto:info@so-ny.org.uk)



The costs are £75 for the first and last day, and £50 per day for the days in between. The extra £25 is to cover the vehicle and person costs to set up and clear down.

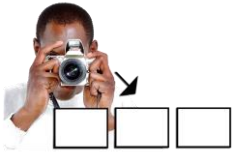


If there is an organisation or group that has a regular need for the mobile changing places toilet then they may be able to reduce the cost.

## **Em People**



Sam Sellers told us about Em People which is a charity shop and art studio for young adults with learning difficulties and autism in Selby.



He told us that he goes there on a Monday to do make artwork and furniture. Staff take photos of things we've made to put on Facebook.

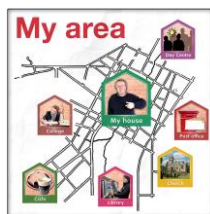


When customers come in Sam tells them how much things cost and the sale is put in the book with the right code. Sam said he also puts T-shirts and other clothes on hangers for children and adults to buy.

## **Town Planning**



Tony and Sam told us they really enjoyed the self-advocacy forum in Scarborough when everyone planned their ideal town. It was great fun to build a high street and put things where we thought they should be.



In groups we thought about where houses, shops, leisure centres and bus stops should go to make it easier for everyone who lives there!



We thought about having Changing Places toilets and safe places as most towns don't have these. In our group we really liked adding petrol stations as no one else had thought of this and cars need petrol!



We had lots of fun designing our towns. We hope that town planners realise they need to work with people with a learning disability and or autism when they consult with people on their town plans.

## Dates for your diary 2018

	<b>October</b>	<b>November</b>	<b>December</b>
<b>Hambleton and Richmondshire</b>	For more dates please contact Kim on 07717894468	For more dates please contact Kim on 07717894468	For more dates please contact Kim on 07717894468
<b>Craven and Harrogate</b>	<b>1<sup>st</sup> October</b> Craven Consulting group <b>10<sup>th</sup> October</b> Harrogate Consulting Group <b>5<sup>th</sup> October</b> Local Area Group Knaresborough	<b>5<sup>th</sup> November</b> Craven Consulting Group <b>7<sup>th</sup> June</b> Harrogate Consulting Group	<b>3<sup>rd</sup> December</b> Craven Consulting Group <b>5<sup>th</sup> December</b> Harrogate Consulting Group
<b>Selby and District</b>	<b>17<sup>th</sup> October</b> Sandpiper group  <b>10<sup>th</sup> October</b> Local area group	For more information contact Catheryne on 07717894473	For more information contact Catheryne on 07717894473
<b>Scarborough, Whitby and Ryedale</b>	<b>15<sup>th</sup> October</b> Speak up Ryedale <b>17<sup>th</sup> October</b> Scarborough Open Door group <b>12<sup>th</sup> October</b> Whitby Speak up (Dalewood) <b>24<sup>th</sup> October</b> Local Area Group	<b>26<sup>th</sup> November</b> Speak Up Ryedale <b>26<sup>th</sup> November</b> Scarborough Open Door group <b>23<sup>rd</sup> November</b> Whitby Speak up (Botton village)	<b>December</b> Speak Up Ryedale <b>December</b> Scarborough Open Door group <b>December</b> Whitby Speak up (Dalewood)
<b>North Yorkshire</b>		<b>6<sup>th</sup> November</b> Self-advocacy forum in Selby <b>13<sup>th</sup> November</b> Health Task group	





## Just for a laugh!

**What's the difference between a guitar and a fish?**

You can't tuna fish!

**What do you call a fake noodle?**

An impasta!

**What do you call an alligator in a vest?**

An investigator!

**Why did the picture go to jail?**

Because it was framed!

**What did the blanket say to the bed?**

Don't worry, I've got you covered!

**What did one elevator say to the other elevator?**

I think I'm coming down with something!

**What did the alien say to the garden?**

Take me to your weeder!