

## 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 **07988009774** or by email [karen.murray@keyring.org](mailto:karen.murray@keyring.org)

# News from KeyRing self-advocacy service

## Learning Disability Week



Learning Disability week this year begins on the 19<sup>th</sup> June. This will be all about celebrating the friends and relationships of people with a learning disability.

Look out for things that are happening to celebrate learning disability week in your area.

## Personalised Learning Hubs



**KeyRing** have been working with the **Personalised Learning Hubs** across North Yorkshire. These hubs were set up to support people who need extra support to learn, after they leave school or college.



**KeyRing** are working with the students who attend the hub to help them learn the skills of self-advocacy. For example, speaking up, making choices, listening and being confident.

Belinda and Karen have been invited to attend their celebration day in June to deliver a workshop on self-advocacy and the importance of speaking up.

## Peer support groups



In Whitby and Harrogate KeyRing offer support to self-advocates to lead self-advocacy groups which we call **Peer Support Groups**. These groups give people the opportunity to learn the skills of leading a group and the confidence to do this.

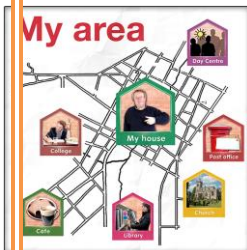
# News from Hambleton and Richmondshire



In April we talked about the vote for the new police and crime commissioner. Four people from York and North Yorkshire put their names forward to do this job.



Before the vote, we talked about who we thought would make a good police and crime commissioner and what things we want to happen to make our communities safer. We also talked about this at our self advocacy forum in Knaresborough.



We have been talking in our groups about what things we can do in our local area. We said it is good to share information and tell each other if we find a group or a friendly and cheap place to go so more people know what is happening in their area.



Recently, we took part in the questionnaire about whether our Doctors surgery should be open every day. At the moment most of them are only open Monday to Friday but some are also open on a Saturday morning.



Some members of our groups have been looking at the housing booklet, to help people if they want to move into a house or a flat. We first looked at this booklet at a self advocacy forum when people gave their top tips. This booklet will be tested out in the summer and it will be shown to the Learning Disability Partnership Board in September.

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

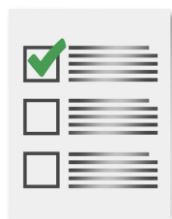
## News from Harrogate and Craven



In April, a group of self advocates from the Harrogate consulting group visited the dental clinic at Kingswood Surgery in Harrogate.



This is a specialist dental clinic for people who can't use a normal dentist, either because they have extra health care needs or they use a wheelchair and can't use a normal dentist's chair.



The group visited the dental clinic to check how accessible it is. There are **14** specialist clinics across North Yorkshire. In Settle, our consulting group had a visit from a dental nurse who works at the Settle specialist dental clinic. They plan to visit the dental clinic in Settle soon.



In June, the fire safety officer came to visit our group in Settle. Jeff Richardson from Skipton Fire Station talked to us about fire safety and how important it is to check our smoke alarms.



Last month Sam Suttar attended two days of media training in Leeds. This helped him to learn how to give talks about self-advocacy on the radio or T.V. Sam is a natural when it comes to talking to people and he really enjoyed this training.

**For more information about these groups please contact [Karen.murray@keyring.org](mailto:Karen.murray@keyring.org) or phone Karen on 07988009774**

## News from Selby and District



Jane Miles recently went to the Safer Selby meeting. The local delivery team meets separately and is now called the **HUB**. This is made up of people who can make decisions and have budgets to spend.



The Safer Selby meeting was formed so that other people who are involved in the community can give their opinions about making Selby safe. These meetings will take place every 6 months and will also be the chance to find out what is happening to keep people safe in Selby.



In May there was a meeting to ask people in the Selby area for their ideas and thoughts so they could write a plan about how to involve more people in the community. This is called a draft community engagement strategy for Selby District Council.



This draft community engagement strategy will be sent out to people in the Selby area in the summer so they can think about what is good about the plan and what else is needed.



Tony and Jane went to the Safe Places launch and have been testing out the Safe Places in Selby to make sure staff are well trained and stickers are on the windows of businesses that are taking part.

For more information about these groups please contact [Belinda.croce@keyring.org](mailto:Belinda.croce@keyring.org) or phone Belinda on 07824327149

# News from Scarborough/Whitby/Ryedale



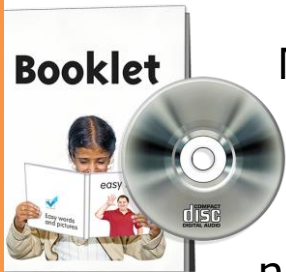
Our groups have been talking about friends and relationships as learning disability week this year will be about encouraging people to make new friends.



Good friends are so important because they make us feel happy, they listen and they care. If you have a good friend, make sure you tell them how it makes you feel to have them as a friend.



We have been talking about the NHS 111 number to find out if people know what this service does. NHS England are looking at how they can make this service more accessible to people with a learning disability. They wanted to know if anyone had used this service and if they had a good or bad experience.



NHS England will soon be sending out some easy to read information and a DVD. We hope this will make it clear why we should ring the NHS 111 number and what happens when we ring this number.



People from our group have also been involved in checking Safe Places and we are all really excited about being part of this. There are lots of Safe Places in Scarborough, Whitby and the Ryedale area. Have a look to see how many Safe Places stickers you can see.

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

## Other News

### Safe Places launch



Self-advocates went to the **Safe Places** launch which took place on the 5<sup>th</sup> May at Allerton Court Hotel in Northallerton. Joss Harbron welcomed everyone and Inspector Nick Hunter talked about how important the Safe Places scheme is.



Some people talked about their experiences of **Safe Places** before watching the Safe Places film made by North Yorkshire County Council and which stars self-advocates we support.



Any building which has agreed to be part of the Safe Places scheme will show this sticker on their window. It is a place of safety for anyone who needs a little bit more support or help when they are out and about. If you would like more information, you can phone **03307 2602609** or visit this website; [www.northyorks.gov/safeplaces](http://www.northyorks.gov/safeplaces)

### Volunteers needed!

We are always looking for volunteers to give extra support to our self-advocacy groups. If you live in Settle, Harrogate, Selby, Northallerton, Scarborough or Whitby and would like to know more, please contact Belinda Croce on **07824327149** or email



[Belinda.croce@keyring.org](mailto:Belinda.croce@keyring.org)

## Local Area Groups



The Craven and Harrogate Local Area group and the Selby and District Local Area Group are looking for an Independent co-chair. If you know someone who is interested, or want more information, please contact **Sue Lear** on **01609 533307** or [sue.lear@northyorks.gov.uk](mailto:sue.lear@northyorks.gov.uk)

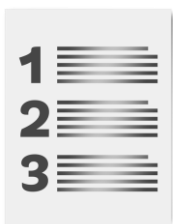
## KeyRing Peer Review training



My name is Christopher Porter and I recently attended training to become a KeyRing **Peer Reviewer**. A KeyRing Peer Reviewer is someone who is supported by KeyRing and checks how happy other people are with the support they get from KeyRing.



There were 2 training days. We played games to get us all thinking and talking about what good support looks like. We learnt what Peer Reviewing is, how it works and watched some role play about a Peer Review. This helped us to think about what was good about the peer review and what things needed to change.




I made a list of points to remind me what to do and then we had a practice of doing a review. We asked each other questions to check what we would ask a KeyRing member if we were doing a peer review.



## **Learning Disability England**



**Learning Disability England** is a membership organisation for people with learning disabilities, families, friends, providers, commissioners, academics, lawyers, professionals, national and regional learning disability organisations, self-advocates, carers, development and training organisations. **Learning Disability England** is like a megaphone – we take people’s voices and make them louder.



**KeyRing** and **Advance** have been founder members of Housing and Support Alliance which has now become **Learning Disability England**. Everyone can sign up to be a member of Learning Disability England and every voice matters. The launch of Learning Disability England took place at the House of Lords last week.

**Learning Disability England** will;

- Bring together the power of people with a learning disability, their families and organisations that support people with a learning disability
  - Campaign on the things that are important to people and make changes happen
  - Make sure that the voices of people with learning disabilities and their families are heard in the media, in politics and in our communities
  - Be led by people with learning disabilities in partnership with families, supporters and allies
- Give advice and support to people with learning disabilities and their families



For more information visit the website;  
[www.learningdisabilityengland.org.uk](http://www.learningdisabilityengland.org.uk)

## Dates for your diary 2016

	<b>July</b>	<b>August</b>	<b>September</b>
<b>Hambleton and Richmondshire</b>	For more information please contact Kim Sanders	For more information please contact Kim Sander	For more information please contact Kim Sanders
<b>Craven and Harrogate</b>	<b>18<sup>th</sup> July</b> Craven Consulting group <b>20<sup>th</sup> July</b> Harrogate Consulting Group	<b>17<sup>th</sup> August</b> Harrogate Consulting Group <b>15<sup>th</sup> August</b> Craven Consulting Group	<b>12<sup>th</sup> September</b> Craven Consulting Group <b>14<sup>th</sup> September</b> Harrogate Consulting Group
<b>Selby and District</b>	<b>12<sup>th</sup> July</b> Open Arms <b>13<sup>th</sup> July</b> Selby Speak Up Group Sandpiper House	<b>16<sup>th</sup> August</b> Open Arms <b>17<sup>th</sup> August</b> Selby Speak Up Group, Sandpiper House	<b>20<sup>th</sup> September</b> Open Arms <b>21<sup>st</sup> September</b> Selby Speak Up Group,
<b>Scarborough, Whitby and Ryedale</b>	<b>8<sup>th</sup> July</b> Whitby Speak Up group <b>11<sup>th</sup> July</b> Speak Up Ryedale Group <b>20<sup>th</sup> July</b> Scarborough Open Door Group	For more information please contact Richard Hicklin	For more information please contact Richard Hicklin
<b>North Yorkshire</b>	<b>26<sup>th</sup> July</b> North Yorkshire Health Task Group		<b>16<sup>th</sup> September</b> Partnership Board



If you have a Twitter account, you can now follow KeyRing self advocacy on **@KRSelfAdvocacy**

## Here are some things people have said about our self-advocacy groups;



- Self Advocacy gives you wings and with KeyRing staff support you can fly
- Since KeyRing have worked with me they have helped me talk in front of big groups.
- I am not afraid anymore. I have done a church reading
- Its given me a voice, I had one before but it was the wrong one
- The best gift KeyRing has given me is they believed in me and they believe in you too
- I didn't like speaking up before but now I really enjoy it



## Just for a laugh!

- **How do you play draughts?**

Leave the windows open!

- **What do you call a pig who does karate?**

A pork chop!

- **What is green and wobbly?**

The Trifle Tower!

- **How did the farmer mend his jeans?**

With a cabbage patch!

- **What is a frogs favourite game in winter?**

Ice hoppy!