



Scarborough Whitby and Ryedale

October 2020

Dear friends



This is a letter from Rebecca and Jim. We are the co-chairs of the Scarborough, Whitby and Ryedale Local Area Group.

We hope you are all OK right now. It is a very strange time for everyone.



Even though we have had no meetings, we have all been very busy!

This letter has news about the Scarborough, Whitby and Ryedale Local Area Group, and what we have been doing since our last letter.



We have been trying to stay in touch in different ways. This includes phone calls, emails and sending letters in the post.

We have also learned how to Zoom. There have been self-advocacy meetings, a weekly KeyRing trivia party and even Zoom discos for dancing at home. It all keeps us smiling and connected!



We hope that everyone who has joined our quiz over the last few months will come and join our Self-Advocacy and Local Area Groups when we can meet again in person.



Local Area Group co-chair elections

We have decided not to have the election for the new co-chairs this year. This is because we want everybody to be able to have a say and vote. We hope we can do this in 2021.



In October, we have been very busy for Hate Crime Awareness week. Mark Hamblin wrote a blog, a letter to businesses and some Top Tips about why Safe Places are important.

Jess and Jamie also recorded a podcast about Hate Crime with Sam Suttar, who is the new Learning Disability Partnership Board 'Keeping Safe Champion'.

To read Mark's blog and listen to Sam's podcast click here www.nypartnerships.org.uk/keepingsafe



In Botton Village we have been thinking about ways to keep active. Some Botton members have been creating their own keep fit classes and inviting people to join them! Exercise can help if you are in a bad mood.

Online Relationships

The lockdown has meant some of us are using internet for the first time. This includes using Facebook.



It is important to be careful and safe online. Sometimes people use Facebook to scam you.

Jess has made a set of cards that help you think about keeping safe when using Facebook and having online friendships and relationships.

You can find more information by clicking on this link: www.keyring.org/news/internet-safety-resources.aspx

Annual health checks and flu jab reminder



As we get closer to winter, it is important to remember to get your flu jab and to have your annual health check. People with learning difficulties can get a free annual health check once a year and they can have a free flu jab.



Doctors are very busy at the moment so you might not have had a reminder for these like normal.

Some people in our area have said they have only been given a paper form to fill in rather than having a proper appointment.



If you have not had your flu jab yet or you need to arrange your annual health check, it's a good idea to ring your Doctors surgery and ask for an appointment.



There have been no Partnership Board meetings in 2020 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>



Goodbye Jamie, hello Claire

Jamie Bannister is going back to Australia after two years working with us. We want to thank Jamie for all his work and we hope he can help connect us with self-advocates in Australia!



Self-advocates from the Partnership Board have been helping North Yorkshire County Council to find Jamie's replacement.



The good news is that Claire Canavan joined us in October. Some people may know Claire from HealthWatch North Yorkshire.

We look forward to working with Claire who will support the Scarborough, Whitby and Ryedale Local Area Group as part of her new job.



We are sorry that there have been so many changes to our plans this year. We are sad about this too. We still do not know when we will be able to meet again in person. We will listen to the Government and follow their advice so that everyone can stay safe.



If you have any questions please contact Jess at KeyRing at Jessica.Finch@keyring.org

You can also contact Claire Canavan on claire.canavan@northyorks.gov.uk

Take care and stay safe!

Rebecca and Jim

Co-Chairs, Scarborough, Whitby and Ryedale Local Area Group