

October 2020

KeyRing
... We're Life Changing

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;

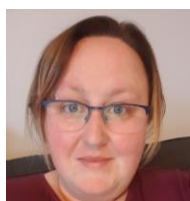
- **Hambleton and Richmondshire**
- **Harrogate and Craven**
- **Selby and District**
- **Scarborough, Whitby and Ryedale**

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**

News from KeyRing self-advocacy service



Karen



Kim



Jodie



Jess

Hello everyone, how are you?



It has been three months since our last newsletter and we still haven't been able to meet up in groups yet.



There are lots of things we have been doing to keep you all busy and up to date with the work self-advocates are involved in. This newsletter will tell you what has been happening and ways you can get involved in our work.



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.

News from around North Yorkshire

Congratulations to Natasha!



Natasha is a self-advocate who lives in Harrogate and is a health rep. KeyRing and Opening Minds nominated her for the Dimensions COVID Learning Disability and Autism Leaders List 2020.



She is now a finalist in these awards for the work she does to share information and advice to help people stay safe during COVID. Good luck Natasha!

Keeping Safe Champion



Sam Suttar, was invited to be the Learning Disability Partnership Board keeping safe champion. The co-chairs, Katie Peacock and Mark Hamblin, nominated Sam for this role and Sam has accepted.



This means he will be a spokesperson about safeguarding for the Partnership Board and helping with all the Keeping Safe projects in our work plan.

Sam told us:



This is a good opportunity for me to work together with the safeguarding team and other professionals to help people with a learning disability understand the issues around safeguarding.



I am pleased to be invited to do this job. I'm looking forward to the challenges, and I will work hard to get safeguarding right for everyone!

Hate crime awareness week

10th to 17th October is Hate Crime awareness week and Safe Places day is on the 15th October.



Sam Suttar suggested a podcast would be a great way to tell more people about hate crime and what they should do if they are a victim of hate crime.



Jessica Finch who is a KeyRing support worker in Scarborough has been working with Sam to make this podcast and you can listen to it here:

<https://anchor.fm/keepingsafe/episodes/Hate-Crime-Awareness-Week-eknpe7>



You can click on this link to read the North Yorkshire Police easy read information book on Hate Crime:

<https://ac299a4b87076a66ac1c-ba8981882613ab522a836b37c94562dc.ssl.cf3.rackcdn.com/content/uploads/2020/01/Easy-read-hate-crime-document-150120-1.pdf>

Safe Places



Mark Hamblin is the Safe Places champion and co-chair of the Learning Disability Partnership Board.



A 'safe place' is where anyone who might need a little bit more help and support when they are out and about in the community can call in to get assistance.



Mark has written a blog about why he thinks Safe Places are important and you can read more if you follow this link on your computer:

<https://www.nypartnerships.org.uk/safeplaces>

Stories from across North Yorkshire



We think this newsletter is a great way to share all the good work that is happening across North Yorkshire by all the fabulous organisations we connect with.

If you would like to get involved, please let us know, we love to hear what you have been doing!

Jennyruth workshops

Alexandra tells us her story:



I came home to Bruniquel in France on Friday 13 March 2020. This was in the early stage of the Corona Virus in France. I was a bit confused at first as wearing masks and keeping away from people was not what I was used to.



Within a few days of me arriving, we were told by the French Government to stay in our house and only go out for one hour of exercise a day in our village.



I miss being away from all my co-workers, staff and volunteers at Jennyruth Workshops. I miss everyone so much and just want us all to be back together.



I really, really like all the activities and Zoom meetings the staff and volunteers at Jennyruth have done for us all during the Corona Virus lockdown. It has helped me to see and talk to all my friends and take part in workshops and socialise every day!

It was a bit tricky getting used to the times at first because in France the time is one hour ahead of you all in the UK.



I absolutely love the Jennyruth Workshops Facebook Page and the Weekly Bulletin! I have kept a file for all the worksheets and bulletins since they started and I often sit and look through them.



I am very lucky to be at home with my family here in France and to be able to get out and about perhaps a bit more than everyone in the UK, but the thing I want most of all is to be back at Jennyruth Workshops in my normal routine.



It is very frustrating when life is disrupted and it is very puzzling and difficult not knowing when life will be back to normal.



My family is very important to me, and Jennyruth Workshops and all the people there are what makes my life wonderful.



Thank you to everyone at Jennyruth for being so supportive to me during the Corona Virus, and for giving me lots of work and social activities to be involved with each day.

Victoria's story



I hate being under lockdown. I feel like I am a prisoner and can't please myself what I want to do. I would give anything to go back to Jennyruth because I miss everybody; I miss the morning meetings and doing brush duty on Thursdays.



Life at home can get boring. I walk my dogs everyday but because we have been locked up so long we are doing the same walks over and over again.



I miss opening my sandwich box and seeing what is inside. I miss talking to Grace about our favourite cakes and different tearooms we have tried.



I really, really miss working at Jennyruth workshops. It is my favourite place to go and it makes me sad that I can't go.



At least we have the zoom meetings but they are noisy I don't enjoy them all that much. I am good at colouring but not brilliant at painting which the workshop sends me.

I want life to go back to normal!

Emma and her support worker wrote this short article:



The Rainbow Miles have inspired Emma's new love of walking and exploring the outdoors.



Emma remembers when Jennyruth first opened when she was 23. Sophie of Wessex came to officially open the workshops in Ripon, she remembers this well. Jennyruth workshops has been very special for lots of people since then.



Emma has really enjoyed doing her rainbow miles to raise money for Jennyruth Workshops. She has walked 35 miles in total so far and she hopes to get to 50 miles! While on her rainbow walks, she loves to hear birds singing and takes pictures of nature.



She says, "I am doing the rainbow walk, and am thinking of Barrie and Jonathan Evason, Barrie was really special to me, and everyone at Jennyruth Workshops!"



During lockdown as well as all the rainbow miles, Emma says, "I have kept happy and busy by working on my sisters farm, and doing a lot of baking".



To find out more about Jennyruth workshops, here is the link to their website:

www.jennyruth.co.uk

Here is the link to their fundraiser:

<https://www.jennyruth.co.uk/jennyruth-responds-to-covid-19>

Creative Day Care



The past 6 months have been very challenging for us all, and we had to think fast of a way to keep our members interested and with a routine.



We decided to deliver an online programme through social media – 2 videos per day, Monday through to Friday.



These videos included tutorials, music, signing, drama, quizzes, challenges, catch-ups and something to make people laugh.

Staff from our Hull and Scarborough branches did these videos from their own home and from the centres when they could.



They encouraged members to join in by sending us their comments, photos and videos. This proved to be very successful and a great way to keep everyone connected.



On weekends, we opened up our video slots to our members of Creative Day Care. This was their time to show us something they have filmed or a photograph of their artwork.



We aim to continue our service with a reduced number of videos when we open up again. Watch this space for a lot more from Creative Day Care.

To find out more about Creative Day Care, please follow this link: <https://creativedaycare.co.uk>

Harrogate Skills 4 Living Centre (HS4LC)



KeyRing have been having regular self-advocacy video chats with HS4LC and they told us about the work they are doing. Laura, William and Frances have written about their work here:

Laura



We started doing the craft tree because some of us can't go on work placements due to the current COVID-19 restrictions. So, we decided to come up with the Craft Tree enterprise to gain real life experience.



We have been making Christmas hampers, decorations and gifts. It is getting hectic because we have got a lot of orders for the luxury hampers. We are also setting up an Etsy shop.

We will now be very busy from now until Christmas.

William



As the COVID-9 restrictions mean we can't go out to our work placements we have set up the craft tree enterprise. This is so we can gain work experience by making and selling Christmas decorations, hampers and gifts.



The Christmas gifts we are selling include recipe kits, hot chocolate mug sets and an advent calendar. We want lots of orders and we already have lots.

Frances



When we came back to HS4LC, after lockdown, we couldn't go back to our work placements. We decided to start making Christmas crafts to sell, so we can get some work experience.



We are making Christmas hampers with non-alcoholic bucks fizz, popcorn, biscuits, cake, chutney, crackers, crisps, shortbread and Harrogate Chocolate Factory chocolate.



To find out more about HS4LC, please follow this link:

<https://www.hs4lc.org.uk/our-centre>

Staying at home by Stewart Finney



I started lockdown by staying in my house for 3 Months. I was bored with no day services, bowling, swimming, boccia, social clubs, bingo, theatre, cinema days out and holidays.



It has been hard not seeing my friends or going to meetings and not seeing my girlfriend. Time has been spent doing spring-cleaning and helping my mum. I now talk to my girlfriend on WhatsApp.



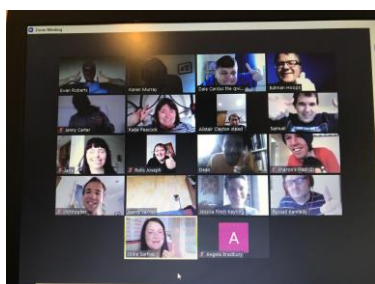
We are having our first distance meeting on Thursday and I hope it goes well as I have not seen other friends or family outside of my home since March.



Recently I have been to bingo again social distancing but it is difficult not seeing my friends and not being able to talk to them on the street.



Bowling is starting again but it is very different as only 2 of us can play together at one time and everything has to be sterilised. We can't use the cafe and there are no spectators as there are no tables to sit at.



I started back at Happy Futures but we are only allowed outside with support and I miss seeing everyone there. On Tuesdays, I have been doing things with KeyRing on zoom when we do quizzes and I have enjoyed it.



Mum and I go for shopping and on walks mainly to Peasholm park in Scarborough and we go along the sea front. I walk which keeps me fit and mum is on her mobility scooter.



I have also missed the gym, which I hope I will return to next year. It is funny wearing face-masks and I am getting used to it now but hope things will be able to get back to normal by next year.

Learning Disability England



Dean, Samuel and Christopher were chosen to quality check the Learning Disability England website. This is to make sure the website is easy to read and understand for everyone.

This is what they told us:



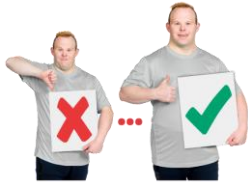
Dean said,: It has been a great a great honour for me to be one of 5 people to be chosen by LDE to help redesign their website. I am proud because this is the first time I have been paid to do a job.



Also, I'm proud that I can be a voice for people in England with Learning Disabilities, and hopefully help to create a website that they can easily use for any help or advice they may need.



Samuel told us: I have been chosen to look at Learning Disability England's website. It was fantastic to have been chosen.



It is good to talk about the changes we can make, as this will help people with learning disabilities use the website more often.

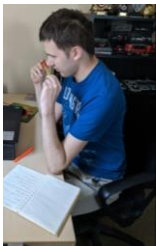


Christopher told us: I wrote a statement about why I wanted to be involved in a group to look at the Learning Disability England website. They needed five self-advocates to take part in this opportunity and I was chosen for this paid work.

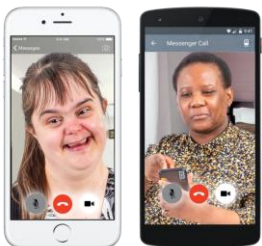


This will make sure the Learning Disability England website is accessible for everyone to use and I am really looking forward to this opportunity.

Video Call with Ghana



Samuel Sellers wrote this about the video calls he took part in with a group in Ghana:



On a Friday afternoon, KeyRing self-advocates and staff had a meeting on Zoom with young people in Ghana. It was very interesting to talk to them and their staff. We all introduced ourselves and they told us what they like doing.



Gifty, likes to go to Church and sing and some people told us they like reading and others like football. We are going to send some stories to them to read.



While they stay in this community group they do learning activities and help with cooking. They said they do not get support like we do here.



Some people have had to go back to their homes because of coronavirus.



They told us what they eat for breakfast and main meal and we hope to be able to have another video call because they will show us the kitchen area.



They said they often cook one big pan of food which they help to make with lots of different vegetables.



It would be good to learn more about people in other countries to see how different or how same our lives are.

Hello from Ghana! Akwaaba!



My name is Gifty. I have met some of you on Zoom.



I want to tell you about some of the lovely fruit and vegetables we have here. Vegetables are good to eat. They give strength to the heart.



My favourite vegetable is cucumber with carrot and cabbage. My favourite fruits are mango and pineapple.



You should eat fruit and vegetables every day to give you strength.

Home Alone Campaign



A North Yorkshire self-advocate called David Bruce told us about living on his own when something bad happened. David thought it would be really good to do a campaign so people know what to do if something unexpected happens when you are at home alone.

David wanted to call this the **Home Alone campaign**.



We worked with North Yorkshire County Council to make these packs and they include a fridge magnet to write important phone numbers, a gas scratch and sniff card to remind people what gas smells like.



Click on this link to find out more:

<https://www.nypartnerships.org.uk/homealone>

Activity Packs



We have made some different activity packs over the last few months to share information about all the things we would have been talking about in our meetings.



These activity packs about have lots of useful information and activities, for example; human rights and keeping safe. We are always working on different packs to send out to people so keep looking out for our updates on Facebook and Twitter.

You can find the link to the human rights pack here:

<https://www.nypartnerships.org.uk/humanrights>

You can find the link to the keeping safe packs here:

<https://safeguardingadults.co.uk/keeping-safe/easy-read-guides/>

You can find the link to staying healthy during COVID here:

<https://www.nypartnerships.org.uk/nyhtg>

Or, if you need more information about any of the work we do or you would like to get involved, please email

Karen.murray@keyring.org

Video calls



We know that during COVID-19 more people are now using video calls like ZOOM to join up with different groups. If you are new to video calls, please follow this link to find some easy read information on how to use ZOOM:

<https://clearcommunityweb.co.uk/zoom-resources/>

Taking part in interviews by Christopher Porter



I took part in the self-advocate interview panel to find a new North Yorkshire participation and Engagement Officer. This is because Jamie Bannister is going back to Australia.



We did the interviews by video link and asked the people we were interviewing questions about how they would support people who have a learning disability and autism on the learning disability partnership Board.



We interviewed three people in the morning and three people in the afternoon. There were a few problems with the internet access so I missed some of what was said.



After each interview, we talked about what people said and what we thought of their answers to our questions. It was a good day and I enjoyed taking part and asking questions.

We need your recipes!



You have told us that you have been doing lots of cooking while you have spent a lot of time at home. We thought it would be a great idea to make a lockdown recipe book.



If you have a favourite recipe and you would be happy for us to include this in our recipe book please email Jodie.sarfraz@keyring.org

A Direct Payment or Individual Service Fund?



Ruth is a family carer and wanted to share her experience of choosing a direct payment or individual service fund for her daughter, Esta:



If you need support, how and where that comes from can be confusing. Some of the choices open to you are either a Direct Payment or an Individual Service Fund.



The support needs to be truly person centred and tailored to each individual's needs. Deciding which one is best for you can be confusing.



My daughter has support which consists of 24hr support in her own home and to start with we went for a Direct Payment as this would give us the flexibility and her the individual support she needed to live her life.



The Direct Payment gave us the freedom for my daughters support to be delivered how we wanted it and by whom. We wanted our daughter to choose her own team of personal assistants and be seen and treated as an individual.



As parents, we managed the Direct Payment and found it difficult as overnight we had become employers with all the many responsibilities. For us, it was too much and we were not coping.



We felt a huge responsibility to get it right for our daughter and her personal assistants. With the help of two very good social workers, we heard about the Individual Service Fund.



The difference with an Individual Service Fund is that a third party provider becomes involved and they hold the support budget and help us manage it.



An Individual Service Fund is like a Pick n Mix where you can choose to have as much help or as little as you want from a provider.



We began by breaking down all of what is involved in providing support and what we needed help with. The type of help you can get through an Individual Service Fund is as individual as the person.



For example, you could have help with payroll, employment rights, holiday pay, sickness pay, staff training, staff supervisions, help with recruitment and interviewing.



The list can be as endless as your ideas! For us, the Individual Service Fund has given us peace of mind and we all work together as one to provide the best support we can.



Choosing a Direct Payment or an Individual Service Fund is a big decision as someone else's life depends on it. They are both equally as brilliant as each other giving people a quality of life many of us take for granted.

Flu jab



Every year in winter, many people get the flu, which can make you feel very ill. It is important while Coronavirus is still around to get the flu jab.



Make sure you contact your GP if you haven't had a flu jab yet and don't forget to get to ask for your annual health check if you have a learning disability.



If you click on this link on your computer, this information will explain why the flu jab is so important:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/905376/PHE flu easy read winter 2020 leaflet.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/905376/PHE_flu_easy_read_winter_2020_leaflet.pdf)

Using the internet



North Yorkshire County Council want to ask people with a learning disability and autism how they have been using the internet to stay in touch during COVID-19.



They want of look at ways to make it easier for more people to use the internet so please take the time to fill in this survey or ask someone to help you if you need it:

<https://www.nypartnerships.org.uk/accessible>

Healthwatch North Yorkshire



Here is a link to the latest newsletter from Healthwatch North Yorkshire with lots of good health information:

<https://us15.campaign-archive.com/?u=8a11caffbd2ee343a77dab451&id=4292ed82db>

Coronavirus information



There is lots of information in easy read about the coronavirus on the Learning Disability Partnership Board website. You can find this information by following this link on your computer; <https://www.nypartnerships.org.uk/covidinfo>



There is also lots of information on the County Council website, including in Easy Read: <https://www.northyorks.gov.uk/coronavirus-advice-and-information>

If you are looking for things to do at home, here is a really great website; <https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>



Thank you to everyone who joins our weekly video quiz. This is a fun and great way to meet up with and make new friends. Please contact us if you or someone you know would like to join in.

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 website -

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



KeyRing self-advocacy website –
<https://www.keyring.org/>



Thank you to Photosymbols



Just for a laugh!

What happened when one banana told the other a joke?

His sides split!

What does a cloud wear under his raincoat?

Thunderwear!

Why can't you tell a joke near glass?

Because it would crack up!

Why is it so windy in a football stadium?

Because there are hundreds of fans!

What did the fisherman say to the magician?

Pick a cod, any cod!

What gets wetter the more it dries?

A towel!

Why isn't your hand 12 inches long?

Because then it would be a foot!

Word Search - Hate crime

R	A	C	E	O	H	T	F	F	E	E	E
D	B	O	H	A	H	G	N	F	N	V	N
I	U	O	T	R	A	N	S	P	O	R	T
L	S	R	E	E	C	I	L	O	P	T	R
T	E	A	E	O	N	L	I	N	E	O	O
D	T	E	C	N	E	L	O	I	V	I	P
Y	T	I	L	I	B	A	S	I	D	T	E
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O	E	U	A	G	E	M	O	H	U	L	D
D	O	Y	T	I	L	A	U	X	E	S	F
S	A	U	P	H	O	N	E	C	N	T	O

ABUSE
AGE
ATTACK
DISABILITY
GENDER
HATRED
HOME
NAMECALLING
ONLINE

PHONE
POLICE
RACE
REPORT
SEXUALITY
THREAT
TRANSGENDER
TRANSPORT
VIOLENCE

Word Search - Safe Places



ANXIOUS
CAFE
CALLCENTRE
CARD
FREE
HATECRIME
HELP
JOIN
LIBRARY

LOST
PHONE
SAFEPLACES
SAFETY
SHOP
STICKER
TOWN
UPSET