

### Goosecroft Centre Activities



We have been running a very successful range of activities at the Wednesday weekly drop-in, including sports with Joe, karaoke, a 'guess-what?' quiz, making and taking and much more. Activities run from 1.30pm – 2.30pm after the weekly drop-in and café. Sue Coulson and several volunteer helpers organise the café and serve healthy lunches and very popular cake tray bakes. Everyone is welcome to come to the drop-in to meet friends, socialise, play games and enjoy music or an activity of your choice.

Cookery classes are fun and offer the chance to learn skills to make healthy lunches that people can try at home. The next course starts on 27<sup>th</sup> February. An Ipad club has started on Friday mornings offering the chance to learn how to use your Ipad and be safe while doing so. People can join to learn the very basic skills or develop skills they already have. We have some Ipads to use or you can bring your own. If you want to know more or you want to book a place on a course please contact:

Sue Lear Tel: 01609 778894 or email:  
admin@northallertonmencap.org.uk



### 'Treat Me Well'

This is Mencap's new Campaign to transform the way the NHS treats people with a learning disability in hospital.

Mencap launched the three year campaign on 15<sup>th</sup> February. This campaign will also be the focus of Learning Disability Week in June 2018. Simple changes in hospital care can make a big difference, such as: better communication, better information, and more time for appointments. But we know the treatment of people with a learning disability in hospital is still not good enough in many parts of the country. This has to change. Over the three years of the campaign Mencap will:

- Empower people with a learning disability, family members and carers to know more about their rights to good hospital care.
- Work with health care staff to make sure they make the right adjustments for people with a learning disability in their care.
- Support local campaigners to call for change in their local NHS Hospital Trusts.
- Lead a national call for all health care staff to be trained in how to treat people with a learning disability in hospital.

Your Local Society will be supporting this campaign.



## GDPR – General Data Protection Regulation

There are new rules that we have to follow about how we collect and look after your personal information. Personal information is your name, address, email address and anything that means people could find out who you are and things about you. We call this your contact details.

The new rules cover work email addresses and personal email addresses.

These new rules are the law and the Northallerton and the Dales Mencap Society needs to make some changes to make sure that we are doing things correctly. We need to keep a record of:

**You agreeing to be on the newsletter mailing list or you asking to be removed from the newsletter mailing list.**

**We also need to ask you if you would like to receive any other information from us that might be helpful for you to know about.**

These rules have to be in place by 26<sup>th</sup> May 2018.

To get ready for the new rules we are asking you to let us know:

- If you still want to receive the newsletter.
- If you no longer want to receive the newsletter.
- If you want to receive other Northallerton and the Dales Mencap Society information that might be helpful for you to know about.
- If you want to receive other information given to us by other people or organisation that might also be helpful for you to know about.

If you do not let us know your wishes we will have to remove you from our mailing list at the end of April 2018. We will keep your contact details safe and store them for 5 years. We need to do this even if you say you no longer want to receive information from us, unless you ask for your contact details to be removed from our records.

Please complete the consent form enclosed with this newsletter and return it to: Sue Lear, Goosecroft Centre, Goosecroft Lane, Northallerton DL6 1EG.



## Carers' Drop-In

Are you a parent/carer or have a family member with a learning disability?

Would you like to meet other families, carers in a similar situation to share information, experiences, advice and support in a friendly, relaxed atmosphere?

A group of carers are meeting on **Saturday, 17<sup>th</sup> March 2018** from 10am - 12pm at the **Goosecroft Centre** to set up their own Carers' Drop-In.

Anita Reeves from POSCH will be joining us.



Come and have a coffee, chat and join us!

For more information, contact Sue Lear on 01609 778894

## Mencap Big Easter Tea Party



**Saturday 24<sup>th</sup> March 2018**  
**12 noon to 4 pm**

**Goosecroft Centre, Goosecroft Lane, Northallerton**

Tombola, Easter Stalls,  
Hands and Voices Choir  
Please come along and join us  
Bring the family

*The Carers Centre*  
Support for unpaid carers in Hambleton & Richmondshire



The Hambleton and Richmondshire Carers Centre are a proud partner in a project called 'Ex-Forces Support' aimed at supporting older veterans to achieve improved wellbeing, social connexions and confidence. The Carers Centre is specifically involved in supporting the carers of veterans, or supporting veterans who are carers 65 years or older.

For more information Tel: 01609 780872 (Monday-Friday 9am – 5pm)

Ex-Forces support referrals :

Tel: 01904 704177

## Isobel Burn

Northallerton and the Dales Mencap Society is sad to report the recent death of Isobel Burn who was a founder member of the Society before it was registered as a charity in 1964. Our thoughts are with the families of John and Robbie at this sad time. We are pleased that Isobel was able to join us for the official opening of the Goosecroft Centre last year.





**Thanks to Skipton Building Society for their support.**

**Hands and Voices Choir at Osmotherley Church.**

**Dean and Michael come to the Drop-in most weeks.**

### **website and Facebook:**

We have a facebook page and a website.

Have a look and let us know what you think.

Find us on: [www.northallertonmencap.org.uk](http://www.northallertonmencap.org.uk) or search on [facebook](#)

### **From the Chairman Frits Rab:**

It is now nearly nine months since we took over the refurbished and extended Goosecroft Centre. The Centre, as it now is, is so much nicer to work in. The fact that there are no pot-holes in the carpark is wonderful! If anyone is interested in hiring a garage we have two to let – please feel free to contact us to discuss.

We are pleased that the use of the Centre is increasing with new user-groups and activities that are greatly enjoyed by all who take part.

The Wednesday drop-in is becoming very popular, the Valentines Dinner is sold out, the Hands and Voices Choir is going from strength to strength and the Mowbray Gateway Club continues to be very well supported.

As always, we are very grateful to all those who give of their free time to volunteer in support of activities or who help to promote the work of the Society.

In this regard I would like to mention that Karen Jack has had to discontinue her input as a Trustee and Gateway Leader, for personal reasons. Karen has given many years devoted service to Mencap and the Gateway Club and she will be greatly missed. We will ever be in Karen's debt for all that she has done and hope that she will remain in contact.