



Northallerton and the Dales Mencap Society is working in partnership with Hambleton Leisure to support Royal Mencap in its 'Round The World Challenge' 2020. The idea of the challenge is to encourage people to do more exercise and join in with activities to keep fit and active.

The challenge is free to join. You can choose which route to do. You can travel from England to Europe and round the world. Hours of activity add up to miles on your passport. When you reach your destination you will receive postcards to mark your achievements.

There are a range of activities that qualify including walking, swimming, horse riding, boccia, football and new-age curling.

Joe McKechnie from Hambleton Leisure is working with us to sign people up to start their challenge. A very successful launch took place in January at the Goosecroft Centre. Lots of people came along and had a go at Boccia. For more information contact Sue Lear or Joe McKechnie.



February 2020 Newsletter

Mencap Spring Fayre

Saturday 4th April 2020

11.30am to 2.30pm

Goosecroft Centre

Goosecroft Lane

Northallerton

Please come along and bring the family to join the fun

Tombola, Games, Crafts

Refreshments, Sandwiches and Cakes

**Hands and Voices Choir
and more**



Facebook:

Visit our Facebook page - Mencap Northallerton. Sue Coulson and the Ipad Club will be adding new information and local events regularly to keep you informed. Don't forget to record your likes!

KEEP SAFE FROM SCAMS!!

Northallerton and the Dales Mencap Society is working in partnership with Safer Hambleton and North Yorkshire Police to develop an easy read Scam leaflet. Unfortunately we are hearing of more and more incidents where people are being targeted by criminals usually trying to get your money or personal details so that they can cheat you out of something you own. We hope that the new leaflet will help people to avoid being a victim of Scams in an effort to keep them safe in the community they live in.

Some of these crimes are over the internet, when you are buying things, internet dating, or trying to make friends. Sometimes it can be doorstep sellers who come to your home to try and get you to buy things. We want to make sure people know what to look out for and raise awareness that these things can happen.

The new leaflet will be available soon and will be distributed widely across North Yorkshire. If you would like a copy please contact:

Sue Lear Tel: 01609 778894 or

email: admin@northallertonmencap.org.uk



Community Safety Task Group

The Community Safety Task group is run by Northallerton and the Dales Mencap Society at the Goosecroft Centre. The group was formed to work alongside North Yorkshire Police, Safer Hambleton and Safer Richmondshire to look at stopping Hate Crime and raising awareness of the issues for people who have a learning disability. Over the years we have done lots of work about keeping people safe and involving them in writing easy read help leaflets, a 'Safe Use of the Internet' pack and making a film about 'Prevent'. We are looking for new members to join the group who have a learning disability but who can help with the work, with or without support. The group meets four times per year on Mondays from 1pm to 3pm. We would love to hear from you if you would like to find out more:

Contact: Sue Lear Tel: 01609 778894 or

email: admin@northallertonmencap.org.uk



Northallerton 'Treat Me Well' Group

Northallerton Treat Me Well Group is working to support the Mencap National Campaign to ensure that people who have a learning disability are given equal treatment when using health services. By law they should be offered reasonable adjustments to make the experience better for them and for hospital staff.

One way we can achieve this is to campaign locally for a Learning Disability Nurse or Matron to cover James Cook Hospital in Middlesbrough and the Friarage Hospital in Northallerton. It has been shown that a nurse in one of these roles who is dedicated to help and support people with a learning disability when they attend hospital saves time and frustration for the patient and hospital staff. A specialist nurse can make sure that all the right things are in place to make the experience a smooth one for all concerned. Unfortunately, Learning Disability Nurses nationally have been cut back over the last ten years by at least 25% as reported in the January 2020 edition of 'Nursing in Practice'.

The Northallerton Treat Me Well Group are working on their campaign and have already contacted the Chairman of the South Tees Hospitals NHS Foundation Trust to highlight issues raised in the national Learning Disabilities Mortality Review (LeDeR) about people who have a learning disability dying from avoidable deaths. You can read more about it if you copy this link into Google:

<https://www.england.nhs.uk/wp-content/uploads/2019/05/action-from-learning-easy-read.pdf>

The Northallerton Treat me Well Group has a twitter page which follows other campaign groups across the country. If you would like to join our group or want to know more information about what we are doing please contact:

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

Share your story:

To help with the Treat Me Well Campaign we need to hear from you. If you have been in hospital recently or have received any other form of treatment, it would be very helpful to know what you experienced. Was it a good, positive experience or were there problems? Were reasonable adjustments made? We will treat your information confidentially. Any information you feel you can share could be very helpful in making the case for a Learning Disability Nurse or Matron.

We can arrange for you to speak to Sue Lear or another member of the Northallerton Treat Me Well Group. Just ring up or call in to make an appointment to suit you.



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 or on [facebook](#) Mencap Northallerton
Remember to look at our [tweets](#)

From the Chairman Frits Rab:



The Rt Hon. Lord Hague of Richmond and other guests enjoying Chrissie Grimston's humour at the re-opening of the Goosecroft Centre.

It was in 1999 that The Rt Hon. William Hague MP, as he was then, agreed to become the President of the Northallerton and the Dales Mencap Society. Now, after more than twenty years, William has decided that it is time to step down from that role. This will be formally recorded at the 2020 AGM. William's encouraging and practical support has been very much appreciated. The photograph shows William and Vice-Presidents Edwina Herbert and Keith Langford, as well as others, enjoying Chrissie's humour at the re-opening of the Goosecroft Centre in September 2017; this moment is typical of William's friendliness and long association with members of the Society. William was very happy to endorse our 2020 Calendar and in a recent letter he wrote that he is confident the Society will go 'from strength to strength under a new President' and he wishes us all the very best for the coming years.

May I take this opportunity to thank all those who support the Society in any way and remind you that we are always interested to hear from new volunteers or anyone who might like to consider becoming a Trustee.