

### Goosecroft Centre News

The last few months have been busy with more groups returning to use the centre. **Goosecroft Arts and Crafts** with Ruth Hawkes has been very popular with the people who attend. Each week members of the group create amazing art work trying out new ways of expressing themselves.

Joelle and Helen have been running crafty sessions at the weekly **Drop-in** and organising games.



Joelle has been working on a photographic project called 'Through My Eyes'. The group visited the Secret Garden in Northallerton and used their iPad skills to take some lovely pictures of the garden and the wide range of flowers growing there. Joelle is going to organise a display of some of the work so far. We will let you know more later when we have a date for the display.

### Goosecroft Centre Activities

The Mencap Management Committee have been looking at ideas for developing new activities at Goosecroft Centre in the Autumn. You may recall that we sent out a questionnaire asking you all for your ideas about what activities you all would like to see developed. The most popular ideas seem to be: Cookery, Drama and Dance.

To move these ideas forward we are now looking for interest from tutors to teach the following:

**Practical Cookery skills for perhaps 2 hours per week on Monday mornings**

**Drama and Dance possibly on Monday afternoons or Friday afternoons for 2 hours per week.**

If you are interested in either of these opportunities or know someone who is please contact Frits Rab or Sue Lear

Tel: 01609 778894 or

email: [admin@northallertonmencap.org.uk](mailto:admin@northallertonmencap.org.uk)

We will look forward to hearing from you.

### A note from Sue

During the summer I will not be at work as I have to have some medical treatment. Frits and Joelle will be about to help you all as usual but they will also be taking some leave during August. Please only email, if your request is urgent and they will get back to you as soon as possible. We will be back in September to welcome you all as usual.

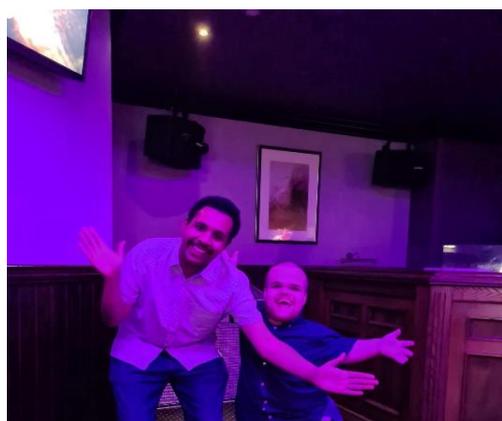
## NEW TOP BANANA CLUB NIGHTS

This new venture at Bar 100 in Northallerton is proving to be very popular with people who have a learning disability. The idea came from the need to have evening events for people to attend where they can meet their friends and have fun. Alison Ballard, who works for Northdale Horticulture and organises Breathing Space activities, developed the idea for Club nights after listening to what people wanted to do. The name **Top Banana** came from a competition to name the club nights and hey presto! The inclusive club night began in April this year. Everyone needed a boost after the COVID years.

There have been two very successful Top Banana club nights held at Bar 100 in Northallerton. Top Banana is an inclusive club night for the 18+ learning disability community. It was created with support and help from the Drop-in, Gateway club, Breathing Space and Northdale.

It happens on the second Friday of the month. The next one has a beach theme and is on 8<sup>th</sup> July and then after that there is one on 12<sup>th</sup> August too. They have their own Facebook page which tells you all about it or you can email: [topbananacub100@gmail.com](mailto:topbananacub100@gmail.com)

Here are some pictures from April and May:





## Northallerton 'Treat Me Well' Group

The group has been very busy making sure that people who have a learning disability have their voices heard by health professionals to make sure they have equal healthcare the same as everyone else in the community. We are still hearing that numbers of people being offered Annual Health Checks is low, even after several campaigns aiming to raise awareness among people with learning disabilities and GP's.

The Northallerton Group has recently worked on developing a Quality Check document for the Friarage Hospital, Northallerton. Members decided what questions they wanted to ask and made an easy read check list. Members of the group took sections of the check list and visited the hospital to see for themselves if things were working well or if improvements needed to be made. The findings have been fed back to Liz Dixon, the Learning Disability Specialist Nurse who works across the Friarage Hospital and James Cook Hospital.

This year Royal Mencap celebrated 75 years since Judy Fryd started the organisation. The 'Treat Me Well' Group organised a celebration event at Goosecroft Centre. We all made bunting decorated in our own words about what we wanted health professionals to know about how to treat us. The Gateway Club, Yatton House and Mencap supported living houses all contributed to the event. Stephen John and Laura Bruce attended from Royal Mencap and cut a celebration cake that we all enjoyed with our friends. Jess Norwood and Yvette took two representatives to the House of Commons tea party celebration where some of the bunting from across the country was displayed. They also had a chance to meet MP's and the Mencap Chief Executive.



Everyone enjoys being part of the group but would also like to welcome new members who have an interest in health and wellbeing

Contact: Sue Lear Tel: 01609 778894 or [admin@northallertonmencap.org.uk](mailto:admin@northallertonmencap.org.uk)

We have a facebook page and a website.

Have a look and let us know what you think. Contact us on:

[www.northallertonmencap.org.uk](http://www.northallertonmencap.org.uk) or on [facebook](#) Mencap Northallerton and  
Remember to look at our tweets

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

#### **AGM**

On the 20<sup>th</sup> June we held our Annual General Meeting at the Goosecroft Centre. Thank you to everyone who attended. Members were please to see old friends and welcomed Gaby and Bobby Hill, both well known to many of us, as new Trustees. All former Trustees were re-elected. The role of Trustee is very important as it is the Trustees who are responsible for ensuring that everything is in order and done as it should be done. As Chairman, I am very grateful to the input of all the Trustees, volunteers and supporters of the Society. Their support is very much appreciated. We are also very grateful for the financial support we have received through very generous bequests. (Our accounts and annual report can be viewed on the Charity Commission website or you can ask for a copy.)

#### **Activities**

The art group held on Tuesdays is well attended and is very much enjoyed by all who take part. There are still places, particularly on the afternoon sessions. Likewise, the drop-in is going well and the Personal Learning College have done a smashing job in running the café. In their absence, staff and volunteers are managing the catering and are doing a good job too. Joe's boccia, the bingo and karaoke are as popular as ever and the introduction of crafts in the morning has added a new and enjoyable activity.

**As you will have read from the front page, we are keen to develop new activities to include cooking, dance and drama. Please let us know if you are interested in running classes – we will be happy to discuss terms and conditions and will always try to work with you to fit in with your other commitments. There may be other areas of expertise that you can offer or different activities that would appeal to our members. Again, come and chat to us at the Goosecroft Centre, we would love to hear from you.**