

## HAPPY NEW YEAR

Northallerton and the Dales Mencap Society Management Committee wish all of our readers a very Happy New Year. What 2009 will bring?

In the current economic climate everyone is concerned about the future for themselves and their families so let's look forward to a brighter future for people with learning disabilities and their families and carers.

The building work has started on the Ashlands' Centre site and the temporary Portacabins are in place until the new extra-care housing and resource centre are completed. There are challenges and opportunities for staff and people who use the services but hopefully the changes will bring new chances for people to be out and about in the community experiencing different activities and being real citizens alongside everyone else in the area where they live.

Do you have any comments about the changes? Do you want to air your views? Mencap would be pleased to hear from you.

**Contact: Sue Lear 01609 778894**

**or write to the Mencap Centre, Goosecroft Lane,  
Northallerton, DL6 1EG.**

## 'BIG HEALTH DAY' IS ON ITS WAY!

**Have Your Say about your health  
services and what they offer you**

**24th February 2009**

**At Northdale Horticulture  
Yafforth Road, Northallerton**

## EASY READ INFORMATION



The Disability and Carers Service has produced its customer information leaflet in 'easy read' to make it accessible for all its customers.

To get a copy of the 'easy read' customer information telephone: **0800 88 22 00**

or visit the website:

**[www.direct.gov.uk/en/  
Disabled People/  
Financial Support](http://www.direct.gov.uk/en/DisabledPeople/FinancialSupport)**



**Next Meeting  
January 29th  
10am to 2pm  
at  
Mencap Centre  
Goosecroft Lane  
Northallerton**

### Ray Pratt — Mencap Caretaker

We were all saddened by the sudden death of Ray Pratt. As many of our readers will know, Ray died just before Christmas. Ray's funeral was held on Monday 22nd December at All Saints Church and was attended by family members and many friends. Sincere condolences, on behalf of all at Mencap, are extended to all who knew and loved Ray. Donations, in memory of Ray, were made to the Northallerton and The Dales Mencap Society.

Ray was our caretaker at the Mencap Centre for many years and is fondly remembered for his cheerfulness and willingness to help. Ray had a relaxed and common sense approach to life, typical of folk from the Northeast, and he was always reliable and conscientious. Ray is very much missed by all who knew and worked with him; he will be hard to replace.

### Regional and District Meetings

On 8th November, I was elected as the York and North Yorkshire representative on the Yorkshire and Humberside Regional Committee. Local groups and organisations have been arranged into nine regional areas. Regional Committees are supported by Royal Society Officers and attended by elected representatives from the various local groups and District Committees within each region. I have also started attending the District Committee meetings and report back to them on discussion at a regional level. Valuing People and Valuing People Now, as well as campaigns, such as 'Changing Places', 'Don't stick it, Stop it' anti-bully and Health Provision, remain key topics for discussion.

Through these arrangements, the Royal Society aims to keep in contact and work with its grassroots membership. Regional Committees also send representatives to the National Assembly and have links with the Royal Society Board of Trustees. This is all part of the Royal Society's 'democratic structure', to include strong representation and involvement by people with a learning disability. It will be interesting to see if the Royal Society's aim of improving communication, working and support between itself and local groups is achieved.

### Northallerton and The Dales Mencap Leaflet

We now have a leaflet which outlines details about our local Mencap Society and other organisations with whom we have close links. If you would like a copy of the leaflet or several copies to use in your setting, just let us know and we can send you some. The leaflet was duplicated for us by Denise Graham, a committee member high up in Tetley's Tea. Thanks to Denise and to Tetley's.

With very best wishes for 2009.  
Frits Rab



## HEALTH INFORMATION DAY for carers of people with a learning disability

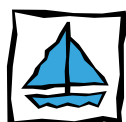


### EVENTS

Learning Disability  
Partnership Board  
29th January  
10 am to 2 pm  
Mencap Centre  
Northallerton

Big Health Day  
24th February  
Northdale Horticulture  
Yafforth Road  
Northallerton

Health Professionals Day  
12th March  
9.30 to 3.30pm  
Mencap Centre  
Goosecroft Lane  
Northallerton



### DO YOU LIKE SAILING?

RYA Sailability exists to give everyone the chance to sail, regardless of their disability. You can sail at any age and with any disability. There are over 20,000 regular disabled sailors in the UK already.

**Want to know more?**  
**Tel: 0845 345 0403.**

All carers in the Hambleton and Richmondshire locality were invited to a health information day in November organised by two nurses from the Community Learning Disability Team. The aim of the day was to help family carers and paid support workers to have a broader understanding of the many health services which are offered and how they can access those services. Carers also heard about the specialist learning disability team work with other professionals to provide the best possible health care to people with a learning disability. The event, in Northallerton, was very well attended and feedback was good. The students from The Dales School made a delicious lunch, staff at Northdale Horticulture provided the venue and Hambleton and Richmondshire Learning Disability Partnership Board sponsored the day.

The team are having a second information day, this time for health professionals. This will be held at the Mencap Centre, Northallerton on 12th March 2009. Staff from Primary and Secondary Health Care are invited to learn more about how to provide good health services to people with a learning disability.

**For more information contact:**  
**Judith Barber, Health Facilitator**  
**Tel: 01609 751163**

### NEW BUS PASS SCHEME

If you are over the age of 60 or eligible disabled you can apply for a pass. Passes are issued by Hambleton and Richmondshire District Councils and entitle you to full free fares. For further information about how to apply contact: 0845 1211 555 in Hambleton or 01748 829100 if you live in Richmondshire.

**NORTHALLERTON  
AND THE DALES  
MENCAP SOCIETY**

**Sue Lear  
Administration and  
Development Officer**

**Mencap Centre  
Goosecroft Lane  
Northallerton  
DL6 1EG**



**Telephone 01609 778894**



**Fax 01609 778894**



**Email  
admin@northallertonmencap.  
org.uk**

**Website  
www.northallertonmencap.org  
.uk**



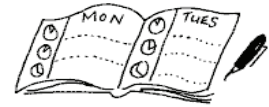
**LEARNING  
DISABILITY  
HELPLINE**

**Telephone 0808 808 1111**

**PLANNING FOR THE FUTURE EVENTS**

**Dates for your diary**

The Royal Mencap Society Wills and Trusts Team are organising a series of free information sessions during February where you can find out more about setting up Wills and Trusts for the benefit of someone with a learning disability.



**Tuesday 24th February, 12.30pm — 2.30pm**  
St. Mary's Centre, 82-90 Corporation Road,  
Middlesbrough, TS1 2RW

**Wednesday 25th February, 12.30pm — 2.30pm**  
The Garden Room, Beechwood Close Hotel,  
19 Shipton Road, York, YO30 5RE

**Thursday 26th February, 12.30pm — 2.30pm**  
Congreve Room,  
West Yorkshire Playhouse Square, Quarry Hill,  
Leeds, LS2 7UP

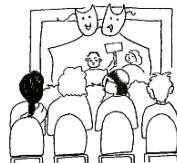
There will be a local solicitor speaking who has experience of drafting wills for the benefit of people with a learning disability. It is advisable to book a place if you are interested in attending any of the seminars. **For further information contact:**

**Gina Collins, Wills and Trusts Team,  
Freepost WD3537, London, EC1B 1AA.  
Tel: 020 7696 6925.**

**DANDY LION CLUB**

**WEST YORKSHIRE PLAYHOUSE**

The Dandy Lion Club offers a range of creative arts activities to young people with learning disabilities who would normally have issues accessing mainstream activities. Sessions in music, dance and singing, drama and visual arts will be run by professional artists. A sensory area will also be on offer and people can use the dance floor and open microphone to show off their skills.



**Contact: Nicky Taylor,  
Community Development Officer  
Tel: 0113 213 7296**