

# NORTHALLERTON AND THE DALES MENCAP NEWSLETTER

JANUARY 2004

## FANCY TRYING A TRADITIONAL BRITISH SEASIDE HOLIDAY?

Look no further, Zoe Best is waiting for your call. Zoe took over the running of the Mencap Holiday bungalow at the Blue Dolphin, Gristhorpe Bay, Filey during 2003 during a hectic time at the holiday camp. The original Mencap Bungalow was demolished to make way for luxury caravans but a deal was negotiated with the Haven organisation to move into a new bungalow just across the way. Zoe and Peter Moon worked hard to make sure the new bungalow was brought up to date and improved to meet the needs of Mencap holiday makers. A new shower was installed,

rooms were decorated and an outside patio area with lovely views over open countryside was laid. It was quite a rush to get everything ready for the beginning of the season. Zoe would like to thank everyone who booked the bungalow and enjoyed their holiday last season and looks forward to hearing from you all again in 2004.

The bungalow is on the Haven site not far from Scarborough, Filey, Bridlington and the North Yorkshire Moors. It is fully equipped for seven people and the site offers entertainment, kids clubs and an indoor and outdoor swimming



pool. Zoe will be taking bookings for 2004 from January so don't miss out.

Where else could you get a great weeks holiday for seven for as little as £180 per week for Mencap members, (£195 for non members)? Even if you can't manage one weeks holiday why not try a long weekend? Just pick up the telephone and give Zoe a call, go on treat yourself to a British seaside

holiday – you never know it may be as hot as it was in 2003!

Zoe Best –

Telephone 01609  
775862



## CHRISTMAS CARDS AND GIFTS SALES

The 2003 seasonal sales of Mencap Christmas Cards and gifts has been a very busy one for all of us. Elizabeth Bradley and myself would like to thank all our customers and volunteers past and present for their kind support and generous contributions to our annual fund-raising efforts. There is still a lot of work left to do before we know how much we have raised during this season but we will let you all know as soon as we have worked everything out. Work will be ongoing as we try to build up our list of customers and venues each year in an effort to improve sales to support our work with people with learning disabilities and their families and carers throughout Hambleton and Richmondshire.

If you might be able to help in 2004 please contact Elizabeth Bradley 01969 622172 or Sue Lear 01609 778894.

# CHAIRMAN'S NEW YEAR MESSAGE



At the start of 2004 I would like to wish all our readers a Happy New Year.

Although, like me, you have probably had enough of target setting, it would be good if, at the end of 2004, we were able to report that the following have been achieved:

- That the Mencap Holiday Bungalow and Centre have been fully used
- that a number of new volunteers have come forward to help with the sale of Christmas cards and gifts
- that the Drop-in has continued to be well attended and of benefit to those who attend
- that a good number of our readers have been able to make use of the different sources of information that are available
- that progress has been made with the plans for the modernisation of day services
- that developments in relation to the work of the Local Partnership Board were beginning to show results

You can help us to achieve these targets by using the Mencap Holiday Bungalow and Centre, by volunteering to help with sales of Christmas cards and gifts, by making use of the Local Society for information and support and by letting us have your views in relation to the development of services. Remember, that all levels of involvement are of help to the Society, that your views do count and that it encouraging to us if our facilities are well used.

With the passing of 2003 I would like again to express my sincere thanks to Sue Lear for all her hard work for the Society that this year has included additional demands in promoting the sale of cards and gifts. Also, a big thank you to everyone else who has helped in any way. Although I am not mentioning names for fear of missing anyone out, please know that your support is very much appreciated.

Finally, there is an invitation to the Mencap Drop-in and Mowbray Gateway Club Pantomime on the back page of this newsletter. Those of us who are involved are enjoying the fun and are very grateful to Karen Jack for being the producer. This is a new venture for some of us but I don't think that many of us will be giving up our day jobs, just yet!

With very best wishes.

Frits Rab



## YOUR VOICE IN OUR HEALTH

A campaign is being run by the Commission for Patient and Public Involvement in Health (CPPIH) to recruit members for locally based Forums, one for every Primary Care Trust (PCT) and NHS Trust in England.

The campaign is aimed at encouraging involvement from patients and the general public from every section of the community.

PPI Forum members will:

- \* find out what local people think about health
- \* look at the quality of local healthcare
- \* influence local and national decisions impacting on healthcare
- \* encourage others to get involved

The first members of both the Hambleton and Richmondshire PCT Forum and the South Tees Acute Trust Forum were appointed at the end of November, but more people are needed to represent the diversity of the community.

The first informal meetings of the Forums are planned to take place during the near future before formal meetings are held towards the end of January to enable Forums to begin their work.

This existing project has the real possibility of allowing patients and the public to influence the health agenda of not only their own community but the whole of the country.

Age Concern Teesside has been awarded the contract to establish and support the local Forums but the Development Officer for the project in this area is based at Age Concern, Northallerton.

If you would like to be involved or know more about the project, please ring Ann Knowles on 01609 771624 or the Commission for Patient and Public Involvement in Health on 0191 448 4300.

### AFTER 16 WHAT'S NEW?

Caring for a disabled child presents continual challenges and problems, but when a young person reaches 16 the issues then start to include work, housing and personal finance. To help young people and parents, carers and professionals at this important stage a website has been created by the Family Fund Trust and the DfES.

[www.after16.org.uk](http://www.after16.org.uk) presents a range of information and links to other sources of advice covering the choices and challenges facing young disabled people, such as school to work transition plans, finding work, how to cope with interviews and other meetings, transport and getting out and about, legal rights, independent housing and supported living, learning choices and managing money.

### LEARNING DISABILITIES HEALTH FACILITATOR

Judith Barber has been appointed as a full-time Learning Disabilities Health Facilitator from September 2003 until March 2004 initially, but it is hoped that the post will continue. The post was created in line with the governments White Paper, 'Valuing People'. Judith has worked as a community nurse with the Community Resource Team for People with a Learning Disability since 1999.

Judith will support health staff to develop the necessary skills to help people with a learning disability to access mainstream health services. Current services will be audited and as many people as possible will be contacted to raise awareness of learning disability health needs.

## RICHMONDSHIRE CITIZENS

### ADVICE BUREAU

**JANUARY 2004**

Sue Lear  
Administration and  
Development Officer

Phone: 01609 778894

Fax: 01609 778894

Email:

admin@northallertonmencap.org.

Let your local society know what you think about this newsletter. Do you want to publicise anything that concerns you? Can we publicise your organisation's events? Please contact the Local Society office.



**HAMBLETON AND  
RICHMONDSHIRE  
CARERS CENTRE**

**HAS  
MOVED  
TO**

**32 HIGH STREET  
NORTHALLERTON  
DL7 8EE**

**Tel: 01609  
780872**

**Fax: 01609  
788489**



In 2002/2003 the Richmondshire Citizens Advice Bureau dealt with 6280 issues for members of the public. That was 1 for every 8 people in the whole of Richmondshire.

#### **What is The Citizens Advice Bureau?**

We are an Independent Charity that provides free to all individuals a confidential, impartial and independent service of information, advice, advocacy and representation.

#### **What are our aims?**

1. To ensure that individuals do not suffer through lack of knowledge of their rights and responsibilities or of the service available to them or through an inability to express their needs effectively.
2. To exercise a responsible influence on the development of social policies and services both locally and nationally.

#### **Can you help?**

**YES!**

We have many volunteering opportunities to suit all interests.

So if you would like to be an adviser, admin worker, fundraiser or a trustee board member call the CAB today.



### **MENCAP DROP-IN MEETING DATES**

#### **January 2004**

**10th, 17th and 24th**

**10am to 3pm**

**To work on the pantomime**

#### **February 2004**

**CLOSED**

#### **March 2004**

**6th, 20th—10am to 3pm**

#### **April 2004**

**3rd—10am to 3pm**

**Easter Break**



### **PANTOMIME**

**MENCAP DROP-IN  
AND  
MOWBRAY GATEWAY  
CLUB**

**INVITE YOU TO  
THE DALES SCHOOL ON  
SATURDAY 31ST  
JANUARY 2004**

**TO SEE THEIR  
PANTOMIME**

**2PM START**

**Families, friends and  
supporters will be very welcome**