



Mencap Drop-in Activities

Goosecroft Centre has been very busy through the summer with fully booked healthy cooking courses twice a week and the weekly Ipad Club on Fridays. The Drop-in cafe had a surprise visit from Hambleton District Council Environmental Health Officer to check our Food Safety and Hygiene. We are pleased to report that we received a Food Hygiene Rating of 5 which is the top mark. Very well done to Sue Coulson and her team of volunteers.



We are taking bookings for the 12th December Christmas themed Drop-in lunch which will be served between 12.15 – 1pm **tickets only**. Lunch will be followed by a sing-a-long. If you are interested in coming along contact Sue Lear for your tickets at £5 per head

The new activities list for January to April 2019 should be out before the Drop-in closes for Christmas.



November 2018 Newsletter



Mencap Christmas Fayre

**You are invited to our
Christmas Fayre
On Saturday 24th November**

11.30 - 2.30pm

Goosecroft Centre, Goosecroft Lane,
Northallerton

Festive stalls and tombola
Carols and Songs by the
Hands & Voices Choir

Refreshments

Soup, sandwiches & cakes available

We hope you can join us

For more information

Contact:

Sue Lear

01609 778894



Facebook:

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

Mencap Advisory Group

A Mencap Advisory Group has recently been formed by self advocates who have attended the Mencap Committee meetings, supported by Sue Lear and Diane Ferguson. Diane is a current Committee member.

The Advisory Group looks at the work of the Management Committee and other activities that take place in the Goosecroft Centre and discusses what their thoughts and ideas are about how to involve more young people and their parents and families in the work we do. They also give the Committee ideas about activities such as drama, music and dance that they would like to develop further in the centre.

The group meets on the first Wednesday each month at 3.15pm in the Goosecroft Centre and would welcome new members. If anybody is interested and wants to know more please contact:

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



Mencap Advisory Group members

Celestino, Robert, Lindsey, Julie, Sue and Diane

Changes to the Mental Capacity Act

The government has started the process to change the Mental Capacity Act through a new Bill that started being looked at in Parliament in July. In September the new Bill was looked at again in Parliament.

The Bill will change the law on when people can make decisions for themselves and when they may need help to make decisions. Being able to make decisions for yourself is called mental capacity. For some people it is hard to make decisions. People need the right mental skills, or mental capacity, to make decisions on their own or they may need help. Some people cannot make decisions even with help. People, such as carers, family and social workers may need to make decisions for them in their best interests.

This law affects a lot of people who have a learning disability, their friends and families and organisations that support them.

Read more here: <https://www.mencap.org.uk/advice-and-support/mental-capacity-act>

Community Safety Task Group



Mencap Community Safety Task Group works in partnership with Safer Hambleton, Safer Richmondshire, North Yorkshire Police and other partners to make sure that people who have a learning disability and their families and carers are made aware of keeping safe when they are out and about in their local community.

The group has produced useful information in an easy read format that has been circulated across North Yorkshire. A film about 'Prevent' was made in the Goosecroft Centre using local people and members of the task group to show how 'Prevent' issues might happen in a rural area. The film was well received, even the Home Office and NHS England liked it as a training resource.

Copies of leaflets about 'Keeping Safe', 'Know Your Limits' about safe use of alcohol, prescription drugs and advice about illegal drugs, as well as leaflets about 'Prevent' are available from the Goosecroft Centre, Northallerton.

Please contact Sue Lear if you want any copies of the leaflets or if you are interested in joining the Community Safety Task Group, we will be pleased to hear from you.

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

Changes to the Blue Badge Scheme

The Blue Badge Scheme, which helps people with disabilities park closer to their destinations, is going to be extended to people with hidden conditions.

The new criteria will extend eligibility to people who:

- **Cannot undertake a journey without there being a risk of serious harm to their health or safety, or that of any other person**
- **Cannot undertake a journey without it causing them considerable psychological distress**
- **Have very considerable difficulty when walking (both the physical act and experience of walking)**

The change will come into effect from early next year. Millions of people with hidden disabilities, including autism and mental health conditions, are expected to benefit from the new rules.

You can apply for a Blue Badge online on GOV.UK or from North Yorkshire County Council.

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

From the Chairman Frits Rab:

Anne Baker

We were all very sad to learn of the death of Anne Baker. Anne had been a loyal Mencap Trustee and Vice-chair for many years as well as helping to run the first drop-in which ran for seven years. Anne was a great champion for people with learning disabilities, their families and carers and she will be greatly missed.

Goosecroft Centre

We are pleased that the Goosecroft Centre is now in full swing with regular bookings, a range of adult classes, a well-attended drop-in on Wednesdays and special events, such as The Night with the Lads, which is fully booked. This means that we are achieving our aims in support of people with a learning disability and our income is improving. We have to make sure that we remain financially viable.

We are most grateful to Hambleton District Council for awarding us a grant of £3800 from the Making a Difference Grant to support our activities.



HDC supports Northallerton and the Dales Mencap



The Co-op supports Northallerton and the Dales Mencap

We have also been selected by the Co-op as an organisation that customers can support. So, if you shop at the Co-op please consider the Northallerton and the Dales Mencap Society for your support.

New Trustees and Volunteers

If you have an interest in supporting voluntary organisations, such as Mencap, we would love to hear from you. The role of Trustee is very worthwhile and it could be an opportunity for you to use your skills in finance, marketing, education, care or whatever, to support our work.

The running of the Centre is very reliant on voluntary input and again we would very much appreciate extra help with cleaning, premises maintenance or in support of our activities. If you are interested please contact us at the Goosecroft Centre we will be pleased to discuss the opportunities with you.