



Northallerton and the Dales Mencap Society is continuing to work in partnership with Hambleton Leisure to support Royal Mencap in its 'Round The World Challenge' 2020/21. 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. If you are 18 or over you can start the challenge now as the scheme has been extended. For more information contact Sue Lear or Joe McKechnie.



WELCOME BACK TO THE GOOSECROFT CENTRE

It has been a very difficult time for us all during COVID. We are working hard to ensure that the Goosecroft Centre is as COVID safe as possible, with good cleaning, sanitising and ventilation. Remember to wash hands well and keep yourselves safe.

The Goosecroft Arts and Crafts run by Ruth is well attended with morning and afternoon sessions. Some people stay all day.



Boccia sessions are run by Joe on Mondays from 5.30pm to 6.30pm. New dates will be announced soon. If you are interested in joining please ask Sue or Joe.

The **Drop-in** will start on 22nd September with activities in the afternoon (copies of the programme are available at the centre). The **café** will be run by students from the PLC as a mini enterprise. We are happy to welcome them and wish them well with the project. Come along and try their refreshments.

Goosecroft Pickers – we are working with members of a local litter picking group in Northallerton to arrange some sessions from the Goosecroft Centre. If you are interested in joining a session, probably on a Saturday morning once a month (dates to be arranged) please contact Sue or Frits

Tel: 01609 778894.

KEEP SAFE FROM SCAMS!!

Northallerton and the Dales Mencap Society has worked 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 is available now 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

or you can pick up a copy next timer you visit the Goosecroft Centre.



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 issue of Hate Crime 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 such as a 'Safe Use of the Internet' pack and making a film about 'Prevent'.

During Hate Crime Awareness Week we will be holding an information event in Northallerton Town Hall from 10am to 1pm on Wednesday 13th October. Everyone is welcome to come along. North Yorkshire Police, North Yorkshire Fire, CAB, Street Angels, Community Action and others will be attending to tell you all about what they do and how they might be able to help you.

We are looking for new members to join the group, especially those who have a learning disability but who can help with the work, with or without support. The group meets four times per year on Thursdays from 10am to 12noon. We would love to hear from you. If you would like to find out more please 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 to cover James Cook Hospital in Middlesbrough and the Friarage Hospital in Northallerton. It has been shown that a nurse who is dedicated to help and support people with a learning disability when they attend hospital saves time and frustration for both the patient and hospital staff. A specialist nurse can make sure that all the right things are in place to help 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 2020 report by Victoria Mason-Angelow.

The Northallerton Treat Me Well Group is working on this campaign as well as looking at other health issues and new work being undertaken to improve healthcare for all people who have a learning disability. Stephen John, Royal Mencap Campaigns Officer, will be presenting information at the next meeting about the new transition project which is about people moving from children's health services into adult health services. This can be a difficult and worrying time for families when they have to get to know the new medical staff that will be caring for their family member in the future.

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 find out 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.

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:

It is good to be back and to see people returning to the Goosecroft Centre. During lockdown we managed to maintain the Centre ready for the return. All checks on equipment were kept up to date and other maintenance tasks were completed. As already mentioned, we still have to take care. So keep using the hand sanitiser and surface cleaner and wash your hands well.

New Post:

Trustees are keen to appoint an Assistant Development Manager to help with the work as we seek ways of expanding what we do. This will be a part-time post, initially for 10 hours per week; some flexible working and occasional weekend or evening work will be required. Remuneration will be pro-rata on the NJC Scale - SPC 8. It is hoped that the person appointed will be keen to learn how the Northallerton and the Dales Mencap Society works to implement good practice in line with Charity Commission requirements.

The following is an extract from the job description and person specification.

Main Role:

To support the Development Manager in promoting the work of the Northallerton and the Dales Mencap Society. To achieve this the Assistant Development Manager will undertake a range of duties including working with and supporting adults with learning disabilities.

Person specifications and skills: the person appointed will have:

a good knowledge and experience of learning disabilities, be keen to promote and support the needs of people with learning disabilities, be happy to join in, support and help develop activities for adults with learning disabilities or other special needs, have reliable and thorough work practices and be prepared to undertake training, to include Safeguarding, Health and Safety and First Aid; also have good IT skills or seek to develop their IT skills.

Further details can be obtained by contacting the Goosecroft Centre.

Interested candidates are welcome to arrange a visit.

Applications should be submitted by letter outlining your experience and suitability for the post. Please give the names and addresses of two referees.

Applications should be submitted by 31st October 2021.