

Goosecroft Centre News

Monday Club: Joelle and Helen have a very busy group. Each week the group choose what they would like for lunch. They prepare the food and eat it. If it's a special celebration or a birthday that person chooses what desert they will all have. The group learn social and independence skills during this time. In the afternoon there might be a guest speaker or a talk about any issues the group members want to know about.

Zoe Metcalfe, The Police and Crime Commissioner for North Yorkshire came to talk about her role. Zoe answered all the questions and chatted to everyone.



Goosecroft Pickers:

The next session is on Saturday 24th February, 10.30am to 12.30pm. New people are always welcome. The litter pick is about an hour with soup and refreshments served at the Goosecroft Centre afterwards. Please come along and give it a go.

Goosecroft Arts and Crafts: Ruth and the group have been very busy weaving baskets, making posters about what things they want to try in 2024 and making colourful posters of their name initial.



Drop-in: We had a visit from North Yorkshire Police and North Yorkshire Fire and Rescue services on their Day of Action.



60th Anniversary – Frits Rab (Chairman)

On 6th March 1964, Northallerton and the Dales Mencap Society was registered as a local charity serving the Hambleton and Richmondshire areas of North Yorkshire. Registration was initiated by a group of parents who were determined that the provision for their children with learning disabilities should be improved. At that time children with learning disabilities were excluded from education and the advice often given was that they were best placed in an institution. People with learning disabilities were frequently referred to in terms that would be totally unacceptable today and were shunned as members of our society. The national charity Royal Mencap was established in 1946 with the determination to raise awareness and lobby for change. In those early days, the focus was on the welfare of children, although those involved soon realised that the needs of adults with learning disabilities also needed urgent attention.

As a local charity, Northallerton and the Dales Mencap Society is affiliated to Royal Mencap but is responsible for its own management and funding. From its inception, the local Society was driven by very active committee members who established a range of fund-raising strategies, most notably the annual Mencap gala and the sale of Christmas cards and gifts, which achieved the highest sales nationally. In 1979 the present site in Goosecroft Lane was purchased and in partnership with local Social Services ran a day service for adults. When this service closed the Centre became available for other activities and established itself as a community asset.

The present Chairman of Trustees, Frits Rab, and Centre Manager, Sue Lear BEM, were appointed in 1997. Together with the local authority and the Learning Disability Partnership Board, work has been carried out on a range of issues including, community safety, health and well-being, the development of activities and the modernisation of provision for people with learning disabilities. Community safety and health and well-being are areas of current concern. In 2017 Trustees extended and refurbished the Centre to include an up to date disabled 'changing places' facility and new offices.

The Northallerton and the Dales Mencap Society continues to be a voice for those with learning disabilities while, at the same time, it encourages people to have the confidence to speak for themselves. It is also supportive of parents and carers and is a source of information and advice.

Current activities at the Centre include the well-attended Monday Club, Tuesday art activities and a Wednesday drop-in. The Centre is also used by groups and individuals from the local community who have always been supportive.

The Society is well placed to continue its work into the future and is determined to make a positive contribution to the welfare and life chances for people with learning disabilities.

It is planned to hold a 60th Anniversary celebration later in the year.

Look out for further details.

Julie Makaton Tutor

Hello, my name is Julie and I'm an experienced Makaton Tutor & Ambassador offering Makaton sign and symbol advice, support and training. I have over 20 years' experience working in special educational needs settings and have seen first-hand the positive impact Makaton has had on those who use Makaton signs on a daily basis to communicate their needs.

My Story

My Makaton journey started over 25 years ago when I attended my first Makaton training course. This was quickly followed by the next two courses as I realised how powerful Makaton is as a communication strategy. In 2004 I completed my Makaton Tutor training and in 2023 I qualified as a Makaton Ambassador. Nearly 10 years ago Julie Makaton Tutor opened to run in house and community Makaton training sessions. I feel very lucky to meet so many amazing people starting their Makaton journey with me and returning to continue their training, I have seen so many participants not only develop their Makaton signing skills but also their confidence in their own practice. Over the years I have continued to develop my own Makaton skills by attending further tutor training courses and adding additional Makaton training sessions to deliver locally to continue to support Makaton users, their families and the community. Makaton is my passion, there's no greater feeling than when a Makaton user uses a sign to communicate and sees that they are being understood.

What is Makaton?

Makaton is a language programme that combines speech, signs and symbols to empower anyone living with learning or communication difficulties to understand and be understood.

What I do?

I teach Makaton to people who interact with Makaton users on a daily basis e.g. parents, carers, charities, education and health based workers and to community settings/organisations who want to make their environment more accessible to Makaton users e.g. leisure, shops, café, charities and councils.

I deliver training sessions in person and online to individuals and organisations at a time to suit, this includes weekdays, evenings and weekends. In addition to delivering Makaton training I love to support in the community, attending events and demo days to share information and chat about Makaton.

Get in touch:



07923113270



juliemakaton@btinternet.com



juliemakaton



the_communicationtree



www.bookwhen.com/thecomunicationtree



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 or on [facebook](#) or Tel: 01609 778894

Monday Gardening Club

Over the last few weeks in cold and wet weather members of the Monday Club and Simon Cross, Manager of Northdale have been very busy developing the new Garden Project at Goosecroft Centre. Working in partnership with Northdale, new raised beds are being built in the garden area at the back of the centre. Tom, Mikes, Dean, Lindsey and others have worked very hard to build the beds. One bed has wheelchair spaces so that people can reach over and do the planting and tending the plants in a comfortable position alongside their friends.

Joelle has ben working with the group planning the layout and choosing what sort of plants to use. Fruit, herbs, tomatoes and vegetables that can be harvested to use in cooking sessions at the centre. Bright flowers and maybe some fruit trees may be part of the project too. The grass area will be planted in the spring as part of the rewilding project that was started last year.

The goosecroft gardeners will work with Northdale Gardening Club students over the next few months to develop the project.



Learning Disability Week

17th – 21st June 2024