



Goosecroft Centre News

Monday Club: Joelle and Helen have developed the Monday Club over the past year to include a wide range of activities. This year we have been working with the Potting Shed staff in Northallerton as part of their fundraising for the Local Society. Each month Monday Club members do a joint activity with the staff who are having fun meeting people that they are raising money for. So far there has been decoration making for the football this summer, pizza making, a lovely celebration cake for the 60th Anniversary of Mencap and an information session at the Potting Shed for the staff and public to learn more about people who have a learning disability.



Hate Crime Awareness Week

Northallerton Town Hall
Monday 14th October 2024
10am to 1pm

Come along and meet local groups and organisations that can help you if you have been or are worried about being a victim of crime because of your age, gender, race, religion, lifestyle or disability.

Getting My Health Right For Me

Four workshops that have been co-produced, co-designed and co-delivered by self-advocates, parents and healthcare workers are ready to be delivered. Details about Annual Health Checks, being aware of your body and screening programmes are included. For more information please contact: Sandy Marshall at Inclusion North on Tel: 07767 776125 or on email

Sandy.Marshall@inclusionnorth.org.

Or you can ask Sue or Joelle for more details at the Goosecroft Centre.



The Northallerton and the Dales Mencap Society 60th Celebration in June went very well with lots of people attending to enjoy the event. The cake was cut by Frits, Sue and Stephen. The poem printed below was written by members who attend the centre. It shows what Mencap at the Goosecroft Centre means to them. It was read out by the people who wrote it.



**The Goosecroft Centre.
I feel confident as soon as I step through the door
I love my bike ride to the centre
Our safe place
chop, stir and fry on Mondays
A place to try new things
Full of friendly people
Paint, draw and make on Tuesdays
Get creative!
You will never be judged in our safe bubble
We laugh a lot here
Bingo, Karaoke and sports on Wednesday
A place to go when you're feeling down to get back up again
We sing in the kitchen!
Feels like a sanctuary because it is one
Review and rate restaurants on Thursdays
Meet friends old and new
The Goosecroft connect 4 championships happen here!
Litter pick with your mates on Saturdays
Here you will feel you belong
Our Neverland
We love The Goosecroft Centre
A reason to get up and get out
Something to look forward to
Come and visit, you would love it too!
We are all great company
Where is the birthday cake?**

Grateful Parents

I have been a Mencap supporter in Northallerton since 1999 as a family Carer, Management Committee member and volunteer. My daughter has very high support needs, she is 47 years old now. My husband and I looked after her at home until 2001 when our advancing years and circumstances in life led us to look for supported living options in our local area.

We did find a local provider that we thought at the time would provide the high level of care and support that she needed. Over the years living in their accommodation and receiving the care they provided it became very apparent that they were not looking after her needs and best interests.

My Husband and I met with the staff regularly and told them about our concerns. We also involved Social Service and the local Community Learning Disability Team. Various professionals tried to help the staff cope with her needs but sadly the provider did not take all their advice onboard. Our daughter was suffering because of this. She could not tell them if she was in pain and could not ask the staff for help because she does not speak. Her behaviour was the only means for her to show them how she felt. It was very upsetting for us to see all this. After 20 years living there the provider said that they could not give her the support she needed.

An assessment took place that we were not invited to. It was apparently a 'best interest' meeting. When we were eventually given a copy of the report we were very upset to read as it read like a character assassination of our daughter. There were no positive points about her. How can people write these things about a person who cannot speak up for themselves and not have a representative at the meeting to help to speak up for them in a positive way?

After this we were left to find another housing and support provider. After 20 years of trying to make sure she was safe and secure when we were no longer here to care for her.

We had help from a Social Worker who helped us to search for another provider to provide future housing and adequate support.

My husband and I were introduced to staff from the Mencap Supported Living Service. We had long discussions about our daughters needs and our expectations for her future care. We were very impressed with their understanding of the situation and interest in our daughter's needs. They could not understand why her needs were not being met and how the situation had escalated over the years. We liked the Mencap ethos and the positive attitude of the staff we met.

(Continued on Page 4)

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

(Continued from Page 3)

Our daughter was offered a place at Mitchell House, Thirsk. When we visited to look at the accommodation and meet the staff, we felt that it had a homely atmosphere and saw how happy people living there were happy and content. When we took our daughter there to have a trial stay, we could not believe the difference in her behaviour and how happy she was. In fact, she seemed like another person, not the unhappy one she was when she returned home from her previous house.

We decided together that Mitchell House was the right setting for her to live and be cared for. We saw really good quality care from the management and staff team. We felt that we could be confident and we did not think it would be possible to find such a place where we could be confident again that her needs could be met for the future. It was lovely to receive such positive feedback about her.

In the last 9 months living at Mitchell House we have seen lots of progress in all things she does. Previously we were told that she would not get in the bath, now she has two baths a day. She uses the toilet and never did before. She has made friends and goes out on her own with support as well as going out for group activities. Previously she did not get opportunities to go out unless we took her. She seemed constantly upset and did not want to go back when she had visited us. We think that now staff are taking time to understand her and her communication and giving her time to do things at her pace she is much happier. We feel that she wasn't listened to before and was made to do things she didn't want to do, not at her pace or ability to cope.

At last, our daughter is experiencing a much better happier life with people who support her properly and learn her needs day by day. My husband and I are very impressed with how Mencap train their staff to meet individual needs of the people they support and involve the family in the decision making process. This gives us the confidence to know she will be taken care of when we are no longer here.

From grateful parents of a person with High Support Needs - August 2024