

CRAVEN GAZETTE

Covering matters from across Craven because Craven matters!

Edition Nineteen of
The Craven Gazette

Featuring:

Venturing Out Again!

Be 🐝 Friends Garden

Holiday Adventures

ABCD

Relaxation

**Our regular news
and views**



One Day in Hellifield!

As the lockdown started to ease we were able to meet up outdoors in small groups of six. We have had great fun reconnecting with friends, and meeting new ones, who have all helped to create some magical moments across Craven. Meeting outdoors has been a challenge with the British weather, we have had to change plans at the last minute a few times but so far we have managed to dodge the showers! This photo shows Morgen having great fun with the parachute. Thanks to Ryan, Dale and Morgen for showing us around Hellifield, we hope it's not too long before we can meet up again!

My Holiday to Brickhouse Cottages by Joanne Pemberton



One of my favourite things to do is to go on holiday, I love being by the sea and on the sand. Unfortunately I couldn't get on a plane this year but I had a lovely sunny 'staycation' in Poulton-Le-Fylde.

I went on holiday supported by Claire and Charley. We stayed in one of the biggest cottages called Maple. It had so much space for me to move around in and a huge table where I could put all my books for the week. One thing I was really looking forward to was the hot tub we had. We all went in together most evenings and enjoyed the bubbles and relaxing.

I went to three beaches on my trip, first Fleetwood which was really flat so I could get up to the beach with

my spade where I like flicking the sand. After a look around we went on a hunt for fish and chips. I ate these there by the sea before heading home. The next beach we went to was called Cleveleys beach and none of us had been before but this was our favourite place out of the three. It's close to Blackpool you can see the tower from the beach, however it has much less of a crowd. There are so many shops and cafes and the prom was totally flat for miles. There is a ramp onto the beach where I sat in the sand relaxing and taking in my holiday.

Brickhouse Cottages has an onsite hydrotherapy pool and a lakeside bistro. I visited both, the hydrotherapy was really fun. I enjoyed stretching



in the pool then splashing at Claire and Charley, it had music and mood lighting as well as sticks and balls. The cafe was open for outdoor service which was nice as it was a lovely sunny day. I sat by the

lake where there are a lot of ducks and geese who want to share your dinner with you.

We made friends with the animals during our stay and one goose came to see us everyday. He would tap on the front door until we answered and gave him some bread. I really enjoyed sitting out on our patio area in the sun, we had lots of space and a beautiful view of the lake. Soon it was time for home so we packed our bags and set off to St Annes



on the way home. This is one of my favourite places to go because it's all flat with easy access to the beach. I walked down the prom to my favourite cafe. It's called the train cafe, which is a converted train. We had breakfast here in the sunshine which was a lovely way to end the holiday.

I had a fantastic holiday and I can't wait to visit again!



My Holiday to Cornwall by Laura Linton



I went to Cornwall on holiday at the end of May for a week, it was lovely!

The weather was sunny and warm all week. We went to the beach which was a lovely beach. We went to Polperro for the day and went to Fowey and went on a boat trip. It was very interesting to hear about the coast and the sea was a lovely blue colour!

"Family day out on the canal at
Gargrave"

spotted a few weeks ago by

Jane and Rita Whatmuff

Wonder how big they are now... 🦢



Sunny Days with Friends by Gareth Pratt



The weather has been so lovely for the last few weekends, it's meant that I've been able to get out to meet up with friends.

We haven't ventured all that far, I've been to Cliffe Castle a couple of times to the local park and a drive out to get an ice cream.

I love spending time with friends and they know how much I enjoy their company when I'm excitedly blowing kisses and using my famous 'oooh-oooh' call to them.

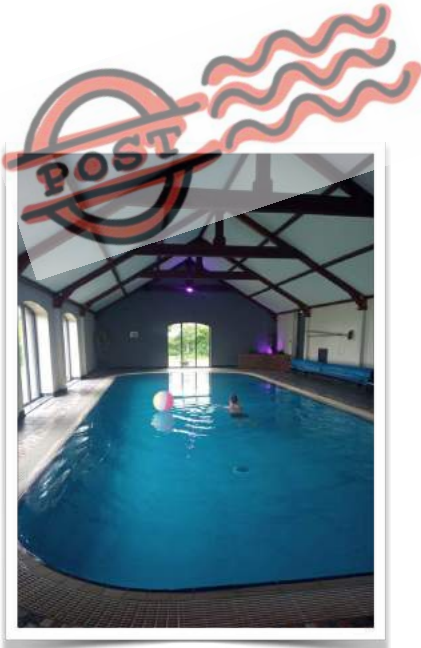
Some friends I've picked up in my car on the way to an adventure have loved seeing my excitement when I sit up in my wheelchair and start clapping and shouting hooray when they join me.

One day when my PA saw how pleased I was to see my friend Mel my PA said "yay it's Super Mel" and from that point on throughout the afternoon and in my own way, I kept repeating 'Super Mel!'

I love it when my friends take turns to push my wheelchair, they are careful but they do show their sense of fun! I've always loved going over bumps and humps and a bit of off roading! Katie and I remember my Mum pushing me fast shouting 'wheeeeeeeeeee'!

Sometimes I hear my friends talking together about where they've been and I hear them say "Gareth would love it there" or sometimes "it's a shame we can't get a wheelchair to that place".

It's so good to know that even though I don't use many words to communicate I am still thought about and included by my friends!



Postcard from Cumbria from Sam Woodhouse and Carol Ward

When I am up at Brandraw Barn I go swimming. The pool used to be yellow but it has been refurbished and is now a beautiful blue. Because of Covid I can't do one of my favourite things and that is go in the sauna. I still swim and use the hot tub because that is allowed.

There is only Carol and I in the pool so we can splash as much as we like. I always splash Carol, I love doing that, it makes me laugh!

When we come out of the pool we see Briony the Shetland pony and Pepper the potbellied pig. We can feed them if we want to, Pepper is always hungry.



My dad has some 'escape pods' at Fell View Park which is a caravan site at Kirkby Lonsdale, not too far from where I live. The pods are for luxury camping, or glamping, holidays. They have hot tubs and barbecues. When I go with mum, I help her to fold towels for the people who stay in the pods. I love folding towels and helping out. You can have a look at the website by clicking on this link www.fellviewpark.co.uk

Wednesday Wellbeing by Sean Collins

For the last two months or so I have been joining friends for our Wednesday wellbeing relaxation session. It has been really good to see everyone on



Wednesdays when we all take time out to think about our body posture, making ourselves comfortable to practice focussing on our breathing... in and out... We always make a yoga pose like a

mountain to remind ourselves that we are strong. I like giving out a love heart with our hands to share with each other. We listen to

some really good guided relaxation stories of walks on the beach, relaxing in water and often have a good video to watch as we first join Zoom which helps get our imagination going. Allowing time for our bodies and minds to rest has made me feel really calm.

We have learned that our wellbeing is important every day not just Wednesdays! Thank you very much to everyone for joining in on Wednesday Wellbeing, it really is fantastic!

Differently Abled

by Tempest Phoenix Smith

Every one of us sometimes stands on the edge of acceptance, on the brink of being understood. Too often, for too many of us, in various situations, that acceptance is not given, that understanding never happens.



One person needs glasses or varifocals, another needs a hearing aid. So far, so obvious. Others need aids for getting around, a cane or a zimmer, a wheelchair or a mobility scooter. Straightforward and generally accepted.

Someone else needs to wear dark glasses all the time, even at night because of street lamps and head lamps. Any bright light hurts, although luckily it does not do any damage. This is due to photophobia (sensitivity to light). Not so obvious, though increasingly common.

Even a temporary condition such as laryngitis can cause difficulties. I had laryngitis for six weeks and still managed to do my work, but got laughed at by a few colleagues just because I had to carry a notepad around with me all the time and communicate by writing everything down if I could not use e-mails or instant messaging. The worst time was when I went into a shop where I also had to write to communicate. The sales assistant started talking louder to me and repeating herself, though I could hear perfectly well and understood her. (I ended up not buying anything and have never actually gone back to that shop even after I recovered from laryngitis.)

Many people need something but a stranger meeting them might not know about it because there is no obvious indication. They might need a bit more time to think about things or a little more time to do things. They might need to not be hemmed in by people they do not know. They might need to express their feelings despite being in a quiet place at a volume which makes people stare at them. They might communicate with gestures or sign language rather than words.

Even in the 21st century, some people think that if someone doesn't understand English, you just need to speak louder. Yet other people do take the time to try

and communicate and manage it, sometimes even when neither person speaks a word of the other's language.



Each of us would like to find ways for people to understand us – and for others to give a little thought to what people are experiencing – and understanding that we all matter. Each of us is human, regardless of the

opinions of ignorant people. (And yes, each of the ignorant people is also human and might even learn to be less ignorant with time.)

We are all differently abled. We are not dis-abled. We are still able to do what we are able to do. We have not given up yet. We have not abandoned all hope. We keep calm and carry on. We know that some people might not accept us or understand us or have patience with us. We keep on keeping on regardless. We are supported by family or friends or carers who do accept and understand us – or who at least try to do so. It is all in the trying. We are trying to be the best we can be and to enjoy life. They are trying to enable us to do so.

There is no obligation on people to try to understand each other, but it would be a better world if more individuals made the decision to explore, to try and communicate rather than look away and walk away and ignore the other person just because they do not fit the narrow bandwidth of what you usually deal with. People don't attempt communication with someone who's obviously disabled. They talk to the person standing, not to the person in the wheelchair. Ignorance is not bliss – and fear of what one does not understand can lead to either inappropriate actions or lack of action on a local or even national scope that will widen the gap instead of bridging it.

Let us focus on what we can do and what we might be able to do, sometimes with a little help from our friends, our family, our carers. One step at a time, one day at a time, one attempt at a time, one victory at a time. And every time we try, it matters. And if we fail, then we try again. And again. And we celebrate every victory, no matter how small, no matter how unimportant it might look to people who do not understand. We don't need to worry about the people who don't

understand. Instead, let's concentrate on the people who do – or are trying to do so. So, we are all trying together.



None of us is perfect, especially those that think they are. You can't be perfect – and you don't have to be. You are being human – which is a learning curve for everyone, sometimes more like a roller coaster than a learning curve, in fact, with so much happening which challenges us as individuals, as a group, as a society, as a nation, and as a world.

Just be human and be willing to engage. Be humble – you might even learn something from the human being in front of you, even if they are very different from you, even if you judge them as lacking in some way. Everyone has their own gifts to bring, some of which will surprise you, but then, that's what being human is all about – the surprise, the wonder, the amazement that can sneak up on you just when you had settled in to taking everything for granted and thinking that one day is much the same as another.

I would like to conclude with some remarks from a programme on BBC Radio called "The Blind Astronomer". It is well worth a listen and can be found on BBC Sounds if you search for Blind Astronomer or via this link: <https://www.bbc.co.uk/sounds/play/m000wyzg>

"For Wanda, the future is about. . .allowing everyone to take part."

Kate Molleson (journalist)

"My hope is that all of us will be able to participate just as we are."

Wanda Diaz-Merced (scientist)

Did you know?

Missing Peace Wellbeing + Support is a Community Organisation passionate about peer support & wellbeing. They provide a range of structured activity based support groups across Bradford, Keighley and Craven.

Explore their website to find out more about what they offer www.missingpeace.org.uk

Qwell is a safe and confidential space to share experiences and gain support from your community and qualified professionals. The Qwell team are there to provide free, safe and anonymous online support and counselling. The whole team are made up of friendly and experienced individuals who want to help. Find out more by visiting www.qwell.io

Grow Your Own! By Stephen Morrell

This year I decided to dig up a section of our garden and make some raised beds



in order to grow vegetables. You don't have to make raised beds to grow vegetables, you can also grow an amazing range of things in pots on your window ledge in a kitchen or bedroom or on a patio or back yard. It is very rewarding; not only do you get food to eat but you also have the pleasure of watching things grow and caring for them.

So how did I start? In April Tom and I got some wooden decking boards from Wickes and we attached them together to make four 1x2 metre beds. Here is a picture of me and Tom putting the first one in place.



When they were in place I dug in plenty of compost which I got from B&Q. Then came the fun part, I got lots of seeds of things I wanted to grow. I have found the best place to get seeds from is an online store

www.premierseedsdirect.com

Their prices are really cheap and postage is very reasonable and they have lots to choose from.

As it was really cold this spring I also got two mini poly tunnels from Wayfair.

So now I am growing sweet corn, cabbages, broccoli, courgettes, turnips, kohlrabi, mooli radishes, Swiss chard, lots of lettuce, celery, edamame beans, runner beans, cucumbers, globe artichokes and in pots indoors I am growing sweet peppers, chilli peppers, aubergine and tomatoes.

I have to water everything every day and when we went on holiday recently we had to ask a friend to come round to do the watering. It is well worth all the effort though and I am looking forward to eating my own grown things later this summer.

Tai Chi and Me! By Nicola Thornton

I have started doing Tai chi on a Monday with my PA, Katie.

Val Preston is our Tai chi instructor and she is a lovely lady.



I like Tai chi, it's good and I am getting used to some of the movements.

We do it outside at Sutton Cricket Ground which is lovely. We often start by looking at the flowers around us. Some people take their shoes and socks off to do it, I haven't done that yet but maybe one day I will. Tai Chi is really good gentle exercise and I'm enjoying it!



Hello I'm Val from Truly Essential Holistic & Tai chi!

Nicola and Katie have been coming to my Tai chi for Health classes which are held outdoors at Sutton -in- Craven cricket field every Monday morning.

The classes are very inclusive and open to all abilities, we get a good dose of fresh air, exercise and above all we try to make them fun and enjoyable for everyone.

We learn Sun style Tai chi movements slowly and progressively using Tai chi principles. This creates a very calm, relaxing atmosphere at class, the movements are easy to learn and the class very enjoyable.

Tai chi movements are based on nature, so we move like water, soar like an eagle, walk like a cat and stand like a mountain to name a few. Practising outside really connects us with nature and has a relaxing beneficial effect on everyone who joins in. We also introduce slow, calm breathing whilst we move, this is sometimes called moving meditation.

More information can be found on my website www.trulyessential.co.uk

Did you know?

You can do Tai chi sitting down which makes it accessible for lots more people including wheelchair users, have a look at this link to see Val in action and find out more <https://youtu.be/28KSD4UO3jU>

Tell me why... I DO Like Mondays! By Dale Cardus

On Mondays I have been going to lots of interesting places with my friends. One day recently we went to Morecambe. We had fish and chips on the way there then



we made our way up towards Morecambe seafront. We parked up and went onto the beach and we did some relaxation. It was a lovely warm sunny day.

Katie had a book full of photographs and I made up the whole story myself using my imagination about these pictures and what they made me think.

We went to a little cafe called Buccaneers and we had a drink and an ice cream! We spent half an hour in the arcades at Pleasure Island, I even won a few pounds on the slot machines!

Last Monday we went to the Royal Horticultural Society Harlow Carr garden and went to Betty's to meet Karen Murray for the final time before she moved to Portsmouth to be with her daughter and her family. It was my first visit to Betty's and I absolutely loved it. The staff at Betty's were very kind, we even had someone who looked like a butler show us to our table.

I was also very surprised to bump into my old teacher Mrs Margaret Chorney. She was very surprised to see me in Betty's too!

We stayed and talked to Karen a bit and she gave us all a very special gift, a love heart to think of her, and a thank you card. We also gave Karen a very special gift, we gave her a painting of her flying on a magic carpet over all the places in North Yorkshire that she visited to see self advocates including Skipton Castle, the Grand Hotel in Scarborough and Betty's! She can use her imagination to visit us on the magic carpet whenever she likes.

Last Monday we had a meeting with People First Merseyside who came to talk to us about how to keep healthy and how to spot signs of cancer. As they were staying overnight the night before, we decided to invite them to meet for tea to welcome them to Skipton. It was great to get to know Jade, Karen, Helen and Joanne and I really, really enjoyed our talk and they said we were absolutely excellent to talk to and a very kind group.

Friend by Tempest Phoenix Smith

(Photo) Copyright 2021 Cat Spydell



The lizard,
rescued from the cat,
lingered on her hand.

A heartbeat, two,
then it raced off.
Until the next time.



Growing Veg, Growing up and Growing in Confidence

By Becca Campbell



Alexa and I have been spending some lovely sunny afternoons at the Exclusively Inclusive Be Friends allotment. Alexa absolutely loves it there and has really enjoyed planting runner beans, digging in the compost and collecting dandelion heads.

She has her own little gardening set that she uses and is growing confidence as well as the fruit and veg!



Social Prescribing Pilot Project by Christopher Porter

On 24th of May I went to my first face to face meeting for nearly a year. This meeting was held at BTM which stands for Bradford Talking Media. It was to plan about how we can help Social Prescribers work well with people who have learning disabilities. We have already started work on a training session for Social Prescribers, people who have learning disabilities and families.

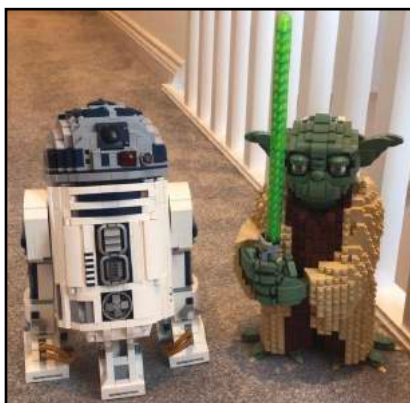
Social Prescribers are sometimes known as “community connectors”, they are often based at GP surgeries and they work by connecting people into a wide range of activities in the community. Bradford District Care Trust are working on a pilot project and will be looking to select three GP practices to be involved in this pilot project.

After Vicky welcomed everyone to the meeting and we had introduced ourselves we did an ice breaking activity, where we had to think about where would we go to have a meal out now restrictions are easing. I told everyone that I was going to the Aagrah in Skipton the following week.

Next Vicky and Collette explained more about the pilot project in Bradford and Craven - we want to work with three GP practices and Social Prescribing teams to work with more people with a learning disabilities to help them understand people's health needs. Dale talked about Exclusively Inclusive and all things that we do as a community group. Dale would like to develop opportunities where he lives. Katie showed the group a Wellbeing Passport that Social Prescribers in Skipton are working on, they asked for our feedback. I enjoyed this meeting and I'm looking forward to being involved as the project goes forward. It was good to meet up face to face and we all sat socially distanced in the room to keep ourselves and each other safe.

You can find out more about social prescribing by visiting this link www.england.nhs.uk/personalisedcare/social-prescribing/

Hello 🙋 Mel here!



I have just finished building my
Lego R2-D2

I had already completed Yoda!

I love Lego and I love Star Wars
so it's a perfect combination for
me!

Now for my next project...Groggu!



Keeping Each Other Going by Janet, Tom and Amy

In March 2020 things changed for us all but in our little circle of friends when our pal Tom headed down South to stay with his Dad. In order to keep in touch we started a weekly bingo session so we could chat, play and keep in touch via Zoom. It helped us all continue to stay connected. In September 2020 Tom came back to his home in Skipton and we started our weekly walking sessions to stay in touch. We took our dogs Mollie and Rosie and walked many miles on the canal, up the woods, to Embsay, Thorlby, Stirton, the park and chatted lots about how the situation was affecting us personally as well as the rest of the world. We found being together helped us cope and knowing we had our weekly walk to look forward to was a great comfort in the long days we were on our own. Sometimes Laura was able to join us though we had to stay within the rules and that meant the majority of the time it was us 3 and the dogs. We really think we might have walked 500 miles or more!



We have watched Summer turn to Autumn then Winter and now Spring. We have seen the woods through all the seasons and I was especially touched one Winter Tuesday when Tom told me he had a surprise for me. He led us up the side of Skipton Castle to the woods entrance and shared the sight of a bed of beautiful snowdrops, my favourite flower. It was a really thoughtful and lovely gift to share.



On May 18th we celebrated that finally we could have a cuppa in a local cafe and Tom treated Amy, the dogs and I to treats in the Doggy cafe Kibble and there I shared with them both our wonderful lockdown medals. A symbol of our friendship during one of the trickiest times in history.

"We get by with a little help from our friends"

Friendship is a precious thing and never has this shown more during this strange time. Amy, Tom and I have had great fun, laughter and been able to share our worries and fears. Walking

has been good for our whole health and very much so for our future friendship. Thank you

Amy and Tom what stars you are! 🏆 🏆 🏆 🏆 🏆

Lockdown by Kaitlin McNulty



Some things in lockdown have been good

No rush

Slowing down

Zoom and nice walks

Dancing Teacher

Yoga and well-being

Time to walk, wave, talk

and turn neighbours into new friends

Zoom disco

Rounders

Bad things have been

No hugs

And missing friends

I am happy now to see friends

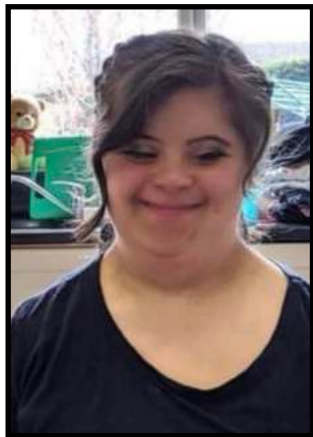
Some days my sister comes to my house

She does my hair

My makeup

And my nails

It makes me feel happy



Hello from Karen Murray in Portsmouth



Well, it's been over four weeks now since I retired from my job with the KeyRing self-advocacy service and only a week since we've been living in our new house in Portsmouth. I feel very lucky to have worked with so many fantastic people across North Yorkshire and I want to thank everyone for the lovely video messages, cards and gifts you gave me. The farewell disco that Exclusively Inclusive organised for me with the awesome Dale Cardus as DJ, was absolutely brilliant and I loved seeing everyone dancing and singing along to the music. As you can see from this photo, I really had the time of my life. At the moment it feels like I am on holiday and that I will soon be heading back to North Yorkshire, but I am sure I will feel differently once I have been here a bit longer because it is really lovely to be so near to family.

Because I have only been here for a week, I don't have much news for you as the only place we've been to is Sainsbury's – and we got lost going there and coming back! Once I've been here a bit longer I will have more news for you and if you are on Facebook or Twitter I will be following all the great things you are doing across North and West Yorkshire and I will be cheering you on! 🙌

Wellbeing Relaxation Sessions by Alistair Clayton-Stead

I have really enjoyed the relaxation sessions and I'm pleased they are continuing.



The sessions have helped me and after each one I feel relaxed, calm and 'chilled out'. I have found the Covid pandemic hard with the lockdowns and not being able to meet up with friends, but the relaxation sessions have helped me to not worry about it all and to try and stay calm over it all.

I have used the relaxation at other times too, on my own. It is great, easy to do and really helpful.

I want to thank everyone involved for organising and setting it all up. I will always use it when needed.

My Allotmenteeing Adventures by Daniel Jones

I have been coming down to the allotment on Wednesday afternoons and I've really



enjoyed it! I have been strimming and watering round, I've painted the fence, been digging, I have been lifting heavy wood and loading it into a truck for it to be taken away.

I've loved the digging the best, turning the soil over and pulling out the weeds and nettles.

Weeding is a never ending job here because each time I come back there are more weeds.

I make sure I bring plenty to drink and a snack and I follow health and safety, I love it down there. Next time we are going to help out one of the other allotment holders who needs a

hand. I like meeting my friends down at the allotment, my new nickname is Daniel 'The Machine' Jones because everyone says I'm so good at digging! 🌱🌻🐝

Editors' note - Great work Daniel! We love your nickname and your energy!

ABCD and Me! By Christopher Porter



Links and image taken from
www.nurtureddevelopment.org

I have started an eight week course with Nurture Development all about ABCD which stands for Asset-Based Community Development which refers to a type of community development based on the work of Professors Jody Kretzmann and John McKnight.

Due to the restrictions the course is being held on Zoom. We are three sessions in now and I'm enjoying it along with lots of other people from the Craven community and different organisations.

The training, which has come out of the Nurturing Neighbourhoods work that has been going on across Craven for the last two years, is led by Chris Chinnock who works for Nurture Development. We have talked about Nurture Development in previous editions of the Craven Gazette and shared some of Cormac Russell's blogs, so if anyone has any past copies you could always have a re-read of them and you

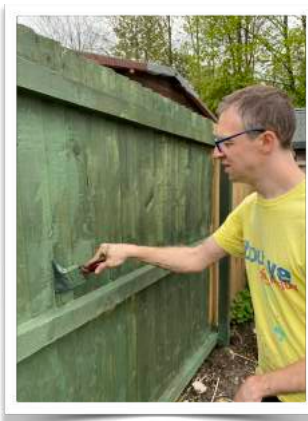
might find some interesting articles.

There are three elements to the training. The first one is self-directed learning which means that we will read and watch course materials before we meet up. The second element is meeting up for a weekly seminar with Chris Chinnock on Zoom and the third element involves assignments. As part of the self directed learning we watch videos presented by Cormac Russell.

At the first meeting, Chris Chinnock shared questions that we each individually had to think about. The questions were 1) How valuable do you plan on the course being? 2) How participative do you plan on being during the course? 3) How much risk do you plan on taking during the course? 4) How much do you plan on contributing to the shared learning and well-being of everyone in this group during the course?

I think these questions are really helpful and we should ask ourselves them before we start any new work, meeting or course.

Working on the Bees Friends Allotment



I have been working on the Bees Friends Allotment in Skipton to do gardening jobs such as watering the plants, potting up, planting seeds and painting the fence. We've all been very busy in small groups. Our crops are coming on and we will hopefully have lots of delicious veg. We have planted carrots, broad beans, runner beans, dwarf beans, tomatoes, courgettes, turnips and a few potatoes! We have more potatoes going in soon. The allotment looks good. Gardening is good for our health and wellbeing as we get exercise and meet up with our friends.

We would like to say a huge thank you to Lydia Holdsworth at Minstrels Nursery, Cononley for donating some lovely plug plants for us to pot on. 🌱🌻🐝

Our Preview of the New Skipton Town Hall

By Christopher Porter and Katie Peacock

Representatives from Exclusively Inclusive were invited to preview the new Town Hall which opened officially on Monday 21st of June.

Our first impressions were that it is amazing, so light and modern. It felt very contemporary and up-to-date and a space that you'd like to spend time in. It was all new and clean and fresh.

Safety measures have been thought about in terms of infection control and we were encouraged to use hand gel, take our temperature as we entered and were given a stylus to operate any touchscreens. There was hand gel all around the building and hand antiseptic wipes available.

We had a look round ourselves and went up to the first floor. It was all very spacious with interesting artefacts about days gone by in Craven life.



Later on we joined friends and colleagues from the Craven Disability Forum to have a tour of the new Changing Places bathroom.

We are passionate about Changing Places so were thrilled to see one in place here.

We noticed a couple of tweaks that might

need attention but otherwise it is a huge improvement and the great thing about this Changing Place is that it will be open six days a week and into the evenings. This means that people who need more space or changing table to use the bathroom have much better options when they are out and about socialising, or whatever they're doing in Skipton.

There is a lift to access all floors including the stage. There wasn't a stage set up today but having the lift really does open up opportunities for disabled actors to take part in productions, we think this is brilliant.

It was good to bump into people we knew. We were able to have a face-to-face chat with Kate Senior who we had also spent time with earlier in the day on our course about



ABCD, so it felt like we were putting some things into action and not just theory.

We were pleased to attend the preview and are looking forward to visiting again and seeing performances and attending other events.

We caught up with Councillor Stephen Morrell who had taken part in a behind the scenes tour, he told us "The restoration of the theatre and main hall is incredible. The detailed plasterwork in the ceiling has been hand restored, (some of it had come loose and fallen away); the wall lights have been bespoke made by a lighting company to match the magnificent Art Deco ceiling lights; the seating can

be stowed away easily to leave an open room full of space; and the stage is now blessed with a state of the art Bose sound system and LED lighting rig. It is so exciting that Skipton now has such a modern and well equipped Town Hall for the use and enjoyment of our community."

Stephen went onto say "The staff were very helpful and enthusiastic about the museum, and they were keen to know if I had enjoyed my visit. The exhibits are displayed in a modern way with easy - to - read labels and information, all showing the history of Skipton and surrounding areas from prehistoric fossils to the present day"

We would like to say congratulations to everyone involved in the re-development and modernisation of the Town Hall, it is a huge improvement, we recommend a visit when you get chance, we have already visited again with friends.

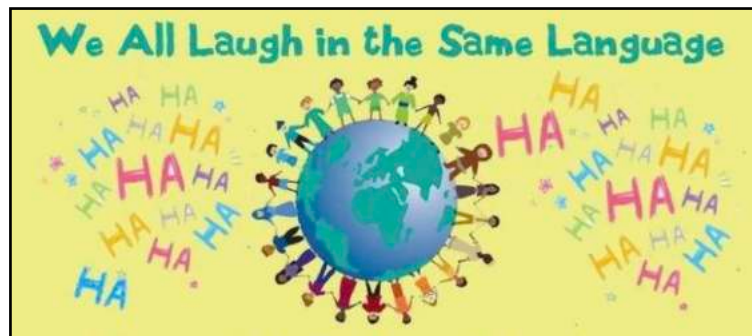
Did you know?



Standard accessible toilets do not meet the needs of all people with a disability. People with profound and multiple learning disabilities, as well people with other physical disabilities often need extra equipment and space to allow them to use the toilets safely and comfortably. These needs are met by Changing Places toilets.

You can find out more by visiting this link and plan your journey and visits by using the Changing Places map www.changing-places.org

Jenny's Jokes!



What does a cloud wear under his raincoat?	Thunderwear 🤔😂😂😂
What do you call a dog magician?	A labracadabrador 🤔😂😂😂
What do you call two birds in love?	Tweethearts 🤔😂😂😂
What is a computer's favourite snack?	Computer chips 🤔😂😂😂
How do you talk to a giant?	Use big words 🤔😂😂😂
Why did the kid cross the playground?	To get to the other slide 🤔😂😂😂
What do you call a droid that takes the long way around?	R2 detour 🤔😂😂😂
What's worse than finding a worm in your apple?	Finding half a worm 🤔😂😂😂

The Boys are Back in Town... Great time had by all! 🍺🍺

Photos by Henry Varney



Red Flag Health Roadshow

By Dale, Christopher and Nicola



People First Merseyside delivered some health training focusing on red flag symptoms of cancer.

The session was from 1030 until 1230 and held at Belle Vue Mills. We thought it was brilliant and recommend anyone across our area to attend when they get the chance.

There are sessions planned all across North Yorkshire and one coming up in Bradford.

We checked with People First Merseyside and the sessions are open for people with learning disabilities and autism, support workers and family members.



The sessions were fun and interactive and helped us learn about a very serious topic on different types of cancer. They were planned, organised and delivered by People First Merseyside self advocates Karen and Jade and staff Helen and Joanne and were excellent with people from different groups in the area.

The big lesson was that if we were worried we should... GO AND SEE THE DOCTOR!

When we have the dates for the next sessions, we will share them on our Craven Gazette Facebook page so do keep checking and you could look up PFM on Facebook, they are a great team!

Here is a link to a short film that PFM made, you could google it too

[https://peoplefirstmerseyside.co.uk/wp-content/uploads/2021/01/Cancer-Red-Flag-Symptoms-by-People-First-Merseyside.mp4?](https://peoplefirstmerseyside.co.uk/wp-content/uploads/2021/01/Cancer-Red-Flag-Symptoms-by-People-First-Merseyside.mp4?fbclid=IwAR0Vlb6n2EOB7u6bNYaqfPfz4vhFgonbRevAcvVmJHseMUFbev4xz4YGev0)

[fbclid=IwAR0Vlb6n2EOB7u6bNYaqfPfz4vhFgonbRevAcvVmJHseMUFbev4xz4YGev0](https://peoplefirstmerseyside.co.uk/wp-content/uploads/2021/01/Cancer-Red-Flag-Symptoms-by-People-First-Merseyside.mp4?fbclid=IwAR0Vlb6n2EOB7u6bNYaqfPfz4vhFgonbRevAcvVmJHseMUFbev4xz4YGev0)



My Holiday in Kirkbymoorside by Tom Morrell



We packed our bags on Sunday morning ready for my little holiday in Kirkbymoorside.

Aled and I left at 1 pm for the long drive to the holiday cottage, it was very hot. When we arrived we unpacked our bags and then went for a look at what was in the local towns. We did some sunbathing in the garden. On Monday we went to Flamingo Land and saw lots of animals, I had a photograph with a sea lion. I tricked Al into going on a ride called “Splish Splash”, we both got absolutely soaked to the skin! It was great fun! We had a takeaway for tea.

On Tuesday I was joined by Tori and we walked to Hutton Le Hole to visit the Ryedale Folk Museum. It was amazing! There were lots of things to see and learn about life in the 1950s. I loved the old shop and miniature village, it was so interesting that we went back on Wednesday and I stayed there til it closed! It was very hot so Tori suggested we go to Scarborough and dip our feet in the sea, that was wonderful! Tori wrote ‘Mighty Tom’ in the sand

On Thursday Caspar joined me. We packed up and loaded Caspar’s car then headed off for a walk from Goathland to Grosmont!

We had a great time visiting the steam train platform and then took a lovely scenic walk over a disused train track to Grosmont - the views were spectacular!

On our way home we visited Thirsk for tea.

I had a great time on holiday with the support of my team! 👍

My Wellbeing Interests By Ellie Rollins

I am so happy because I have been back horse riding for the first time since last summer.



Horse riding is amazing, it's so much fun! The horse I ride is called Ruby, she is a lovely dark brown horse and I love her so much, she's the best! I've been spending time in my the garden, the other day I did 28,000 steps in one day! Yeah! I think I'm amazing and my family and friends agree!

I have started coming to the Bees Friends Garden Gang allotment and I love it! I like seeing the birds and I like gardening and seeing my friends. I'm not too keen about getting my hands dirty but I wear gloves so that is okay. Seeing the birds there is the best thing about it, I love birds so much!

My favourite birds are owls and woodpeckers, in fact, I love all birds.

I like to see my friends at wellbeing on a Wednesday evening. I like having a chat to my friends because keeping in touch with our friends is one of the ways to wellbeing. I like doing the mountain pose and I love that we make a love heart shape with our hands, which is all about sharing the love and appreciation to our friends, the community and people around the world. I like listening to birdsong and when we have a guided story about birds I like to listen out for when the birds call out their hello to us. After wellbeing I feel calm and chilled out very much 🙏

Did you know?

Exclusively Inclusive hold a relaxation evening on Zoom every Wednesday at 630pm. If you would like to find out more about what we do please do ask us, everyone is welcome to try it. You can contact us by email at the Craven Gazette, exclusivelyinclusive@gmail.com or by our Facebook messages. Of course you can

also ask any of us when you see us 🙏



Skipton Step into Action offer lots of community based opportunities, one project is called Ground Yourself In Green, you can find out more here www.ssia.org.uk/news/ground-yourself-in-green/

My New Home by Jane Whatmuff

Hello Jane here with my fantastic news, I have moved into my own place and I'm loving it!



Photo number 1 I am getting the door key after I signed the forms for my tenancy of the new house on Corner Fields site. I can walk to Skipton there and back.



Photo number 2 This was May 10th. I cut the ribbon and went inside my new home just seconds before the big Thunder storm! I like my new house and I feel happy.

Photos number 3 This shows the first cup of tea I made in the house for my sister, my mum and Ben (who took the photo). We were moving things in and had done a food shop.

Photo numbers 4 and 5 Trying out my bed. It's cosy, I love my bedroom I have an Abba poster on the wall and I have photos around I even have room for a desk!

Editors' note

Thank you for sharing your great news with all of us Jane, you constantly inspire us with your "can do attitude" and showing us what more is possible!



Did you know?

About the REACH Standards for Support for Living - find out more at this link https://paradigm-uk.org/wp-content/uploads/2020/11/REACH_STAGE_07-1.pdf

My Visit to Cliffe Castle by Amy Shanley

On Saturday 12th June I went out to Cliffe Castle with friends Gareth and Chris. It



was a lovely sunny day, we walked round the grounds and enjoyed the sunshine. There were lots of families visiting and children playing on the grass and in the park.

Christopher helped push Gareth up a very steep hill in his wheelchair, when we got to the top Chris and I went to buy ice creams for all of us except me because I didn't want one, I have to be in the mood for ice cream! We all sat and had a rest in the sun to eat the ice cream.

I really enjoyed looking at all the beautiful flowers, we took some photos and I did a drawing when I got back home.

We had a look at the aviary but we didn't go into the museum today because it was such a lovely day we decided to enjoy the grounds. I recommend a visit here.

Did you know?

Our friend, Gavin Cartwright recommends art for wellbeing. He tells us that painting helps him to relax and unwind. Here are a couple of his most recent paintings, we think he's brilliant!



Music Festivals and Me by Raymond Bone

I have always been drawn to live music events, they are spontaneous and enjoyable!

Whenever the Dales Country Festival appeared down the lane, I would be there and in the thick of it, with fantastic acts, dancing and meeting many friends some of whom are still in correspondence with me. The country events are now long gone but other events still run, in particular the Saturnalia - a sort of small Glasto and the much larger Beacons Festival. At the latter many fields of musical entertainment were covered as well as stalls selling costumes et cetera and often a couple of novel attractions. I can remember the burlesque and belly dancing at the Saturnalia. Locals like myself gathered alongside visitors from much farther away in an orgy of musical mayhem, well it felt like that sometimes.

In past years I also went to the Clitheroe Festival held in the castle grounds, much variety and alternative culture. One act I vividly remember was the Incredible String Band - you had to be there to appreciate their unique stuff! Also Kevin Ayers, another fantastic act. It ran over two nights in the open air with me sitting there surrounded by joss sticks to keep off the midges, yes they were biters!

Some years ago the Fake Festival rolled into town in Aireville Park. A huge marquee housed the main acts with an open area at the back for the trade stands et cetera

Around a dozen tribute acts regaled us in the main tent including an Austin Powers lookalike who was quite funny. You were not allowed to take drinks in and the door staff searched you and your bags

Now fortunately I have a three day ticket for the Gateways Festival in the park. After a long wasteland of entertainment we can finally enjoy live music again. This is to be in August with a host of great acts, a funfair and I suspect quite a few stalls on



selling merch! I sincerely hope they don't lock us down again, that would be such a tragedy wouldn't it!

To find out more or buy tickets for the Gateways Festival visit this website <https://gatewaysfestival.co.uk>

Meet the Craven Direct Payment Team

The Craven Gazette team caught up with Sabrina Ghazi and Susan Peters who both work in the North Yorkshire County Council Direct Payment Team.



Sabrina Ghazi

We asked them to tell us a little bit about themselves and to tell us more about Direct Payments.

Sabrina was the first to tell us a little about herself “Hello, my name is Sabrina and I am a Direct Payment Advisor at North Yorkshire County Council, I have worked for the council for over 15 years. I live in West Yorkshire with my husband and 3 children, but I am originally from down south and I still have my accent even though I have lived

up here for 17 years. I love days out with friends and family in parks and also spotting the local wildlife.”

Susan and Sabrina told us that their role as a Direct Payment Advisor is to support a person who wants to have a Direct Payment to manage it themselves as much as possible. This could be to become an employer or to gain services from an agency, or to support a person to manage the money appropriately along with any corresponding paperwork. We are also required to hold annual reviews to ensure the Direct Payment is the right care and support option for an individual. These are just a few aspects of the job and each Direct Payment is tailored to meet the needs of the individual while managing the risks.



Susan Peters

Sabrina went on to tell us “I enjoy being a Direct Payment Advisor, as I still have contact with people in the community and continue to be involved with a person/

family through the whole duration of them having a Direct Payment. I enjoy the flexibility of my job as we have still been able to work all through the Covid pandemic, although working from home is not always easy!”

Frequently asked questions about Direct Payments (answered from a variety of sources see the shared links below)...

What is a Direct Payment?

A Direct Payment is money you get from the Council after they have agreed that you need support.

Why are Direct Payments a good idea?

Direct Payments give you more choice and control to do the things you want in your life.

Who can get Direct Payments and what can they be used for?

People can have a Direct Payment if they have an assessed support need due to them having a disability, needing assistance as an older adult or being a parent/carer. Direct Payments can be used to employ a Personal Assistant or to buy services.

What is a Personal Assistant or PA?

The term Personal Assistant or PA has been widely used by disabled people for the people they employ. This term suggests the person requires assistance to live their life rather than needing to be cared for.

What help is there for people who have a Direct Payment?

In Craven, Sabrina and Susan are employed to help Direct Payment users. Their job is to support people to self-direct their own support and use their Direct Payment in a flexible way to cover their assessed needs.

There is also a Peer Support group, which in usual times meets four times a year however, during these COVID times it is a Facebook group - there are a number of members who have experience of using Direct Payments who are happy to help others find their feet using them. Search Facebook for Craven Direct Payment Peer Support

Susan told us "When I'm not at work I love spending time with my family and you can often catch a glimpse of me whoosh by on my bike as I'm a keen cyclist. I recently came first in a race and have competed in the Cyclocross at Kielder Forest. I love nothing more than when a Direct Payment works and makes a difference to those who need support"

On the following page we have share links to helpful websites and other support that you might want to click on and explore further information.

<https://www.northyorks.gov.uk/direct-payments>

<https://www.skillsforcare.org.uk/Employing-your-own-care-and-support/Information-for-individual-employers/Information-for-individual-employers.aspx>

<https://be-human.org.uk/coronaheroes/>

<http://www.gcil.org.uk/media/69090/the%20rough%20guide%20to%20managing%20personal%20assistants.pdf>

<https://www.mencap.org.uk/sites/default/files/2016-06/Budgets%20and%20direct%20payments.pdf>



We saw this powerful piece shared on social media and we think it gives food for thought about the importance of using inclusive language... What do you think?

I live in a house or a flat
 You live in a scheme or a setting
 I go to the shop or for a walk in the park
 You go out in the community
 I get irritated and a bit shouty
 You display challenging behaviour
 I change my mind and decide not to go out
 You are non-compliant
 I choose to eat too much chocolate and pizza
 You make unwise decisions

I am a person
 You are a service user
 I go to the gym
 You participate in meaningful activities
 The language we use matters and examples like these reinforce the 'othering' of people with learning disabilities. The knock on effect is that we see people who have learning disabilities as different or somehow less than
 I am human, You are human!



Caffe Capo - Its good to be back!

by Sally Rankin

It feels lovely to be getting out and about a bit more even though we still have to be careful. I have enjoyed a couple of visits to a local and very friendly cafe - Caffe Capo in Skipton. It's been good to have a chit chat with friends over lunch and coffee. The baked potatoes are so good and fluffy and there is always a nice selection of fillings to choose from! The staff at Caffe Capo are always helpful and welcoming.

Maybe I will bump into you down there sometime, it's worth a visit! ☕🍰

Be Friends!



During a visit to our allotment this week, we got chatting to one of our neighbouring allotment holders who told us he was struggling to keep up with his allotment as he hasn't been able to visit very much this year due to lockdown restrictions. We offered to help him get on to an even keel and were reminded about this story about a farmer growing prized corn...

There was once a farmer who grew excellent quality corn. Every year he won the award for the best corn. One year a newspaper reporter interviewed him and learned something interesting about how he grew it. The reporter discovered that the farmer shared his seeds with his neighbours.

"How can you afford to share your best seed corn with your neighbours when they are entering in competition with yours each year?" the reporter asked.

"Why sir," said the farmer, "Don't you know? The wind picks up pollen from the ripening corn and swirls it from field to field. If my neighbours grow inferior corn, cross-pollination will steadily degrade the quality of my corn. If I am to grow good corn, I must help my neighbours grow good corn."

The story goes on to say that those who choose to be joyful must help others find happiness, for the welfare of each of us is bound up with the welfare of all.

Our neighbour really appreciated our help and said that thanks to us he will be able keep his allotment for another year! We will keep helping him when we can.

Well done Daniel Jones, Alistair Clayton-Stead and Sean Collins

My Week at the Calvert Trust, Kielder

by Ewan Roberts



I had a great time in Kielder, we did loads of activities. On Tuesday morning I took part in archery and in the afternoon I went on the King Swing which is 10 metres high, 100kph adrenaline-fuelled swing it was fantastic!

On Wednesday morning I went orienteering and in the afternoon canoeing! On Thursday morning laser clay shooting and in the afternoon golf buggies. Friday morning was games and we played ticket to ride. I won the ticket to ride as I was 1st place. I got 113 points! In the afternoon we went swimming and then on

Saturday we did bushcraft in the morning and in the afternoon indoor climbing.

The food was fantastic all week - on Monday for tea was sweet and sour chicken with rice and for a pudding apple crumble with custard, on Tuesday morning it was full English breakfast and for lunch it was chicken goujons or breaded mushrooms and for tea it was lamb hotpot or Thai fish cakes. On Wednesday morning pancakes, I had pancakes with chocolate sauce with strawberries and for lunch baked potato with a selection of fillings



served with a fresh salad then for tea chicken curry with rice and poppadums or vegetable noodle stir-fry! On Thursday we had a sausage sandwich then lunch was quiche or sausage roll and for tea spaghetti bolognese or mushroom stroganoff. On Friday I had a croissant with chocolate sauce and lunch nachos and tea fish and chips. On Saturday it is toast or cereal or porridge for breakfast and for lunch afternoon tea with sandwiches and cakes and for tea beef burger or chicken burger or make your own pizza on Sunday morning 11am brunch full English breakfast and lunch roast dinner

I had a great time in Kielder meeting new friends and had lots of fun, I am looking forward to going again. You can find out more at this link

www.calvertkielder.org.uk



Editors' note: It sounds like you really worked up an appetite for the yummy food Ewan! Well done, it sounds like a great adventure!

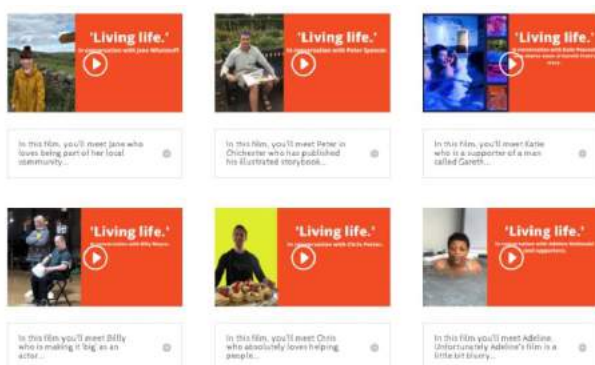
Exclusively Inclusive Update

It's so hard to keep up with making and changing plans - but that really is the only way at the moment. We make plans because we are thinking about moving forwards but we always plan flexibly knowing that we may very well be postponing or rearranging for a later date! It does make it tricky but everyone is doing so well at being flexible and taking changes in their stride. We have all learned so much during this last year or so and more than ever we are aware of the importance of friendship, looking out for each other, following guidance to keep all of us as safe and healthy as possible and understanding that not everyone is quite ready to embrace the 'new normal' just yet!

As people have shared in their articles, we have managed a few face-to-face meet ups outdoors and had some good times in small groups as well as continuing some online opportunities to join. If you'd like to join in with anything, keep a watch of our social media pages for updates and get in touch, everyone is welcome to join!

Some of us have been involved in sharing our stories in a series of short films where

people talk about how they live life. The series is called Living Life and has been created by Paradigm to encourage people to explore what more is possible in their life.



You can see all 9 powerful short films by clicking on this link <https://paradigm-uk.org/living-life/> and we recommend watching all of them not just the people you know!

Thanks to Thera Trust, Aldingbourne Trust, New Prospects Association and Paradigm for this opportunity to take part.

We must give an extra special mention to Sally Warren and Jo Giles, from Paradigm, who are always so thoughtful and skilful in encouraging people to contribute 🌸

Katie ❤️

We hope you enjoy our news and look forward to the next edition which should be out in Autumn/Winter 2021. Please contact us by email if you have any compliments, suggestions, want to get involved, would like to sponsor us, advertise with us or subscribe to us by email. Our email address is cravengazette@gmail.com. We would love to hear from you! The Craven Gazette is circulated electronically by email and on social media so please do share it with friends and family. To be environmentally friendly we only print a few copies. All content is submitted by individual contributors. We do our best to check sources of information and remind our readers that articles are the opinion of contributors and not necessarily those of the editorial team.

Until our next edition, enjoy the summer, very best wishes from the Craven Gazette team.

Keep on Living Life 🌱