



Inclusion North Bulletin

Issue Number 159

28th March 2018



In this bulletin you will hear about some of the work Inclusion North is doing and information about what is happening across the country.

Inclusion North News



Inclusion North and Northumbria University Survey

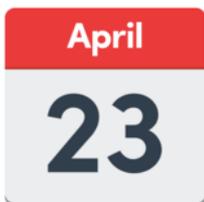
We are working with Business students from Northumbria University as part of their final degree project. They are helping us to think about what we do and how we keep in touch with people.

They have created a survey to find out about people's experience of getting a job, what things in life are important, and how people like to keep in touch with what is going on.

They would like as many people with a learning disability, autism or both to answer the survey. This will take a few minutes and will be kept private. The survey is in simple language but does not have Easy Read pictures.

Please could you share this with people who might be willing to complete the survey. The survey will be available until **23rd April 2018**.

Please see below for the link to the survey
https://nbsnu.co1.qualtrics.com/jfe/form/SV_aY4V1Gkn6ucN7xj





Learning Disabilities Mortality Review (LeDeR) Programme Learn and Share Event in Yorkshire and Humber

What are the aims of the day?



- Set out what LeDeR is and why the work of the programme matters
- Share learning from the programme to date – progress, challenges, and planned next steps
- To find out from people who attend how the programme can achieve its aims locally



Finding out more about the LeDeR programme

You can find out more information about this programme [here](#)

Who should attend?

Anyone who is interested in improving the care and support for people with a learning disability and their families, including:

- Family Carers and Self Advocates
- Chief Nurses from local provider services
- Yorkshire Ambulance Service colleagues
- Transforming Care Board members
- Healthwatch colleagues
- Safeguarding Board members
- Local LeDeR Local Area Contacts and Reviewers



Come and join us

When: Friday, 27th April 2018



Time: 9.30 am to 3.30 pm

Where: 5 minutes walk from the Leeds Train Station

To book your place, please click [here](#)

Or Telephone Sam on 0113 2444 792



Or Email samta@inclusionnorth.org

We need your help in the North East

LeDeR is the national Programme that reviews the deaths of people with a learning disability.



People with a learning disability often die younger than people who don't have a disability.

The LeDeR programme wants to learn what can be done better so that people with a learning disability can live longer healthier lives.



In the North East and North Cumbria, there is a Steering Group of professionals who are working on this.

They want to involve people with a learning disability and family carers in the work.



They have asked Inclusion North to work with people with a learning disability and family members.

We are going to run a **Confirm and Challenge group**.



Inclusion North and Child Bereavement UK are going to do this work together



How to get involve and make a difference

Join the Confirm and Challenge group

The group will talk about what needs to happen for people with a learning disability to live longer, healthier lives.



Who do we want to join the group?

People with a learning disability and family members who live in the North East or North Cumbria



We want to find people who

- Are good at speaking up.
- Are also good at listening.
- Can share their time, their passion, their commitment and their skills.



When you join the group we will

- Meet each other and find out what is happening
- Ask questions and suggest ways things could be better
- Work together as a team
- Work with the Steering Group to make change happen



What will you get if you join the group?

A warm welcome from Karen and Shirley who will run the group

- Easy read information
- Drinks and Lunch
- Your expenses will be paid
- Support to get to the meetings

Are you interested?



The first meeting will be 3rd May 2018

Get in touch with one of us to find out more



Karen Parry (Inclusion North)
Tel: 07375 034291
Email: karen@inclusionnorth.org



Shirley Potts (Child Bereavement UK)
Tel: 07867 306578
Email: Shirley.potts@childbereavementuk.org

The Citizen Network Live Event

Join us on 25th April in Sunderland



Join the UK partners of Citizen Network to explore how to make a world where everyone matters.

There will be lots of time on the day for sharing your ideas, passions and questions on Citizenship and what is important to you.



Guest speakers on the day include Claire Bates talking about the Supported Loving campaign, Simon Duffy talking about Citizenship and why it is important and Markus Vahala on the Not for Sale campaign in Finland.

This event is open for everyone and is a free event.



To book a space www.bit.ly/citizen-network-live

The Citizen Network is an International movement to achieve citizenship for everyone.

It aims to bring people together who want to make a world where everyone matters and can be a citizen.



Members of Citizen Network believe that together we can achieve citizenship for all by behaving more like citizens ourselves.

This means

- Learning from others
- Sharing the things we have learnt
- Cooperating with others
- Welcoming others into community
- Standing up for the value of citizenship

This event will be a creative space to talk about how we can make this a reality.



GDPR – General Data Protection Regulation

The new rules will start on 25th May 2018, that we have to follow about how we look after your personal information.



Personal Information is your Name, Address, Email Address, and anything that means people can find out who you are and things about you.



If you would like to be on our mailing list then please fill in the attached form and send it back to us by email or by post.

It is really important that you fill in the form, if you don't do this we will have to stop sending you emails or letters after 25th May 2018.



If you have already filled the form in and have sent it back to us then you **don't** have to do this again.

Please send your completed form by email to

samta@inclusionnorth.org



or post to

Sam Dhruv
Administrator
Inclusion North,
Suite 4, Unity Business Centre
26 Roundhay Road
Leeds, LS7 1AB



If you have any questions do let us know.

If you do not let us know we will have to remove you from our list at the end of April 2018.



Administrator Job Inclusion North

Sam our Administrator is leaving Inclusion North.

Sam has worked with Inclusion North for 18 months and we wish her well in the future.

Inclusion North are looking for a new Administrator, to work in the Leeds office.

You can find out more information about the job here

<http://inclusionnorth.org/about/jobs/administrator-post/>

Or telephone Melissa 0113 2444792 – 0113 898 0025



Health News. The Health Foundation

The Health Foundation is an independent charity committed to bringing about better health and health care for people in the UK.



They have published a guide. This guide is for everyone who has an interest in people's health and wellbeing.

This guide tells you how a person's health is affected by the factors outside the health and social care system.

This guide contains suggestions, case studies and tells you about how action can create improvements in health

In this guide you will find

1. What causes heart disease
2. What is health
3. Why is a good health important
4. What influences health and what can bring about change
5. Fair opportunities for healthy lives
6. Who can influence what makes people healthy



If you would like to download a copy, please click on the link below <http://bit.ly/2FZeRVj>



Inclusion North Member Areas 2017-18

If you live in one of these areas, you can come to our member events.

Yorkshire and the Humber



Barnsley
Bradford
Calderdale
Doncaster
Leeds
North Lincolnshire
North Yorkshire
Sheffield
Wakefield

North East



Darlington
Durham
Gateshead
Hartlepool
Middlesbrough
Newcastle
North Tyneside
Northumberland
Redcar and Cleveland
South Tyneside
Stockton
Sunderland