



Inclusion North Bulletin



Issue Number 160

30th April 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

The Family Carers Project

Over the past year Inclusion North employed two family advisors, Shain and Linda, to help us better engage with family carers in Yorkshire and Humber and the North East, and to identify the key issues affecting families which we as an organisation need to respond to. Shain and Linda spoke to family carers all over Yorkshire and Humberside and the North East and looked at the responses to their survey.



Family carers told us that they were worried about transition, funding, transport, work, isolation, health, and other issues. Linda and Shain have produced a set of briefings that give information and help with these areas and include links to lots of other support.

Over the coming year we will be sharing these, alongside further information for families on our new website which is currently in development. We will also be doing further work with families over the coming year based on the work that Linda and Shain have done.



Linda and Shain's time with Inclusion North has now come to an end but they would like to thank all the carers who helped them by talking to them and by telling them where things were going well so we could tell other carers. We hope you will find their briefings useful and engage with us in our work with families going ahead which we will be featuring in the next bulletin.

Inclusion North Young Leaders



This summer we will be delivering a new project in Calderdale. Young Leaders is a residential 'introduction to leadership' course for young people aged 15-17 years old with a learning disability, autism, or both.



It is based on the Tomorrow's Leaders course, and we are testing it out as a pilot in Calderdale.

We are doing this in partnership with Lead the Way and some of our Tomorrow's Leaders graduates.



They feel passionate about passing on the skills they have learnt to young people.

The course will aim to support young people to develop their skills and confidence.

They will also learn about their rights and about leading and working with others.



The course will also help to improve their connections within their community and Calderdale, hopefully opening opportunities and new friendships and networks for them.

The course is due to start in July, and we'll be featuring how the course has gone and its impact on the young people involved in later bulletins.



For more information

Call Lucy Virgo on 07944 185 771 or email: lucyvirgo@inclusionnorth.org



Or

the Office on 0113 2444792 / 0113 8980025

Talking Travel



This June and July the Yorkshire and Humber Talking Travel group are planning some workshops about travel in Pontefract, East Riding and Leeds.

Based on the workshops ran in Newcastle and Hartlepool during our Talking Travel Takeover week in February this year we will be:



- Looking at travel apps and how to use them
- Thinking about how to plan a journey
- Supporting people to understand how to complain to or compliment travel providers, and how to influence the travel services they use

The aims of the Talking Travel group are



- To get good information about what is happening to help people with a learning disability travel around
- Bring people together from across Yorkshire and Humber to share good ideas and the work we are doing
- To have a stronger voice in saying how to make travel better for people with a learning disability
- To work on projects that we think will help people with a learning disability travel around more easily, we will think about all issues such as money, people's attitudes, the environment and where people live.



For more information call Lucy Virgo on 07944 185 771 or email lucyvirgo@inclusionnorth.org



If you want more information about the Talking Travel Group in the North East call Kirsty Morgan on 07539 063467 or email kirsty@inclusionnorth.org

NICE Guidelines Support About Growing Older

NICE have just published some new advice about how to support people with a learning disability as they grow older.



The advice is about helping you get support from services like health, housing, and social care

- making sure your views come first
- involving everyone who supports you
- helping you look after your health as you get older
- helping you prepare for the future
- making sure staff have the right skills to support you.



You can find the easy read version of the guidance here <https://www.nice.org.uk/guidance/ng96/informationforpublic>

Shared Space Campaign



Shared space or shared surfaces is a new idea in street design in which street signs, road crossings and pavements are removed in favour of a space which is shared by pedestrians, cyclists, and vehicles.

The idea behind this is that cyclists and car drivers will ride and drive more carefully and slowly, because they will feel there is a higher risk to pedestrians on the shared surface.



But no kerbs, no safe crossing points and a reliance on eye contact is having an impact on older and disabled people, particularly those with visual impairments, who no longer feel safe on their high streets.

A few organisations including Transport for All and the Royal National Institute of Blind People (RNIB) are campaigning against the shared space schemes and calling for more inclusive design – thinking about the needs of everyone.



For more information see <http://www.transportforall.org.uk/about/news/say-no-to-shared-spaces>



Survey Improving Cancer Care For People With A Learning Disability

Northern Cancer Care Alliance are looking at how to improve cancer care for people with a learning disability.

There is a survey that asks about how to involve people in cancer services.

You can find the survey here to download

<http://bit.ly/2r66WjD>

Or complete online here

<https://www.surveymonkey.co.uk/r/GNC8BGP>



Yorkshire Ambulance Service Trust Network

Yorkshire Ambulance Service (YAS) NHS Trust has a Critical Friends Network (CFN) which is a network made up of patients, carers and members of the public who work together with the organisation to help develop and improve services.

The CFN members attend meetings four times a year and provide feedback via email and telephone on key projects.

So far projects that the CFN have helped to shape include the use of Patient Transport Service (PTS) calling cards, how the new website looks and can be used, they have fed back on how we use patient information and are currently working with us on how they move patients safely particularly if they have complex needs.

They are looking for more people to join the network with learning disabilities, autism, or both.

You can find an application form here

https://survey.yas.nhs.uk/s/CriticalFriends_Application16/

If anyone would like to know more about the CFN please email cfn@yas.nhs.uk



Medication Pathway Information

STOMP

Stopping over medication of
people with a learning disability,
autism or both

Challenging
BEHAVIOUR
foundation



making a difference
to the lives of people with
severe learning disabilities

As part of the STOMP (Stopping over medication of people with a learning disability, autism or both) programme led by NHS England the Challenging Behaviour Foundation have a new resource for families of people with a learning disability, autism or both.

The medication pathway is about people who are prescribed or may be prescribed psychotropic medication.

The resource talks about

Psychotropic medication which is a term used for several types of drugs. These drugs are usually given to help people with mental health.

It includes

- What you need to find out before your relative starts taking medication
- What the alternatives are to medication
- How medication should be monitored
- What to do if you have concerns about your relative's medication



You can get the information pack here

<http://bit.ly/2FnfTtd>

or

Email info@thecbf.org.uk

or

Telephone 01634 838739





Department
for Work &
Pensions

Easy Read Reports about Employment Support Allowance (ESA) and Personal Independence Payments (PIP) Assessments

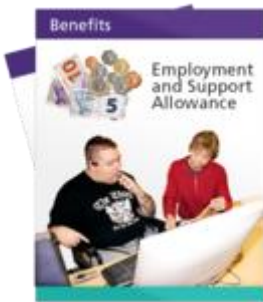
The Department for Work and Pensions have published an Easy Read Report about Employment Support Allowance (ESA) and Personal Independence Payments (PIP) Assessments, and the Government's response to the House of Commons Committee.



A group of Members of Parliament (MPs) have been looking into how ESA and PIP are assessed and have written a report.

MPs have been elected by local people to

- Speak up for their local area
- Make laws
- Make sure the Government is doing a good job



The Easy Read Report includes

- PIP explained
- ESA explained
- What the MPs said
- Things to improve before the assessment
- Things to change at the assessment
- The report and decisions
- Where people don't agree with the decision
- How the assessment companies work
- Where you can find more information



You can find the report here

<http://bit.ly/2jeYv0X>



Stewart Chappell World Games Disco

Stewart the Co-Chair of Inclusion North will be competing in the Cerebral Palsy World Games.

Stewart is a silver medal holder in club throw and seated discus.

Stewart is having an event, "Stewart's World Games Disco"



The disco is on

26th May

From 6pm



At

Blue Flames Sporting Club
Whitley Park
Whitley Road
Benton
Newcastle Upon Tyne
NE12 9SF



Tickets are £5 per person with free carers entry, this includes a raffle ticket.



Tickets are available from Skills for People

Telephone: 0191 2818737



Email: info@skillsforpeople.org.uk



GDPR – General Data Protection Regulation

On the 25th May 2018 there are new rules that we must 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 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 melissa@inclusionnorth.org



or post to



Melissa Peacock
Office Manager
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 by the 25th May 2018.



Inclusion North Member Areas 2018 - 19

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 Yorkshire
Sheffield
Wakefield

North East



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