



Inclusion North Bulletin

Issue Number 161

14th May 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



Tomorrows Leaders Graduates Yorkshire and Humber



If you are a Tomorrows Leaders Graduate, Inclusion North are having a Graduate Session.

The session is about

- Having a job, earning money and your benefits – taking charge of the situation
- Fun activities to develop your leadership skills
- A 3-course dinner



Places are limited so you will need to book a place



The session is on the 14th June 2017
From 2pm to 6pm

To book a place



Email info@inclusionnorth.org

Telephone 0113 2444792



We are planning to run a session in the North East later in the year.

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



North East and North Cumbria LeDeR Group

On 3rd May 2018, the first meeting of the North East and North Cumbria LeDeR Confirm and Challenge Group took place.

The first thing the group thought was that the name 'LeDeR' is confusing, so we think we might re-name the group the 'Stop people with a learning disability dying too soon' Group.



LeDeR is a national programme that says a review should happen every time someone with a learning disability dies. The review should look at their life and why they died and see if things could have been done better to help them live longer.

In the North East and North Cumbria, the people responsible for LeDeR wanted to make sure that people with a learning disability and family carers were part of this work. They asked Inclusion North to help people to come together and have their voices heard.



Inclusion North asked Child Bereavement UK to help them. They are a charity that supports children after the death of someone they loved. They also support parents whose child dies – whatever age they are.



Karen from Inclusion North and Shirley from Child Bereavement UK sent out information to people with a learning disability and family carers to join the group. Three people with a learning disability, three family carers and a supporter came to the first meeting.



We talked about the LeDeR programme, what it is like when someone we love dies, and the problems people with a learning disability sometimes have with anything to do with death and dying.



This included not being allowed to go to the funeral, the lack of wheelchair accessible funeral cars, not getting help to plan your own funeral, and not being supported to plan how you would like to live after a member carer dies.



The group will meet every month. If you are interested in joining us, please ring 0113 244 4792 or email info@inclusionnorth.org

Women's Health – what do you think we should do?



There are some things that are hard to go through in life like:

- Breast screening and smear appointments
- The changes to you and how you feel when you go through the menopause
- Feeling good about yourself and your body shape
- Knowing how to look after yourself
- Having the confidence to challenge others



Inclusion North is starting a new project about Women's Health. We'd really like to hear from any groups or people who have done something good about women's health in their area. Or, if you have any ideas about what our priorities should be.



You can contact Angela on
07487 729237

or angela@inclusionnorth.org



Welcome to our Administrator

Inclusion North has employed a new Administrator called Judith.

Judith has started working in the Leeds office and we would like to welcome her to the team.

Judith has lots of experience working in administration and previously worked at for Northern Ballet and Professional Dance Experience.

The contact details for Judith are

Email: judith@inclusionnorth.org

Telephone: 0113 2444792 or





The latest annual report for the Learning Disabilities Mortality Review (LeDeR) Programme was published on 4th May.



The programme was set up to support local areas to review the deaths of people with learning disabilities, identify learning from those deaths, and make sure there were improvements made.



The report says that of the 103 deaths that were reviewed, the average age of death was 58 years old. It says that most of the learning from mortality reviews echoes what previous reports of deaths of people with learning disabilities have said.



There are nine recommendations for NHS England, other commissioners and providers in the report.



The LeDeR programme will now look at ways to put the learning into action. This is to improve the services that can meet the health and care needs of people with learning disabilities and their families.



You can see the full report here [LeDeR annual report 2016-17 \(PDF, 2,443kB\)](#). You can see the Easy Read Report here [LeDeR annual report 2016-17 \(easy read\) \(PDF, 674kB\)](#).



Inclusion North think it is unacceptable that people with a learning disability are dying so much younger than people who do not have a disability. We are working with the LeDeR Steering Groups in the North East and Yorkshire and Humber to change this and will update on what action is being taken in future bulletins.



GDPR – General Data Protection Regulation Will you get the next Bulletin?

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.

You will not get the next bulletin if you have not said you are happy to receive it



Information For Children And Young People About Transforming Care

The Council for Disabled Children has a Transforming Care Information Fact Sheet.



Transforming Care is about making health and care work better for children and young people with a learning disability, autism or both. It is the name used to describe how health, social care and education should work together to improve health and care services in local areas.



It is to help children and young people understand the NHS England Transforming Care programme.



The information sheet aims to let children and young people understand transforming care and includes links for children and young people to find more information.

The fact sheet talks about

- What is transforming care
- Who is transforming care for
- How it runs
- Information about you
- Who runs transforming care
- Where to find more information



You can find the fact sheet here

<http://bit.ly/2Kj1SQ7>

Thinking About Health Event



Improving Health and Lives (IHaL) and the National Development Team for Inclusion (NDTi) are having an event.



The event is Thinking about health for people with a learning disability, and what people and families need to know about important health issues.

- Weight and how important it is to be a healthy weight
- Mental health and wellbeing
- Flu jabs and other ways to stop flu



It is also about what people with learning disabilities, families and supporters can do so that people with learning disabilities can live better, healthier lives.

They have asked questions about the care people get for these issues. The answers have come from GP note systems.

They have found out what GPs are doing about these issues. They have looked at how this compares to the care that people without learning disabilities get.



The event will take place on Thursday 21st June at Showroom and Workstation, Sheffield.

It will start at 11 am. There will be drinks from 10.30am. There will be lunch and it will finish at 3pm



This event is for people with learning disabilities and their family carers. People with learning disabilities can bring a paid supporter with them who can help them be more healthy.



You will need to fill in an application form to attend the event

You can get an application form



Tel: 01225 789135

Email: events@ndti.org.uk



Inclusion International Event Free Places

Inclusion International are holding their Annual Conference in Birmingham.



They have some free spaces for people with a learning disability.

Supporting Self Advocacy will be on Thursday 31st May.

The free places include the event, lunch and refreshments.

You will have to pay for your own travel.



There are only a few free spaces.

The whole event will include



- supporting and enabling self-advocacy
- support to families
- inclusive education: teacher training and inclusion resources
- employment and livelihoods: strategies for inclusion in the labour market
- housing: strategies for inclusion in the community
- access to justice and prevention of violence against people with disabilities
- closing hospitals and providing care in the community
- supported decision-making.



To book a space contact

ailis.hardy@inclusion-international.org





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