



Inclusion North Bulletin



Issue Number 162

13th June 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 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 Tees Valley Talking Travel



Greener Journeys is running **'Catch the bus' week 2nd – 8th July**. The week is used to promote the importance of buses to local communities and the wider environmental benefits of this form of transport. For more information go to <http://catchthebusweek.co.uk/about-us/>



Talking Travel is looking to support this with a 'bus relay' around the region during the 2nd-8th July and needs your help. Can you help connect our communities?

Do you know someone with a learning disability, autism or both who needs encouragement to travel on the bus? Would you be willing to support them to gain confidence and experience? A 'baton' will be used to record how people have felt on their journey, where they went etc. and to capture issues or ideas about safety whilst travelling. The cost of up to 4 people travelling on each route will be covered.



We are looking for people to travel between:
Northumberland and North Tyneside
North Tyneside and Newcastle
Newcastle and Gateshead
Gateshead and South Tyneside
South Tyneside and Sunderland
Sunderland and Durham
Durham and Hartlepool
Hartlepool and Stockton
Stockton and Darlington
Redcar and Middlesbrough



We will share information about our 'relay' through the 'catch the bus' campaign and with the local bus companies.

If you are interested in being part of this contact kirsty@inclusionnorth.org or phone 07539063467



Exciting new work for Inclusion North

In May our work on the Talent Hub project took us into a whole new area – dance audition workshops! Talent Hub is a project run by Tin Arts in Durham with Yorkshire Dance in Leeds, and other organisation, including ourselves.

The aim is to find 10 talented dancers who have a learning disability, autism or both, who need to do more training to be able to have a career in dance.



So far, we have supported the Talent Hub to develop their knowledge and skills of co-production. We have also supported them to work on accessible communication, and to develop a brand that communicated well with people with a learning disability or autism.



It's been an exciting project so far. We usually work with local authorities, the NHS, and service providers. Working with Arts organisations felt new and exciting.



But when it came down to it, we just did what we are good at – listening to what organisations want to do to make inclusion a reality for people and working with them on the best ways of doing that.

Our work with Talent Hub will run for a few years and I'm sure we will learn a lot along the way. We saw 18 dancers in two auditions. Our role was to support the dancers and their families on the day, and to help answer any questions.



Some dancers were invited back for a final audition on 3rd June. After that 11 dancers were invited to come to the first residential in August.

We will now start a programme of support with each dancer to help them to not just be a great dancer by the end of the project, but a great person, with all the skills and confidence they need to take their next step into a career as a professional dancer.

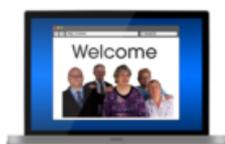


We will give regular updates in the bulletin, and you can find more information here <https://bit.ly/2F67WZZ>



Be a model for the day and star in Inclusion North photographs

To make the new Inclusion North website really good, we are working with a professional photographer to take photographs of our work.

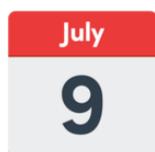


We are looking for people we work with to come and volunteer to be in our photographs.



Our photo shoot days are:

Monday 9th July between 10am and 4pm at York CVS, Priory Street, York.



Tuesday 17th July between 10am and 4pm at Skills for People, Tankerville Terrace, Jesmond, Newcastle upon Tyne.

Not everyone will need to be there all day, so if you can only come for a few hours, that would also be great - just let us know what time you can be there.



Sadly, we cannot pay for your time, but we can pay travel expenses. We can pay for a supporter if you need one.



We want people who like having their photograph taken.

You will need to give us your permission to use all the photographs on our website and in our reports and publicity.



We will have a fun day, doing lots of different things, plus a nice lunch.

If you are interested in being involved, please contact us



Phone: 0113 244 4792

Email: info@inclusionnorth.org



We will then send you everything you need to know about the day.



A guide to employing people with lived experience

Inclusion North's Expert Adviser Hub employs people with a learning disability, autism or both and family carers as expert advisers. They use their lived experience to support the Care and Treatment Review (CTR) process across the North East and Yorkshire and Humber

<https://www.england.nhs.uk/learning-disabilities/care/ctr/>



We wanted to support people who might find it even more difficult to get a job to think about using their lived experience as part of the Hub.



We wanted to recruit younger people, people from a black and ethnic minority background and people with recent lived experience in an Assessment and Treatment Unit.



We wanted to make more employment opportunities for people who may not be able to work in CTR's but who had lots of other skills and experience to offer.

Inclusion North had a grant from Skills for Care to work on a project to employ more people with a learning disability, autism or both and family carers through the Hub.



We worked on the project for 6 months and learnt a lot of new things along the way. We have now made some changes to the way we recruit and train people.



We have employed more people with a learning disability, autism or both and family carers.

We wrote a report about what we learnt. You can read the report here.



<http://bit.ly/employmentguide18>

Inclusion North Annual Report



The Inclusion North Annual Report is available here <http://bit.ly/annualreport18>

The Annual Report includes information about

- Our Members
- The Money
- Care and Treatment Review Hub
- Our office move



Some of the work we did

- Recruiting Expert Advisers with a range of lived experience
- People with a learning disability in prison
- Supported decision making
- Family Advisers
- Transforming Care



The work for 2018-2019

- What the Directors and Advisory Council will be working on
- Our offer to our members
- Members Day
- Young Leaders
- Talent Hub
- Learning Disability Mortality Review (LeDeR)
- New Website



For Commissioners of our member areas please remember to Save the Date...



Members Day 8th November 2018 in York. Further information will be available in future bulletins.

Family Carers Update



Over the past few months we have been sharing the topic-based information briefings prepared through the work of the recent family advisors. These are now available on the Inclusion North website and so far, cover matters relating to:

- Isolation
- Expertise and knowledge of health & social care staff
- Communication
- Mental Health



The latest one looking at physical health and can be found here: <http://bit.ly/2l2kPvP>

It is **Carers Week 11th – 17th June** where the focus is on how we can support carers to stay healthy and connected. For information on what is happening in your area go to <https://www.carersweek.org/>



Inclusion North are in the process of planning a 'listening project' for family carers. More information on this will be shared through the bulletin and our local contacts.

Be a photographers' assistant for the day.



In July 2018, Inclusion North will be working with a professional photographer.

We will be taking photographs of the work we do to use on our website, in reports and in publicity.

We have an opportunity for a volunteer to join us to work with the photographer as their assistant.

We want someone with a learning disability or autism who is interested in photography and would learn a lot by working with a professional photographer.

You will have a fun day, doing lots of different things, and learning about the job of being a photographer.



The information and application pack are included in the email with this bulletin.

You can also see the information here <http://bit.ly/2y2X6F0>



Dying too young webinar

Tuesday June 19th, 12:30-1pm

People with a learning disability die younger than the general population. In this webinar:



- Gyles Glover, Public Health England, will give an overview of the most recent data
- Pauline Heslop, University of Bristol, will present the [early findings](#) of the [Learning Disabilities Mortality Review \(LeDeR\) programme](#).
- John Trevains, NHS England, will talk about national actions being taken as a result of these early findings



This webinar is aimed at public health, local authority and NHS colleagues and other stakeholders with an interest in taking local action to reduce the health inequalities experienced by people with a learning disability.

To receive an invitation to join the webinar, email LDT@phe.gov.uk



Postural Care and Reasonable Adjustments

Improving Health and Lives (IHaL) have just launched their 16th reasonable adjustment report around postural care.

This latest guide is to help health and social care professionals and family carers and supporters learn more about how to support the postural care needs of people with learning disabilities who are at risk of body distortion. Consequences of poor postural care can be severe and life-threatening.

The report includes links to useful resources and good practice case studies.

The report can be found at: <http://bit.ly/2sFwfZF>

Previous reports in the series can be found at: <http://bit.ly/2yDcgAv>



Transpennine Express to run services without wheelchair access spaces



As part of the franchise agreement with the Department of Transport, Transpennine Express (TPE) are going to run services from July with no wheelchair access.

Twelve of these services, without wheelchair provision, will run every weekday between Liverpool and Scarborough via Manchester Victoria, Huddersfield, Leeds and York, using old “Mark Three” coaches which TPE says have “no space on the train for wheelchairs”.



Any wheelchair-user wanting to use a service with no access, will be told to catch the next accessible train instead.

If two consecutive trains are inaccessible, TPE will pay for a taxi to their destination.

Philip Connolly, the policy director of Disability Rights UK, said in The Guardian



“It’s an unacceptably shoddy offer. Disabled people should have the same access to transport as anyone else. You expect things to get better, not worse.

We would hope that a disabled person would take TPE to court and challenge this move, however temporary it may be. Temporary measures should still meet the needs of disabled people.”



Wheelchair users are already very poorly served by trains in northern England and unable to easily board any of the dozens of the Pacer trains in operation across the region.

Pacers, which were converted from bus chassis, are due to be replaced with 98 new trains at the end of the year.

You can find out more information here

<http://bit.ly/2LI0q04>



Your rights about your personal information

Easy Read online have a free information sheet about your rights and your personal information.



The information is about the new rules about how organisations keep your personal information.

The rules are called the General Data Protection Regulation (GDPR).

You can read the information here <http://bit.ly/2sC2edp>



On line course for professionals and support staff

NHS England have an updated, free online course on STOMP.

STOMP is Stop Over Medicating People with a learning disability, autism or both.

This is about getting the right treatment and support for people with a learning disability, autism or both.

The course is aimed at professionals and support staff and can be found here <http://bit.ly/2xGLoQ7>



If you have questions or want to find out more

Email

england.si-mooc@nhs.net

Website

www.england.nhs.uk/learningdisabilities/





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
Kirklees
Leeds
North Yorkshire
Sheffield
Wakefield

North East



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