



Inclusion North Bulletin



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



Yorkshire and Humber LeDeR Programme Events

The LeDeR Programme is about stopping people with a learning disability dying too young. At the moment, women with a learning disability can die 29 years younger than women without a learning disability. Men with a learning disability can die 23 years younger than men who don't have a learning disability.



This is wrong and has to change.

To make sure that people know about this and what is happening to make things better, we are working with NHS England to run 4 Learn and Share events across Yorkshire and Humber.



The events are for people with a learning disability, their families, people who work in primary care, GPs and providers in health and social care. The sessions will be planned and co-facilitated with people with a learning disability and family carers.



The dates and locations are:
6th September 2018 – York
15th November 2018 – Leeds
10th January 2019 – Sheffield
7th March 2019 – Hull



Further information will be sent out as soon as we have more details.

To let us know you would like to attend please contact judith@inclusionnorth.org or telephone 0113 2444792

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 Kirsty on 07539063467



What does collaboration mean for Inclusion North?

Last year, Inclusion North became a strategic partner of Citizen Network.

Citizen Network is a global movement that brings people together, from all around the world, to support each other to create a world where everyone matters.



We felt that it was important to

- join Citizen Network and publicly say that we share its values
- give some of our time to help it grow and develop
- start conversations with other people around the world who believe in the same things we do



The interesting thing about being a member of Citizen Network is that it is all about what we can give, not what we can get.



It is about sharing what we know, about sharing our resources, sharing our time and ideas.

This can be challenging when money is tight.

When all the organisations that want to change the world are applying for the same contracts and grants, it can be easy to see each other as competitors.



This weakens all of us and puts us all at risk. The world needs all our organisations, all our energy and all our courage to work together, rather than to work alone.

This year at Inclusion North, we have chosen the theme of collaboration to focus on.

This means that in all the work we do, we will be looking for opportunities to work with our partners, to share the resources we have, and to share what we learn.

This is our commitment as members of Citizen Network.



To find out more visit <http://www.citizen-network.org/>

Stronger Together in Stockton

We are up to our 4th session of supporting a brilliant group of people in Stockton to become local leaders.

We have so far worked on the history of people with a learning disability, how policies are made, understanding politics and what a good leader looks like to you.

This week we welcomed Councillor Jim Beale to the session



Some of the questions people asked were:



- Why did you become a Councillor and how long have you been doing it?
- Are you paid, do you have expenses?
- Do you have another job? Are you given time off from this to do your councillor role?
- How do you know what the issues are for people with a learning disability and their families?
- How do you make information understandable, and clear for all of your constituents?



We spent the rest of the session supporting individuals to come up with their projects. What amazing ideas people had.

Hear about some of the exciting project work that will be going on in Stockton in the next bulletin.

Derbyshire Expert Advisers



NHS
Hardwick
Clinical Commissioning Group

Inclusion North are in the process of recruiting six new Expert Advisers and two supporters. Some of these are self-advocates with either a learning disability and or autism or family carers.

Whilst Inclusion North have been providing Expert Advisers for Care & Treatment Reviews across Derbyshire, the Experts we have provided were not local to Derbyshire.



Hardwick Clinical Commissioning Group asked Inclusion North to recruit local experts which would bring a greater knowledge of what's happening across Derbyshire services, including knowledge about services within health and adult social care and the voluntary sector.

Our recruitment process started off earlier this year advertising an introductory workshop. This enabled interested people to find out more about the role and information about Care & Treatment Reviews. Several people attended, and we received applications for the role of Expert Advisers from people who came along.



Inclusion North shortlisted and interviewed several people over two days, alongside the clinical expert Ally Woodhead. In June, earlier this month we had an induction day, and all six experts, two supporters and two new clinical experts attended.

This was a great day and Ally and our new experts coproduced a range of questions to ask which will ensure the Key Lines of Enquiry have been followed.



After all the recruitment processes have been undertaken we will be offering a shadowing opportunity at Care & Treatment reviews across Derbyshire. This will ensure our new experts feel confident in their new roles.



Wiki use in Sunderland and South Tyneside

We have an exciting new project starting in Sunderland and South Tyneside which introduces the use of Multimedia Advocacy to help people take more control of their lives.

Working with the support of Rix Research and Media we will be developing the use of wikis with people, their families and supporters.



Wikis are simple, accessible, secure and easy to build personal websites. Using pictures, words, film and sound a person's skills, needs and ideas for the future can be recorded. This then builds a picture of who they really are as people, one which they have control of.



We will start by focusing this work with people at points of transition. For example, if moving into the community from a secure setting or a young person moving to adult services.



Throughout the project we will also be looking for some of the people involved to become 'Wiki Champions'. They will help lead the work, develop further skills and have opportunities to promote this way of communicating with others.

We will keep you up to date on how the project develops. If you would like further information, contact:

Kirsty@inclusionnorth.org



Department
for Transport

New Projects to Make Rail Travel Better for Everyone

The government have now funded seven projects that support people with a disability to travel by train.

The projects are

- ACCESS – looking at how people can access stations and help the managers identify problems and improve accessibility.
- LVIS – (Less Visible Impairments) helping people who work in stations understand the needs of people with hidden disabilities.
- Rail4All – a phone app that helps station staff to keep in touch with passengers who need assistance and let them know that assistance will be available.
- Accessible Journey Pocket Assistant – a personalised plan of a journey for every step of the journey.
- Nodality – a website that tells people how accessible stations are.
- Signly – a phone app that helps people who use sign language
- Aubin – a phone app that is for people with Autism used to improve journeys by reducing stress caused by travelling



The Governments Inclusive Transport Strategy will be published later this year.

Nusrat Ghani, Transport Accessibility Minister, said:

I am determined to make sure that our railways are accessible to everyone, and that we remove any barriers faced by people with a disability.

Everyone deserves the right to travel independently and with confidence. I am delighted that these innovative projects have been picked to improve people's journeys and look forward to seeing how they benefit passengers in the years to come.



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