



Inclusion North Bulletin

Issue Number 164

10th July 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.

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 in Yorkshire and Humber. 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



Families Listening project

Inclusion North have launched a new and exciting opportunity for member areas to get involved with a 'families listening' project.

From the research our Family Advisors did last year we were told by families of people with a learning disability, autism or both that they do not feel listened to, that many areas are experiencing reducing support networks and families are becoming isolated.

We are also aware that there is no direct link at a regional or national level for families' voices to be heard. We believe that there is real power in listening to and sharing people's stories.

The aim of the project is:

- To document the experiences of families now for use within a wider context to influence change and bring about greater understanding.
- For families to feel listened to and value the experience of being heard.

The project offers the additional potential for families to stay connected and gather strength and support from one another.

This is a pilot project and will be delivered initially in 4 of our member areas, 2 in the North East and 2 in Yorkshire & Humber.

For more information about this work contact:

Kirsty@inclusionnorth.org for the North East

Lucy@inclusionnorth.org for Yorkshire & Humber

A great day building confidence about travel and using travel apps



On Tuesday 3rd July Inclusion North, West Yorkshire Passenger Transport and the Yorkshire and Humber Talking Travel group hosted a Journey Makers event #AdventureBegins in Leeds Kirkgate Market.



Supported by Leeds Boost, Leeds Libraries and Leeds Council over 30 people took part in the 'Grand Depart' presentation and journey planning sessions, and many of them went on to do the treasure hunt and digital activities at the library.

We had some great feedback from people who took part and lots of interest to run more workshop sessions, so watch this space.

Newcastle People & Families Advisory Group



To celebrate co-production week the Newcastle People & Families Advisory Group held a 'drop in' on 6th July. This was for people to find out more about the work of the group and how they could connect with this.



Everyone agrees it is important for people with a learning disability, autism or both, their families, services and the Council to be working together. The Advisory Group, supported by Inclusion North, is developing this way of working in Newcastle.

The Advisory Group is:

- sharing best practice and experience
- highlighting where things are not working
- asking questions and making sure information is clear
- influencing future plans and current practices



We are looking to strengthen the connections we have with people and families through community groups and service providers. If you would like to know more about this work contact kirsty@inclusionnorth.org

Stronger Together – Leadership Course in Stockton

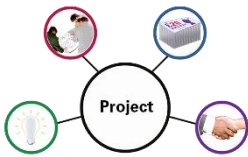


In our last bulletin we said we would share information about the amazing projects people from the course will be working on over the coming weeks and months...

This covers a whole range of important issues; Transport
Employment and support
Health
Disability awareness
Enterprise
Accessibility of information



Training Room



We look forward to seeing how these develop.

Good luck to everyone involved!



Review into deaths that result from serious neglect – have your say

Patient organisations, groups and individual patients are invited to attend an event on 18 July, to help inform a UK-wide independent review.

The review will look at how deaths that are the result of serious neglect or recklessness are investigated in relation to medical practice.

The General Medical Council (GMC) review will be led by Dame Clare Marx.

The working group carrying out the review wants to hear the views of patients, to help think about how to make sure investigations are timely, independently, fairly and expertly carried out.

The event will take place on

Wednesday 18 July, between 1pm and 3.30pm

at The Wesley, 81 – 103 Euston Street, London, NW1 2EZ.

Lunch is available at 1pm before the session starts at 1.30pm.

On the day

The working group will look to understand more about:

- What people think are ‘criminal acts’ by doctors.
- The experiences of patients and their families during local investigations following a fatal incident.

If you'd like to attend, please follow [this link](#) to register your interest.

Feedback on the survey we did.



In March we did a survey with people with a learning disability or autism to find out about their experiences around getting a job. This was to help our Expert Hub, which employs people with lived experience.



We also asked people about using social media. This was to help us with the work we are doing on our new website.

72 people replied, which was brilliant. Thank you.

In terms of social media, this is what people told us.

79% use Facebook. The main reasons for this are

- To share and communicate with others
- To be part of a community
- To find out about what is going on



58% use social media every day. After Facebook, the most popular social media are YouTube, Instagram and Twitter.

We are busy building a new website. Based on the feedback you gave us, we are now also thinking about how we can use Facebook and other social media better, so you know what is happening at Inclusion North.



In terms of getting a job, this is what people told us.

30% of people have never had a job

42% are unemployed, but have had a job in the past

Only 13% felt that companies had made job application forms accessible

72% would like more support to get a job



Our Expert Hub recruits, trains and supports people with a learning disability or autism and family carers to enable them to use their lived experience as part of the health and social care workforce. We are constantly listening to people to understand what we can do to remove the barriers that people face to getting a job. This report contains more information

bit.ly/employmentguide18



THE JOSEPHINE AND
JACK PROJECT



Josephine and Jack Project

Hello! My name is Josephine and I run workshops where women with a learning disability can learn about health and how to keep well, and about sex and relationships, in a safe space while having lots of fun!

Start date: Tuesday 17th July

Time: 2pm - 4pm every Tuesday

Course length: 10 weeks

Place: Gateshead Leisure Centre, Alexandra Road,
Gateshead, NE8 4JA

Also, a 6 week course with Josephine and Jack, to help people with a learning disability to understand and cope with bereavement.

- Josephine's grandma has died – and so has Jack's dog
- Josephine and Jack are both very upset
- What can we do to help them?

Sadly we all die and people we know die. This course is a chance to ask questions and talk about how we feel about death and dying.

But it won't all be sad – we'll have fun and celebrate life as well!

Start date: Thursday 18th July 2018

Time: 10:00am - 12:00pm every Thursday

Course length: 6 weeks

Place: Gateshead Central Library, Prince Consort Road,
Gateshead, NE8 4LN

To find out more and if you have any questions or would like to book a place

contact simon@josephineandjackproject.co.uk

or call **0191 261 5555**.



Mindfulness for Life Taster Session

Everyone wants to have a happier and full life. Sometimes life can make us sad, cross, stressed, worried and tired.

Mindfulness is a way to help us to live each moment and cope better with life.

This means we can lead a happier and full life.

Skills for people have a taster session for people with a learning disability over 16 years of age to go and find out more about mindfulness, practice mindfulness and find out how it can help you.

The taster session is on the

3rd August 2018

From

1pm to 4pm

If you want to arrive earlier for refreshments you can.

At

Skills for People

Key House, Tankersville Place, Jesmond, Newcastle upon Tyne, NE2 3AT

If you would like to book a place contact Skills for People

Telephone 0191 281 8737

**WE ARE
MACMILLAN.
CANCER SUPPORT**



Improving cancer services event 21st January Newcastle upon Tyne

North East and Cumbria Learning Disability Network are having an event for people with a learning disability.

The sharing learning, saving lives conference will do exactly that, it will give the audience an opportunity to learn from projects which focus on cancer and learning disabilities and share experiences, successes and challenges to improve cancer services for people with a learning disability.

They are inviting friends from across the country to present their work on improving cancer services and experiences for people with a learning disability. They will also be sharing learning from the North East and Cumbria Learning Disability, Macmillan cancer project.

They are currently looking for presenters. If you are working on a project and would like to share your learning please get in touch. They are keen to hear from projects from across the cancer pathway.

Please get in touch: julie.tucker11@nhs.net

or 0786 0177 981

If you would like to go along to the conference to gain inspiration from work that has been developed reserve a place on the conference at Eventbrite

<https://www.eventbrite.com/e/sharing-learning-saving-lives-improving-cancer-services-for-people-with-learning-disabilities-tickets-46180985571>

If you have any questions about the conference, please get in touch with

Julie Tucker email: julie.tucker11@nhs.net

Mobile: 0786 0177 981

or Telephone: 0113 8249 693

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