



# Inclusion North Bulletin

Issue Number 165

23rd 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 for people who live in 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 who live 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:  
15<sup>th</sup> November 2018 – Leeds  
10<sup>th</sup> January 2019 – Sheffield  
7<sup>th</sup> 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](mailto:judith@inclusionnorth.org) or telephone 0113 2444792



## Your Invitation: Working well so that people with a learning disability don't die too young

### An event in York on 6<sup>th</sup> September 2018

- Do you live in Yorkshire or Humber?
- Do you want to get together with others to share best practice and find ways to improve the lives of people with a learning disability locally?
- Do you want to understand more about the work that is being done to prevent people with a learning disability dying at a young age?
- Would it be helpful to understand some of findings from the work to date?

The session on 6<sup>th</sup> September in York will bring together some of the findings from the Learning Disabilities Mortality Review and provide a way for yourselves and others to share your best practice ideas and challenges.

### When and where?

This event will take place from **10am to 2pm on Thursday 6<sup>th</sup> September 2018 at a venue in York city centre**. The venue is a ten-minute walk from the train station. We will let you know the venue details when you sign up to come along. You can claim your travel costs if you are a self-advocate or family carer.

To book a place, please contact:

[judith@inclusionnorth.org](mailto:judith@inclusionnorth.org)

0113 244 4792

Or you can book online at:

<http://bit.ly/6thSeptemberYork>

Or, if you can't make the York date, you can come to **another of these 3 dates:**

15<sup>th</sup> November in Leeds

10<sup>th</sup> January in Sheffield

7<sup>th</sup> March in Hull



## Could you be an Inclusion North Director?

Inclusion North has a Board of Directors that makes sure the company is run properly and that the work we do is high quality. Directors are volunteers who give their time for free.

Our rules say that half of our Directors should be people with a learning disability or autism, or family carers. Our Directors should also live in the North East, Yorkshire or Humber.

**We have vacancies on our Board for family carers** who might want to share their knowledge and expertise with us.

Directors are responsible for:

1. **Running the Company well** and following company rules
2. **Managing the money** and making sure it is spent well
3. **Checking the work we do** is good quality
4. **Supporting the Chief Executive** to run the company
5. **Thinking about the future** and what work we need to do
6. **Making sure people know about Inclusion North**

The Directors meet 6 times a year, usually in York. The meetings are usually from 1pm to 3.15pm on a Friday.

They also meet twice a year with the Advisory Council and the staff team in a big meeting that brings everyone together. These meeting are usually 10.30am to 3pm in York.

If you are interested, please contact the office for a role description and an application form. Application forms should be returned by Monday 10<sup>th</sup> September 2018.

Call 0113 244 4792

Email [info@inclusionnorth.org](mailto:info@inclusionnorth.org)

Website <http://bit.ly/directorsapplication>



## Are you a Tomorrow's Leaders graduate living in the North East?

This year we are supporting our Tomorrow's Leaders graduates to continue to develop their leadership skills.



We are running sessions in the North East and in Yorkshire and Humber building on the skills you learned on the course.

September

20

The Yorkshire Humber graduates had their first session in June. They looked at getting a job, and what their best leadership skills are.

The first session for the North East graduates will take place on Thursday 20<sup>th</sup> September 2018.

It will be at the Jury's Inn at Newcastle from 1pm to 4pm. We will provide tea and coffee with cake.



All graduates living in the North East will receive a personal invitation to come along.



We will also send out more information nearer the time about what we will be talking about and the topics you are interested in.

If you know now that you will be able to attend, please feel free to contact the office to book your place.



Call 0113 244 4792

Email [info@inclusionnorth.org](mailto:info@inclusionnorth.org)



We look forward to seeing you there.



## Family Carers Quarterly Update

Information for family carers was circulated to the networks we have in the North East and Yorkshire and Humber last week.

This included:

- An update on the work Inclusion North is doing
- News from the National Valuing Families Forum (NVFF)
- Information about the Family Carer Support Service (FCSS) at HfT
- News of the Family Engagement Worker post at Learning Disability England (LDE)
- Policy and practice issues
- Holiday resources and travel update
- Community resources
- Briefing from the North East & Cumbria Learning Disability Network

If you would like to take a closer look at any of this information, go to: <http://inclusionnorth.org/about/news/family-carer-update-july.html>



## Inclusion North Survey

Our bulletin has changed quite a lot and we would like to know what you think.

We have worked on making sure people with a learning disability, commissioners, families, carers and other organisations, know what we are doing at Inclusion North.

We would like you to complete our short survey. There are 5 questions. You can find the survey here <https://www.surveymonkey.co.uk/r/bulletin2018>

If you would like a paper copy please call, the office on

0113 2444792

Or email [info@inclusionnorth.org](mailto:info@inclusionnorth.org)



## Reshaping Advocacy Planning Event

There is a planning event on the 31<sup>st</sup> July.

The planning event is about

- Stronger advocacy
- Collaboration of organisations
- Realistic funding
- Rebuilding self-advocacy and the grassroots movement

We need to present a united front to commissioners and decision makers in September.

For more information please

visit <http://www.resapingadvocacy.org.uk/stronger-voice/>



There is a meeting for Leaders of Self Advocacy Organisations from 10.30am until 1pm.



There is a meeting for Chairs, Leaders and facilitators of Self Advocacy Organisations, Speaking up groups and Organisations from 1.30pm until 4pm.

Everyone attending the meetings can meet for lunch at 1pm until 1.30pm.

The meetings are at

Room 6, Skills for People, Tankersville Terrace, Newcastle Upon Tyne NE2 3AT

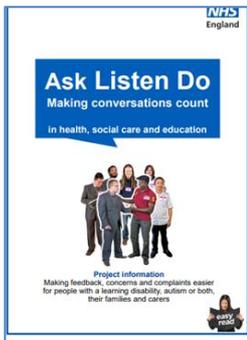


To book a place or for some more information, contact Rohhss Chapman

Email: [Rohhss@peoplefirstcumbria.co.uk](mailto:Rohhss@peoplefirstcumbria.co.uk)



Telephone: 07926 668381



## Ask Listen Do Making conversations count in health, social care and education

The Ask Listen Do project is about making it easier for people with a learning disability, autism or both and their families and carers to give feedback, raise a concern or complain about their care, education or support.

It is aimed at supporting organisations to learn from and improve the experiences of people with a learning disability, autism or both, their families and carers.

There are lots of different organisations involved in the project:

- NHS England
- The Local Government Association
- The Association of Directors of Adult Social Services
- The Parliamentary and Health Service Ombudsman
- Department for Education
- Care Quality Commission
- NHS Improvement
- Inclusion East
- PBS4

The project includes lots of stuff to support good practice in organisations across health, education and social care, and guidance for people, families and carers so that they feel empowered and confident to speak up.

You can find out more -

- Information for people with a learning disability, autistic people, families and carer:  
<https://www.england.nhs.uk/learning-disabilities/about/ask-listen-do/people-information/>
- Top tips for families and carers can be found here  
<https://www.england.nhs.uk/wp-content/uploads/2018/06/Ask-Listen-Do.pdf>
- Easy Read leaflet: <https://www.england.nhs.uk/wp-content/uploads/2018/05/ask-listen-do-project-leaflet-april-18.pdf>



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## 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