



# Inclusion North Bulletin

## Issue Number 166



6<sup>th</sup> August 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 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)

## Young Leaders course starts in Calderdale

This summer Inclusion North are working together with Lead the Way to try out a new leadership course for young people with a learning disability, autism or both. The course is based on Tomorrow's Leaders



Nine young people aged 14-17 are working with us. They will be building their skills and confidence, learning about their rights and leading and working with others, and developing new friendships.



Our Young Leaders have already found out how awesome they all are and talked about what they would like to be doing in five years' time. They've done work around decision making and inclusion, made food together and tested their skills at archery.

A big hit was a great session led by Holly Lynch MP with Councillor Adam Wilkinson that looked at what makes a good and bad leader.



We're very grateful for all the fantastic support we've had, including from the Community Foundation who have given funding to support us running the course.



follow on Twitter @InclusionNorth and Instagram @ylcalderdale2018



## 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>

## A response to the LeDeR Annual Report 2018



The LeDeR Programme is about stopping people with a learning disability dying too young. The LeDeR Annual Report showed that life expectancy for people with a learning disability had dropped even lower.

Now, women with a learning disability can die 29 years younger than other women. Men with a learning disability can die 23 years younger than other men.



This is wrong and has to change.

In the North East there is a Confirm and Challenge Group working with the LeDeR Steering group. It is made up of people with a learning disability and family carers.



They wrote this response to the LeDeR Annual Report.

We think it is shocking. The way that people perceive us, it just doesn't bear thinking about.

This is so hard to think about and talk about. Why should we expect to live 23 years less, or 29 years less than someone without a learning disability?

People need to see the person and not just talk about health. Take time to listen to people. To know the person.



How much harder is it for a person with a learning disability to get an accurate diagnosis?

People don't get the same respect or time given. Sometimes we are pushed to the back of the queue.

Equality for all is still a long way off.

People who have trained as self-advocates might have more chance to speak up for themselves. It is so important to invest in this.



We hear about stress on the NHS because we are all living longer.

This doesn't apply to us. <https://t.co/QBWPVSWvQx>

## Making Payments to People who Receive Benefits



At Inclusion North we believe it is really good to pay people to get involved in the work that we do.

We employ lots of different people and ask people to get involved in different pieces of work.

**Do you receive benefits and receive a payment for service user involvement?**

**Do you pay people for service user involvement?**



If so, it is important that you explain very clearly to the Department of Work and Pensions what you are doing, how much you receive and how often. A letter from the organisation you are involved in explaining this is usually helpful.



It is very important to make sure that people get the right advice about how being involved and being paid for their involvement might affect them if they receive benefits.



There are lots of rules for different types of benefits.

The Social Care Institute for Excellence provides an excellent fact sheet called “**Paying People Who Receive Benefits – Co-production & Participation**” you can find this here: [SCIE](#)



If people don't let the Department of Work and Pensions know about the money they receive, or their change of circumstances they may risk losing their benefits.

It is really important for people to get the right advice about their benefits.



Citizens Advice provide a lot of information [Citizens Advice](#)

Scope also provide a helpline [Scope](#)





## Your Invitation:

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



- 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?

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The sessions 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.

**Please book at one event as all events are the same.**

### When and where?



**6th September in York** - you can book online at:

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

**15th November in Leeds** - you can book online at:

<http://bit.ly/15thNovemberLeeds>



**10th January in Sheffield** - you can book online at:

<http://bit.ly/10thJanuarySheffield>

**7th March in Hull** - you can book online at:

<http://bit.ly/7thMarchHull>



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.

Or you can book a place, please contact:

[judith@inclusionnorth.org](mailto:judith@inclusionnorth.org) Telephone: 0113 244 4792

## Cloverleaf Happy Healthy Relationship Project



Cloverleaf have a project about relationships, and sexual exploitation.

Sexual exploitation is abuse and is when a person is used for sex.



The abuser may try to make friends with you, be nice to you, buy you nice things and take you out.

Then they may ask you to do things you don't want them to do.



The group meets every Wednesday in Huddersfield for more information

Contact: [sarah.roberts@cloverleaf-advocacy.co.uk](mailto:sarah.roberts@cloverleaf-advocacy.co.uk)



Telephone: 07710 020235



## Inclusion North Friendship Booklet

Inclusion North has a friendship booklet, made with help from Middlesbrough 1<sup>st</sup>, Skills for People and Tyne, Esk and Wear Valley Reference Group.

How we make friends and keep these relationships is an important part of who we are and how we get involved in the world around us.



This can often be more difficult for people with a learning disability.



The information in this booklet offers ideas about how you can develop friendships.



It also suggests what support you could get if you need help with this.

You can find the booklet here <http://bit.ly/2OBo3Uz>

## Learning Disability or Autism Leaders List 2018 Nominations

The Leaders' List 2018, in partnership with...



Learning Disability England, Dimensions, Voluntary Organisations Disability Group and the Guardian are working together.



They are starting a list of people with a learning disability, autism or both who are making a difference.



They know that there are a lot of people making a difference in their area.



They are working together to celebrate and share the good work people are doing.



They hope this will help change the attitudes and show people what people with a learning disability, autism or both do every day to make our communities and society better.

60 winning stories will be included in the Leaders List.



There are 4 categories

- Changing Communities
- Advocacy, policy and media
- Sports, arts and entertainment
- Work and education



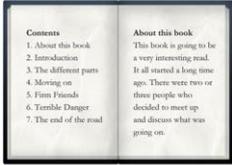
You can nominate yourself or someone else or find out more information here



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

The closing date for nominations is the 27<sup>th</sup> August

## New book about people with a learning disability



'Austerity's Victims' is a new book written by Neil Carpenter.

It's about people with a learning disability. It shows how their lives have changed since 2010.



The book looks at the lives of 5 men with a learning disability who live in Cornwall.

It shows how much money they have to live on and what they spend it on.



Neil found out these things:

- 1 They are poor.
- 2 Their support at home is being cut.
- 3 Their time at day centres is also being cut.
- 4 They often don't have many friends and are very lonely.



Neil thinks they are not getting a good deal and thinks the government can be blamed for how hard their lives are.

It's available to buy on Amazon

<http://www.amazon.co.uk/dp/1984977601>



## Connect in the North - Women Speak to Power

It is 100 years since women got the right to vote. Connect in the North are going to have 2 events for women with a learning disability.

On October 11<sup>th</sup> to learn how women got the vote, why it is important to vote and writing questions to ask politicians

On October 12<sup>th</sup> local members of parliament and councillors will be there to answer your questions

If you want to know more

Telephone: 0113 2703233



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## Inclusion North Member Areas 2018 – 19



### **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

