



Inclusion North Bulletin

Issue Number 167

20th 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.



Save The Date Members Day

Inclusion Norths Members Day Theme: More Creative Solutions

On

8th November 2018 in York.



Two guest speakers are already confirmed

Martin Wilson from Tin Arts

Martin will be talking about Local Authorities and providers working together creatively to enable Direct Payments to create a real life for people.



Julie Bruce a family carer and representative of the National Network of Parent Carer Forums

Julie will be talking about how creative thinking about support transformed her son's life.

Plus

George Williams will perform "WIRED", a dance piece nominated for a National Lottery award.

Put the date in your diary now.

Each member area will be allocated up to 4 places.

The places are for commissioners, service managers, people with a learning disability autism or both and family carers.

Information will be sent to the Member Area contact to book places.

More information will be available in future bulletins.



A response to where people live when they leave hospital



The Confirm and Challenge Group in the North East are people with a Learning Disability and/or Autism who come together every month to help share the work around transforming care.



This includes, meeting with professionals, hearing their ideas, discussing what we think and sharing our solutions to problems, and saying when we think things are not right.

The Transforming Care board told the group where people go to live when they leave hospital. They wrote this response.

They think that the quality of life and choices are not fair for people when leaving hospital and we want to know why.



They think that residential care can be good, but should be a stepping stone for some people, we want to know if people are supported to move on into supported living and the community.

Too many people are moving into residential care.



They know that there are not enough providers, and this stops people from having a choice.



They know that the commissioners, professionals, families and people leaving hospital do not always know the difference between residential care and supported living and why this can affect our rights and choices.

They think that people are moved quickly to free up beds and meet targets.



They know people say yes to moving quickly because they don't want to stay in hospital longer than they have to.

They have the right to have a good life and be able to choose where we live and how we live.



They do not think all people leaving hospital have a choice for a good life and this is shocking and disappointing.

'Catch the bus' week



The Talking Travel Networks in the North East and Tees Valley took part in 'catch the bus' week at the beginning of July. This was a national initiative to encourage people who do not usually use the bus to get on board and give it a try. We were also looking to show how the people and communities we work with at Inclusion North could be connected by our local bus services.



- 34 people made journeys as part of 'catch the bus' week.
- 13 different bus routes were used, some involving 2 or 3 bus changes
- Travel times were between 5mins and 1 hour

Journeys took place in parts of Northumberland, North Tyneside, Newcastle, Gateshead, South Tyneside, Hartlepool, Middlesbrough and Redcar. People used bus timetables, the internet, Traveline and staff support to plan these.



Feedback was positive with everyone rating their journey either good or brilliant. Outcomes from the experience included:

- Recognising the importance of peer support
- Independent travel skills promoted within services
- Confidence building and independence
- Improved travel routes

People said that the services were generally clean and comfortable. That good visual information, audio announcements and a helpful friendly driver made all the difference.



When asked about what gets in the way of using the bus more often people said:

- Difficulty in planning a journey
- Not being confident to travel independently
- Feeling unsafe at night time
- Distance to bus stop



A full report will be shared with the members of the Talking Travel Networks and the local bus companies who supported our work around this. Thank you to everyone who got involved.



Supporting Carers in Secondary Care Event

NHS England are working to develop information to show good practice of providers supporting carers.

Providers would be able to use the information to help them meet the Care Quality Commission and NHS Improvement standards.



The event will

- Find where good practice is happening and how this is done
- Help to reduce health inequality
- Find out how carers can help providers ensure good and outstanding services for the Care Quality Commission inspections
- Co design a tool that helps providers to show how they provide carer friendly services



The event is for

- NHS Foundation Trust nursing and patient experience leads
- Clinical Commissioning Group patient experience and carers commissioning leads
- Local Authority carers commissioning leads
- Carers and carer support organisations



The event is on

Tuesday 9th October

At

The Assembly Rooms, Fenkle Street, Newcastle upon Tyne NE1 5XU

From

9.30am until 3.30pm

To book a place

Email dave.ross@nhs.net





Speaking Up Groups – How are they doing?

Skills for People with the help from Self Advocacy Groups have written a report about Self Advocacy in the North East and Cumbria.

The report is about Self Advocacy for people with a learning disability autism or both in North East England and Cumbria.

The report talks about the problems groups face and ideas from the groups about what could be better.

Self Advocacy groups often do not have enough money to pay for the things they need.

These things could be someone to support the group, a room to meet or transport to help people get to meetings.

Funding for Self Advocacy groups comes from the health service, councils or charities.

All these are struggling to have enough money.

This means many Self Advocacy groups have had to close and others might have to close if they do not have enough money.

Over the past two years people have been working together trying to make sure Self Advocacy is strong in the North East and Cumbria.

Reshaping Advocacy is a group of people who are trying to do this.

They want to make sure that Self Advocacy groups get money, so they can carry on and be strong.

They have been saying that the health service and councils should put some money into our groups.

Everyone should work together with councils and health services to help make Self Advocacy groups strong.

The report is also in Easy Read.

You can read the report here <http://bit.ly/SelfAdvocacyReport>



A survey about the Learning Disability Self-Assessment Framework



The Learning Disability Self-Assessment Framework (SAF) was a way for people with a learning disability, families and staff from health and social care to get together and talk. It showed how well areas were doing in supporting people and providing services.



The SAF used to show how areas were doing across the country and a report was provided each year of all those areas which had carried out their SAF.



In 2016 a group of people came together to talk about a new SAF. This did not happen as there was lots of service changes going on.



The National Development Team for Inclusion (NDTi) have been asked by Public Health England and NHS England to find out if people think it is still needed.



This survey <https://www.surveymonkey.co.uk/r/SAFpeople> is for people with a learning disability, their families, carers or friends. You can take part in this survey up until **3rd September 2018**.

For an easy read version,

you can email office@ndti.org.uk

or call 01225 789135 and they will send one.



NDTi will put together people's views and share them with NHS England, Public Health England and the Department of Health and Social Care. The information will help them decide what happens next with the SAF. The information that they find out will also be shared publicly.

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>



Focus Group for Evidence Based Interventions

The NHS is asking people to give their views about the changes they are thinking about on prescribing interventions for 17 conditions.

Interventions are either surgical procedures or treatment that doctors use to treat some conditions.

They are thinking about ways to decide which ones to keep and which ones to stop using.

CHANGE has been working with the NHS and would like people with a learning disability to be part of the focus group.

This focus group will take place in Leeds

on Tuesday 28th August

From 12.30pm to 4.30pm

For more information and to book a place contact

DominiqueB@changepeople.org or Shanika@changepeople.org

Telephone 01132 426619





Twisting Ducks Theatre Company Academies

Twisting Ducks Theatre Company have creative sessions throughout the week for people with a learning disability, autism or both.

At the Twisting Ducks Studio, Heaton Centre Newcastle



Band Academy Tuesdays 10am to 4pm

DJ Academy Thursdays 10am to 1pm

At the Theatre Royal Newcastle



Performing Arts Academy Tuesdays 10am to 1pm and 1.30pm to 4.30pm

Youth Theatre Academy Saturdays 2.30pm to 5.30pm

At Morpeth Methodist Church

Performing Arts Academy Fridays 1pm to 4pm

Youth Theatre Academy Fridays 4.30pm to 6.30pm

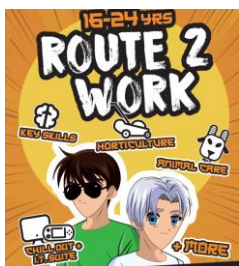
At Northern Stage Newcastle



Performing Arts Academy Saturdays 10am to 4pm

For more information contact

thetwistingducks@gmail.com



Route 2 Work Programme

Groundwork have a route to work programme for people with a learning disability at Jarrow Hall.

They aim to help people 16 to 24 years old to gain confidence and skills with work placements, english and maths functional skills. Qualifications can include animal care, horticulture or sport.



For more information contact

Telephone 0191 428 1144



Email enquiries@groundwork.org.uk/stan



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 10th September 2018.

Call 0113 244 4792

Email info@inclusionnorth.org



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

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

