



# Inclusion North Bulletin

Issue Number 169

20<sup>th</sup> September 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.

## Working well so that people with a learning disability don't die too young. What happened in York?



The first of 4 of these sessions took place in York on 6<sup>th</sup> September.

We heard some of the reasons why this work is so important and worked in groups to find ways to share the learning and improve how we work.

We signed up to act on what we had heard and shared.

Some of the actions were:

- Educate society – we need to think about people as human beings
- We need to come together to solve the problems
- I need to tell others about dysphagia and how we can improve how we support people
- Finding more ways to share what the mortality reviews are telling us
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## Couldn't make it to this event?

We are holding 3 more events in the Yorkshire & Humber region. All sessions will follow the same agenda, so you only need to come to one of these dates:

15<sup>th</sup> November in Leeds – now fully booked

[10<sup>th</sup> January in Sheffield](#)

[7<sup>th</sup> March in Hull](#)

To reserve your place, you can call or email us:

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



## Team Unicorn at Fira Tarrega 2018

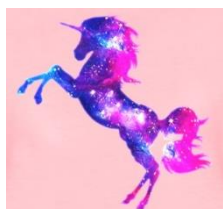
From 3<sup>rd</sup> to 10<sup>th</sup> September, Karen from Inclusion North was in Tarrega in Catalonia in Spain at a festival called Fira Tarrega.



Karen was working with TIN Arts, and one of their dancers – Becki Parker.



Becki has autism, and she has developed a dance piece called Hunting for the Unicorn. The dance is about her experience of autism and understanding it better. It is also about accepting who you are.



For Becki, autism is her unicorn – it is her superpower and what makes her unique. The soundtrack for Becki’s dance helps to explain.

“We are all different. Some differences are easy to see. Other differences can’t be seen. The way we each see the world is also different because each of our brains work differently. I have autism. I am not ill. I am not broken.”

Becki worked with a Catalan dancer called Vero Cendoya. Vero made a dance piece to work alongside Becki’s. It was about what to do once you find your unicorn.



Becki and Vero took the dance on tour to a festival called Fira Tarrega. Karen from Inclusion North went along to help make sure that the whole experience was as accessible as possible for Becki.



This meant thinking about how we travel, where we stay, what we eat, coping with nerves, and helping people at the festival to understand autism, and what the dance was trying to express.

Becki was interviewed about her dance. She said “When I am dancing I feel free, and I don’t need to worry about outside of that. I just get lost in it.

## Project Manager Inclusion North Vacancy



Inclusion North are looking for a Project Manager for 9 months on a temporary contract (maternity cover)

Working full time 37.5 hours per week, from home in the North East of England with a salary of £39,140 per annum.



Are you passionate about the rights of people with a learning disability, autism or both?

Can you work on your own initiative to plan and deliver a diverse range of work projects for a range of clients to promote inclusion?

At Inclusion North we want to recruit a suitably qualified and experienced Project Manager to join the team while a colleague is on maternity leave.

Inclusion North exists to make inclusion a reality for all people with a learning disability or autism and their families. Inclusion means everyone living good lives as valued members of society.

We work to change society so that everybody can have a good life. We raise awareness of the barriers to inclusion for people with a learning disability or autism and their families, and work to remove them.

We include people with a learning disability or autism, families, carers, the organisations that support them and communities in our work.

### Why not join us?

You can find an application pack here

<http://bit.ly/PManager2018>

or please contact [info@inclusionnorth.org](mailto:info@inclusionnorth.org)

or Telephone: 0113 2444792

**The closing date for applications is 12 noon, Tuesday 9<sup>th</sup> October 2018**

Interviews will take place on the 23<sup>rd</sup> October 2018 in Newcastle.



## NHS England Long Term Plan



One of the priorities in the NHS 10 year plan is People with a Learning Disability and Autism.

It is really important that people have their say on this before the plan is finished.

There is some online information in Easy Read about it here

<https://bit.ly/2O7CleL>



You can comment on the whole plan, or just the bits that affect you.

The online survey is here

<https://bit.ly/2O0dObA>



It is not in Easy Read so you might need someone to help you to complete it.

It is important that you fill in the first page that asks about who you are, so the NHS know who have given their opinions.



If you have any questions, please email the Long Term Plan Engagement Team: [england.ltp@nhs.net](mailto:england.ltp@nhs.net)



You need to send in your comments by **Thursday 30<sup>th</sup> September 2018**.

## Getting the Flu Vaccination



Improving Health and Lives (IHaL) have written some easy-read information about having a flu vaccination and why this is important.

You can find this here <https://bit.ly/2pl01ln>

This makes it clear that family carers and paid supporters can have a free flu vaccination.



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## Have your say – integrated care partnerships



NHS England is running a consultation about Integrated Care Partnerships until 26 October.

Integrated Care Partnerships are an idea about getting one organisation to lead lots of health and social care services in an area.



This could be helpful for people with a learning disability, autism or both.



Not everyone is sure if it is a good idea.

Some information has been produced in Easy Read. It is 22 pages long but it explains what Integrated Care Partnerships are.

You can find this information here <https://bit.ly/2MkXBfj>

The questions to find out your views are also in Easy Read.

You can find the questions here <https://bit.ly/2N8xCNP>



## Policy Update and other useful information

Every month Inclusion North puts together a policy update. You will find lots of useful information including:



- Changes in Policy
- Training opportunities
- Blogs
- Resources

And lots more.....

This month's update includes:



- Changes to the Mental Capacity Act
- The 'So what, what next?' project
- Disability Rights UK seek lived experience policy advisors
- Family Rights Group - Advocacy for families when social workers make plans for their children



You can find all the information here <http://bit.ly/2p5oATe>

This information is not in easy read as it is written for our local authority and clinical commissioning group members.

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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

