



# Inclusion North Bulletin

## Issue Number 170



1<sup>st</sup> October 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 Norths Members Day – The Date has changed

29<sup>th</sup> January 2019

Member Areas have told us that having members day in November would mean they could not come.



We have listened to what they have said and moved the day to **January 29<sup>th</sup> in York**

We want a good mix of people, families and commissioners from all areas to be able to attend.

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.



Email [judith@inclusionnorth.org](mailto:judith@inclusionnorth.org) to allocate your area's places.



## Response to the LeDeR annual report

LeDeR is a programme that does a review every time someone with a learning disability dies, to see if they had good care and support in their life and why they died.

When an annual report came out a few months ago, it was shocking to find out that people with a learning disability are at risk of dying even earlier than other people – 29 years if you are a woman, and 26 years if you are a man.



The government has written a response to this report.

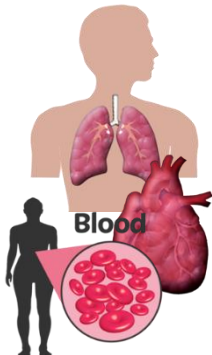
The easy read version is here <https://bit.ly/2QnL7H6>

It is in Easy Read but it is 28 pages long.



The report says that the three main causes of death for people with a learning disability are

- Problems with breathing – this is called aspiration pneumonia
- Blood or heart diseases
- Sepsis – which is a very serious infection



It is really important that people know how to spot the signs of these conditions.

Bristol University have started producing information for carers.

This is their information sheet about aspiration pneumonia

<https://bit.ly/2Oe1K9W>



This is their information sheet about infection including sepsis

<https://bit.ly/2N07AHt>



The Stop People with a Learning Disability Dying Too Young Group in the North East have written to Bristol asking for information in Easy Read.

We will give another update later in October when we hear back from them.



## Tomorrow's Leaders Graduates meet in the North East for a development session

On 20<sup>th</sup> September, North East graduates of the Tomorrow's Leaders programme met up again at the Jury's Inn in Newcastle to continue to develop their leadership skills.



The session started with a presentation by Dawn Flockton, talking about how she has used the skills she developed on the course and the opportunities she has had since.

Some of the things she talked about were

- The work she did to set up a Women's Group
- Working with Newcastle city council to talk to people with a learning disability about their housing options
- Being part of the Newcastle people and families' advisory group
- Helping to deliver the Stronger Together leadership course in Stockton
- 



There is a film about the Newcastle housing work here

<https://bit.ly/2Ocmq28>



The graduates then thought about what the most important leadership skills are. They said these were

- Able to inspire people
- Asking for help
- Confidence
- Treating people equally
- Not judging people
- Speaking your mind
- People being able to trust you
- 



They then scored themselves on how good they were at each of these things. They also thought about what else they would like to be better at.

We ended the session with everyone making a promise to themselves to work on one leadership skill they could be better at.



This was a fun, supportive session where everyone said it was lovely to see each other again.



## Could you share your experiences to help make secondary schools more inclusive.

By law, schools should make Accessibility Plans to enable disabled children and young people to make the most of their education. However, there have been no studies to find out if Accessibility Plans work.



The Alliance for Inclusive Education (ALLFIE) has received funding to lead a project to find out how effective schools' Accessibility Plans are.

In October 2018, they will be holding focus groups in North East England for:

- Disabled young people and children
- Parents of Disabled learners
- Educators and professionals



They will use these discussion groups to find out about people's real-life experiences in schools.

### Dates and times:

Parents – Monday 8<sup>th</sup> October, 11:00-13:00



Disabled children & young people – Wednesday 10<sup>th</sup> October, 16:00-18:00



Educators and professionals – Friday 12<sup>th</sup> October, 16:00-18:00

### Location:

John Lewis Community Hub meeting room, Leeds City Centre



Victoria Gate, Harewood St, Leeds LS2 7AR



Even if you don't know much about Accessibility Plans, why not get involved and share your experiences?

For more information please contact Dr Armineh Soorenian

Email : [Armineh.Soorenian@allfie.org.uk](mailto:Armineh.Soorenian@allfie.org.uk).



<https://www.allfie.org.uk/news/blog/is-your-school-inclusive/>

## Helping patients stay safe in mental health hospitals

2017



In 2017, the Care Quality Commission (CQC) looked at NHS reports about how patients are kept safe in mental health hospitals.



They found that there were lots of cases of patients not being safe from others who said or did things to them in a sexual way that they did not want.

These are called sexual assault and harassment incidents.



CQC looked at how often other mental health hospitals in England reported sexual incidents. They spoke with providers, people who use services and voluntary and charity groups.

They found out that people's sexual safety is still a big problem in mental health services.



1. Patients do not always feel safe
2. People in charge of hospitals do not always tell patients how to keep safe, or do not know how to
3. Many staff do not have the skills to deal with sexual assault and harassment incidents in the best way
4. Sometimes hospitals do not tell other people about incidents. Or the reports do not say how the incident has affected the patient
5. Sometimes hospitals and other health organisations do not work well together to keep patients safe



CQC wrote a report about what they found out and what should happen next to keep people safe when they are on a mental health ward in hospital.

The easy read version of the report 'Sexual safety on mental health wards' can be read here <http://bit.ly/2O346bJ>



## Supported Decision Making Event

Connect in the North are having an event about supported decision making.



This free training is aimed at people staff and family carers who support people with a learning disability in Leeds.

You will learn how to explore people's capacity to make decisions, a person centred approach to making best interest decisions and how to support people with a learning disability to make choices, both major decisions and day to day choices.



You can book places on Eventbrite here <http://bit.ly/2zqrcko>

The event is on

**Wednesday, 14 November 2018**



from 1pm to 4pm

at

**Connect in the North**

Bridge House  
Balm Road  
LS10 2TP Leeds  
United Kingdom



**The training is free for people working in Leeds.**

**Only 3 places for each organisation please.**

**You don't need to print off your ticket**

If you need further information telephone

0113 270 3233







## Mindfulness for Life Course

**Skills for People** is delighted to be holding its successful **Mindfulness for Life Course** again in Newcastle.

This is a 12 week course which is open for anyone aged 16+ living in the North East who has a learning disability and/or autism (and their carers or supporters).



They are inviting people to join them at the **Taster Day**

on

**Wednesday 3<sup>rd</sup> October 2018.**

From



**1pm to 4 pm**

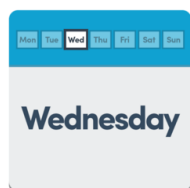
At

**Key House, Tankerville Terrace, Jesmond, NE2 3AT**

The session is to see if this is a course for you.



People will be able to sign up for the course which will run on **Wednesdays.**



**It will start on 10<sup>th</sup> October until 12<sup>th</sup> December 2018.**

The course is 10 am to 1pm for 11 weeks

For more information contact



Kathy Steele or Gail Wright

Telephone: 0191 2818737

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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

