



Inclusion North Bulletin

Issue Number 172

1st November 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.

Gary Stark's Big Day



Gary Stark has been involved with Inclusion North for many years.

He is a member of the Advisory Council and one of the Expert Advisers who works in the Expert Hub.

On Friday 26th October, Gary married his fiancée Clare at his home town of Grimsby.

It was a beautiful day with Gary and Clare being surrounded by family and friends.

Everyone at Inclusion North wishes them every happiness for the future.

We are so happy that they met each other, fell in love and have been supported to build their life together.

Congratulations Gary and Clare.





Introducing Jo McCausland as our new Project Manager in the North East covering Kellie's maternity leave

At the end of November Kellie Woodley our Project Manager in the North East will go off on maternity leave for 9 months as she is having a baby.

We have advertised for someone to join Inclusion North while Kellie is away, and we are happy to introduce Jo, who will step in while Kellie is away.

Jo said

“I would love the opportunity to continue to support people with a learning disability, autism or both to live the lives they want.

I would also like to make a difference to families and carers and to help service providers and commissioners make sure people have good outcomes.

I know I would enjoy working with the team at Inclusion North to make sure that it stays strong.

I believe this job is a good match for my values, interests and skills.”

Jo says she is good at

- Building good relationships.
- Supporting others to be and do their best.
- Challenging things that are not right or fair.
- Coming up with ideas and helping others to come up with ideas to solve problems and find new solutions.
- Making sure things get done even if they are hard to do.
- Planning and being organised

Jo will be starting work with us in November and if you work in the North East with us you will soon get to meet her.

You can contact Jo by email joanne@inclusionnorth.org



LDE

November

8



Advocacy skills for families

Have you ever come out of a meeting and felt you haven't been heard?

As a member of Learning Disability England, families in our member areas can access this free training session.

8th November 10am – 3.00pm, in Darlington

This one-day training is for families who want to work with services and practitioners (professionals) to get better outcomes for their loved ones and to support their friends in an informal capacity.

They will look at:

- The role of an informal advocate
- How meetings work – the hidden stuff!
- Working in partnership
- Presenting your ideas
- Negotiation skills
- Action planning and prioritising
- Staying strong

About the day

Learning Disability England with its members' support can offer this training free for family members of people with a Learning Disability.

It will be co facilitated by a family member and LDE team member.

They will provide tea, coffee and a sandwich lunch.

On this occasion they cannot offer help with travel or support costs but if there is demand they will look for funding to be able to do that in the future.

You can book a place or ask any questions by e mailing mariana.ortiz@LDEngland.org.uk or phone 0300 201 0455.

Launchpad - A project for adults 18+ with a learning disability and/or Autism



You can work with theatre professionals to develop your performance skills and create a performance.

Take part in weekly workshops building skills in things like storytelling and movement and work together to make a performance for the Studio Theatre.



They are running workshops weekly from Thursday 4 April 2019 to Thursday 8 July 2019

There will be lots of rehearsals for the performance from Monday 22 July 2019 – Thursday 25 July 2019.



Performances in the Studio Theatre will take place on Friday 26 July.

Auditions

Auditions will take place on Thursday 28 March 2019, and the deadline for applications is Friday 1 February 2019.



To find out more go to the website

<https://www.sheffieldtheatres.co.uk/get-involved/sheffield-peoples-theatres/launchpad>



If you would like support on completing the form, or any further information about Launchpad please email spt@sheffieldtheatres.co.uk

or

call to speak to Emily on 0114 2495999.





Risks and More Risks! BUT I Need a Life! Information

The Friendly Resource Company, together with people with a learning disability, autism or both have been thinking a lot about every day risks over the past year, with the support of a grant from Awards for All.

The project called 'Risks and More Risks! BUT I Need a Life!' and supports people to think about the life risks people take every day and how to stay safe.

Sometimes people with a learning disability, autism or both are not allowed to take as many risks as everyone else.

For the people who are allowed to take risks, they thought about how to keep safe in everyday life.

Every day we all take risks they thought about how people could support each other to remember some of the things that help us keep safe.

They have developed some tips to support people to think about risks when they are out and about, on their own, with friends and family or at home .

They have also thought about the risks people take at work or on work placement, when we are at school or college and the risks we all take when we are doing new or unfamiliar things.

You can find the workbook with ideas about risks and keeping safe here www.friendlyresources.org.uk.

You can also

Email team@friendlyresources.org.uk

Telephone 01709 710199 on a Monday or Tuesday



York:
Human
Rights
City



December

4



Free Seminar – UN International Day of Disabled People

You are invited to this **FREE** seminar, run as part of York's programme for Disability History Month.

This event will look in depth at the impact that changes to the welfare benefits system have had on disabled people and their carers, including on their mental health and ability to retain their independence.

There will also be the opportunity for discussion and exploring ways for individuals to cope better, and to make change happen with decision makers.

It will be of interest to staff, commissioners and volunteers from statutory, voluntary and private sector organisations, elected members, disabled people and their family members and carers. **To register [click here](#):**

When and where:

Tuesday 4th December

2pm to 4pm

at Main Hall, York CVS, Priory St Centre, York YO1 6ET

The event will be a fully inclusive event.

Please let the organisers know if you have any access or other requirements as soon as possible.

Who is it run by?

The event is hosted by York Independent Living Network and York: Human Rights City Network

To register [click here](#).

For more details, to discuss access requirements or other queries, email jane@phythian.org.uk

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

