



Inclusion North Bulletin

Issue Number 175

10th December 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.



Closed

Inclusion North closed for Christmas and the New Year

Inclusion North will close for Christmas at 4pm on the 21st December and open on the 2nd January 2019.

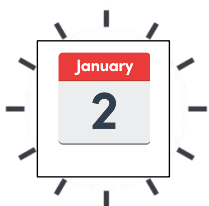


On behalf of the Inclusion North Team we would like to wish you all a very Merry Christmas and a Happy New Year. The next bulletin will be the week starting 14th January.

New Year new look for Inclusion North



Here at Inclusion North our steering group have worked really hard on looking at a new logo, branding and website.



On the 2nd January 2019 – we will start using our new logo and brand which we are really excited about.



We are hoping to launch our new website at Members Day on the 29th January. Melissa and Judith have been along to Split the website designers to look at the final version and are now working on putting in the information.



The next stage will be testing the website with the steering group and some local self advocacy organisations in early January.

Update on Bereavement



In our last issue of the bulletin we talked about the National Child Bereavement Conference where we were asked



'In Leeds there is nothing for children with a learning disability who are bereaved – do you know of anything?'



Eammon Harrigan the Strategic Resettlement Lead for Yorkshire and Humber Transforming Care asked Leeds Clinical Commissioning Group what services were available for children with a learning disability.

Eammon has passed on some information from Leeds Clinical Commissioning Group to help people know what is available.



There are some bereavement services and a bereavement forum in Leeds.



The forum has all of the information in one place for people in Leeds. There are not specific service's for children with a learning disability. Leeds Clinical Commissioning Group think that services should make sure that if they are working with children with a learning disability that they make sure that the offer is changed to suit their needs.



The forum can be found here <http://lbforum.org.uk/>

Inclusion North are now making contact with the Leeds Bereavement Forum and we will update you when we have some more information.



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?

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?

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 Telephone: 0113 244 4792



Talent Hub update

The Talent Hub is a project run by TIN Arts together with Yorkshire Dance and Inclusion North, and other partners.

The aim has been to find 10 talented dance artists with a learning disability, autism or both living in the North East or Yorkshire.



Auditions were held in the summer after the Join George campaign was launched – you can watch the video here <https://vimeo.com/255866453>

The dance artists that were selected attended a residential training course in July and got together again in November for another intensive week of training.



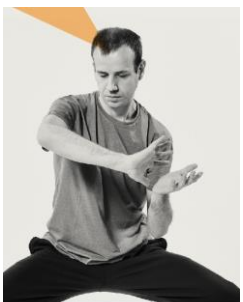
The next residency will be in January 2019.

In between the residencies, the dance artists work with a regional manager to plan their own programme of work to continue to develop their skills.



Inclusion North will also work with each dance artist on anything in their life they want to develop to help them to become a professional dance artist.

This might include confidence travelling to auditions, becoming more connected in their community or developing more independence. It will be different for each dance artist.



In January the dance artists will meet and work with choreographer Theo Clinkard. They will work intensively with him throughout the year until the premiere of the work they create.

This will be in November 2019.

The final team of 10 dancers will be announced very soon, through an update to the Join George video.

We will share this with you as soon as it is available.

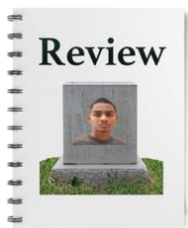
Why do people with a learning disability die too early?

The Institute of Health Equity have written a report about health for people with a learning disability.



This is connected to the LeDeR programme, which has found out that people with a learning disability are at risk of dying much earlier than other people.

The report looks at why people with a learning disability have such unequal experience of good health care.



Causes of the inequality are

- Low income
- Not having a job
- Poor housing
- Being lonely
- Bullying and abuse



40% of people with a learning disability aren't diagnosed when they are a child. This means lots of chances to support people to have a good life are missed.

Children with a learning disability are more likely to have a mental health condition including depression.



There are only 2.9% of the population who have a learning disability but 25% of young people in custody have a learning disability.

Solutions to the problems include

- Improve early years experiences and parenting support
- Reduce poverty and improve living environments
- Increase employment programmes
- Improve social integration and acceptance



The easy read version of the report is here <https://bit.ly/2PckZ5l>



CQC launch a campaign about speaking up

In January 2019, CQC will launch a year-long campaign, looking at why people have been prevented from speaking up when they have been worried about the care they have received and what has happened when they did speak up.



The campaign will highlight the importance of sharing experiences of care and will give advice on why and how to raise concerns about care that you or a loved one has received.

The campaign will have a strong focus on people that have received mental health support.

The campaign will encourage people to share their experiences of care – good or bad, as this information supports our monitoring, inspecting and rating of services.



How you can help

Case studies of people's experiences of care always play a vitally important part of their campaigns.



They are **looking to recruit 3-5 people** to take part in video case studies - they are keen to show stories from a diverse range of people – including people working in health and social care settings.

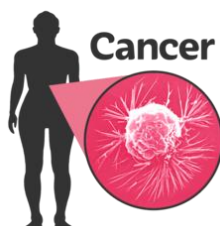
Next Steps

The campaign aims to enable the voices of people who use services, their families and carers to improve understanding of the quality of care so people can make more informed choices.



If you have any questions or are interested in taking part, please email engagementandinvolvement@cqc.org.uk

Health information



Cancer

November was lung cancer awareness month.

Spotting the early signs can be difficult, but if it is caught early it can be treated and there is more chance of a complete cure.

You may just have a cough, or find you are getting out of breath. If it is not normal for you then you need to tell your doctor. It might not be serious but it's best to get it checked out.



This [Easy Read leaflet](#) has information about spotting the signs of lung cancer.



NHSE winter newsletter about flu

The NHSE winter newsletter focuses on the importance of flu jabs for people with a learning disability.

People with a learning disability can get a flu injection for free.

This can help to protect you from becoming seriously ill.

The newsletter also has information about LeDeR, sepsis, secure hospitals and Ask, Listen, Do.

You can read it here <https://bit.ly/2TQNgNn>



Video: Making plans for Nigel

People with a learning disability and autism have helped co-produce a hard-hitting video to get their '*Work with us, not for us*' message across.

It is about people being the experts on their own lives, and what good support looks like.

The video can be seen here <https://bit.ly/2RiA159>

It has been posted on You Tube by NHS North Cumbria CCG



Jointly App for Carers

jointly

Jointly is an 'app' that was designed by carers for carers. It helps to improve communication between people who share someone's care.



With Jointly you can set up a 'circle of care' for the person you look after. Once you have set up your Jointly circle, you can use it to organise care.



You can use it on your own or you can invite other people to join you and share the care.



You can use it to communicate with everyone in your Jointly circle by adding a message or a photo.



You can also keep all your notes together and create a 'health log' or store bills.



It can help you to keep organised by using lists of things to do. You can also ask other people in your circle to do things and check if they have been done.



You can keep useful information about the person you are looking after so you can get to it easily. For example, you can keep a note of current and past medication of the person you are caring for. You can also add a photo of a medicine, so you know what it looks like.



Jointly can also keep the contact details for useful people so that you can see their details anytime, anywhere.



Some employers and service providers offer Jointly to support their employees or service users with caring responsibilities.

For more information, see <https://bit.ly/2wkC4ig>

Yorkshire Ambulance Service Survey

Every year the Yorkshire Ambulance Service check what people think about their services.



They check to see what people think is good or bad about their services.

They have rules they follow to make sure that all ambulance services across the country check for the same things.



They want people, patients and stakeholders to tell them:

- What work is important to think about in the year ahead?
- What does 'quality' good mean for you when using the ambulance service?
- Do you think the Yorkshire Ambulance Service gives people good care?



The form to give your views is not easy read but there are only a few questions.



You can find the form here <http://bit.ly/2L1vwul>

Or you can contact Amanda Best 01924 584351

Email Amanda.best@nhs.net



Critical Friends Network

They also have a Critical Friends Network to make sure that people who use the ambulance service are included and their voice is heard.



If you would like more information or to join the group contact

Email: CFN@yas.nhs.uk

Family Carers Guide



Inclusion North has a Family Carers update for November 2018.

There is lots of information about Carers Rights and where to get help, information and support.

Some of the information included is



- Carers UK looking after someone guide
- Up front an online tool helping carers to understand the benefits system
- Helplines and forums for carers



You can find the update here

<http://inclusionnorth.org/about/news/family-carers-update-november-2018.html>



Policy Update and other useful information

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

- Changes in Policy
- Training opportunities
- Blogs
- Resources



And lots more.....

You can find all the information here

<http://inclusionnorth.org/about/news/november-policy-update.html>



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

Meet the team

We've had a few changes at Inclusion North recently.

This is a reminder of who we are, and who you can talk to about what.



Karen Parry.
Chief Exec



In the North
East.



In Yorkshire
Humber



Expert Hub



Melissa
Peacock.
Office Manager.



Jo McCausland.
NE project
manager.



Rebecca Cole.
YH Project
manager.



Sandy Marshall
Hub Project
Support



Judith Baker.
Administrator.



Kirsty Morgan.
NE Project
Support



Vacant post.
YH project
support



Eileen Fox.
Hub
administrator



Kellie Woodley
Maternity leave

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

