



Inclusion North Bulletin

Issue Number 174

26th 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.

It's sad to say goodbye



In November Inclusion North will be saying a very sad goodbye to Angela Ellis and Lucy Virgo.

Angela has been Project Manager in Yorkshire Humber since 2007 and Lucy has been Project Support Coordinator since 2013.



Both Angela and Lucy have done a lot of work with our members in Yorkshire and Humber and with national and regional organisations.

This has come about as we have restructured the team to enable us to respond to changes in the work we are asked to do in the region.



It is very sad to be losing Lucy and Angela. We know that anyone who has worked with them at Inclusion North will be sorry to see them go and will want to wish them all the best for the future.



The Directors and Advisory Council at Inclusion North would like to send their thanks to Lucy and Angela for all the work they have done with Inclusion North.

A Family Carer's thoughts on the National Child Bereavement UK Conference



I attended a National Conference on Diversity and Inclusion in Bereavement on 15 November 2018 in Manchester and had the pleasure of speaking on behalf of Inclusion North as a Family Carer.

Karen Parry (Chief Executive) and Stewart Chappell (Co Chair) also spoke along with Shirley Potts from Child Bereavement UK



This was probably one of the best conferences I have attended. It was an interesting but exhausting day filled with many emotions around the room. Lots of questions were asked and the speakers answered. In a different setting, they could have been very difficult questions, but here it felt ok to ask them.



Every single speaker inspired me – from Grace and Jennie speaking about the death of their baby to listening to different faith perspectives on bereavement.



I made a few friends on the day – one from Marie Curie Hospice who came over and suggested a book to read written by a young person who happens to have Asperger's Syndrome but was made to feel invisible when his beloved Grandma died.

One piece of feedback from the day was 'Your speech was so inspiring. It came right from the heart which is always the best. Thank you so much for sharing your story.'



It was interesting that Inclusion North were asked 'In Leeds there is nothing for children with a learning disability who are bereaved' – do you know of anything?'

This sadly is probably the case throughout the country, but I can now say I am more empowered as I now have awareness of many charities who focus on grief, death and bereavement.

Thanks to Child Bereavement UK for asking us to speak at the conference and highlighting inequality for people with a learning disability and autism.



Inclusion North's Expert Advisers Hub

Inclusion North has 33 Experts (and 3 supporters) who either attend Care and Treatment Reviews or are involved in work around service development or service delivery.

Last year we had two recruitment days, our most recent was in Derbyshire where we now have 5 Experts & 1 Supporter.



Inclusion North's Expert Advisers are either people with a lived experience of a learning disability or autism, or both. We also have several family carers.

We provide people who want to be an expert with information about being paid, especially when they receive welfare benefits.



We start off our recruitment with a day where people find out what being an Expert Adviser is all about. Sometimes people decide not to apply.

Experts must:



- Complete an application form
- Provide references
- Attend an interview
- Have a Disclosure and Barring check
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Successful applicants go on to an induction day where they find out more about what work the Expert Advisers do.



The day covers a range of topics, including

“What Makes Me an Expert?”

“What Questions to ask at a Care & Treatment Review?”

Examples, and Inclusion North's paper work.



After the induction, all our Expert Advisers go to a Care and Treatment Review with an Expert Adviser with lots of experience.

We call this shadowing a Care and Treatment Review.

This completes the recruitment process.

The Living Well Project



Inclusion North is part of the Living Well Project, this is a 2-year project that has a focus on how people with a learning disability and / or autism and their families can live well. It is based across Calderdale, Kirklees, Wakefield and Barnsley and funded by Transforming Care.



The members of the Living Well Project group include self-advocates, family members, the council, and people from health. All the work is co-produced which means that all the big decisions about the work are made by all the group members.



Together they are working to share good practice and ideas of what happens in other areas so that mean people live healthy lives and they get the right support.



At the last meeting the group talked about Health Action Plans and how to raise awareness. They had a leaflet that explained what Health Action Plans are, the leaflet had been shared with other self-advocates and they gave their feedback. People thought it was great.

They also talked about support to local GPs so that people get the right support and information they need.



Some of the other ideas that the group have include:

- Training and supporting local people to carry out checks of different local services to see how they can work better for people with a learning disability and / or autism and their family carers
- Making sure more people are able to have an annual health check
- Roadshows to share information

Having a say on housing:

The National Development Team for Inclusion (NDTi) and Lancaster University are doing some research into the different housing people with a learning disability have.



They are looking at supported living and residential housing.

People in supported living should have more rights and control over their lives but, it is not clear if their lives are any different to those of people living in residential care.

Researcher Geraldine Cooney came to talk with members of the Confirm & Challenge Group and self-advocates in Sunderland last week.



This was to get advice on the information they needed to collect. What questions they should be asking?

The group shared their experiences highlighting the importance of choice, control, independence, safety, access and good support.

They also noted that thought should be given to the role family and community life plays in everyone's housing arrangements.



Thank you to everyone who helped guide the plan for this important research.

We will share more on this work as it develops.



Disability History Month

Disability History Month is from 22nd November to 22nd December every year. It includes



- HIV/AIDS Day (1st December),
- International Day of People with Disabilities (3rd December)
- International Human Rights Day (10th December).
- Anti-Bullying Week (19th to 23rd November) is included. This is important because 2.5 times more bullying is recorded towards disabled people than non-disabled young people. 70-80% of young disabled people claim to have been bullied in school and college.

This year's theme is on Disability and Music.

'Music is the language of the soul. To express ourselves we have to be vibrating, radiating human beings!' Alasdair Fraser.



Find out more about Disability History Month on their website <https://ukdhm.org>



Disability Rights UK – Free Training

Free training on **Inclusive Practice**: Disability and School Careers Advice, Information and Guidance.



The training is for those who wish to develop their understanding of disability equality and enhance their skills to support disabled learners with careers guidance and careers planning.

This training will also be of value to anyone working with young disabled people in a careers, enterprise and employability context.



Birmingham: January 15th, 2019

[Register here](#)



For further information and to book your place

Please contact Rabia Email: rabia.lemahieu@disabilityrightsuk.org or Telephone: 0203 687 0789.



West Yorkshire Metro Easy Read Travel Pass Application Forms and Information Leaflet



West Yorkshire Metro have some Easy read travel pass application forms and information leaflets for disabled people and blind people.

You can find the information leaflet here

<http://bit.ly/informationleaflet>



The leaflet talks about

- who can have a pass
- when you can use the pass
- how to use the pass on a bus or train



The Easy read application forms are here



Bradford area <http://bit.ly/BradfordWYM>

Calderdale area <http://bit.ly/CalderdaleWYM>

Kirklees area <http://bit.ly/KirkleesWYM>

Leeds area <http://bit.ly/LeedsWYM>

Wakefield area <http://bit.ly/WakefieldWYM>



Easy Read Report Self-Assessment Framework (SAF)



The SAF was a way for local areas to check on how they were doing for people with a learning disability.

There was work done to update the health and social care SAF.

This happened when there was a lot of changes to health and social care.



Health and Social Care could not agree who was responsible for making sure the SAF happened.

The National Development Team for Inclusion (NDTi) did a survey with people with a learning disability, their families and friends to find out what they thought of the SAF.



The easy read report and the presentation of what people said is here <http://bit.ly/2QIRkNT>



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.

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

