



Inclusion North Bulletin



Issue Number 176

14th January 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.

Project Support Co-ordinator Yorkshire and Humber

Salary: Actual £19,776. FTE £32,960. **Hours:** 22.5 hours per week.

Closing Date: 30th January 2019. 12pm noon.



Are you passionate about inclusion and diversity? Do you want to work with similar minded people who work hard to make inclusion a reality for people with a learning disability or autism?

Job Role

You will support the Project Manager to design, lead and deliver projects, facilitate workshops and training.



Support people with a learning disability or autism, their family members and others to be involved on projects Inclusion North are delivering.

Make a difference to the lives of people by helping remove barriers to Inclusion.



We do not accept CV's please complete the application pack and one-page profile and return either via email or post.

For an application pack and one-page profile Visit the website:

[http://inclusionnorth.org/about/news/job-vacancy-at-inclusion-](http://inclusionnorth.org/about/news/job-vacancy-at-inclusion-north.html)

[north.html](http://inclusionnorth.org/about/news/job-vacancy-at-inclusion-north.html) Email: info@inclusionnorth.org Telephone: 0113 2444792



For an informal chat about the role please contact Rebecca Cole on 07496 229661.

Our new logo – the same organisation with an updated look



You may have noticed that from 1st January, we have started using a new logo.

We are still the same organisation doing the same work. We just felt that our logo needed updating, to look a bit more modern. We really like it. We think it looks really smart.



We worked with people with a learning disability or autism, families, our members and other organisations we work with to get the logo right.



It took a long time to make it just right. We looked at lots of different options and people liked this one best.



We have it in other colours that we will use on the front of reports and other publications, but the purple one is our main logo.



In the next few weeks we will also have a new website to match. As soon as it is live we will let you know.

We hope you like our new look.



NHS Long Term Plan



The NHS Long Term Plan came out on 7th January. The plan says what the NHS will do in the future. One of the priorities in the plan covers services for people with a learning disability or autism. This includes:



- more money to support people in their communities
- continuing to implement 'Building the Right Support' to reduce the number of people in Assessment and Treatment Units
- making it quicker for children and young people to get an autism diagnosis and support services
- children and young people with a learning disability or autism with the most complex needs will have a designated keyworker.
- the STOMP programme to stop the over medication of people with a learning disability or autism will continue and grow
- every person with a learning disability or autism will have a note in their patient record to ensure staff have a better understanding of their needs
- there will be more money for eyesight, hearing and dental services to make it easier for children with a learning disability or autism to access them
- all services funded by the NHS will have to meet a set of standards to make sure they work well for people with a learning disability or autism
- the NHS will continue to employ more people with a learning disability or autism



Watch a video here <https://bit.ly/2LV46HI>

Modernising the Mental Health Act



In December 2018, the final report of the Independent Review of the Mental Health Act 1983 was published. It included a review of how the Mental Health Act works for people with a learning disability or autism.

The report had recommendations for all patients.



It also made recommendations that would be especially helpful for people with a learning disability, autism or both.

These were



- Health and social care commissioners should have to work together to make sure there is good support and treatment in the community, to stop people having to go into hospital and to support people to go home quickly if they do need to go into hospital.
- The Mental Health Act Code of Practice should be clear about what best practice is for people with a learning disability, autism or both.
- The Mental Health Act should make Care and Treatment Reviews a permanent part of people's support.
- Data should have to be collected about the number of people with a learning disability, autism or both who are detained under the Mental Health Act



You can read the report here <https://bit.ly/2G3vhjN>

There is an easy read version here <https://bit.ly/2zMVxtb>



Everyone at the Inclusion North Expert Hub was happy to hear that Care and Treatment Reviews were seen as a good part of people's support. We hope these continue after March 2019.

Leading Together for A Change!



Inclusion North are working with the North East & Cumbria Learning Disability Network, Skills for People, The National Development Team for Inclusion and North East Leadership Academy to run a leadership course for 3 groups of people



- young people with a learning disability, autism or both aged 15-17 years
- families of children and young people
- professionals who work with children and young people.



These courses will all start in March 2019.

Inclusion North is really excited to be delivering the young people's course. This will be co-designed and delivered with one of our graduates James, from the Stronger Together Course we ran in Stockton.



The course will cover:

- The history of the self-advocacy movement
- Why services have been designed in the way they have
- How government works and policies are made
- How to get your point over to people and practice speaking up
- What being a strong leader means, building resilience



People from the 3 groups will come together to work on a project for change. Something that can make a difference to the lives of others.

If you know someone who might be interested in this course or one of the others, please get in touch with Kirsty@inclusionnorth.org



Learning Disability Awareness and Cancer Sessions for Macmillan in South Yorkshire



Inclusion North are working with Macmillan and Sheffield CCG to run some awareness sessions with cancer nurses.

Both workshops are co-facilitated with self-advocates from the local area. They use their lived experience to share with nurses what it is like for them to attend health appointments and what helps them to have a better experience.



The aim of the sessions is to raise awareness of how best to support a person with a learning disability from when they are diagnosed with cancer and beyond.

By coming to the sessions, the nurses get more of an understanding of the challenges that a person with a learning disability and their family might face.

What happens on the sessions?

We share the different ways that they can work in a more person-centred way with people with a learning disability.



We got everyone to think about how important communication is and how important it is to listen to the person and people that know them best.

We talked about some of the changes that are needed to help people to have a good experience.



We had a big discussion too about what it means to label people and the different labels that are still used today.

We shared some films about people's experiences of attending health appointments and getting themselves checked out.



What did people say about the session? *'Excellent day, very interactive'* *'I found that having a person with lived experience in the groups gave us an understanding and a different perspective'*

Newcastle People and Families Advisory Group



Everyone agrees it is important for people, families, services and the Council to be working together. The Advisory group in Newcastle is developing this way of working. See our short film promoting what we do at: <http://bit.ly/2QPK2H2>.



The Advisory Group is made up of people with a learning disability, autism or both and family carers. It is supported by Inclusion North and attended by a senior manager from Social Care.

We want adults with a learning disability, autism or both to have a good life in Newcastle. We want to hear about what is working well, what is not going so well and to be involved in developing things for the future.

We get involved with lots of different things. At our last meeting we discussed:



- The housing and support options being planned and developed in the city.
- What employment support was available for people.
- The Autism Self-Assessment Framework
- Budget plans for 2019/20
- Community events



We want to hear more about what is important to the people of Newcastle. There is a drop in every month where anyone can come speak with a member of the group. The next one is 12-1 at Skills for People on Friday 18th January.

To find out more, get involved or share information contact Kirsty@inclusionnorth.org or 07539 063467

D.A.D free training



Darlington Association on Disability have some courses available free for people who work as personal assistants or direct payment employers. The courses have been funded by Skills for Care.

Funded by



Darlington

All of these sessions are at

Independent Living Hub, West Crescent, Darlington.



Moving and Handling

22nd January from 10am until 1pm

Mental Capacity and DoLs

28th January from 10am until 1pm

Disability Equality

4th February from 9.30am until 4pm

Dementia Awareness

5th February from 10am until 1pm

Medication Awareness and

Personal Care

12th February from 9.30am until 4pm



Redcar and Cleveland

The session is at

The Resource Centre Meath Street

Disability Equality

11th February from 9.30am until 4pm

All of these sessions are at

Redcar and Cleveland Council Offices



Training Room

First Aid

17th January from 9.30am until 4pm

Medication Awareness and

Personal Care

23rd January from 9.30am until 4pm

Food Safety

31st January from 10am until 1pm

Autism Awareness (venue to be confirmed) 14th February



To book a place Email: louise.johnson@darlingtondisability.org

Telephone: 01325 489 999



Mindfulness for Life Course

Skills for People and Humankind have an 8 week mindfulness course. Mindfulness is a way to help us to live each moment and cope better with life.



This means we can live a happier and full life.

The course is for adults with a learning disability and their supporters.

It will take place on a Wednesday morning from February until April.



The first session is

on Wednesday 20th February

from 10am until 12.15pm



There will be a taster session to see if you want to join in on

30th January from 10am until 12.15pm

at Pelton Community Centre, Front Street, Pelton, Co Durham.



To find out more or to book a place

Contact

Anne at Humankind

Telephone: 07786 156 739

Or

Kathy at Skills for People

Telephone : 0191 281 8737



Email: info@skillsforpeople.org.uk



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/january-2019-policy-update.html>



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

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