

Inclusion North Membership Mid-year Update



**Find out how Our
Offer works.**



**Updates on new
work and how to get
involved.**



**Read about exciting
new projects.**

An introduction from our Co Chairs



Dear members,

We are delighted to introduce this year's mid year report. There has been so much happening it is hard to select just a few highlights to share with you. Our work with members continues to be diverse, as we aim to support local areas with the challenges they face. Equally our additional work with other organisations continues to reflect the critical issues – supporting people to live good lives in the community, improving health and life expectancy, and thinking creatively at a time of economic austerity.

We hope you find this update useful and look forward to meeting you at Members Day on 29th January.

With all best wishes

Stewart Chappell and Dave Barras.
Co Chairs, Board of Directors, Inclusion North

Our Offer – adding value to your membership

Creating inclusive communities


Talking Travel

- Travel Partnerships
- Travel Champions
- Travel Safe



Connecting people together

- Developing the Citizen Network
- Together North East



Supporting people and families to be strong and speak up

- Families listening project
- Women's health
- Supporting our Tomorrow's Leaders graduates to develop as leaders



Keeping people informed

- The bulletin
- Reports about our work and resources for members
- Members Day and members surveys



Every year at Inclusion North we pull together everything we have learned from our work to identify what the big issues are for people with a learning disability, autism or both and their families.

For example, this year we wanted to look at women's health, after the LeDeR annual report showed that women with a learning disability have a lower life expectancy than men – the opposite to the general population. We felt this needed attention.

We use this to plan 'Our Offer' to members. This is a series of projects that are in addition to the voucher work members get.

We develop small scale pieces of work around these issues in one or two member areas, which we can then transfer to other areas.

See overleaf for details of a Talking Travel initiative that took place in Leeds.

Talking Travel takeover



Adventure Begins was a collaboration project led by Inclusion North, partnered with West Yorkshire Combined Authority, Leeds City Council and the LeedsBID digital initiative, Leeds Boost.

The Journey Makers Adventure Begins event took place in Leeds on 3rd July and focused on addressing the barriers to travel for people with a learning disability, autism or both.

This one day event saw a host of activities taking place, beginning with an adventure story in Leeds Kirkgate Market, followed by a session on 'how to plan your journey'. Split into groups, the teams then embarked on their own adventure - a treasure hunt across the City, that led them to Leeds Central Library where they explored useful travel apps, experienced virtual reality and shared their experiences.

The objective of this project was about helping to promote choice and independence for people and sparking the sense of adventure, building confidence and the new opportunities they can explore with the aid of tools such as mobile phone apps, and planning ahead.

New projects – Young Leaders



Building on our successful Tomorrow's Leaders programme, we wanted to work with young adults to introduce them to self advocacy early.

We also wanted to give our Tomorrow's Leaders graduates the chance to pass on their skills to the next generation of leaders as facilitators of the course.

We worked with partners in Calderdale and ran a Young Leaders course over the summer. The young leaders were all aged under 17, and their course partners were young college and university students.

Due to the success of the course, we are now applying for grant funding to take this to other areas over the next 3 years.

Expanding our Expert Hub



Our Expert Hub is made up of people with a learning disability, autism or both and family carers who draw on their lived experience in a range of settings. They are employed by Inclusion North and do a variety of work with us, including Care and Treatment Reviews.

Last year we spent a lot of time recruiting new Experts into the Hub. We focused particularly on recruiting people who may face additional barriers to gaining employment, including younger people, people from black and minority ethnic backgrounds and people with recent lived experience of being in an Assessment and Treatment Unit.

This year we have been working on increasing the range of work that Experts do. One area has been increasing co production in the Transforming Care programme.

Stop people with a learning disability dying too young



A big part of our work in the North East and Yorkshire and Humber has been on the LeDeR programme.

In the North East we facilitate the Stop People with a Learning Disability Dying Too Young Group. This group works with the regional Steering Group to reduce the health inequalities that lead to people with a learning disability often dying much younger than the general population.

As part of their work the group have spoken at local and national conferences, raising awareness of the issue.

They have also appealed to the national LeDeR steering group to become LeDeR reviewers to bring their lived experience to the learning that comes from the reviews.

Making inclusion a reality in the cultural sector



An interesting piece of work this year has been being a partner in the Talent Hub alongside TIN Arts and Yorkshire Dance. The aim has been to find 10 talented dance artists with a learning disability, autism or both living in the North East or Yorkshire through a series of accessible auditions. The dance artists that were selected have so far attended intensive residential training in July and November.

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.

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. You can find all our contact details on our website.



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Chief Exec



In the North
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In Yorkshire
Humber



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Get in touch



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