



Inclusion North Bulletin



Issue Number 177

4th February 2019

In this bulletin you will hear about some of the work Inclusion North is doing and information about what is happening across the country.

Leading Together for a Change! starts in March 2019.



This leadership course will bring together young people, family carers and professionals to make a difference to the lives of children and young people with a learning disability, autism or both. It will focus on what it takes to **'lead together, work together and achieve change together'**.



The course is being delivered in partnership with the North East & Cumbria Learning Disability Network, Skills for People and NDTi. For information about how you can be part of one of the 3 groups participating on the course go to:



- For young people (15-17 years old) with a learning disability, autism or both:

https://inclusionnorth.org/our_work/leading-together-for-a-change/



- For family carers of children/young people with a learning disability, autism or both:

www.skillsforpeople.org.uk/parent-leadership-2019



- For professionals working with children/young people with a learning disability, autism or both:

<https://www.nelacademy.nhs.uk/leading-together-for-a-change-programme>



Annual LeDeR Learn and Share Event in Yorkshire and Humber

People with a learning disability are at risk of dying much younger than other people. Men can die 23 years younger and women can die 29 years younger. Many of the deaths can be prevented. This is wrong and it has to change.



The Learning Disabilities Mortality Review (known as the Leder programme) has been set up to change this. There is a steering group in Yorkshire and Humber that is working on the Leder programme.

This event will be run by people with a learning disability and family carers to keep it real and focused on people's lives.

It will look at what we know about the reasons why people die too young, and what we are doing locally to stop this happening.



When and where?

This event will take place from **9.30am to 3.30pm on Wednesday 3rd April 2019 at a venue in Leeds**. The venue is in the City Centre. 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.

Who should come?

This event is for everyone working in health and social care. It is everyone's responsibility to make reasonable adjustments so that people with a learning disability can access good health care. We can all help to reduce health inequalities by changing our practice.



The event will be accessible to people with a learning disability and family carers. Your voice is central to the day so come along.

To book a place click the link <http://bit.ly/2CX2c4J>



Working well so that people with a learning disability don't die too young

Awareness raising event in Hull on 7th March 2019

People with a learning disability are at risk of dying much younger than other people. This is wrong and it has to change.

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 think about your own work and how you can make a difference?



The session is an introduction to the Learning Disabilities Mortality Review (known as the LeDeR programme).

When and where?



This event will take place from **10am to 2pm on Thursday 7th March 2019 at a venue in Hull**. The venue is in the City Centre. 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.

Who should come?



This is an awareness raising session, so it is for people who don't know much about the LeDeR programme yet. People working in health and social care will find this session useful. Especially if you work in Primary Care and need to think about making reasonable adjustments so that people with a learning disability get good access to healthcare.

Social care staff who support people with a learning disability should also attend.



The session will be accessible for people with a learning disability and family carers.

You can book a place here <http://bit.ly/2D3Wyhn>



A new guide to supporting people to move out of Assessment and Treatment Units

Dimensions has successfully supported many people to leave Assessment and Treatment Units, but thousands more remain stuck in the system.

They have created a practical, can-do guide, for moving on from Assessment and Treatment Units.

They have included a very wide range of individual stories which they hope they will inspire people – families and professionals alike – to believe that in almost every case, a better life is possible.

The booklet also contains articles written by a range of different Dimensions experts, from the managers supporting people to move out of Assessment and Treatment Units to their Chief Executive's view on funding challenges.

[Please click here to read the guide](#)

More than Words Self Advocacy Group

Skills for People have a new self advocacy group.

This new group is for people with complex support needs who have a learning disability or autism.

More than Words will be about sharing stories, making friendships, learning about the varied ways that people communicate, looking at how to support greater community connections and so much more.

The first sessions are on the 5th February 13th February 19th February 26th February from 1pm until 4pm

To book your place Telephone: 0191 281 8737.



How to use the NHS 111 phonenumber



NHS England has produced [this video](#) to help people with a learning disability, autism or both, to use the NHS 111 service.

The NHS 111 service is for when you have an urgent medical problem, but you don't know what to do.

It is available 24 hours a day, 7 days a week.

The video provides tips on what you can do and how to have a good call.

It aims to encourage more people with a learning disability, autism or both to use the NHS 111 service.

The video was created with the support of self-advocacy groups.

It is part of NHS England's work to make sure that everyone has access to NHS services.

The video will also be used to train all of the NHS 111 Advisors.

It will help them to understand the needs of people with a learning disability, autism or both.

It will help them to understand what to do during a call to meet their needs.



A toolkit - What makes a good self advocacy project

All Wales People First were funded by DRILL (disability research on independent living) to find out what makes a good self advocacy project work. They have made a tool kit.

This toolkit is for self-advocacy groups and funders of self advocacy groups.

This toolkit will help you plan and design a project. Run a project and show if the project has done everything you wanted it to do.



You can find a copy of the toolkit here:

<http://allwalespeople1st.co.uk/wp-content/uploads/2018/10/DRILL-toolkit.pdf>

The Office for Disability Issues is looking for people to join the new Regional Stakeholder Network.



The Regional Stakeholder Network will gather the views of

- disabled people
- local disability organisations
- disabled people led organisations
- and organisations that represent disabled people



These views will be shared with the government.

There will be face-to-face forums and a new way for people to share their views about policies and services that affect them.

There will be 9 regional groups across England.

They are looking for Chairs and members to join each of the 9 groups.

They are looking for people who want to make a difference by sharing their views and experiences to help the government to make improvements.



The closing date to apply is 29th March 2019

An easy read information guide is here <https://bit.ly/2G352cp>

An easy read guide about the role of Chair is here <https://bit.ly/2S0D1Zr>

An easy read guide about the role of member is here <https://bit.ly/2DMbuT5>



The easy read application forms are here

Apply to be a Chair – online form <https://bit.ly/2G2k07G>

Apply to be a Chair – written form <https://bit.ly/2UDEx0L>

Apply to be a member – online form <https://bit.ly/2GffpJt>

Apply to be a member – written form <https://bit.ly/2Uwv7DV>



Health Café



South West Yorkshire NHS Foundation Trust have some health cafes.

If you are over 14 years old, live in Wakefield and have a learning disability you can go to the café.



You can meet the community learning disability nursing team and find out about health action plans and how to get your annual health check. The VIP Scheme which helps when you have to visit hospitals.

The café is on

21st February at Agbrigg Café and Community Centre from 10am until 12.30pm



21st March at Normanton Library and Community Centre from 10am until 12.30pm



North Regional Learning Disability and Autism Good Practice Event

The NHS transforming Care team want to

Share good work about supporting people in their community.



This could be about different people working well together, living a healthy life or doing things a bit differently.



The event is on 18th March in Leeds.

You can book onto the event by



Website <https://www.events.england.nhs.uk/events/north-regional-lives-transformed-good-practice-event>



Telephone 0113 824 8454

Email England.fasttracknorth@nhs.net

Mencap Parliamentary Workshop

presented by Matthew Harrison Mencap Parliamentary Affairs Officer

On Friday 15th February 2019

From 10am to 12pm

At Goosecroft Centre, Goosecroft Lane, Northallerton DL6 1EG

Go along and learn about:

- How to register to vote and what your rights are
- Find out what a Councillor and and MP does
- Find out how to get to know your Councillor or MP
- Why it is important to vote

For more information and to book a place please contact:

Sue Lear, Northallerton and the Dales Mencap Society Tel: 01609 778894 or

Email: admin@northallertonmencap.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

<https://inclusionnorth.org/january-2019-policy-update-2019/>

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