



Inclusion North Bulletin



Issue Number 179

12th March 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.



Inclusion North Vacancies on the Board of Directors

Are you passionate about equality, rights and inclusion?



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?

If yes, then we would love to hear from you.



We currently have an exciting opportunity for four people to join our Board of Directors.

You do not need previous experience of being a company director.

You will receive a full induction and will be supported by the Co-Chairs and the Chief Exec in your role. We are looking for the right people, with the right values, skills and attitudes.



We are looking for a diverse group of people who have vision and imagination to bring to our organisation. We value people of all ages and abilities, from any background.



If this sounds like it might be you, please get in touch

You can download the information here.

<https://inclusionnorth.org/vacancies-on-the-board-of-inclusion-north/>



Or

Contact: 0113 2444792 info@inclusionnorth.org

Don't let me die too young conference



On 1st March 2019 a group of self-advocates and family carers, known as the Stop People with a Learning Disability Dying Too Young Group led a conference in Durham.



The Conference was about the LeDeR programme, which is a national programme looking into the deaths of people with a learning disability. The programme aims to make sure people live longer, healthier lives by understanding the reasons why people with a learning disability often die too young.

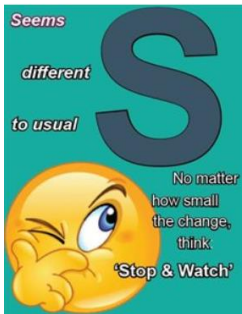


The self-advocates used role play, poems, songs and presentations to get their points across. They believe that if their lives were valued as much as everyone else's, they would live as long as everyone else.



A family carer shared the story of her son who almost died as a baby as she was told that his symptoms were normal for a baby with Down's Syndrome, so he missed out on important medical care.

Professionals also spoke on the day and updated the audience about what the LeDeR programme is learning and what is happening locally to make a difference.



The Stop and Watch campaign was also launched. This is about people recognising the signs of someone becoming unwell and having the confidence to make health professionals listen to them and believe them when they say the person is not their normal self and could be unwell.

Some feedback on the day included

"Thank you for the honesty and openness of the self-advocates and family carers and sharing your stories, songs and poems"

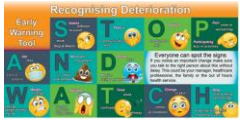
"Thank you for saying it as it is"

"Overcome with emotion"

"Proud to work with people with a learning disability and help to make a difference"

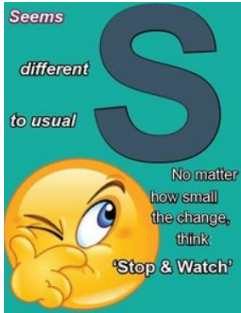


STOP AND WATCH campaign

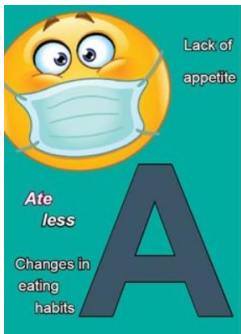


The Cumbria and North East LeDeR steering group and North East and Cumbria Learning Disability Network are running a campaign to help people to remember the signs to look out for that might show that someone's health is getting worse.

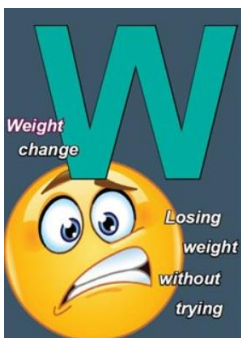
The warning signs spell out STOP AND WATCH:



- S**eems different to usual
- T**alks or communicates less than usual
- O**verall needs more help than usual
- P**articipated in activities less than usual



- A**te less than usual (not because of dislike of food)
- N**o bowel movement in 3 days, or diarrhoea
- D**runk less than usual



- W**eight change
- A**gitated or nervous more than usual
- T**ired, weak, confused or drowsy
- C**hange in skin colour or condition
- H**elp with walking/transferring/toileting more than usual

Everyone can use this, and research shows that carers are very good at spotting early warning signs. One study showed that nursing assistants in a care home spotted signs of illness in people 5 days before they were seen in observations.



To find out about the background of the campaign and how it was developed, see the presentation on this link <https://bit.ly/2ITwNq8>

The government wants to know what you think about their ideas for learning disability and autism training for health and care staff.



The government wants to know how they can make sure that health and social care staff have the right training to understand the needs of people with a learning disability and autistic people and make reasonable adjustments to support them.



They want to look at the training and development that staff need to support people with a learning disability or autistic people better.



They would like to hear from people with a learning disability or autistic people, the families and carers of people with a learning disability or autistic people, patient groups and providers of health and social care services.

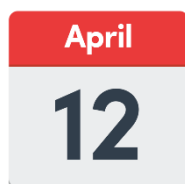


You can find easy read information about the governments ideas for training by clicking here: <http://bit.ly/2ENjhQW>



You can find out more information on the government's website here: <http://bit.ly/2SGgfS9>

Tell the government what you think about their ideas by



12th April 2019

Citizen Network brings you webinars from Australia



Citizen Network is a global non-profit co-operative movement.

This means it works all around the world.

It is about people working together.

And it is not out to make a profit, but to use money to make the world a fairer place.



Citizen Network formed to create a world where everyone matters – where everyone can be an equal citizen.

Inclusion North are a key partner and we employ the England Co-ordinator.



Our involvement enables us to learn from partners all over the world about the ways in which people are making inclusion a reality. We use these connections to bring creative thinking to our work.

At the moment we are joining up some work we are doing in Darlington with a project in Madrid. It is about people finding solutions to local problems.



We are helping to find ways for local people to take responsibility for using grant funding to solve local problems and to improve their area.

This is about co production and asset-based community development.

Citizen Network Australia are about to start their first webinar series. They say:



"Join some of the world's leading thinkers in the citizenship movement to explore what the keys to citizenship can look like in action. This webinar series will focus on how we can work and live to include people who are often excluded."



[For more information please click here](#)

We believe we can learn a lot from what other people around the world are doing.



Positive Behavioural Support: Changing Systems – A Way of Life



The North East and Cumbria Learning Disability Network will be running a celebration event to look at the impact of a system wide approach to social care workforce development in PBS (Positive Behavioural Support), written and delivered with Northumbria University.



There will be an opportunity to hear what effect this is having by helping make PBS a way of life.



The event is aimed at students and providers currently taking part in the programmes, ICS (Integrated Care System) leaders, family carers, NHS and social care providers, NHS and local authority commissioners, education, CQC (Care Quality Commission) and Ofsted (Office for Standards in Education, Children's Services and Skills) staff.



The event will be held in Gateshead

on

Monday 13th May 11.30am - 3pm.

Lunch will be provided.



You must book a place via this link... <https://bit.ly/2U1rhmm>

If you have any questions, please contact Kirsty Greenwell at the North East and Cumbria Learning Disability Network on

0113 8248109



or at kirsty.greenwell@nhs.net



Living Well Roadshow in Huddersfield



The Living Well Project is a group of organisations that have come together to do some work in Calderdale, Kirklees, Wakefield and Barnsley.

The work is being coordinated by Inclusion North.



We want to look at how people with a learning disability or autism can live well.

We want to hear from local people about what they think of Annual Health Checks and how they are working.

We also want to share information about keeping well including health screening.



We are having a roadshow in Huddersfield on 10th April 2019

We would love to hear from:



- People with lived experience
- Families and carers
- Support providers
- Commissioners
- Social Workers
- Community Teams
- Advocacy providers
- Screening professionals from the NHS



To come along to the roadshow, you will need to book your place.

Book online here: <http://bit.ly/2GQhFaj>

Learning Disability England - Spokespeople



Learning Disability England want to work with all their members to get their voices heard and to tell people what is important to them.

They are asking people if they would like to be spokespeople.



Being a spokesperson would mean speaking out on different issues to help make change happen. You might be asked to tell Learning Disability England what you think for their newsletter or talk to a journalist.



The link below explains more about being a spokesperson and there is also a link to sign up.

<http://bit.ly/2XFbbRN>



Skills for Care and Change Women's Group

This is a workshop for women with a learning disability to talk about mental health and their feelings.



Sharing what you think and helping to create two guides for

- Staff working with people with a learning disability
- People with a learning disability



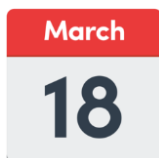
The workshop is at The Crowne Plaza Leeds

On Monday 18th March

From 10.30am until 3.30pm

To book a place contact Carl Laverick or Jenna Wood

Telephone: 0113 245 1716





Supporting people with a learning disability around issues of loss and bereavement - workshop for staff



Due to high demand Arc are holding another Loss and Bereavement Workshop in Harrogate, on the 2nd April 2019

Staff can find it difficult to know how to support people with a learning disability around **loss and bereavement**.



Talking about death and dying and supporting people well when someone they love dies can be really difficult.

Coping with death is hard for everyone but it can be even more difficult for people with a learning disability. Staff need to be confident to support people who are grieving.



They also need to be able to recognise signs of grief and where someone may not have had the opportunity to grieve when someone they love dies.



Arc are offering a new one-day course to give staff more confidence and to discuss practical solutions to support people who are grieving.

You can find further information and how to book on the Arc website by using the link [here](#)

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/march-policy-update/>



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