



Inclusion North

Members Day 2019

INCLUSION NORTH

Inclusion North exists to make inclusion a reality for all people with a learning disability or autism and their families. Inclusion means everyone living good lives as valued members of society. We work to change society so that everybody can have a good life. We raise awareness of the barriers to inclusion for people with a learning disability or autism and their families, and work to remove them.

OUR MEMBERS

Membership is open to local authorities in the North East, Yorkshire and Humber. In some areas Clinical Commissioning Groups have become our members. We work with members on local projects to increase inclusion for people with a learning disability or autism and their families. Through our membership scheme we are able to support regional work around bigger issues that affect everyone.



MEMBERS DAY

Members Day is an opportunity, every few years, for people from all our member areas to get together and think about what is important for people with a learning disability or autism and their families. We use what we learn to influence our work.

WHAT WE LEARNED AT MEMBERS DAY 2019



Simon Duffy from the Centre for Welfare Reform got us all thinking about what being a citizen means. We are all citizens, but to really feel like and act like a citizen there are things we all need in our lives. These are called the 7 Keys to Citizenship.



If we are getting it right for people with a learning disability or autism, these are the things people thought they should have in their lives:



LIFE

- Living a good life with confidence and less stress
- Not risk assessing the life out of my life
- Having easy access to information
- Choosing where I live
- Speaking up and having a voice in my community – having good conversations
- Being political and making change happen



LOVE

- Having the right information and support to go out and meet people
- Friends are people who are not paid to be with me
- Someone to rely on who is loyal
- Being part of groups of people who I have things in common with
- Taking risks and having relationships – having space and privacy for this
- Recognising my sexuality
- Caring for other people and pets
- The right balance between being safe and being free
- Family and friends
- Being equal in society and part of the community

PURPOSE

- Knowing what I want and how to get it
- Being happy with my choices
- Everyone thinking positively to help me get what I want, and being ok with the risk
- No red tape restricting my rights and choices
- Being seen as a whole person who has something to offer
- Having a reason to get out of bed in the morning
- Be allowed to learn from my mistakes
- To be trusted

HOME

- My own safe place where I can relax and close my door on the outside world
- To be able to say no
- Choosing where I live and who with
- To be in charge of my own space and respected

HELP

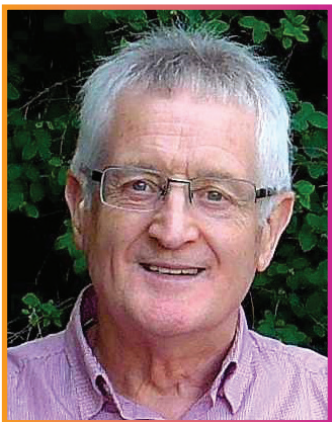
- Bring a citizen starts from when I'm born and carries on until I die
- Having enough support, but being able to take risks and make mistakes
- The people who support me understand my rights
- Being equal with my staff
- Having support to speak up

MONEY

- Having a job with real pay
- Being able to spend money on what I want, and to make mistakes
- Not feeling trapped by money to having to live somewhere I don't want to
- Money can be the key to other parts of citizenship
- A better system to assess people for benefits
- Nobody living in poverty
- Not feeling fear or shame about benefits
- Being creative with money to try different things

FREEDOM

- I am in control of all the aids and technology I need to be independent – they cannot be taken away from me
- Staying out late
- Making my own choices and do what I want when I want – and some of them may be bad choices! You know you are free when you can make bad choices and no one stops you
- Never giving up. Being able to argue back and challenge to make things better
- No one telling me what to do



Stan Cooke, a family carer who has been doing some work for Health Education England, then showed us how much support carers are providing, the challenges they face, and how much money they are saving the economy by providing care. We went back to thinking about the 7 Keys to Citizenship.

If we are getting it right for carers, these are the things people thought they should have in their lives



LIFE

- Time to call my own
- We are a family – this works for everyone in it
- Able to work as well as care – my rights are respected as a worker and a carer
- Doing things on the spur of the moment
- Being connected in my community
- Good support for me no matter what age I am
- Creative thinking to make this work for us
- Recognise my contribution, don't let it reach crisis point – invest in me
- Peace of mind about the future
- Being trusted



LOVE

- Things we can do as a family
- Every family member is connected to people who understand



PURPOSE

- Being valued, respected and cared about
– ask me if I'm ok
- Recognise that we support the keys to citizenship
- My health is important too
- Everyone in the family is a carer – we all have needs
- Don't let us fall apart before you help
- I have all the information I need, especially around transitions, and I get it at the right time
- Recognise what I know and respect that, involve me



HOME

- Affordable housing so we can live together
- Knowing how benefits work in different situations
- There is choice and options no matter what our budget is



HELP

- Services that are quality checked that we trust
- Information and help with the practical stuff
- We don't need to feel scared to ask for help
- It's easy to have a break without feeling guilty or worrying
- I get all the support I need, without having to wait or be at crisis point



MONEY

- Being able to afford the support we need
- People think creatively about using the money to get good support
- Pooled budgets work well
- We don't need to worry about Council cuts
- People recognise that our ideas usually cost less
- It is easy to access what we are entitled to
- We are trusted



FREEDOM

- Living the life we want, not the life we can manage
- We are free from worry and fear about the future
- To live a meaningful life with real choice within all the 7 keys to citizenship



Martin Wilson from TIN Arts in Durham told us George's story. George was supported by his local authority to use a Direct Payment to access professional dance training to enable him to follow his dream to train as a dancer.

The important thing that made this work well for George was everyone being willing to think creatively about how to support George to get the life he wanted, and to work together to make it happen.



George and his colleague Becki then performed their duet, Invisible Kisses, which will premier at Northern Ballet later in the year.

We learned about the work Newcastle have been doing around housing, through the medium of bingo! We watched some co-produced videos and heard about the different housing options for people living in the city.

Everyone then thought about the good things that are going on in their area. We have put these on our regional map (see next page).

Gateshead

- Your Voice Counts

Darlington

- Grace Court
- Companion bus passes
- Access to good housing
- New house and grown up play area and kids play area

Kirklees, Calderdale, Wakefield and Barnsley

- Positive joint partnership with CCG
- Improving number of annual health checks
- A great self-advocacy group that fights for change and wins.
- Re-organisation to support all women and children to be safe, strong and healthy.
- Lead the Way
- Living well alongside NHS
- Gig Buddies
- Love to meet you
- Kirklees involvement network
- Happy Healthy Relationships Project
- Homeless People Housing Pilot
- Shared Lives
- Drama Group – 2 shows
- Group of elderly people who campaigned against bus pass limits
- Good cultural places of interest

Sheffield

- Cycling for all
- Crucible Theatre drama
- Friends Together
- Disability Sheffield
- Disability aware tramway
- Festival of Debate
- When people that are supported by Mencap come together to socialise
- Partnership working with support providers and housing to share support, activities and friendship.
- UB1 Lab – campaign to pilot basic income in Sheffield – including better disability benefits.

Durham

- TIN Arts

Newcastle

- Skills for People including Men of the North and Geordie Voices
- My Home
- Newcastle Advisory Group
- Building new homes.
- Advocacy
- Lots of leisure opportunities
- Good at talking to each other
- Friends Action North East

South Tyneside

- Your Voice Counts

Redcar & Cleveland

- Earthbeat
- Grenfell Club
- Riding for the Disabled

Leeds

- Carnival – Chapeltown.
- “Being Me” Leeds strategy 2018 – 2021.
- Get me better champions – Leeds Hospitals
- ‘Being Me’ strength based approach
- Leeds learning disability
- Peoples Parliament.
- Good Lives Leaders
- Independent Travel training
- Café Leap
- Leep 1

North Yorkshire

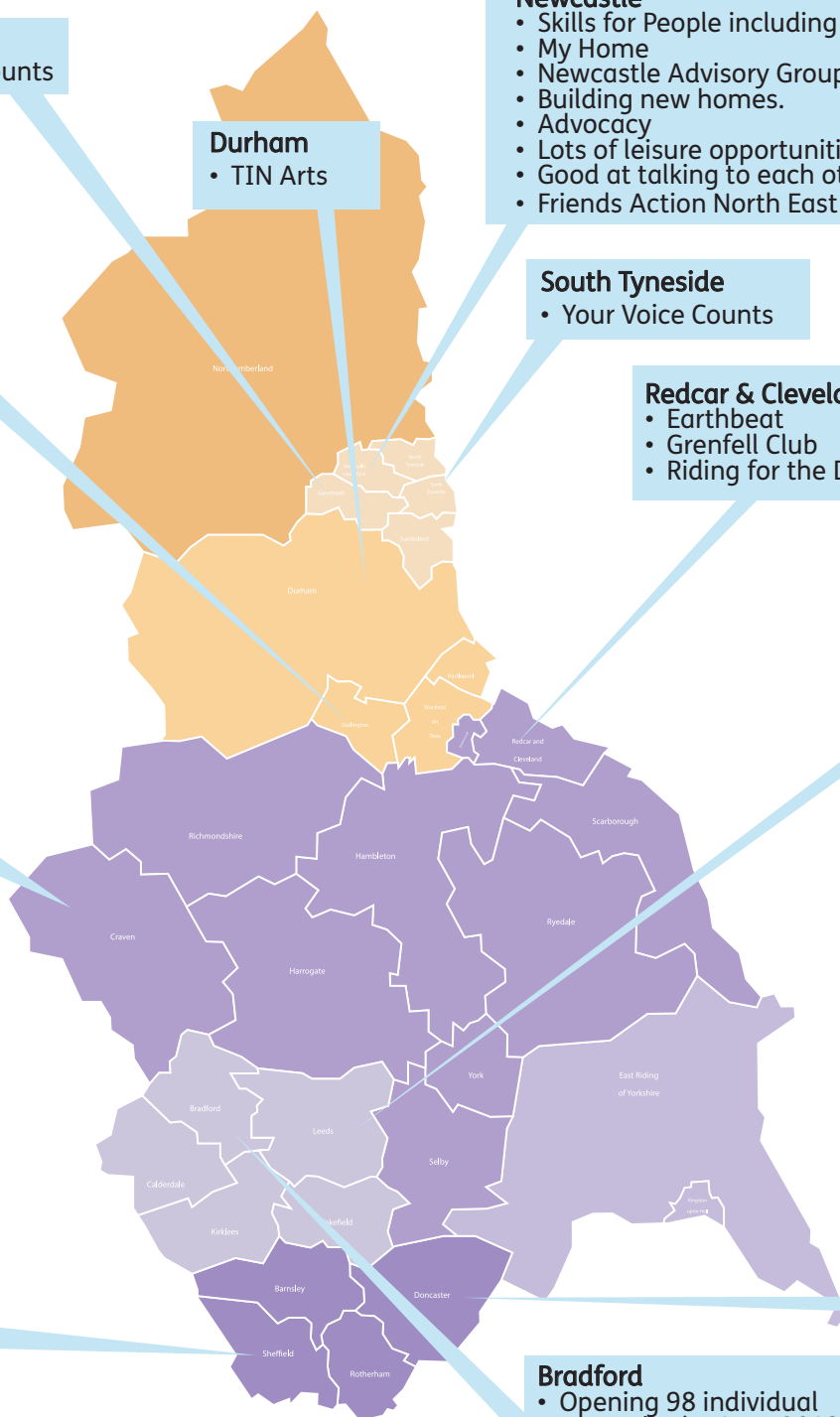
- Social venues for meeting people
- Our Partnership Board’s Housing choices guide
- Extra care schemes and their role in the communities
- Friendly
- Volunteering opportunities
- Downs syndrome NE and NY

Doncaster

- P.F.G. – self help group that includes people with many different needs
- Annual Health Checks
- STOMP work

Bradford

- Opening 98 individual tenancies by June 2019
- Mind the Gap





Andy, Ajay and Craig from RIX Centre at the University of East London showed us how 'wikis' can be used by people to organise and communicate about their life with people who are important to them. They showed us examples of how wikis have been used by people to get better support, by having all the important information in one place. They showed us how people with a learning disability or autism and their families can be in control by using the accessible app.

You can see our members day wiki here

<https://wiki.rixwiki.org/rix/home/members-day-wiki>



Julie Bruce told us a story about her son Jacob. We heard how much Jacob loves animals, and how he and his family are using this to work towards getting him his best life. She explained how much Jacob can do when he is supported well, and the things that made a difference.



We invited Shanna Carrell from North Yorkshire to let everyone into their secret about how they get the best value for money from their Inclusion North membership every year. She talked about the Partnership Board setting priorities for using vouchers, having an ongoing conversation with their Inclusion North Project Manager and looking for ways to bring the work done under Our Offer into their region.

Finally we did an activity called Head, Heart, Carrier Bag and Bin to reflect on how the day had gone.

WHAT WE LEARNED FROM THE DAY

- What a wiki is and how they can be used
- What Inclusion North vouchers are
- Anything is possible with the right support and opportunity
- Creative use of personal budgets
- Housing options
- What is happening regionally
- How much carers do and how many there are
- Inclusion North is a collaborative network



WHAT WE FELT

- A positive vibe in the room
- Loved the dance and the stories
- The passion in the area
- Everyone was so friendly, approachable and supportive
- Inspired
- Welcome
- I met some fabulous people
- Energised, positivity and well being



WHAT WE WERE TAKING AWAY

- Citizenship is in everything
- Housing options
- How we can use wikis
- The benefits of working with animals
- Ideas on using our vouchers
- I need to join up more locally
- The power of dance as an expression
- I need to do more and improve communication



WHAT WE'D CHANGE ABOUT THE DAY

- Less sugar
- Less information to take in
- More breaks
- Some information could have been more accessible
- Shorter presentations
- Find out who else is on your table




It was a great day. Thanks everyone for coming and a huge thank you to the Inclusion North team for all their hard work in making the day happen.

 **82 people** attended in spite of the snow.

 **20 member areas** were represented.

There was a great mix of self advocates, family carers, providers, managers and commissioners.

A THOUGHT TO END ON...

 *Inclusion North are the centre of a community - finding out what is important across the whole region and sharing that to shape our thinking. Membership is about how Inclusion North's work can help us, and how our work can help Inclusion North. It's a relationship.*



**inclusion
north**

Email: info@inclusionnorth.org

Main Line: 0113 2444792

Expert Hub Line: 0113 8980025

www.inclusionnorth.org

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