



Inclusion North Bulletin



Issue Number 181

8 April 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.



Introducing Zahir Daji as our new Project Support Co-ordinator in Yorkshire and Humber

Zahir started working with us on the 2nd April 2019 and will be working with Rebecca our Project Manager across Yorkshire and Humber; so if you work with us in this area you will get to meet Zahir really soon.



Zahir has lots of experience which includes training, counselling and advocacy.



Here is a message from Zahir: *"Hello, my name is Zahir and I am the newest member of the Inclusion North team. I am looking forward to working across Yorkshire and Humber as a Project Support Co-ordinator doing exactly as our name says promoting Inclusion."*



I will be supporting and co-ordinating projects in a person centred way which some of you will be leading on and that is why I want to work within our welcoming and inclusive team".



You can contact Zahir by email zahir@inclusionnorth.org



Telephone: 07944 185771



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



Email: info@inclusionnorth.org

Leading Together for a Change! Leadership Course



Sessions on this course for family carers, professionals working with children and young people with a learning disability or autism and young people themselves have now started. We had a great first session with the young people on the 30th March. Thank you all for your enthusiasm, honesty and contributions.



The Twisting Ducks Theatre Company

The Twisting Ducks Theatre Company joined us for the afternoon to help us think about some of the issues that are important to us. We made a news programme about this and will share it with family carers and professionals when we come together at the end of this month. Some of our headlines were about:

'The lack of employment opportunities for young people with a learning disability or Autism'.

'The need for professionals and pupils in school to have a better understanding of learning disability and autism'.

We will let you know what happens next on the course, how we 'Lead together for a Change!



Stop people dying too young – annual LeDeR Learn and Share event in Leeds

On 3rd April Inclusion North worked with NHS England to run the annual Learn and Share event about the LeDeR programme.



The LeDeR programme – which we call Stop People with a Learning Disability Dying Too Young – does a review every time someone with a learning disability dies.

They look at whether they got good care and support right through their lives. They look at whether they would have had better care if they did not have a learning disability.



The reviews have shown that people with a learning disability are at risk of dying up to 29 years too early.

This is wrong and has to change.

In Yorkshire and Humber the LeDeR steering group look at what needs to happen locally to help people with a learning disability live longer, healthier lives.

The event looked at what is happening nationally and locally.



People talked about important topics like

- Women's health
- Swallowing difficulties
- How Structured Judgement Reviews fit with LeDeR
- Helping people with profound and multiple learning disabilities to live longer healthier lives
- Think Learning Disability



The group also worked in 4 local groups to agree priorities and an action plan for the year ahead.



Stop People with a Learning Disability Dying Too Young in the North East

In the North East, the LeDeR Steering Group funds a Confirm and Challenge Group to work with them.

The group is made up of self-advocates and family carers.

It is supported by Inclusion North and Child Bereavement UK.

We meet every month to talk about the important issues that are affecting people's health and how long they live for.

On 29th March the group met to talk about

- Bereavement support for people with a learning disability
- How Do Not Attempt Resuscitation (DNACPR) decisions get made

Simon from the Josephine and Jack Project came to the meeting with Josephine and Jack to talk about bereavement support.

They have created a course for people with a learning disability to talk about death, dying and bereavement. We will all experience the death of someone we love in our lives.

The course supports people to think about this and what it might feel like, and to think about ways to remember people that we love who die.

We then had visitors from the Palliative Care Service and a Learning Disability Nurse to tell us about Resuscitation.

This is when your heart stops and they use a defibrillator to get it going again.

Sometimes a decision is made to not try to restart someone's heart.

We wanted to know how those decisions are made and how people are involved in them.

The meeting notes are available on our website here

https://inclusionnorth.org/our_work/stop-people-dying-too-young-the-leder-programme/



Get Checked Health Videos

Inclusion Gloucestershire has recently finished making a series of 10 short films about health.

They have worked to create films about accessing health services and what to expect.



The films provide information for people with lived experience of disability and promote good practice for professionals.

Looking after your health is really important.

We know from the LeDeR programme – which we call Stop People with a Learning Disability Dying Too Young – that people with a learning disability are at risk of dying up to 29 years too early.



This is wrong and has to change.

There are lots of things you can do to look after your health.

Health professionals also have to make reasonable adjustments to make it easier for you to attend appointments and to not be worried or frightened about getting health treatment.



[For more information please click here](#)

Carlisle Mencap launch films to help people stay safe.

Carlisle Mencap have made three films that should help people with a learning disability to stay safe. They are about

1. Mate Crime
2. Hate Crime
3. Sexual Exploitation



You can watch the films here

<http://carlisle Mencap.co.uk/news/mate-crime-film-launched>



Review of the National Autism Strategy 'Think Autism'.

The government wants to hear from autistic people, their families and their carers about their experiences of care and support.



In April 2014 the government published 'Think Autism', a plan for meeting the needs of autistic adults in England.



'Think Autism' supports the Autism Act 2009. It explains the different things that the Government will do to and also tells local councils and health services how they can help autistic people.

This year the Department of Health and Social Care is working with the Department for Education to review the plan and include children as well as adults.

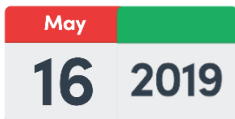


They want to hear about people's experiences of care and support. They would like to hear from:

- autistic people – adults, children and young people
- their families
- their carers
- organisations and professionals that provide care and support to autistic people or work with autistic people



They want to find out if people think things for autistic people are improving and where more needs to be done to make changes in the future.



You've got until 16th May 2019 to tell them what you think.

Click here to find out more <https://bit.ly/2EY9PsO>



Be Cancer Safe – Information Days



Sheffield & Gateway Mencap are running a series of Be Cancer Safe information days as part of a campaign to raise awareness of cancer signs and the screenings available, amongst people with learning disabilities and their carers.

The days are completely free to attend and are open to all, including people with a learning disability, their families and carers, and support staff.



Cakes and drinks will be available so you can learn more about the signs of cancer and how you can stay cancer safe, in a friendly and relaxed environment.



Dates are: Tuesday 30 April 12 - 2 pm and at Gateway Club
7 pm – 9 pm;
Wednesday 29 May 12 – 2 pm and at Gateway Club
7 pm – 9 pm;
Thursday 27 June 12 – 2 pm at Under the Stars
Friday 26 July 12.00 – 2.00 pm

All the events will be held at Norfolk Lodge, Sheffield unless otherwise stated.

For more information and to register your interest please contact Natalie Shaw on:



Email: CancerAmbassador@sheffieldmencap.org.uk



Tel: 0114 276 7757



Easy Read Guide to Voting in the May 2019 Local Elections

Mencap have produced a new easy read guide on voting in the local elections.



Mencap have worked with the Electoral Commission to help people with a learning disability register to vote.

There are local elections on 2nd May 2019.

The deadline for registering to vote is **12pm 12th April 2019.**



They have also produced a video that is part of the training package for all polling station staff.

A polling station is the place you go to vote in person.

You can also ask to vote by post.



The video and the easy read guide can be downloaded [here](#)

Please share this guide around and help to promote online using the **#LDvote** hashtag!



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/april-policy-update/>



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

Inclusion North Member Areas 2018 – 19



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

