



Inclusion North Bulletin



Issue Number 182

26 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.



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





Living Well Roadshow in Wakefield

Inclusion North are working with a group of organisations that have come together to do some work in Calderdale, Kirklees, Wakefield and Barnsley. Our group is called the Living Well Project.

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 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



This will take place on

14th May 2019 at:

Sandal Rugby Club

Standbridge Ln, Wakefield WF2 7DY

The roadshow will start at 10.30am and finish at 2.30pm

How do you book your place?

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

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





Citizen Network event in Glasgow



Citizen Network is a global non-profit cooperative movement. This means it exists all over the world, and people work together to make things change.

It was formed to create a world where everyone matters – where everyone can be an equal citizen.



Inclusion North are a main partner in Citizen Network in England.



Every month we link up with other Citizen Network members in Europe to share the work we are doing and to see where we can work together.

We are doing some work in Darlington around the voluntary sector working with people and communities to find solutions to things that are not going well.



This is similar to a project in Madrid that a Citizen Network organisation is doing. They are called Fundacion Tuya. We talk to them every month to see if we can learn from each other.



It is a great way to join up with other people who have the same aims and values as us.



Citizen Network are running an event from 6th to 9th August in Glasgow called Future For All. This will focus on what it will take for everyone to be valued as equal citizens. Find out more here

<https://bit.ly/2D2iASu>



Then on 9th and 10th August there is a festival of citizenship called We Are One. This will celebrate a world where everyone matters.



Find out more by finding them on Facebook by searching for Citizen Fest – We Are One



Stop People with a Learning Disability Dying Too Young

We know from the Leder Programme that people with a learning disability are at risk of dying up to 29 years too soon, from things that should be prevented.



Accessible information is being produced to help people to understand how serious some health problems can be, and to know what to do to stay well.



An easy guide to bowel cancer screening

April is bowel cancer awareness month. This easy guide is available to help and support people who may need a bowel cancer screening, or who might need further information about bowel cancer.



The NHS guide is available [here](#).

There is also a film here <https://bit.ly/1hEdTPr>



A film about Sepsis

NHS England has produced a short film about spotting the signs of sepsis. It describes the symptoms of sepsis and what to do if you are worried.



You can watch the film [here](#).



Constipation

People with a learning disability are more at risk of having constipation and for it to get really bad, which can be very serious.

There is a film you can watch here <https://bit.ly/2XMfXMH>

And another one here <https://bit.ly/2VoI3jf>



You can learn about our work to Stop People Dying Too Young here <https://bit.ly/2UCYpAH>



Learning Disability Pride

Learning Disability Pride 2019 will be celebrated in June 2019. This is to celebrate being proud to have a learning disability. There will be a pride march at Temple Newsam in Leeds on Friday 21st June.

This will be at the start of the picnic in the park.



Connect in the North would like you to join in by meeting them at the Wedding Garden at Temple Newsam at 11.15am.

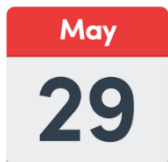


You can find out more information
Telephone 0113 270 3233



Free outcomes training 29th May

Connect in the North are having a free training event on the 29th May at Sugar Mill Oakhurst Road, Leeds, LS11 7HL.



The training is free for any staff and family carers living in Leeds who support someone with a learning disability.

The training will include



- The difference between aspiration and outcome
- Writing outcomes that are important to the person.
- Writing SMART outcomes



If you would like to book a place you can here <http://bit.ly/2Uhj4Kk>

Or Telephone 0113 270 3233



Sage Gateshead Access Register

Sage Gateshead want to make sure that everyone can enjoy going to Sage Gateshead.



They have an access requirement register to help them to make sure that they can find the best seats for you to make Sage accessible.



You can also have a personal assistant or carer attend with you free of charge.

You will need some evidence to get the free ticket for a carer or personal assistant.



The evidence can be

- Front page of DLA (Medium or Higher rate)
- Front page of Attendance Allowance letter (no specific rate required)
- Front page of PIP (no specific rate required)
- Evidence that you are registered severely sight impaired (blind)
- Recognised Assistance Dog ID card
- CredAbility Access Card



You can join the register by

- Getting a form at the box office
- Download the form here <http://bit.ly/2VLjQ3G>
- Telephone 0191 443 4661



Person Centred Reviews and Person Centred Confirm & Challenge Toolkit



Care and Treatment Reviews have shone a light on the care and support of people with a learning disability, autism or both in hospital settings.

But we know many more people live in residential care and supported living or receive adult social care without regular reviews or a 'fresh pair of eyes' looking at their care.



This event, held on the 8th April 2019 in Leeds gave people the opportunity to discuss the barriers and opportunities for Person-Centred Reviews for people with a learning disability, autism or both.

It looked at the issues for people living in the community with residential care/support or supported living.

People said that without a Person-Centred Plan there could be no Person-Centred Review.



A newly developed and piloted **Person Centred Confirm and Challenge Toolkit**, will be available soon.

This will promote individual human rights and will focus on the person from both an individual and a provider perspective.

It will ask important questions based on Human Rights, Equality, Person Centred Support and Quality of Life.



The toolkit will have 5 themes which can be applied to Reviews by both individuals, as a family or with a family by professionals. These are

- Quality of life
- Keeping people safe
- Choice and control
- Support and interventions
- Equitable outcomes

The 8 PERSONAL standards in Care & Treatment Reviews are also used as part of the toolkit.

[Living Wage Petition](#)



The Families Lobbying & Advising Sheffield (FLASH) campaign are running a petition.

FLASH are a group of family carers of relatives with Learning Disabilities and/or Autism in Sheffield who are concerned at the state of Social Care, not only in Sheffield, but throughout the UK.

They are petitioning for all employed Care Workers to be paid the Living Wage.



The Living Wage is different to the national minimum wage. It is a higher rate and reflects what it costs to live – to pay for things like rent, electricity and to buy food.

Their goal is to achieve 10,000 signatures.

If they get this they will get a response from the Government.



They also want to provide evidence to inform the forthcoming [Green Paper on Social Care](#).

They feel that Social Care is in a crisis, putting increasing pressure on the National Health Service.



They believe action is needed. They believe that paying Care Workers the Living Wage will create a sustainable workforce.

If you would like to support the campaign, you can sign the petition here

<https://petition.parliament.uk/petitions/236151>.



For more information, please email carervoice@gmail.com.

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

