



Inclusion North Bulletin



Issue Number 183

17th May 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



Shining a light on your future



This event is for

- People who have had a long stay in hospital
- People who are in hospital now

We will be coming together to celebrate life in the community and will look at

- Real people's life after leaving hospital
- We are all Citizens
- Lots of talking together and sharing ideas



Date	Where	To book a place click here
24th May	Darlington	http://bit.ly/2UZGTvi
4th June	Morpeth	http://bit.ly/2IKtGQo
5th June	Newcastle	http://bit.ly/2PuMGDa
11th June	Hartlepool	http://bit.ly/2Zt4ZNA
20th June	Sunderland	http://bit.ly/2XKgY7Q
21st June	Middlesbrough	http://bit.ly/2PyE8LI

The events start at 10am until 2pm

Or

Contact: Judith Baker

Telephone: 0113 2444792

Email: judith@inclusionnorth.org

Refreshments and lunch will be provided. and we can help with travel costs.

Leading Together for a Change!

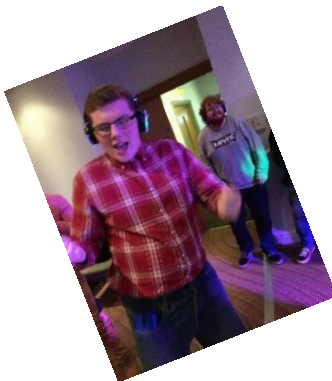


Young people, family carers and professionals on the Leading Together for a Change! course all came together for the first time on the 26th and 27th April. This was a chance for us to learn more, think differently and take forward our project work. This is some of what we did...

- Leaders from around the North East and Yorkshire came to share their experience and expertise.
- The 'tardis' took us on a journey through time, reflecting on what life has been like for people with a learning disability or autism and imagining what it might be like in the future.
- Co-production, working in a way which values equally everyone's contribution and shares decision making, was highlighted as best practice.
- Gathered knowledge and understanding of the importance of Human Rights
- Looked at the impact of having a positive mindset, being the best version of you every day!



It wasn't all work and no play with a silent disco offering people a chance to let their hair down!



We ended with 7 project plans to improve the lives of children and young people with a learning disability or autism.

These will be developed over the next 6 months.

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.

In the North East we run the Stop People Dying Too Young confirm and challenge group. The group met on 9th May.



We discussed two stories that have been in the news about people who died because of poor care. They were Rachel Johnston and Guiseppe Joe Alleri.

We had some concerns that we want to share with our LeDeR steering group.

We were worried about

- how people consent to their treatment
- whether families are involved in decisions
- how much professionals understand the Mental Capacity Act
- how decisions are made that would never happen to people without a learning disability



We also talked about annual health checks and how we can help make sure

- that people know about them
- that they are supported to attend
- that they are good quality
- that they link to health action plans



We are going to do more work on this to try to get more people to have their annual health check.

We are also going to send our meeting notes out to as many groups in the North East as possible, so people know what is happening.

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



Priority Services Register for your energy provider



Did you know that, because you are a person with a learning disability and/or autism, you can go on the Priority Services Register with your energy provider?



Speak Up in Rotherham have put together a guide on how to do it.



Ring the company that supplies you with your gas and electricity or go on their website and ask them to put you on the register.

Have your account number ready - you will need it.



When you have registered, your energy company may be able to give you extra support, like

- Telling you about any planned power cuts.
- If you need your energy to stay on because of your health, they may be able to provide alternative heating and cooking equipment during the power cut
- Providing accessible information, such as bills in larger print, braille or pictures.
- Getting your bills sent to someone you know and trust
- They might read your meter for you if you struggle to do this
- Extra help so you can identify someone acting on behalf of their company, such as meter readers, to help you stay safe
- Making sure that you can use your prepayment meter safely





St Peters Activity Day Mencap

24 June 2019

St Peters Activity Day is an inclusive free event for people with a learning disability in York.

You can try different sports and activities including



- Zumba
- Football
- Cycling
- Music
- Wheelchair basketball
- Boccia

And much more...

The event is at

St Peters School

Clifton

York

YO30 6BA

From 10am until 2.30pm



Lunch is provided



To book a place contact Christine

Email christine.mulvenna@mencap.org.uk

Telephone 02890 690 172

Or

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



Volunteer Opportunities in Derbyshire



The Speedwell Eat WELL Community Café in Derbyshire are looking for people with a learning disability and people to be buddies to volunteer.

They are looking for people who want to cook, serve and work in the kitchen.

The volunteers prepare cook and serve 3 course dinners for the local community.

Volunteers are needed anytime on a Wednesday between 11am to 6pm.

All volunteers receive a meal on the days they volunteer and are trained in food hygiene.

The projects aim is inclusion for all, providing a purpose, tackling food waste, food poverty and social isolation.

The Speedwell Eat Well Café is at The Speedwell Rooms, Inkersall Road Staveley, Derbyshire, S43 3JL

To find out more telephone Michelle Drain 07422 077 224



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/may-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

