



# Inclusion North Bulletin



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**In this bulletin you will hear about some of the work Inclusion North is doing and information about what is happening across the country.**



## **BBC Panorama – the abuse of people at Whorlton Hall – a response from Inclusion North**

On Wednesday 22<sup>nd</sup> May the BBC showed an undercover investigation, done by the Panorama TV programme, that showed staff physically and psychologically abusing people with a learning disability and autism at Whorlton Hall in County Durham.



The team at Inclusion North worked together to create this statement.

The programme made us feel angry, upset, rage, horror and it left us feeling tremendous sadness.

We think about all of the other people living in institutions and how fearful their families must be feeling.



We believe all people are citizens with rights, who deserve dignity and respect.

The people who were shown being abused are sons and daughters, brothers and sisters, neighbours and friends.



They are not 'other' people who are less than the rest of us.

People are treated this way, because they are seen as less important than others and less than human.

We live in a society where some people are not included and not visible.



They are marginalised and made to feel unworthy and unimportant.

That this can happen, 8 years after Winterbourne is a failing on our whole society.



This happened in our area. We sit in the meetings and contribute to the work that was meant to stop this happening again.

We are all asking ourselves, what difference our work is making.



This is not about people's needs being complex or difficult. This is not about training. This is about the most basic human rights that we all deserve.

It is about receiving the right support in the community, close to the people who care about us the most and who know us best.



We don't want to be part of a knee jerk reaction to this.

What happens next needs to be well thought through, with an approach that will actually lead to change within the whole system.

People with a learning disability and autism and their families need to be at the heart of this right from the start.



This is about community and citizenship. About people coming together to make change happen.

People, partnerships and organisations need to stand up and unite to make change happen.



This takes more than money - it takes united voices and values.

We believe there is a better way.

We will continue to work with self advocates, families and local organisations to speak up and take action.



We have seen some good work by good people make a difference over the past 8 years.

We will continue to work to put people and families' voices at the centre of every conversation about what good support looks like.



Because being sad and angry will not change the fate of many but hope and action might.



You can download our statement here

<http://bit.ly/StatementInclusionNorth>

## Sunderland People First have written something about how we can support each other



We can support each other by talking and listening to each other. Give each other space and time to share.

People may need time-out in a quiet place. Is there a quiet room that people can go to at work?

Knowing that it's ok to feel and be upset. "It shows that you care".

One person said that watching the abuse "felt like a shockwave" but said that we need to keep talking.

Talk to people you can trust like friends and family.

The abuse might bring up memories of bad things that have happened in the past. There are people that can help you with this.

We need to let people know about counselling services that are offered by organisations and Community Learning Disability Teams.

Self-advocacy groups across the NE & Cumbria have phoned to ask people how they are and to offer support and reassurance. We need to support each other.

Professionals working in health and social care have contacted the Sunderland People First team to offer support and reassurance. They have offered to meet with their team to talk about the abuse.

Find out if meetings have been arranged in your local area.

The BBC have provided Information and Support contacts at:

<https://bbc.in/2HzlbG8>

Some self-advocacy groups have set up meetings so that people can talk about the Panorama programme.

At this time, it is difficult not to feel down, depressed and upset. We can't lose sight of all the positive work that is achieved by self-advocacy groups





## Two reports about children and young people's experience of mental health hospitals

The Care Quality Commission has written a report about how hospitals segregate children and young people who have mental health problems, a learning disability or autism.



**Segregate** means keeping people in a separate part of the building for a long time and not letting them mix with other people.

It says that many staff do not have the right training to support people well. Young people get stuck in hospital because there is nowhere else for them to live. Things go wrong because they do not get the right support early enough.



They also found that children and young people are living in hospitals that are over 50 miles from home. This can make it very hard for families to visit.



The easy read report is here <https://bit.ly/30Bq8py>

The Children's Commissioner also wrote a report about children and young people with a learning disability or autism living in mental health hospitals.



The report says that too many children and young people are being admitted to hospital when this could be avoided. She says that children and young people are spending months and years of their childhood in hospital, instead of living in their communities.



You can read the Children's Commissioner's report here <https://bit.ly/2YEamsc>. It is not Easy Read.



## Stop People with a Learning Disability Dying Too Young – LeDeR annual report

The LeDeR programme aims to 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 27 years too soon, from things that should be prevented.



Last week the LeDeR annual report saying what happened in 2018 was published. The report showed that things are still going wrong for people with a learning disability.



In 2018, 19 people had learning disability or Down's Syndrome listed as the reason not to resuscitate them if their heart stopped. This is totally wrong. The decision not to resuscitate someone has to be for medical reasons only. There are 3 recommendations in the report to stop this happening again.



The report said that over half the people whose lives and deaths had been reviewed did not have good enough care (52%). 86 people had care that was very bad (8%).



In the North East we run the Stop People Dying Too Young confirm and challenge group. The group will meet on 7<sup>th</sup> June and look at the report. They will say what they are going to do over the next year to change this. You can follow their work here <https://bit.ly/2UCYpAH>

Read the [easy read LeDeR report](#)

Read the NHS England [easy read action from learning report](#)



## Constipation resources now available online

We know that people are dying too soon from constipation (trouble pooing). The constipation working group at NHS England and NHS Improvement have been working on some information for people with a learning disability, their families and professionals.



[Easy read leaflet about constipation](#)

[Leaflet about constipation for families and carers](#)

[Leaflet about constipation for health professionals](#)



## NHSE England Easy Read Newsletter

NHS England produce a regular newsletter full of information about better health. You can read the latest [easy read newsletter](#) here

Find out more about the NHS England [Learning Disability and Autism Forum](#)



Watch a [Short film about NHS England and why they want you involved in their work.](#)

## Support with mental health and eating disorders

This NHS have produced an easy-read information booklet about eating disorders.

Eating too much or too little, making yourself sick or feeling very stressed and anxious about food and eating can affect your health and well being.



You can read more about this [here](#)

## 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
5th June	Newcastle	<a href="http://bit.ly/2PuMGDa">http://bit.ly/2PuMGDa</a>
11th June	Hartlepool	<a href="http://bit.ly/2Zt4ZNA">http://bit.ly/2Zt4ZNA</a>
20th June	Sunderland	<a href="http://bit.ly/2XKgY7Q">http://bit.ly/2XKgY7Q</a>
21st June	Middlesbrough	<a href="http://bit.ly/2PyE8LI">http://bit.ly/2PyE8LI</a>

The events start at 10am until 2pm

Or

Contact: Judith Baker

Telephone: 0113 2444792

Email: [judith@inclusionnorth.org](mailto:judith@inclusionnorth.org)



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

## Hi, I'm the new Jack!



I've just joined the team at the Josephine and Jack Project, so I want to celebrate. I'm inviting lots of men with a learning disability in Tyneside and beyond to join me for Jack's Big Day! I'd love it if you could come along. Lunch will be provided.

We will be exploring lots of things about men's health like:

- Keeping well
- Consent
- Sex
- Relationships
- Safety

Friday 12<sup>th</sup> July 10am-4pm

at The Josephine and Jack Project, Good Space, Floor 2 Commercial Union House, 39 Pilgrim Street, Newcastle upon Tyne NE1 6QE

Contact Simon at [Simon@josephineandjackproject.co.uk](mailto:Simon@josephineandjackproject.co.uk) or ring us on 0191 2615555 to book your place.





## 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.....
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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

