



Inclusion North Bulletin



Issue Number 185

14 June 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.

Leading Together for a Change!



The Young Leaders came back together last month to think more about what leadership is.

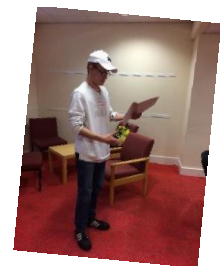
- We looked at different styles of leadership
- Identified the skills involved in leadership
- shared who we see as leaders in our own lives

Julia Smith joined us for part of the day to share her experience of being a leader and how she uses these skills within her job at Durham County Council. Julia offered the group her experience, knowledge and encouragement. Thank you from us all.

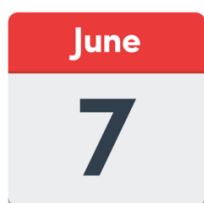


James Todd, a Young Leader from Stockton, is co-facilitating the course. James has been doing a great job giving us loads of ideas on how best to deliver information on the course. James took the lead in welcoming everyone, delivering a session on Human Rights and reviewing the evaluation at our last meeting.

Young Leaders can be seen here presenting their 'Newspaper headlines'. This is what you will be reading about as a result of the changes they plan to make through the course and after.



Stop People with a Learning Disability Dying Too Young Confirm and Challenge Group



The Stop People with a Learning Disability Dying Too Young Group met in Sunderland on 7th June to discuss the LeDeR annual report that came out in May.



The report showed that things are still going wrong for people with a learning disability. People with a learning disability are at risk of dying up to 27 years too soon, from things that should be prevented.

We were angry to read that 7 out of 10 people did not receive the best possible care.



We were horrified that 1 in 10 people had care so bad that it made them ill, or it made them die earlier than they should.

19 people had a 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.

We wrote a statement in response to the report. We are going to send it to the LeDeR team at Bristol, to NHS England, to our local LeDeR Steering Group and to people's organisations locally, regionally and nationally. You can read the statement here

<http://bit.ly/2MDD4s4>



There are not enough people speaking up about how bad this is. You can follow the work of the group here <https://bit.ly/2UCYpAH>

Read the

[easy read LeDeR report](#)

Read the NHS England

[easy read action from learning report](#)





Carers Week

Each year 'Carers Week' 10th to the 16th June gives us a chance to celebrate and recognise the important contribution unpaid carers make to families and communities across the country.



There are 6.5 million unpaid carers in Britain today, supporting a loved one who is older, has a disability or is seriously ill.

Cares Week also helps people, who do not think of themselves as a carer, to access much needed support.

This year the week is all about getting Carers connected in their communities to:



- Information and advice
- support services
- friends and family
- others, including other carers
- technology.

There are lots of activities and events happening to mark Carers Week.



You can find out more at <https://www.carersweek.org/> and raise awareness on social media using the [#CarersWeek](#)



At Inclusion North we too will be focusing on Carers this week. We heard from Stan Cooke, a family carer who had been doing some work for Health Education England at our Members Day earlier in the year.

Stan shared with us just how much support carers provide, the challenges they face and how much money they are saving the economy by providing care., we went on to think about what life would look like for Carers if things were going right.

We will be looking at the information we gathered from this part of our Members Day again to help shape the offer from Inclusion North to Carers throughout the year. Look out for an update on this in the next bulletin.

2019

2020

Patients' Point of View Workshops

The Nursing and Midwifery Council (NMC) makes sure that nurses and midwives are doing their jobs well.



The Nursing and Midwifery Council wants to improve what they do by understanding how patients feel when something bad happens, and what could have been done better.

They want to find out what people from different backgrounds think about their plans to change the way they do things.



They have asked Traverse, a research organisation, to find out what people think by running lots of group discussions.



Traverse and CHANGE would like to invite you to take part in a group discussion workshop to talk about these things.

The workshop will take place on

Thursday 20th June

11am - 3pm

Leeds Town Hall, The Headrow, LS1 3AD



For more information contact CHANGE on



Tel: 0113 242 6619

Email: info@changepeople.org



For more information click here <https://bit.ly/2WVFIgs>



Meet and Connect at Skills for People Loan Sharks

A Meet and Connect Session about Loan Sharks and Credit Unions is being held at Skills for People.



There will be two guest speakers.

Natalie Barker who works with people affected by Loan Sharks to tell you about what help, and support is out there.

Annie Murphy who will tell you about Credit Unions and about different kinds of loans.



Natalie went to talk to the Geordie Mums this week about Loan Sharks.

The Mums' feedback that it was really interesting and that they were going to make some changes to do with money and budgeting.

The event will be on 18th June 2019.



It will be 1.00 – 3.00.



It will be at Skills for People
Key House
11 Tankerville Place
Jesmond
Newcastle
NE2 3AT

If you are interested in attending, please contact

Gail or Joanna at Skills for People on [0191 281 8737](tel:01912818737).

Love Life Workshops



There is a new Love Life Course starting for women or those who identify as female.

6 session courses for women from the Newcastle area with a learning disability, autism or both.

You will learn about:

- Making friends
- Relationships and going on dates
- Healthy relationships
- Feeling good about our bodies
- Keeping safe from harm and abuse
- Safer sex and contraception
- Consent



Starting on Monday 24th of June from 1-3pm.



This is a course to support people to empower themselves and be able to build healthy, loving relationships.



To book a place please contact by telephone

Joanna on 0191 281 8737

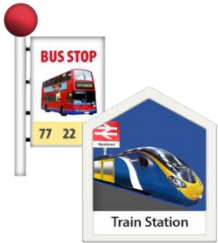


Email Joanna.routledge@skillsforpeople.org.uk

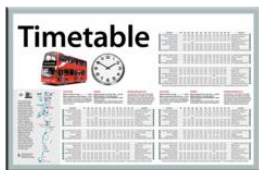
SEND Transport

Independent Travel Training Parent Workshop

A two-hour long workshop that gives parents or carers information, guidance, support and tips on how to help their child become independent. This course will look at:



- How can travel training help your child?
- How to start travel training
- How to plan a journey
- Personal safety and "what ifs"
- Travel training FAQs
- North Yorkshire County Council Safe Places Scheme



To register your interest in attending the parent workshop please email

SENDtransport@northyorks.gov.uk



Independent Travel Training Student Workshop

A two-hour workshop which is held during school holidays.

This is aimed at young people who may have additional needs and need some very basic Travel Training support.



This will include basic road safety and how to stay safe when out and about. This course will be for children and young people aged from year 6 onwards. There will be a maximum of 5 children or young people per workshop date. Parents or carers must accompany their child to this workshop.



The workshop will be supported with Makaton resources.

To register your interest in attending a workshop please email

SENDtransport@northyorks.gov.uk





Health Campaign Workshop

Mencap have started a new Health campaign called Treat Me Well!

It will take place on Thursday 11 July, 10.00 am to 3.00 pm at Lechmere Training Centre, Carrmere Road, Sunderland SR2 9TQ.

This Campaigns Workshop will train you in **how to campaign** for better healthcare for people with a learning disability in your local hospital and will help to set up a new campaign group.

This is a fully accessible event for people with a learning disability, carers and supporters.

Please book a place by contacting Stephen John.

Telephone 0795 771 4560 or email Stephen.john@mencap.org.uk



Treat me well – Know your rights Event

This workshop is about your rights in hospital and how to get good healthcare.

You will also find out about Mencap's Health Campaign **Treat Me Well** and how to get involved.

This is a fully accessible event for people with a learning disability, carers and supporters.

It will take place on Friday 5 July, 10.00 am to 1.00 pm at Lechmere Training Centre, Carrmere Road, Sunderland SR2 9TQ.

To book a place please contact

Stephen John by

telephone 0795 771 4560

email Stephen.john@mencap.org.uk





Learning Disability Week 17th June – 23rd June

Learning Disability Week in England is from the 17th to 23rd June 2019.

The week happens every year and talks about a topic important to people with a learning disability and their families.

This year it is all about sport and how to make it easy for someone with a learning disability to be able to take part in sport where they live.



Sport and physical activity can reduce loneliness and isolation and help with keeping fit and healthy and manage weight.

Sport and physical activity between people with and without a learning disability can also help to improve attitudes and challenge negative views towards people with a learning disability and it is fun.

These are some reasons why the theme of Learning Disability Week 2019 is sport and inclusion.



<https://www.mencap.org.uk/get-involved/learning-disability-week-2019>

Mencap Sport aims to improve the access people with a learning disability have to sport and physical activity so there are the same opportunities to take part as everyone else.

They mainly focus on developing opportunities for Mencap groups and services to be active and working with mainstream environments to be inclusive.

They also organise a programme of national championship events and support talented athletes to compete in international competitions.

They support people with a learning disability to live the life they choose by increasing participation in sport and physical activities.

Find out about the range of work Mencap Sport are involved in and how you can get involved as part of Learning Disability 2019 and thereafter.

<https://www.mencap.org.uk/about-us/what-we-do/mencap-sport>





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/june-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 2019 – 20



Yorkshire and the Humber

Barnsley

Bradford

Calderdale

Doncaster

Kirklees

Leeds

North Yorkshire

Wakefield



North East

Darlington

Durham

Gateshead

Hartlepool

Newcastle

North Tyneside

Northumberland

Redcar and Cleveland

South Tyneside

Stockton

Sunderland

