



# Inclusion North Bulletin



Issue Number 189

24th July 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.**

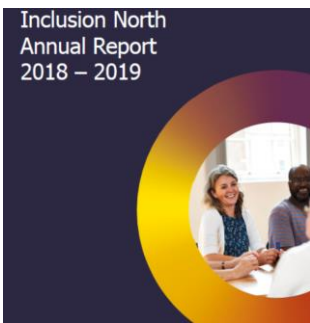


## **Inclusion North Annual Report**

We have written a report about some of the things Inclusion North did from April 2018 to March 2019 and what we are doing this year.

There is lots of information about

- Who are our members?
- Young leaders
- Leading together for a change
- We are all citizens
- Stop people dying too young
- Adventure begins
- Keeping people informed
- Members day
- The Expert Hub
- The new look for Inclusion North
- Understanding the money
- The team
- Looking ahead to 2019-2020



You can find our report here <https://inclusionnorth.org/about-us/annual-report/>

If you want to know more about a piece of our work please contact [info@inclusionnorth.org](mailto:info@inclusionnorth.org)

## Would you be interested in helping Inclusion North develop some Human Rights training?



Some people with a learning disability or autism are treated badly and their human rights are not always respected.



We want to develop and deliver workshops for people and families so that they know about their rights and what they can do if their rights are denied.

Inclusion North is looking for 4 people to help co-produce Human Rights training. We would like one self-advocate and one family carer from the North East. One self-advocate and one family carer from Yorkshire and Humber.



Inclusion North will pay you £10 per hour and you will also get travel expenses. You can choose to volunteer if you do not want to be paid.



If you need a supporter, they will also get paid at this rate.

You can find out more by contacting Sandy at Inclusion North.

You can call Sandy on 07767 776125 or email:

[Sandy@inclusionnorth.org](mailto:Sandy@inclusionnorth.org)



You will have to tell us a little bit about your experience.

You will need to fill in a form and send it to Inclusion North no later than **12<sup>th</sup> August 2019**.



We have the first workshop planned in York for **Wednesday 21<sup>st</sup> August 2019**.



The workshop will start at 10.30am and finish at 3.30pm. You will need to be free on this date.



We look forward to hearing from you.

## Leading Together for a Change!



Young people on this course came together earlier this month for a weekend residential at Northumbria University in Newcastle. They experienced staying in the Halls of Residence, student dining and a new environment in which to learn and hang out!



The Mindfulness Team from Skills for People helped us think through stress, our awareness of this and what might help us manage it. Creative Spaces took us through a music workshop to demonstrate the different skills and qualities we have as a leader and develop our own soundtrack. The remainder of our time was spent looking at 'Mindset', communication and confidence. We did squeeze in a night of music, games and conversation too!



Young leaders and their buddies have also been asked to let us know what they think of the course so far...

'I feel as though the connections and friendships have been invaluable'

'WOW an amazing opportunity'

'Incredible, loved being part of every minute'

'I have grown as a person. I've realised I can do things I never would have considered before. It's changed my life'

## Stop People with a Learning Disability Dying Too Young



The national LeDeR programme is run by NHS England with Bristol University. It aims to stop people with a learning disability dying too young.

Inclusion North run the Stop People with a Learning Disability Dying Too Young Group in the North East. It is a group of people with a learning disability and family carers who meet every month to work on the programme. The local LeDeR Steering Group provide funding for the group.



The Group met in Sunderland on 19<sup>th</sup> July.

Dimensions UK have been working with GP's to make reasonable adjustments for people. The aim of their **#MyGPandMe** campaign is to reduce health inequalities for people with a learning disability or autism.



**Follow this link** to access useful resources, including how to apply for free GP training.



### STOMP and STAMP

Stopping The Over-Medication of children and young People with a learning disability, autism or both (STOMP) and Supporting Treatment and Appropriate Medication in Paediatrics (STAMP)

**STOMP/ STAMP** is a campaign to stop people of all ages being over medicated. The LeDeR annual report showed there was a link between over medication and people dying too young. A leaflet for families and carers has been produced. You can find it here

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

Professor Pauline Heslop from Bristol University made a [video](#) about the next year of the LeDeR Programme.

Click [here](#) to see Phil from our group reading out our response to the LeDeR annual report.



## Co-Production Week 1<sup>st</sup> – 5<sup>th</sup> July



The 1<sup>st</sup> to 5<sup>th</sup> July was co-production week. There were lots of examples of good co production happening in the North East and Yorkshire.

In the North East, three examples were shared with NHS England. You can watch the videos here



LeDeR: <https://bit.ly/2FDI0XP>

Mindfulness: <https://bit.ly/2WIsvnT>

Cancer Awareness: <https://bit.ly/2ZYkQTJ>

### Love is a Wonderful Feeling Video



This video is the result of a research project exploring the support available for people with a learning disability to find loving relationships. The research took place last year by the Tizard Centre, University of Kent.

Not everyone has the confidence or opportunity to explore relationships, love, sex, and a connection with someone else. This film explores how people who have a learning disability, can gain confidence and explore the opportunities for them to develop loving relationships. Watch the film here <https://vimeo.com/332887161>



### Take Time to Allow Time video

This film was co-produced with young people on the autism spectrum. All the young actors in the film are on the autism spectrum.

The film shows three individual young people who have autism, in different scenarios to demonstrate that autism is not the same for each person. There is also an accompanying booklet.

View the film here <https://bit.ly/32AuBto>







## **A video for people who work on Reception or in admin around supporting autistic people**

A **video guide** for Reception and Admin staff to support Autistic People has been produced. It will be useful to everyone who works in health.



Although this guide was made for General Practice staff, the guidance in the video can relate to all reception and admin staff in a variety of settings in health and social services.

## **Mindfulness for Life Video: People with a Learning Disability Taking a Lead**



Skills for People supported a group of people with a learning disability to work with a clinical expert from their local NHS Trust to create Mindfulness for Life, the first programme of its kind.



The programme teaches Mindfulness-Based Stress Reduction to people with a learning disability and/or autism across the North East and Cumbria.



During the first two years of the project, over 200 people have learned about mindfulness and 50 have completed the course.

Participants have reported huge improvements to their health and wellbeing.



With a grant from NHS England, Skills for People created a short film to tell the story of Mindfulness for Life and to share how they involved people with a learning disability and/or autism. Watch the video here <https://bit.ly/2WIsvnT>



## Cinder-Fella!

As part of Leeds Pride, the People in Action LGBTQ+ group have decided they want to put on their own event. LGBTQ+ means lesbian, gay, bisexual, trans, queer PLUS people who identify in other ways and their friends.

They decided it should be an inclusive and accessible drag cabaret!

With help from LEEP1, the event is going ahead on **Tuesday**

**6<sup>th</sup> August** at **PRYZM** in Leeds, **6pm – 9pm**

Some of the members of the LGBTQ+ group will be performing at the event with some professional drag acts. The event is open to literally anyone that would like to attend, and it's going to be a really good show.

There will be:

- opportunities to experience a drag make-over, including dressing-up, meeting make-up/glitter artists and having a go in the Express Yourself Photo Booth
- Information on local LGBTQ+ services from a variety of stall holders including MESMAC, LDPO, Advonet, Carers Leeds, People Matters and more.
- Incredible performances from a variety of Leeds' finest Drag Queens, Kings and Queer performers

Tickets are available from <http://bit.ly/2xU6g3I> or by calling 0113 2443729 or on the door on the night. Tickets are **£5** and chaperones/support workers enter for free.





Our plans to make sure disabled people can get about like everyone else

## Inclusive Travel Plan

The Department of Transport has an Inclusive Travel Plan to make sure people with a disability can travel around like everyone else.

There is an inclusive travel plan strategy in easy read which you can find here

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

The Department of Transport want lots of changes to be made by 2030.

A new group that includes disabled people's organisations will help them check to see how well they are doing. This will be called the Pan-disability Transport Advisory Group ( PTAG)

They will work with the Disabled Persons Transport Advisory Committee ( DPTAC). People usually call this diptac for short.



There has also been a £20-million-pound government fund set up to improve rail access for people with a disability.

You can find out more here

<http://bit.ly/2Z0ft6D>

## 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 <http://bit.ly/329SM1N> 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

