



Inclusion North Bulletin



Issue Number 201
22nd January 2020

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

Human Rights Workshops



Inclusion North is running a series of free half day workshops for people with a learning disability, autism and family carers throughout Yorkshire, Humber and the North East throughout 2020



The first dates are available to book on to:

- Barnsley: 10th March 2020
- Durham: 26th March 2020
- Halifax: 31st March 2020

Each session only has 16 places, so book your place now.

These workshops will help you:

- Know what your Human Rights are
- Know what to do if your Human Rights are not met
- Know who is responsible for upholding your Human Rights



These workshops will be easy to understand, will be fun and will empower you.

A light lunch will be provided, please let us know of any dietary requirements in advance. Please contact us about any access needs.

For further information about these events, please contact Sandy Marshall: sandy@inclusionnorth.org



You can book places here:
<http://bit.ly/INHumanRightsWorkshops>



Or you can Email us: abbie@inclusionnorth.org
Or phone us: 0113 244 4792

Learning Disability Matters for Families



Learning Disabilities Matters for families is a new website that went live on the 14th January 2020.



The North East and Cumbria Learning Disability Network, Inclusion North, parents and other professionals have worked together to develop the website.



Children and young people with a learning disability often have additional needs and will likely need reasonably adjusted services and support.



The 'Learning Disability Matters for Families' website will give parents, carers & families straightforward, accurate and up to date information that is aimed to help them day to day, know where to go for further help and understand what they are entitled to.

The website is for everyone as it has not been made just for families living in the North East. The information will be useful for families of children and young people who live anywhere.

You can find information all in one place including videos to watch about



- Rights, Advice and Guidance
- Health
- Resources
- Support services



Over the next few weeks a Web App for mobile devices will be created. We will let you know when the WebApp is ready. This should be in February.



You can find out more here

www.learningdisabilitymatters.co.uk

East Riding Autism Partnership Board Meeting



Inclusion North is working with East Riding of Yorkshire Council to develop an autism partnership board.



This meeting is for autistic people, family carers and service providers in East Riding to come together to discuss what is happening for autistic people in the local area.

Come along and have your say; help develop the services and support for autistic people in East Riding.



The first meeting is on Friday 14th February 2020. Starting at 10.30am until 2.30pm

We will get to know each other and think about how we might want to get involved in the Autism Partnership Board.



We will think about why it is important to have an Autism Partnership Board in East Riding.

Together we will think about how the Autism Partnership Board will work and who should be involved.



To book your place please contact Abbie at Inclusion North

abbie@inclusionnorth.org



If you would like to know more about the meeting please contact Rebecca rebecca@inclusionnorth.org

Stop People Dying Too Young – Diabetes



At the Yorkshire and Humber LeDeR Steering Group last week we heard about great work going on to support people with a learning disability who have diabetes.



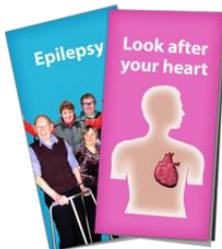
People with a learning disability are twice as likely than other people in the country to develop diabetes. So, it is really important that people understand what diabetes is and how to take care of their health.

It is important that the people who support them know too.



Health professionals need to know how to make reasonable adjustments so that people with a learning disability can use their services easily.

University of Leeds have been doing a project called REAL-D about reasonable adjustments for people with a learning disability who have diabetes.



They have worked with Diabetes UK to make sure their website has lots of Easy Read information for people.



They have also created guides for health professionals about making reasonable adjustments.

All this information can be found here

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

Stop People Dying Too Young – Cervical Screening.



20th – 26th January is Cervical Cancer Prevention Week - a national campaign to help people understand how to reduce their risk of cervical cancer.

Talking to women about cervical screening



Every woman with a learning disability should have access to cervical screening on the same basis as other women.

Women with a learning disability may need help from someone they trust and feel safe with when talking about sexual health and deciding if they need a smear test. This could be a support worker, family member, friend, advocate or health care professional.



Beyond Words have updated their story *[Keeping Healthy 'Down Below'](#)* about a woman with a learning disability thinking about having a smear test (cervical screening) and making her own decision about whether or not to have it done.

Keeping Healthy 'Down Below' is available as both a book and an ebook: <http://bit.ly/2F3XaTD>

They have also published '**An Easy Guide to Cervical Screening**'. This picture-based leaflet can be downloaded from their website for FREE: <http://bit.ly/BWdownload>



Please share and make use of these resources and help reduce health inequalities for women with a learning disability.



Buzz Projects and Workshops at Leeds Playhouse

Leeds Playhouse will be running Buzz workshops and other projects from the 18th January 2020.



The workshops are designed for young people with a learning disability aged 14 to 25, and help people develop new skills, gain qualifications and flourish by taking part in activities promoting inclusion and opportunity through the arts.



The workshops take place every Saturday and are on a drop-in basis. Each session has support workers in attendance but if you require one to one support, carers and personal assistants are more than welcome.

Each session costs £2 and run from 1.30pm to 3.30pm



For more information please email Nataile Kyrkos: natalie.kyrkos@leedsplayhouse.org.uk

Or call: 0113 213 7236

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/december-policy-update/>

This information is not in easy read as it is written for our local authority and clinical commissioning group members.

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