



Inclusion North Bulletin



Issue Number 202

4th February 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 about any dietary requirements. 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



Bringing Change to the Board!



The Leaders with Lived Experience team have come up with a name for their new project on inclusive governance, **Bringing Change to the Board!** The aim is to:



Build the confidence and knowledge of people with lived experience to become directors or trustees



Strengthen organisations through this diversity



Inspire others to bring this change

Over the past month we have been:

- working through an induction to Inclusion North
- meeting Directors, members of the Advisory Council and other colleagues
- thinking about the delivery of the course
- doing research about the roles and responsibilities of Directors and Trustees
- making connecting with people and organisations that can inform our work



Keep in touch on twitter or email us



[#bringingchangetotheboard](#)
LLE@inclusionnorth.org

How to Keep Your Heart Healthy – We Would Like to Hear from You

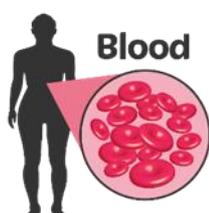


Inclusion North is working with Humber Coast and Vale Health Care Partnership.



They are working on their long-term plan to improve the health of people in the local area. They would like to share information about Cardiovascular Disease and the risks.

They would like to find out from local people with a learning disability and family members how it affects them and what can be done to support them.



What is Cardiovascular Disease?

Cardiovascular Diseases are problems that affect the heart or veins. These are things like:

- Heart disease
- Strokes
- High blood pressure



We are having a workshop



The workshop will be in York on the 27th February. It will start at 10.00am and finish at 12.30pm.

Places are limited so please contact Abbie at Inclusion North to book your place by 20th February.



You can email Abbie at abbie@inclusionnorth.org

Or call 0113 2444792

Will I be paid for getting involved?

We would really like to hear from people that live in the Humber Coast and Vale area.



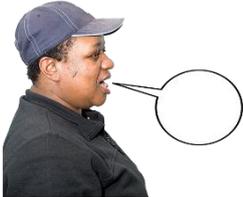
Inclusion North will pay £10 per hour and you will also get travel expenses. If you need a supporter, they will also get paid at this rate.

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



Looking for people to help the NHS look at their standards

Last year Inclusion North helped the NHS to involve people with a learning disability to look at what was working with the NHS learning disability improvement standards.



The NHS [Learning Disability Improvement Standards for NHS trusts](#) were published in June 2018 and are a way to check that people with a learning disability are supported in a way that is fair, right and good.

The NHS want to hold another event this year and we have said we will help them find the right people to go along.



The meeting will be at the Novotel in Leeds on the 17th March 2020. They will pay for your travel expenses or they can book train tickets for you.

The kind of things they will do on the day are:



- talk about what they did differently as a result of last year's event
- discuss what they've been doing to check if the standards are being met
- talk about the aims to roll out the standards.
- check whether they are still checking on services in the right way
- and finally hear what else you think they should be doing



If you are interested in being involved, please get in touch and let us know by 17th February.



Email Abbie at Inclusion North: abbie@inclusionnorth.org

Or Call us: 0113 244 4792



Nominations are now open for the 2019 North East Disability Sport Awards.

The North East Disability Sport Awards recognise a broad range of achievement and hard work across the region.

They celebrate the fantastic achievements and contributions that athletes, coaches, clubs and schools have made to disability sport.



The award ceremony will take place at Princes Alexandra Auditorium, Yarm School on Thursday 2nd April 2020.



Becki Parker, a dance artist with TIN Arts and a Leadership Coach at Inclusion North will perform her solo dance piece Hunting for the Unicorn at the event.

If you want to nominate somebody for an award you need to be quick.



Nominations will close on 7th February 2020.

The categories are

- Male Personality
- Female Personality
- Young Male Achiever
- Young Female Achiever
- Team of the Year
- Coach of the Year
- Participant award
- Service to Sport Award
- Outstanding Club or Group Award
- Education Award



You can nominate your winners here www.nedsa.co.uk

Eye care and people with a learning disability



A new guide for professionals about making reasonable adjustments has been published by Public Health England, giving information about:

- the eye health of people with a learning disability
- the importance of accessing eye health services
- some of the barriers to getting access to good eye care
- adjustments that can be put in place to make eye care more accessible to people with a learning disability



You can read it here <https://bit.ly/314Kbgx>

There is an Easy Read summary here <https://bit.ly/36z9etd>



Public Health England have produced lots of different guides about making reasonable adjustments for people with a learning disability. You can find them here

<https://bit.ly/38QS0sO>

Get your copy of *The Helpful Guide for Families with Disabled Children* from Contact

contact For families with disabled children

Contact are a national charity for families with disabled children. They support families with the best possible guidance and information.

They bring families together to support each other. They help families to campaign, volunteer, and fundraise to improve life for themselves and others.



Contact have published ***The Helpful Guide for Families with Disabled Children***. This is a comprehensive guide for all parents about the many ways they can support you.

If you'd like a copy of their helpful guide, complete the online form here: <https://bit.ly/2RCgl04> They will send you a copy in a couple of weeks.



You can find out more about Contact here:

<https://contact.org.uk/>

People in Action Independent Lives Course



People in Action are an organization based in Leeds.

They run an Independent Lives course for people with a learning disability and autistic people.

The aim is to

- Learn how to access different services and improve your skills for independent living



The course focuses on accessing the community and using public transport

You can get an NOCN qualification at the same time if you want to



The course will run on Fridays 10.30am-12.30pm



The cost is £2 per session

The course will be held at The Old Fire Station, Gipton, Leeds

The course is starting on **Friday 7th February.**



If you know anyone who might be interested, please call 0113 2443729 or email danielle.martin@peopleinaction.org.uk

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

