



Inclusion North Bulletin



Issue Number 203

17th 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.



Yorkshire and Humber "Stop People with a Learning Disability Dying Too Young" Events

Come to our events to find out more about the national LeDeR Programme and what is happening in Yorkshire and Humber. Leder is the work that aims to stop people with a learning disability dying too young.



The day is for people with a learning disability, family carers, health and social care providers, social workers, primary care staff, GPs and acute hospital staff.



Lunch and drinks will be provided.

People with a learning disability and family carers can claim their travel expenses back.

You can book places here:

Grimsby 4th March 2020

<http://bit.ly/LeDeRGrimsby>



Doncaster 20th March 2020

<http://bit.ly/LeDeRDoncaster>



Or email

abbie@inclusionnorth.org



Or telephone: 0113 2444792



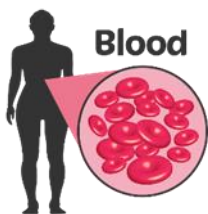
How to Keep Your Heart Healthy – We Would Like to Hear from You

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.



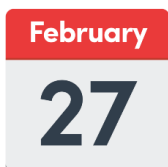
What is Cardiovascular Disease?

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.

Know Your 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

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

Barnsley - 10th March 2020

Durham - 26th March 2020

Halifax - 31st March 2020



Book here: <http://bit.ly/INHumanRightsWorkshops>

Hartlepool - 30th April 2020

Doncaster - 5th May 2020

Middlesbrough - 28th May 2020



Book Here: <http://bit.ly/HumanRightsWorkshops2020>

Huddersfield 2nd June 2020

Stockton 25th June 2020

Wakefield 7th July 2020

South Tyneside 16th July 2020

Sunderland 30th July 2020



Book here: <http://bit.ly/INHumanRights2020>

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.

For further information about these events, please contact:

Sandy Marshall: sandy@inclusionnorth.org

You can also book by emailing: abbie@inclusionnorth.org

or calling: 0113 244 4732



Learning Disability England – Conference – 13th February 2020



Sandy attended a great event held by Learning Disability England on Thursday 13th February, the day before Valentine's Day.

So, going along to the workshop on Relationships was very useful.



One of our human rights is **Article 12 – The Right to Marry and have a family** –but, many people with a learning disability or autism do not have the opportunity to meet and explore relationships.



Choice Support told us that in the UK only 3% of people with a learning disability live as part of a couple.

There is a new group in Wakefield called **2BU** they meet every second Thursday in the month – this group is for adults with learning disability or autism who identify as **LGBTQ+** (lesbian, gay, bisexual, transgender, queer and everyone else).



U-Night www.unightgroup.co.uk are trying to change hearts and minds by supporting people in healthy relationships and training for people with a learning disability and their supporters.



Supported Loving is another opportunity for people to learn more and get involved – www.supportedloving.org.uk



Meet and Match is an internet dating site for people with a learning disability and aims to provide exclusive friendship and dating opportunities for to meet people on dates or small groups.

They provide supported first dates and relationship support at all stages of your relationships - <http://www.meet-n-match.co.uk>



The workshop looked at the challenges and barriers faced in developing healthy relationships. Sandy left with a red rose and greater knowledge.

Care Quality Commission – Relationships and Sexuality

The Care Quality Commission provide guidance on relationships and sexuality for people who use adult social care services.



This document can be found on their website at

[Relationships and Sexuality](#)



There is also an easy read version

[Easy read - Sexuality and Relationship](#)

Working Together to Reduce Inequalities for People with a Learning Disability



Skills for Care are doing an event for people across the health and social care sector to explore how they can work together to improve the lives of people with a learning disability who also have autism or complex needs.



It is a chance to hear from different people and talk to people from different places about what we could do better by working together.

The event is part of the Quality Matters initiative.

Who Should Attend?

This event is for care and social providers, NHS and healthcare professionals and social workers.



When is it?

Tuesday 31st March 2020

10.00 – 16.00

The Studio, Leeds.



You can book a place here: <http://bit.ly/SkillsForCare>

Lunch and refreshments are provided.

Pool of Sound Music Project



Pool of Sound is a music project in Newcastle that does one to one and group music sessions for people with a learning disability or autism.

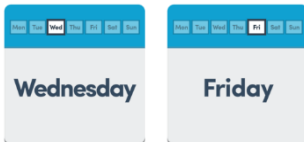
One to One Studio Sessions

Pool of Sound offer one to one studio sessions. This could be recording your own music onto CD, making soundscapes or recording covers of your favourite songs.



Group Music Sessions

In the group sessions you can sing, dance, and play along to different songs or use instruments to create your own music which can be put onto CD to take home.



Drop in Band

The drop in band is for people with a learning disability. It is every Wednesday and Friday from 1.45pm to 3.15pm. It is at Byker Community Centre, Byker, NE6 2DX.



To find out more contact Pool of Sound
Phone: 0191 265 9341
Email: enquires@poolofsound.org.uk

HELM on Tour.



Talent Hub's dance work HELM is now on tour. HELM has eight dance artists who have a learning disability or autism, who have used their creativity and imagination to create their dances along with choreographer Theo Clinkard.

You can see it on
Tuesday 25th February 2020 at Lancaster Arts, The Nuffield Theatre, Lancaster.



Or
Thursday 27th February 2020 at Kala Sangam, Bradford



Buy tickets here: <https://talenthub.org.uk/events/>
Talent Hub is a collaboration between TIN Arts, Yorkshire Dance and Inclusion North



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/february-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