



Inclusion North Bulletin



Issue Number 205

16th March 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.



Coronavirus - Covid 19

Inclusion North thinks it is really important to share as much information for people with a learning disability or autism, their families and carers about Coronavirus.



Inclusion North has some easy read information that is being updated as often as we can here

<https://inclusionnorth.org/coronavirus-easy-read-information/>



The version that is the most up to date is also here

<http://bit.ly/Coronavirus16032020>

It includes information about



- What is Coronavirus?
- How do you get Coronavirus?
- What are the things to look out for if you feel ill?
- What to do if you think you have Coronavirus
- What to do if you feel ill with something else
- If you have a job and are worried about being paid if you have to self isolate or have the coronavirus
- The Government and their plan to stop Coronavirus spreading
- Having your own plan
- Where you can find more information



Inclusion North Events and working with us

We think it is safest if we cancel all our face to face work until at least 1st May 2020.



We will let people who were going to come to our meetings know that everything is cancelled for now.



If you work for the Inclusion North Expert Hub, it is ok to tell us if you are worried or want to cancel any work you have agreed to do.

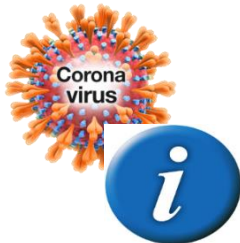


We will think about rearranging meetings and appointments when we can.

photosymbols®

Posters by Photosymbols

Photosymbols have made some really useful posters about Coronavirus.



You can find the photosymbols posters here.

How to stay safe <http://bit.ly/39DdEBL>

What to do if you get ill <http://bit.ly/3aSw55y>

Coronavirus and health issues <http://bit.ly/39Sx8T1>




Coronavirus
How to stay safe

Coronavirus is a new illness spreading across the world. The symptoms are

- * Fever
- * Cough
- * Trouble breathing

Don't spread it

- Wash hands regularly
- Use a tissue for coughs and bin it
- Don't touch your face or eyes with your hands

CALL 111

If you are worried **DO NOT go to your GP**
Stay home and phone NHS 111



Coronavirus
What if you get ill?

If the NHS think you have coronavirus, they may tell you to

- * Stay at home
- * Avoid people
- * Plan for 2 weeks

Self Isolation

- Ask someone to do your shopping
- Tell people not to come in your house or room
- Keep toilets, bathrooms and towels clean
- Wash your hands a lot

CALL 111

If you are worried **DO NOT go to your GP**
Stay home and phone NHS 111



Coronavirus
and health issues

Take extra care if you are older or have health issues

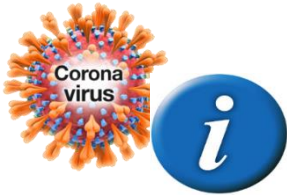
- * Heart problems
- * Diabetes
- * Breathing difficulties

Things you can do

- Stay away from crowds
- Avoid sick people
- Make a plan for if you get ill - your care, food & tablets

CALL 111

If you are worried **DO NOT go to your GP**
Stay home and phone NHS 111



Where to find other information about the Coronavirus (Covid 19)

Learning Disability England are sharing information all on one page you can find it here <http://bit.ly/2TUQFwN>



Inclusion Europe has written some easy read information you can find it here <http://bit.ly/2xGvK7V>



The Down Syndrome Association has written some easy read information you can find it here <http://bit.ly/2QhDTGu>



Carers UK has some information about making a plan you can find it here <http://bit.ly/2Wet5MX>



Easy Read Online has written some easy read information you can find it here <http://bit.ly/39WQgiQ>



The NHS and Public Health England information is here <http://bit.ly/2vm8POj>



Public Health England

Here is a link to guidance on people that are in social or community care and residential settings. It includes supporting people in their own homes.

<http://bit.ly/3d6hXb9>

Gov.uk

Information about people who need to stay away from other people as they have health conditions. This is called the Guidance on social distancing and for vulnerable people

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



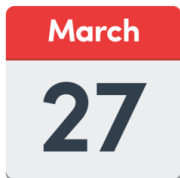
Bringing Change to the Board!



As part of our research the team met with Yes we Can, an organisation that develops social change leadership in the North East and who offer a training programme for new Charity Trustees.



We also had a call with Connect in the North, who offer training to their own Board of Directors and deliver training to other organisations.



This has been great in helping us think through the requirements of our project. Thank you for sharing your information and experience. Questionnaires from inclusive Boards are also starting to come through and are proving to be a valuable part of our research.



Applications to the project are open until 10am on 27th March, an information and application pack can be found here:

<https://inclusionnorth.org/bringing-change-to-the-board-applications-now-open/>



Becki Parker, Leadership Coach on the project says "I am really enjoying this work. I feel like an equal and valued member of the team. I enjoy planning and researching for the training course, in particular I find the legal research really interesting.

I am looking forward to working with new people in different places and contributing to the positive inclusive change in governance".

You can contact Dawn, Becki and Kirsty, the Leaders with Lived Experience Team at LLE@inclusionnorth.org



Expert By Experience working on Peer Support

Kirsty an expert by experience in the Inclusion North Hub recently supported a Clinical Commissioning Group with their Peer Support work.

Kirsty said



I loved the experience this bit of project and meeting lots of different professionals.

It was all new to me but loved every moment of it and learned a lot at the same time.

The training was 4 days and we stayed in a hotel for 3 nights.

I was going as an expert by experience and that was interesting.



They don't do person centred plans in quite in same way and yet we felt the clients would benefit from them.

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

