



Inclusion North Bulletin



Issue Number 206

30th 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 Daily Update

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.



Some of the things we are doing are



- Every day we are producing an easy read daily news update
- Producing information in video

You can find our information and links to other information here



https://inclusionnorth.org/our_work/coronavirus/

The Inclusion North team are still working and you can still contact us by telephone or email



<https://inclusionnorth.org/contact-us/>

Office main line 0113 2444792

This is diverted to Melissa Peacock, Office Manager Monday to Friday 8am to 4pm

CTR Hub line 0113 898 0025

This is diverted to Eileen Fox, Hub Administrator who will be available Monday, Wednesday, Thursday and Friday 8.30am to 1.30pm

Bringing Change to the Board!



Due to the current coronavirus situation we have had to make some changes to the 'Bringing Change to the Board' project.

- We are extending the application date to 31st May. This will hopefully give you more time to consider how the current situation has impacted on you and what the 'Bringing Change to the Board' opportunity means for you now.
- The training course part of the project will not run until the autumn. The dates given for May and June will no longer go ahead.



We intend to run the project just as soon as it is safe to do so. In the meantime, we will continue to gather information, develop resources and connect with inclusive Boards.



Apologies to those of you who have already connected with us regarding this opportunity, as you will appreciate the delay is out of our control.

If any organisation would like to speak to us about the project or indeed if there is something that is preventing you from applying, please do speak to us. We are happy to answer any questions you may have and will do our best to resolve any problems.



Application information and project updates can be found on the Inclusion North website, <https://inclusionnorth.org/our-work/leaders-with-lived-experience-project/>



The Leaders with Lived Experience Team can be contacted at LLE@inclusionnorth.org

Thanks
Kirsty, Dawn & Becki



Human Rights Workshops – Barnsley 10th March 2020

Inclusion North's Human Rights Workshops will be rescheduled as soon as the Coronavirus is over.



Kausar and Sandy managed to deliver Inclusion North's first workshop on the 10th March in Barnsley.

Thank you to Barnsley Metropolitan Council for providing a free room.



Whilst we didn't have a full workshop, those that came along told us what they got out of it:

- To think if I impact on a someone's rights
- Enjoyed it and learnt lots of things
- How to support people so they feel valued and their human rights respected.
- Learnt about choosing another doctor
- The different types of Human Rights
- Loved the bingo



Inclusion North gave certificates of attendance out to those people who came along.



Please keep looking at our website which will be updated with new dates for Human Rights Workshops.

At this most difficult time remember - Article 2 The Right to Life.



Autism Alert Card

People living with autism and a learning disability in South Yorkshire will now have access to a **free alert card** which aims to make it easier to work through social and stressful situations.



After a successful launch in Rotherham last year, the Autism Alert Card has now been rolled out across South Yorkshire.



If anyone has a family member, friend or contact who may benefit from an Autism alert card please share the below email address.

Autism.Alert.Card@southyorks.pnn.police.uk



The cards are **free**, credit card sized and let blue-light staff and partner agencies know that the card holder is either on the autism spectrum or has a learning disability and may need extra support.



The cards are designed



- **reduce anxiety in stressful situations,**
- **help understanding**
- **feel more comfortable in stressful or frightening situations.**
- **help when the card holder is experiencing a meltdown by providing contact details**

These can be ordered by contacting your local National Autistic Society branch via this link, or email South Yorkshire Police at:

An 'easy read' form with a light blue background. It has the text 'Please fill in this easy read form' and three input fields labeled 'Your name', 'Address', and 'Phone' with small icons next to them.

Autism.Alert.Card@southyorks.pnn.police.uk

Let's Talk About Sex podcast

It's taken a long time but Dr Claire Bates has finally made a new podcast.

She is joined by family consultant Liz Wilson from Dimensions and they discuss how support staff can start to chat with families of adults with a learning disability and/or autism about relationships and/or sex.



If you are stuck at home and want something informative they have you covered!

You can find it here <https://bit.ly/2UD0tcc>

Over the next few weeks Claire is looking for some more people to be on the podcast.



Ideally she would like

- People with a learning disability who are in a relationship
- People with a learning disability who train people in sex education/relationships
- A dating agency
- A psychologist
- A community learning disability nurse
- A social worker
- Any researcher in this area with current interesting findings



Please volunteer and get a half hour call booked in- it won't be scary, it is just like having a chat

Claire also shared this useful resource - a sexual health education app for young people with autism and/or learning disability aged 14 and over

<https://bit.ly/3bu3IR1>



Making a plan for emergencies

Together Matters has been supporting families to plan for the future for many years. An important part of this has been making a plan for emergencies.



In the current situation many families are wondering about who might help if they become ill and how they will let others know all the important information about their relative.

They have created a new PDF, [Making a plan for emergencies](#) that combines information about how to make a plan with a template to write an emergency plan.



Also, there are three additional templates to think about who might help out in an emergency situation and to gather essential information about a person to keep them safe and well.

Tips to make a quick plan in the current situation



- Think about who could help and how: use the template People in My Life to help with this. Tap into the help that is being set up in local neighbourhoods to help people cope
- Read section 6 and write down essential information about a person in the emergency plan template. Also use the 'Important to and for' and 'Good day-bad day' templates
- If a social worker phones to check you are okay, tell them about your plan.
- Email your plan to your council and others you have mentioned in the plan.



Visit their website for more information and free resources www.togethertomatters.org.uk



Leep 1 – Leeds Groups

Leep 1 the self advocacy group in Leeds have a Facebook group. The group are running online sessions throughout the week.



They have lots of activities arranged for people to join in things like

- Cooking and Needlework sessions
- Money skills and sign language
- Countdown game
- Keep fit and Health Living
- Virtual Nightclub



They also have a daily conference call for people who cannot access the internet.



For more information contact paul@leep1.co.uk

Or Look for the Leep 1 Group on Facebook



Free online training to stay connected

Sunderland People First and Media Savvy are working together to help people stay connected.

They are having some online training courses for people with a learning disability, autism, family carers and support staff.



The first session is about setting up a WhatsApp group with family and friends. It is a really good way of sharing information, photographs and positive things to help each other.



The session is on Thursday 2nd April from 10am to 11am



You can join the session here <https://youtu.be/65mug94ylaA>

Quality of Care in Mental Health Hospitals



Last week the BBC reported on the poor quality of care within Mental Health Hospitals run by Tees, Esk and Wear Valley NHS Foundation Trust (TEWV).



People with a learning disability or autism are amongst those treated here.

You can read the report here:

<https://www.google.co.uk/amp/s/www.bbc.co.uk/news/amp/uk-england-tees-51980460>



The television programme referred to in the report, Inside Out North East and Cumbria, has not been shown yet.

Do look out for this being rescheduled.

It is important that poor quality in our Health and Care system continues to be exposed so people can be made safe and well cared for.

A guide to using visual timetables

Visual timetables are used to help a person understand what is happening in their day using pictures, photographs or symbols.

They can be set up in different ways and work best when they are created to meet the needs of an individual.

Visual timetables can break down single activities e.g. the order of what will happen at a doctor's appointment.

Why use a visual timetable?

- Pictures can be easier to understand than words
- People feel more in control and independent
- Helps to reduce anxiety around the not knowing what is happening next. This can help people to feel safe
- Helps with transitions (moving from one activity to another).
- Can help people get through less enjoyable things if they see something fun coming up afterwards.

How should the visual timetable/schedule be set out?

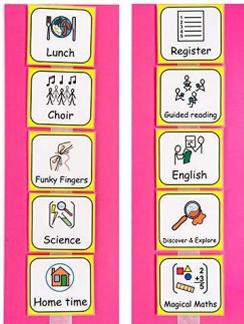
Things to consider:

- **How much** can the individual process?
- **Where** are the activities of that day? Does the visual timetable need to be moved to different places?
- Does the **use of times** help? Or would this cause more anxiety if things did not happen on time?





- **Sight** - Do the pictures need to be larger?
- Would **written words with the pictures** be useful to the person?



How do I use a visual timetable?

- Straight away before first activity starts. Some people may prefer to know the night before.
- Go through it with the person, point to the pictures and talk about it.
- Go back to the schedule throughout the day.
- Mark pictures off when the activity finishes and then point to the next picture.



How can I encourage the use of a visual timetable?



- Involve the person in setting up the timetable
- Leave some spaces blank on the timetable and allow the person you are supporting to choose what they want to do.

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

