



Inclusion North Bulletin

Issue Number 207

11th May 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.

North East Local Authority Information Sharing



Inclusion North are working to bring Local Authority representatives together each week.

Using digital technology, 8 Local Authority areas in the North East connected with one another and representatives from North East & North Cumbria Learning Disability Network, NHS England and the Local Government Association.



Understanding what is happening across the region is important, particularly during this difficult time.

It is an opportunity to:



- come together on new initiatives
- strengthen the voice of concerns being raised
- share local knowledge and practice
- identify where further resources are needed
- offer support and reassurance

Kellie Woodley is coordinating this work and can be contacted on kellie@inclusionnorth.org

Keeping friends safe during Coronavirus



I want to share about keeping my friends safe through the Coronavirus. My friend has a learning disability and mental health issues.

Three weeks ago, I was upset and worried about my friend. Her mental health issues had taken a turn for the worst.



My friend couldn't sleep so she went for a walk at 2 o'clock in the morning.

She was very scared with her mental health issues. She shouldn't have been out there but she couldn't sleep.



I am getting the message out there to say that if you have got a friend who has with a learning disability or metal heath issues give them a call and make sure they are all right.

I make sure I phone my friend once a week to see if she is all right now.

My friend is with her brother now. She is safe and sleeping much better.



I got in touch with the organisation I go to, because they are phoning people up who have a learning disability or are autistic and people with mental health issues, so my friend is now on the list.



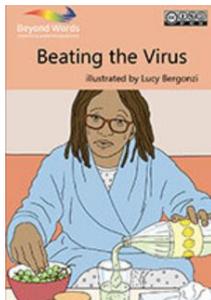
Please can you check in with people you care about and see if they are all right.

Dawn Flockton
Leadership Coach



Beyond Words – Coronavirus resources

Beyond Words have created more accessible books to help people to understand coronavirus.



Beating the Virus – now in colour

This will help people to understand what to do if they have Coronavirus and how to stay safe.

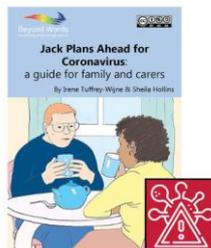
Download here <https://bit.ly/2Wbk2Mj>



Good Days and Bad Days During Lockdown

This wordless booklet looks at what makes a 'good day' and what makes a 'bad day'. It includes social distancing, lockdown, mental health and daily routines.

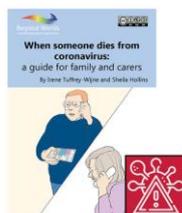
Download here <https://bit.ly/2Wc8vMU>



Jack Plans Ahead for Coronavirus: a guide for family and carers

If someone is very poorly with coronavirus they will have to go to hospital, and this will be very frightening. This guide helps families and carers to have difficult conversations about planning end of life care.

Download here <https://bit.ly/2Wc8Kri>



When Someone Dies from Coronavirus: a guide for family and carers

This will help with conversations if someone you know dies from coronavirus.



Download here <https://bit.ly/2SIr9tC>



Getting better at technology

British Telecom are working with ITV and some celebrities to create a series of tech lessons to help you and your family stay connected.

During lock down people want to use technology to stay connected with people.

But it can be hard to know how to do it.

They will be covering various topics, including:



- Keeping fit with Gareth Southgate
- Digital wellbeing with Fearne Cotton
- Working from home with Clare Balding
- Family time online with David Walliams
- Learning at home with David Walliams
- Online banking with Angelica Bell
- Safety online with Rochelle & Marvin Humes



When can I watch the lessons?

You can find the videos here [Top Tips on Tech](#).



We've got even more digital tech tips, guides and free courses online

Visit the [Skills for Tomorrow](#) website to find lots of guides, online courses, and resources for parents, work, business, teachers, and general everyday life.

Social Care Institute for Excellence (SCIE) website with coronavirus information

SCIE has created an online resources with information about coronavirus.



There are sections for

- for social workers & occupational therapists
- care staff
- carers and families

The information is designed to help you to support people with a learning disability and autism during the coronavirus crisis.

Fine the information here <https://bit.ly/2LatfhH>

Free online art sessions



North Tyneside Art Studio are opening up their free online sessions to anyone who would like to take part.

They are now offering 3 creative classes per week.

The sessions are available free of charge to everyone with access to the internet!



They might be useful to anyone whose mental health is being affected by coronavirus.

These sessions might help as we all deal with the stress, loneliness, anxiety and change caused by coronavirus.



The sessions run on their Facebook page <https://bit.ly/2L9KMXi>

And if you can't join them live, all the sessions are saved on their Facebook page to be watched later.

TIN Arts... The Creative Couch Project



The Creative Couch is a **FREE** new project from TIN Arts, providing arts-based activities to do at home.

It runs from now until the end of June 2020.

TIN Arts will send you activities to do at home.

You can do the activities at your own pace and when you want to do them.



How often will it happen?

Once a week they will send you activities through the post or by email

Who is it for?

It is for people

- Who are 18 years old or over
- Who live in County Durham
- Who have a learning disability or autism



What does it cost?

It is **FREE** to join in



How do I find out more?

Get in touch with TIN Arts.

Ring Claire on 07913 901687 or email thecreativecouch@tinarts.co.uk for more information.



Also, look at their website for more information: <https://bit.ly/2yE3bbU>



Leep1 Group timetable and how to join

Leep1 now have over 250 people joining in their online activities.



To join the group you need to search for Leep1 group page in Facebook.

You will be asked some questions, this is to keep everyone safe online.



They have guest speakers talking about things like online safety and scams.

They have a daily zoom meeting which you can find out more about if you join the group.



This week there is

Monday – Food Safety and Art

Tuesday – Yoga, Food Safety, Sewing and Cooking and Connect in the North talking about staying safe online



Wednesday – Food Safety and Cooking and West Yorkshire Trading Standards talking about scams



Thursday – Money Skills, Countdown, Food Safety, British Sign Language, Club Night and Clap our Keyworkers



Friday - Keep Fit, Food Safety, Healthy Living and Dance Party



Saturday – Keep Fit and DJ set

Inclusion North Member Areas 2020 – 21

Yorkshire and the Humber



Barnsley
Bradford
Calderdale
Doncaster
Kirklees
North Yorkshire
Wakefield



North East

Darlington
Durham
Gateshead
Hartlepool
Newcastle
North Tyneside
Northumberland
Redcar and Cleveland
South Tyneside
Stockton
Sunderland