



## Take the Lead Workshops

Inclusion North are running some free online workshops for people with a learning disability and autistic people.



We are running five different workshops. Each workshop is about a different topic.



## Who are the workshops for?

The workshops are for adults with a learning disability and autistic people living in the North East or Yorkshire and Humberside.



We really welcome people with a learning disability and autistic people from Black, Asian and minority ethnic backgrounds, and people who are lesbian, gay, bisexual, trans and queer (LGBTQIA+).

## What are the workshops about?



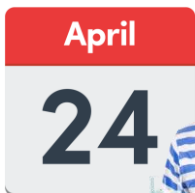
### 1. Confidence

We will talk about confidence and speak up for ourselves. This is for people who have not done Take the Lead Level 1 before.



### 2. Self-Esteem

We will learn how to feel good about who we are. This is for people who have not done Take the Lead before.



### 3. Staying safe and well

We will work together to learn about staying safe and well in our lives and online.



### 4. Safeguarding

We will learn what safeguarding means, and how we can look after ourselves and others.



## 5. Who we are and relationships

We will look at who we are (our identity) and talk about different types of relationships.



Don't worry if you can't join the session you want. We are running them again, starting on May 29<sup>th</sup>.



### How long does a workshop last?

Each workshop will last 90 minutes.



You can choose to take part in just one workshop that interests you. Or you might want to take part in a few different ones.



### Do I have to join by myself?

You can join by yourself, or you can have someone to support you. This might be a family member, or support worker.

## When will they happen?

All workshops are on Thursdays. They start at 10am and finish at 11.30am



## How to join Take the Lead workshops

All the workshops are free

To ask a question or apply to join a workshop contact Lisa Tallant

We will ask you to fill in a form. We can help you.

Email: [Lisa.Tallant@inclusionnorth.org](mailto:Lisa.Tallant@inclusionnorth.org)

**Telephone:** 07946 026371

