

# 13<sup>th</sup> May 2022

## Inclusion North News



Inclusion North will share an important news story and tell you about their own work here every two weeks.

### In the news this week

The BBC reported on singer Sheldon Riley who is representing Australia at the Eurovision Song Competition this year.



Sheldon has described how being autistic has informed his song 'not the same'. It is based on his experiences. Sheldon has also performed on the X Factor Australia and America's Got Talent.



In an interview Sheldon said he 'hopes people will listen to my song, and just feel some form of inclusion. I want people to be able to look at me and go, he's not so different'.



The final is on Saturday 14<sup>th</sup> May.

If you can, get together with family or friends and tune in to see who wins!

## News from Inclusion North



### Involving Everyone

This is an opportunity for people with profound and multiple learning disabilities, their families and paid carers to be part of a photography project and exhibition to celebrate and share an understanding of their lives.



If you would like to know more contact Kirsty. Her email is [kirsty.morgan@inclusionnorth.org](mailto:kirsty.morgan@inclusionnorth.org) Her phone number is 07539063467. Contact Kirsty by 30<sup>th</sup> May

**Mental Health Awareness Week** has brought an important focus on mental health for everyone.



At Inclusion North we aim to think about this in all we do, all of the time. From how the organisation is run, throughout the work we do and the relationships we build. Some recent examples of this include:

- The team sharing on Twitter this week what we do to stay connected.
- An annual staff health and wellbeing survey.
- A session with the 'Art of Brilliance' for health and local authority colleagues



Think about doing something that makes you feel good this weekend!

