

12th August 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 weather is going to be hot again this week, so take care. This is advice from NHS England on how to cope when the weather is really hot.



Stay out of the sun, especially between 11am and 3pm when the sun is hottest.



Wear sun cream to stop you getting sunburnt. Wear loose clothing and a hat that can keep the sun off you.



If you go out, take water with you to drink.



Have lots of cold drinks, but not alcohol.



Close your curtains to help keep your rooms cooler.

News from Inclusion North



Our Take Action to Stop Climate Change group are busy working on some training.



The aim of the training is to help people with a learning disability and autistic people to understand climate change and to know what they can do to help stop it.



When we have got the training and resources ready, we will share it with different groups.



We will share our resources and we will ask everyone we train to pass the information on to other people.



We want everyone to feel that they understand the problem and can be part of the solution.



We will start offering our training for free to different groups in the autumn.