

## 17<sup>th</sup> February 2023 Inclusion North News

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



In this week's news I want to share with you some amazing art work, that has been created by learners at Case Training in Hull.



Case Training provides people with a learning disability and autistic people lots of different opportunities to learn new skills



These pictures share the boats at sea in Hull and were created by Kevin, Shaun, Sarah and Carl.



Case Training buzzes with life. people chatting together, fully engaged and involved in meaningful activities, developing friendships and enjoying their day, with the benefit of having a great lunch time meal too.



With further funding Case Training will be offering their learners pottery classes.

For more information search on Google for Case Training Hull



## **An update from Sandy**

Most of you will know Inclusion North's work is all about making sure people with a learning disability, autistic people and family carers have a voice, are listened to and included.



Over the last few months my role as a Project Support Co-Ordinator has taken me across North Yorkshire and the Humber.



I have been asking lots of people what a good life looks like for people with a learning disability, autistic people and family carers.



Nobody said they wanted:



- an extra-ordinary life
- or to fly to the moon
- or to be a millionaire
- or to have a mansion to live in



People with a learning disability and autistic people just want ordinary lives. To live in a place they called home, near to family and friends. To have opportunities to work, and take part in social activities. To have enough money to live on, to fall in love and be happy, just like most of us. Happy Valentines day to you all.

