

# 3rd March 2023

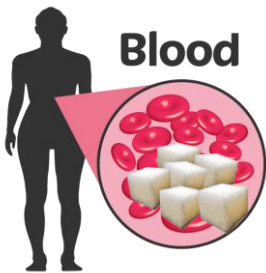
## Inclusion North News



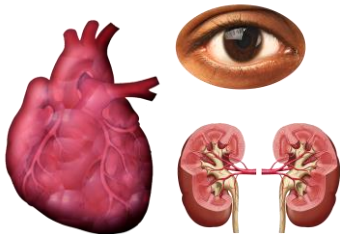
Inclusion North will share an important news story and tell you about their own work here every two weeks.



The Independent shared a story last week about hospital patients with a learning disability developing diabetes.



Diabetes is when you have too much sugar in your blood.



This extra sugar in your blood can lead to serious health problems, like heart disease, vision loss, and kidney disease.



A National Health Review said patients kept in hospitals for a long time got diabetes as a result of not doing enough exercise and eating too many treats.

NHS England found that the physical health of people with a learning disability and autistic people had got worse during their time in hospital because of poor care.



NHS England are going to work with their partners to tackle these issues.

# Freedom



The Citizenship Team have been visiting groups that they know in the North East.



They wanted to know what people with a learning disability and autistic people thought about their freedom.



Freedom is about making your own choices which includes making mistakes.



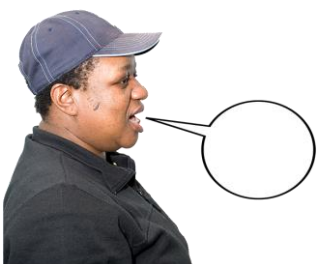
It is about being able to communicate your needs and wishes and others understanding and responding correctly.

It is also about understanding your rights and being able to act on them.



When asked what does freedom mean to you here are some of the things people said.

“Being happy, having a boyfriend, making my own choices, going out with friends and family for food and drinks. Having a job”



“To help encourage my creativity and individuality”