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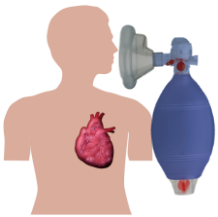
Inclusion North News



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



The Chronicle Live shared a story about a girl called Paige from Gateshead who has Downs Syndrome.



Paige also has heart disease and requires oxygen at night to breathe.



She started doing disability gymnastics 5 years ago but has already won a number of medals.



Her mum said, "Paige's life has completely changed. She is so full of energy, her health is better and she has made new friends"



Her dad feels that there needs to be more inclusion in gyms so more people can take part in disability gymnastics.



He said, "There's so many clubs that try and shy away, because they haven't got the specialised coaches. I want to get this message out so disability gymnastics can grow."

Trying something new



The Citizenship Team at Inclusion North want to find out how people feel about their life and purpose in the North East and North Cumbria.



In the past we have put together some questions ourselves to find out what people think.



This time we decided to ask people who will answer the questions what the questions should be.



We did this because we felt that if we don't ask the right questions we won't get the right answers.



To do this the team have been building relationships with groups they don't know that wouldn't normally have their voices heard.



Sometimes it has felt quite hard and it has taken longer to do it this way but we are starting to see how it will help us.



It helps us to learn what stops people in these groups sharing their voices which will help us to reach more and more people.



It helps us to ask people things in a way that works for them.