

# 9th June 2023

## Inclusion North News



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

### Protect yourself from Pollen Bombs



Due to the warm weather, there are high pollen levels the weather readers are calling this a pollen bomb.

Pollen is a fine powder made by plants when they are growing. High pollen can make people feel unwell itchy around their eyes or have runny noses.

Here are a few things you can do to protect yourself:



### Check the pollen forecast

You can check your local weather reports to find out the pollen forecast in your area.



### Take medicines

There are medicines you can take but speak with your chemist for advice and if your feeling really unwell speak to your doctor.

### Keep clean



Taking regular showers, changing your clothes after coming home, regularly hoovering and dusting your home keeps pollen away.

### Wellbeing

Eat healthy and keep in touch with your friends and family. Research shows there may be a link between mental health and allergies to pollen.



## Jobs at Inclusion North



We currently have some job opportunities at Inclusion North.

Are you passionate about making inclusion a reality for people with a learning disability, autistic people, and their families?



Do you want to work with lot of different people, including people with lived experience, to make sure that people with a learning disability, autistic people and their families have their voices heard.

If yes, then we would love to hear from you.



A Finance Assistant in the Office Team to work with the Office Manager, working part time making payments, creating invoices and keeping the records for the company's money up to date.



A Regional Manager in the North East Project Team to lead on the planning and delivery of all work in the North East region.

A range of flexible opportunities for people to utilise their knowledge, skills and experience to support the delivery of projects across the North East.



For more information about these jobs please see the Inclusion North website, or telephone 0113 2444792.