

22nd December 2023

Inclusion North News

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



My name is Maria Spadafora. I started working for Inclusion North in November 2023.



I am one of the Project Support Coordinators working across Yorkshire and Humber.



My job is to support projects that make sure autistic people and people with a learning disability are listened to.



In my spare time I volunteer with a community choir for young people and adults with a wide range of lived experience.

The choir love to sing because it helps with confidence, meeting people, and is lots of fun!



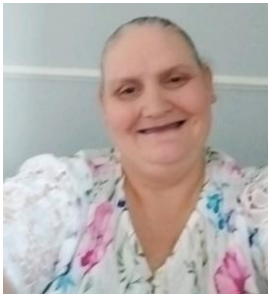
I'm looking forward to 2024 and being part of all the great work Inclusion North do!



New Directors at Inclusion North

Over the summer we started looking for two new people with a learning disability to join our Board of Directors.

Congratulations to Diane Blackburn and Denise Bowles.



Diane Blackburn – Dianne has recently completed all 3 levels of our Take the Lead training. She is a self-advocate from Newcastle.



Denise Bowles – Denise has been an Expert by Experience for many years and helps deliver the Oliver McGowan Mandatory Training.

Diane and Denise will join the Directors meetings from January 2024.



Stay Well This Winter

NHS England have produced an Easy Read guide called We Are Here To Help You Stay Well This Winter. Search for it on Google to find helpful tips for staying well.

Happy Christmas!

Inclusion North will close at 5pm on Friday 22nd December and will open again on Tuesday 2nd of January 2024.

We wish everyone celebrating a Happy Christmas and New Year!

