

23rd February 2024

Inclusion North News



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



Take the Lead – Level 1

Take the Lead Level 1 is an online training course for people with a learning disability and autistic people.



The course helps to build confidence and get the skills to speak up for ourselves and others.



This year the course is for people living in Yorkshire and Humber.



We are now on our 4th week and have been working on things like:

- Self esteem
- Confidence
- Speaking up



Next week we will be working on Values and finding out about our Human Rights.



The course is led by people with lived experience. They are called Leadership Coaches.

They use their lived experience to help design the course and make the different sessions that we do fun and interesting.



We take our time each week to get to know each other on the course and take part in activities.



This helps the learners on the course to build their confidence.



Some of the learners on the course are supported by co-learners. The co-learners help with any handbook tasks and activities that the learners do in their own time.



The course is all about having fun whilst learning about ourselves and others.

May						
Sat	Sun	Mon	Tue	Wed	Thu	Fri
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Level 2 Take the Lead course for Yorkshire and Humber starts in May 2024 – look out for more information coming your way soon.