

20th May 2024

Inclusion North News



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

Daniel's Role as an Administrator



My name is Daniel, I am an Administrator in Inclusion North's Office Team and I am in charge of making our work accessible for the people we work with.



I book travel, write accessible travel plans, book accessible venues, and create easy-to-read documents.



I make sure that people's needs are met so they can participate in our work. This includes reasonable adjustments, dietary requirements, allergy requirements, and help booking trains and taxis.



I make sure the Inclusion North team have the right support to do their job well and run successful meetings and events.

Mental Health Awareness Week



Last week was Mental Health Awareness Week and the theme this year is Movement.



As part of this years Mental Health Awareness Week Inclusion North staff took part in a range of activities during this month's team meeting.



The activities including things like a discussion on feeling connected when working from home, spending sometime outdoors taking nature photos and doing some dancing where people could stand up or sit down.



Wellbeing Tip: Now it's getting warmer you could spend some time outdoors with a friend or looking at the flowers.



You can find out more information about Mental Health Awareness week on the website mentalhealth.org.uk