



3rd June 2024

Inclusion North News



This week's news is written by Courtney. At Inclusion North, Courtney works with a group of people called the Involvement Leaders.



The members of the group are people with a learning disability, autistic people and family carers. Some people have been in hospital for a long time, some people are using mental health community services, and some people are their family carers.



We try to help the Integrated Care Board make the right plans for people to have the best lives possible.



We do this across the North East and North Cumbria



The Involvement Leaders share important messages with senior leaders about what is working well for people and what is not.



The Involvement Leaders have meetings every two weeks.



The Involvement Leaders have come up with 4 priorities which they have asked the Integrated Care Board to improve. These are



1. Make it easier for family and friends to visit people in hospital



2. More training for staff



3. Less restraint and to stop the use of seclusion rooms



4. People to be supported to be involved in the meetings where decisions are made about their lives



In June, a new member of staff will be joining Inclusion North to work on this project with Courtney and Anya.



Wellbeing tip

Make the effort to speak to a family member or friend you haven't spoken to for a while.

