

# July 1st 2024

## Inclusion North News



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

My name is Ellie Coakley, and I have just started working for Inclusion North.



I used to work as a teacher with children with a learning disability and autistic children. I have also worked for lots of charities. My last job was as a Wellbeing Coach.

I love to spend time in nature with my family and friends. I also love cooking, dancing and yoga.



I will be working on the Involvement Project, which is made up of different pieces of work, all of which are helping people with a learning disability and autistic people to have more of a voice.



We are looking for more people, over the age of 18 who have a learning disability or autism and live in the community to join our work.





Another project I will be working on is for young people, children, and their families who have experience using mental health services. We will be listening to how they found this experience.



I will also be planning work with people who have a learning disability or autistic people in prison. We want to find out what is difficult about prison services to help the prison make changes.



I will also be listening to the experiences of people with a learning disability or autistic people who are in hospital, to find out what supports them to stay in the community.



I am excited to get to know more people in the organisation in the coming weeks and months. Thank you for reading my news!

My Wellbeing tip

Start writing down what you are grateful for each night before you go to bed.



Doing this every night can help us to focus on what is going right.