

# 26<sup>th</sup> August 2024

## Inclusion North News

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



At the beginning of August, we recorded the second series of My Ordinary Life Podcast. The new series is made with the Stop People Dying Too Young group.



The Stop People Dying Too Young group are people who have a learning disability, who are autistic or are parent and family carers.

The group has been working to end differences in people's healthcare. People who have learning disabilities and autistic people often die much younger than people who do not have a disability.



The podcasts are about death and dying. In the podcasts, people with a learning disability, autistic people, and parent carers talk clearly, honestly, and openly about all things related to the end of life and dying.



The group had lots of questions. It can be hard to talk about death. It is important to talk about death and dying because most people will experience someone they love dying.



These podcasts may sound sad, but they were also heartwarming and funny. One episode is about planning your funeral. There is an episode about end-of-life choices and one about grief.

In these podcasts members of the group talked with professionals. These professionals all work with people who are dying, or with friends and family of people who have died.



In the last episode, we had a panel of experts answer the group's questions about what happens when you die.

If you would like to know more about the podcasts, you can find information on the Inclusion North website.



For support around sadness after people die Cruse Bereavement Support has a helpline, the number is 08088081677.

### **Wellbeing tip**

It is now the time of year that is nearly Autumn.

Look at the changes that happen when you are outside: the ripe berries on the trees and the colour of the leaves changing to gold and red. It really is a beautiful time of the year.

