

21st October 2024

Inclusion North News



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

Young Voices



My name is Maria. I am a Project Support Coordinator at Inclusion North.



I am working with Beth Reavette to set up a new group for young people at Inclusion North.



The group is called Young Voices. It is for young people aged 18 to 25 who are autistic or have a learning disability.



Young people aged 18 to 25 who live in Yorkshire or Humber can join this group.



Friends

Going out

Independence

We will be talking to young people about what is important to them. This might be things such as what a good social life looks like, or getting into work.



The Young Voices group will meet on Zoom. We also want the young people to plan their own fun activities, so we can meet up in-person.



There is more information on the Inclusion North website www.inclusionnorth.org – go to 'current work'



Stay Well in Winter

The weather is starting to get colder. We are more likely to get ill when it is cold.



We can get ready for winter now. Ask your Doctor if you are able to get a free flu vaccine.



Make sure you already have the things you need in your home, such as medicines and warm clothing.



Watch the news, weather and social media for forecasts and information.