



Inclusion North News



Advocacy Awareness Week 14-18 October 2024



This week is Advocacy Awareness week, and we want to tell you about some of our work at Inclusion North.



Confidence and Courage



Confident

Inclusion North's Take the Lead course is all about giving people with a learning disability and autistic people the skills and confidence to speak up.

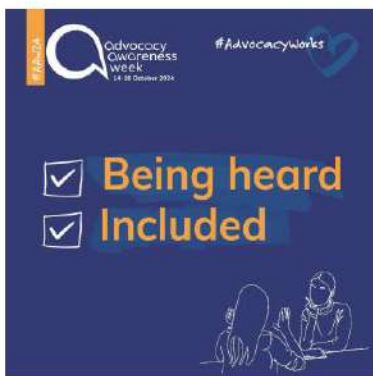


On the course we have lots of fun doing different activities that help people to feel confident and to have the courage to speak up.

We take time to get to know each other and together we see people's confidence grow.

It is great to know that the Take the Lead course helps to make a difference.





Being heard and included

In some of the areas that we work Inclusion North takes part in Learning Disability Partnership Boards.

We work together to make sure that people in their local areas are heard and that they are included in different meetings.



Does your local area have a Learning Disability Partnership Board or other meetings? Are you a member?

If not and you would like to be, maybe you can ask someone you know if there is a local Learning Disability Partnership Board and how you can take part.



Here are some tips for building your confidence

- Wear something which makes you feel comfortable and happy – something that you feel good in
- Say kind things to yourself
- Take care of yourself – sleep well, eat well and move your body in ways that makes you feel good
- Try something new

