



4th November 2024

Inclusion North News



Inclusion North will share an important news story or tell you about their own work every 2 weeks.



Meet a staff member of Inclusion North.

This newsletter has been written by Kim Bellhouse. Kim is a Project Administrator and works in the Office Team.



Kim works with lots of different people who are part of Inclusion North and does lots of different things.



Kim works with people on events. This can include booking venues, arranging transport, sending out invites and supporting people to attend the meetings.



Kim also works with people on projects. This can include creating meeting notes, creating easy read documents and creating surveys.



Kim has a passion for wellbeing and is always learning about different ways that support good wellbeing for herself and others.



Bonfire Night

Bonfire Night is a tradition that is held on or around the 5th November, there will be lots of bonfire and firework events taking place.



Lots of people like attending these events but we are aware that the noise can be overwhelming. If you are feeling overwhelmed there are different things you can try.



You can try noise-cancelling headphones, put on some of your favourite music or calming nature sounds and concentrate on your breath by taking deep breaths in and slowly breathing out.



To help you feel happier you can think of things that make you happy. You can use the alphabet to help you. Start with the letter A and think of something beginning with A that makes you happy then move onto the letter B.