



10th January 2025

Inclusion North News



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



Happy New Year!

We hope you had some fun at Christmas and are ready for 2025!



Maria is the Project Support Coordinator for Yorkshire and Humber.



One project Maria is involved in is a new group called Young Voices. We are talking to young adults aged 18 to 25 about things that matter to them.



People in Yorkshire and Humber who are autistic or have a learning disability can join this group. Please call Maria on 07483 340294 or email Maria.Spadafora@inclusionnorth.org



Look after your Mental Health in Winter

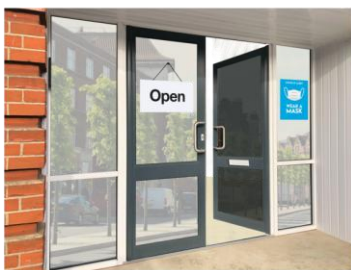
Winter can last a long time. We might spend more time inside and feel lonely or bored.



Stay in touch with your friends and do lots of fun activities that make you feel happy, such as hobbies.



Check your local council website to see if there are groups you can join.



Some libraries and community centres have **Welcome Spaces** in winter. You can have a hot drink, get warm and meet people.

Check online - search for 'warm welcome'



If you are sitting still for a long time, remember to get up and move about.

You can make this fun by playing your favourite music and having a dance, or do some stretches when sitting.