



7th February 2025

Inclusion North News



Inclusion North will share news with you every 2 weeks.

Our new Chief Executive, Hannah Tough



Hannah joined the Inclusion North Team on Monday, 3rd February 2025.

We all welcome Hannah to the Inclusion North Team.

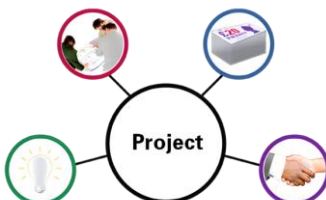


Hannah has a lot of leadership experience working for charities and private businesses.

Hannah is a qualified teacher and counsellor.



Hannah has worked with people with a learning disability and autistic people before joining Inclusion North and is experienced in partnership working.



We hope you will all get the opportunity to see Hannah over the coming weeks and months. Working with us to develop the future of Inclusion North and our work.



Wellbeing and looking after ourselves.

Inclusion North shares wellbeing tips with the staff every week. It is important that we look after our own wellbeing.



Here are a few things you can do to look after yourself.

Start your day with your favourite breakfast, it will make you feel happy.



Go for a walk at lunchtime. Get some fresh air and look at the beauty of nature.



If you have lots of snacks, choose healthy ones, they help your mind and body to stay well.



What are you grateful for today? List them down and take a moment to think about them