



You Have the Power!

Inclusion North has been working with people with a learning disability, autistic people and health professionals from West Yorkshire.



Together we have made some videos and Easy Read booklets all about taking care of our health. They are called 'You have the Power!'



We want everyone to take the lead in looking after their health so they can live well for a long time.



There are lots of things that affect our health. We might not be able to control all of them, but we can all take small steps to be healthier.



Look out for our booklets and videos on the Inclusion North website www.inclusionnorth.org

or email Maria Maria.Spadafora@inclusionnorth.org



Healthcare Appointments: Have Your Say

Healthwatch North Yorkshire would like to hear about a recent health appointment you had with your doctor, dentist or at the hospital.



They want to know if you were offered any support or changes to make the appointment easier for you. These changes are called reasonable adjustments.

To find out more call 01423 788 128 or email hello@hwny.co.uk



Wellbeing Tip - Movement Snacks

Movement snacks are short breaks where you stretch part of your body.

Such as circling your wrists or stretching your arms.

Have a movement snack every hour.

Wellbeing Tip - get to know your body

You are the best person to check your own body and know what is normal for you.

Make this part of your routine. You could put a monthly reminder on your phone or in your calendar.

Then if something changes, like a new lump or bump, you can tell a doctor straight away.

