

6th February 2026

Inclusion North News



Inclusion North wants to hear the voices of children and young people with a learning disability or autistic young people.

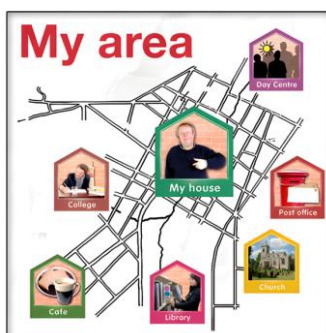


Inclusion North is starting a Young People's Advisory Group.

- If you are aged 16 to 25 years old
- You have a learning disability or are an autistic person
- You live in Yorkshire, the Humber or the North East



You can join our young person's advisory group.



The group will tell us what is important to children and young people with a learning disability or young autistic people in the area they live.



The group will share ideas to make sure that Inclusion North does work that is important to young people with a learning disability or young autistic people.



The group will meet about six times a year.

The group will help us to think about if we meet face-to-face or online.



We will pay for travel and any extra support you need to attend the meetings.



For more information you can contact Melissa Peacock by text or telephone on 07958 216183

Wellbeing tip



Write down 3 things that you are thankful for each day in February.

Looking for the good things in each day makes you happier



It could be things, like

The smile someone gave you in a shop.

The meal you cooked tasted good.

The winter sun was shining.