



20th February 2026

Inclusion North News



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



One of our projects in the North East and Cumbria is the Stop People Dying Too Young group.

The group includes people with a learning disability, autistic people, and family carers. They work with the North East and North Cumbria Integrated Care Board (ICB).



The group looks at why people with a learning disability and autistic people often die younger than other people.



There is a national programme called LeDeR (Learning from Lives and Deaths). LeDeR looks at what happened when someone with a learning disability or an autistic person dies. It has been running since 2017 and is led by the NHS with King's College London.



LeDeR aims to reduce health inequalities. These are unfair differences in health and healthcare that mean people with a learning disability and autistic people often do not live as long.



The most recent review is the **LeDeR Report 2023**.

The Stop People Dying Too Young group read the report and shared their feedback.

You can read their feedback on our website

The 2023 report had serious problems and was withdrawn by NHS England. A corrected report was done in **January 2026**. This report showed that **40% of deaths were avoidable**.

With the right care and support, many people could have lived longer.



The Stop People Dying Too Young group are proud of their work to reduce health inequalities and improve healthcare.



Wellbeing tip:

When the weather's gloomy, make your home cozy.

Have a warm drink and play a song you love.



Small actions can lift your mood even on a grey day.

Move a little, even just stretching or swaying to music.

Take a few deep breaths and notice the rain or wind outside. It can help you feel calm.

