



2nd April 2026

Inclusion North News

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



Hartlepool Citizenship Group

Inclusion North help run Hartlepool Borough Council's Citizenship Group.

The Citizenship group are a group of people with lived experience of a learning disability, autistic people and professionals from the council.



They meet every month to help the council understand how to improve life for people with a learning disability and autistic people in Hartlepool.

Annual Health Check Project

Since the beginning of the year, the group have been helping the council to encourage more people with a learning disability to visit the doctor for their annual health check.



Annual health checks are free appointments at the doctors, offered to all people on the learning disability register.

Some people do not attend their health checks, and this can sometimes lead to bigger health problems.



Workshop

The Citizenship Group designed a workshop to help encourage people in Hartlepool to attend their annual health checks.

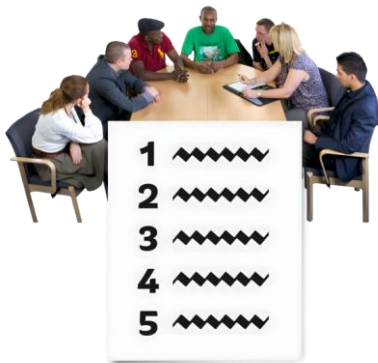
The group ran their first workshop in March, and it was a great success.

Each member of the group played a part in presenting and supporting participants to complete activities.



The workshop covered things like:

- What to expect at an annual health check
- Health passports. What they are and how to get one.
- What are reasonable adjustments and how to ask for them.



The group hope to deliver this workshop again to more people.

They may also look at making workshops about other things to know about health.



Wellbeing tip

This Easter weekend make sure you can enjoy a break, especially if you are a busy person.

It is also a good idea to go outside to look at the spring bulbs, which are in full bloom now.

