



**15th May 2026**

## **Inclusion North News**



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

### **Involvement Leader invited to Westminster**



The Involvement Leaders are adults with a learning disability, autistic people, and family carers.

They have experience of mental health hospitals and community mental health services.



An Involvement Leader and Project Worker Joanna Routledge are going to Westminster to meet Minister Ahmed. He works for the Government. He makes decisions about learning disability and autism at the Department of Health and Social Care.



The Mental Health Act has changed. There is a new law called the Mental Health Act (2025). This law is about how people get mental health support, including when people are kept in hospital.



The law has not always worked well for people with a learning disability and autistic people. Some people stay in hospital for too long or do not get the right support. Some people could be supported in their community instead.



The Involvement Leaders share real experiences. They talk about what has worked well and what needs to change.



People who have been in a mental health hospital understand what really happens. Their voices are important and should help shape decisions.



This meeting is a chance to speak directly to the Minister and help make changes.

### **Wellbeing tip**

It's Mental Health Awareness Week.

What has made you smile this week?

Take a moment to think about it. You could write it down or take a photo.

If you want to, you could share it with someone you trust.

