



29th May 2026

Inclusion North News



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



Sponsored Swim

This month Hannah and Dawn from Inclusion North did a sponsored swim.



They swam one mile each. That means they both swam 64 times down the longest side of a swimming pool. That is a lot of swimming!



Lots of people have sponsored them. So far this has raised more than £300 for Inclusion North. Get in touch if you would like to sponsor them.

And a big well done to Dawn and Hannah!

Get ready for Pride Month!



In June lots of people will celebrate Pride Month.

Pride is about celebrating LGBTIQ+ people. LGBTIQ stands for Lesbian, Gay, Bisexual, Trans, Intersex and Queer or Questioning. The + means there are lots of other people too.



During Pride Month lots of towns and cities have parades and events. People dress up and have lots of fun.



Pride is also about standing up for rights. Some people are treated unfairly because of who they are, who they love, and what they look like. This is called discrimination.



People get together at Pride to connect as a community and proud of who they are.

Wellbeing tip

On 5th June it is World Environment Day.



Spend some time in your local environment.

This could be a walk in the park. Or sitting in a garden.

Take some time to enjoy the plants, birds, butterflies and bees.



And if you see some litter – pop it in the bin!