



10th July 2026

Inclusion North News



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



Disability Pride Month

This month is Disability Pride Month. It is a time to celebrate people with a learning disability and people with physical disabilities.



Disability Pride Month is about being proud of who you are. It helps people understand that disabilities are a normal part of life and that everyone is different.



It is a chance to celebrate the skills, talents and achievements of people with learning and physical disabilities. These people make important contributions to their families, workplaces and communities.



It is also a time to talk about the barriers disabled people face. Everyone should have the same rights, choices and opportunities.



We can all help by listening to disabled people, challenging discrimination and making our communities more accessible, inclusive and welcoming for everyone.



Inclusion North has training available about lots of things that make communities more accessible, inclusive and welcoming for everyone



If you want to find out more about our training, please contact Hannah.Tough@inclusionnorth.org or telephone Hannah on 07375 034291



Wellbeing Tip

A "summer clean" can help organize your space. This helps to your clear your mind and feel less stressed.