

Inclusion North Bulletin

Issue Number 156

8th January 2018



In this bulletin you will hear about some of the work Inclusion North is doing and information about what is happening across the country.

Inclusion North News Tomorrows Leaders 2017

In 2017 Inclusion North ran 2 Tomorrows Leaders Courses.

Tomorrows Leaders was for people who were already leaders in their area but also wanted to become better at this.

Also, it was for people who wanted to put their experience of living in a hospital to good use for the benefit of others. We held one course in the North East and one in Yorkshire and Humber.

In the North East – the course was funded by Transforming Care and Health Education North East. In Yorkshire and Humber, we used some of the money we earned from our paid work.

Here are the 2017 Tomorrows Leaders graduates



Aaron Randall



Aaron Wood



David Dobson



Dawn Flockton



Dougie Wilson



Harry Longmoor



Katie Matthews



Lindsey Fothergill



Mary Campbell



Paul Casson



Sheila Nesbitt



Stuart Mc Murray



Suzie Fothergill



Wendy Sanderson



Adrian Swallow



Alison Colborne



Andrew Smith



Eddie Martin



Jez Colborne



Jon Rudette



Lee Wordsworth



Lindsey Hurt



Nicholas Garvey



Raymond Humphries



Vincent Lawson

The Citizen Network

The Citizen Network is an International movement to achieve citizenship for everyone.



It is to bring people together who want to make a world where everyone matters and can be a citizen.

They want to create a world where everyone can be the best they can be, where everyone is valuable and feels equal.



They believe that together we can achieve citizenship for all by behaving more like citizens ourselves.

This means

- Learning from others
- Sharing the things, we have learnt
- Cooperating with others
- Welcoming others into community
- Standing up for the value of citizenship



There are some projects in England on the website <http://www.citizen-network.org/tag/england/>

The projects and information include



- Circle of adults
- Understanding people with Autism
- Supported loving update
- The challenge of change
- Do you use LD to describe people?



You can join the Citizen Network on the website to receive their newsletter.



Family Carers Guide - Isolation

Our Family Advisers have been working to find out the issues facing family carers of adults with a learning disability, autism or both.



From speaking and meeting with carers and feedback in the recent survey they have written short guides based on the key issues which came up.

We hope you find this useful.

Half the people who took part in the survey said isolation was an issue for them.

This was due to a number of things including:



- Caring responsibilities taking up a lot of time, putting pressure on relationships and making it difficult to keep up friendships.



- Families being left out or unable to access family events, activities and places in the wider community because of the needs of their relative.



- Their voices being ignored by professionals and feeling that it is their fault for the difficulties they have with their relative.



- Having to rely on public transport.



- Being stuck at home on their computer and telephones looking for information or waiting for responses.

The Care Act 2014 says

'Loneliness is an eligible need under the Act'

'Action on loneliness is required under the wellbeing principle, and the prevention duty.'



Carers assessments should be picking this up. For more information go to:

<https://www.nhs.uk/Conditions/social-care-and-support-guide/Pages/carers-assessment.aspx>

Positive practice:



In some areas Carers Centres are working with GP practices to develop a direct referral route for carers to access support from the Carers Centres.

In Gateshead the aim is to have this in place with all GP practices and in Sunderland the Carers Improvement Scheme (CIS) has been developing this practice over the last few years.



'Looking After Me' – Wakefield Carers Centre are currently running a programme that gives carers an opportunity to think about their own needs and aspirations, and together with a small group support and encourage one another to achieve this.

Befriending is a way to reduce isolation and offer family carers companionship. There will be opportunities in your area like this one that is taking place in Gateshead:

www.ourgateshead.org/befriending-and-supported-signposting-service

Resources:



Carers Centres offer friendly and confidential services including help with benefits, health problems, housing, training, employment, taking a break from caring or concerns about the person they care for.

Their support groups offer the chance to meet new people or old friends in similar circumstances. To find your local carers centre go to:

<https://carers.org/search/network-partners>

Parent Carer Forums offer support to parents, carers and families of children with disabilities up to 25yrs. To find your local forum go to:

www.nnpcof.org.uk/who-we-are/find-your-local-forum



The Family Hub at Mencap is a way to connect online with other parents and family carers of people with a learning disability.



This has been used to share experiences and get support around many issues, including isolation. For more information go to:

<https://www.mencap.org.uk/familyhub/>



As a carer you may be able to use the free home delivery service from the library. The example here is about the service in North Yorkshire:

www.northyorks.gov.uk/home-library-service

Campaigns:

Campaign to end Loneliness, is not directly aimed at family carers but at loneliness in older age. It has resources, information and ideas that could be helpful to everyone.

www.campaigntoendloneliness.org



Carers UK, heads up the Jo Cox Commission on loneliness from a carers view. There is information about their forum, personal stories, community action, research etc.

<https://www.carersuk.org/news-and-campaigns/ending-isolation-among-carers>



What's it all about?

Inclusion North host talking travel groups in the North East, and Yorkshire and Humber.

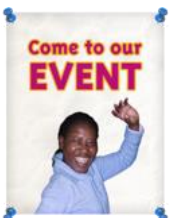
The Groups focus on travel and transport issues affecting people with a learning disability, autism or both.

In early 2018 we will be hosting a week of activities focused on travel and looking at the barriers to travel.

Activities will include:



- Talking travel takeover on the Inclusion North twitter account
- Special Travel Bulletin



- New Talking travel section on the Inclusion North website
- Workshops focused on accessible travel in Yorkshire and Humber and the North East with support on using travel apps
- #sharedjourneys feature and films



When is it happening?

The week of the 26th February

How can I get involved?

There are lots of ways to get involved:

- Sponsor a workshop
- Run an information stall at the workshop
- Tell us about your experiences #sharedjourneys
- Tweet about travel during the week of 26th February
- Come along to the workshop in your region
- Share the information as widely as possible

For more information please contact

Kirsty Morgan – North East

Email: kirsty@inclusionnorth.org

Phone: 07539 063 467

Lucy Virgo – Yorkshire and Humber

Email: lucyvirgo@inclusionnorth.org

Phone: 07944 185 771



GDPR – General Data Protection Regulation

There are new rules that we have to follow about how we look after your personal information.



Personal Information is your Name, Address, Email Address, and anything that means people can find out who you are and things about you.

We call this your Contact Details.



The new rules cover work email addresses as well as personal email addresses.

These rules are the Law and Inclusion North needs to make some changes to make sure we are doing things right.



We need to keep a record of:

You agreeing to be on our Bulletin Mailing List

Or



Asking to be removed from our Bulletin Mailing List

And



Asking to receive any other information from Inclusion North that we think would be good for you to know about.

These rules have to be in place by the 26th May 2018.

To get ready for the new rules we are asking that you let us know:



- If you still want to receive the Bulletin
- If you no longer want to receive the Bulletin



- If you want to receive other Inclusion North information that we think would be good for you to know about
- Information given to us from other people or organisations we think would be good for you to know about



If you can email samta@inclusionnorth.org



With the completed form

or post to

Sam Dhruv, Administrator

Inclusion North, Woodhouse Community Centre

197 Woodhouse Street, Leeds, LS6 2NY



If you do not let us know we will have to remove you from our list at the end of April 2018.



We keep your contact details safe and store it for 5 years if you say you no longer want to receive information from us, unless you ask for it to be removed from our records.



We keep your contact details to make sure you get the bulletin and other information you agree to receive from Inclusion North.

The form is attached to the Email or included with your paper copy of the Bulletin.



Policy News

Improving Lives Response About Employment

Last year the Government asked people for their views on what needed to happen to get more disabled people into employment.



Only 48 in every 100 disabled people are in employment.

The number of people with a learning disability in employment is only 6 in every 100 people with a learning disability.



At the end of November, the Government published their plan to get more people into employment.



The plan is called Improving Lives: the future of work, health and disability.

One of the key actions from their plan is to get one million more disabled people into employment in the next ten years.



The Government has written two easy read booklets about their plan, click here <http://bit.ly/2CvGEyb> for booklet one, and here <http://bit.ly/2EQ62x0> for booklet two.

New Consultation About Children and Young People's Mental Health



The Government is asking for people's views on how they can improve the way in which children and young people with mental health problems are supported.



Their plan looks at giving children and young people support sooner. They want to work with schools and colleges on this.



The consultation is open to the 2nd March.

You can find out more here <http://bit.ly/2CxFRfV>



Health News

NICE Decision Making and The Mental Capacity Act Consultation



NICE is the National Institute for Health and Care Excellence.

NICE have written some draft guidance about decision making and the Mental Capacity Act.



NICE want people to tell them what they think about the guide.

The draft guide covers decision making in people over 16.

It aims to help social care practitioners support people to make their own decisions where they have the capacity to do so.



It helps practitioners to keep people who lack capacity at the centre of the decision -making process.

The draft guide is for



- People who work in health and social care
- Independent Advocates
- People who work in services like housing, police, education and employment
- People using health and social care services their families friends and carers

The Consultation closes on Monday 5th February



You can find more information about the consultation here

<http://bit.ly/2CEHmJD>



Personal Wheelchair Budget Masterclasses

Personal wheelchair budget masterclasses are an important part of the development of a local Personal Wheelchair Budget offer.

The masterclass provides an interactive opportunity for health, education and social care commissioners and practitioners with responsibility for services to support anyone with a physical disability to come together to identify how the benefits (personal and system) of Personal Wheelchair budgets can be used.

The events are suitable for health, education and social care commissioners and providers with responsibility for services that support adults, children and young people with physical disabilities.

The events are in

Birmingham on 16th January

Bristol on 18th January

London on 25th January

Leeds 6th February

Manchester 8th February

Information and to book a place follow the link

<http://bit.ly/2qvgtmt>

Email: ENGLAND.PCEvents@nhs.net

Phone: 0113 824 9398



Me, My Family and My Carers News What Happens When I'm No Longer Around?

HFT have made a film for family carers who have a relative with a learning disability autism or both.



The film looks at the important things about planning for the future when you are no longer around.

The film has information that they think is important for people to know about, after speaking to family carers and using the Thinking Ahead a planning guide by Christine Towers from Together Matters.

There are also links to



- Other resources
- The Care Act
- The Mental Capacity Act
- The Family Carer Support Service



You can find the film and information here



<http://bit.ly/2A7LxrZ>

or



Telephone: 0117 906 1700

Or

Write to Hft, 5/6 Brook Office Park, Folly Brook Road,
Emersons Green, Bristol, BS16 7FL



Transforming Lives Survey



Keyring are working with the Prison Reforms Trust on a project called Transforming Lives.

The project aims to keep women out of prison.

Keyring are looking at how to keep women with a learning disability out of prison.



Keyring have an online survey and want parents and carers and people with a learning disability to fill in the survey.

You do not have to have been in prison or have a family member who has been in prison to fill in the survey.



They want the views of everyone.

The survey asks about things you might worry about like

- Housing
- Support
- Vulnerability
- Mate crime
- Money
- Health
- Staying safe
- Being happy
- Behaviour



You can find the survey here

<http://bit.ly/2CyP7Aw>

Or more about the project here

<http://bit.ly/2CwW710>



Friends Action North East Facebook

Friends Action North East have 2 Facebook pages

@friendsaction

This is their main page

@WeNotMeFriends

This is a new page with regular stories about happiness wellbeing and friendship.

This page is for anyone who would like some good news stories ideas and practical advice about how to look after your wellbeing.



Yorkshire And Humber Events Autism Carers Group



Leeds Autism AIM and Carers Leeds are having a Carers Group.



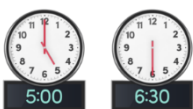
The group is monthly and is for parents, carers and partners of autistic adults living in Leeds.

You can talk in a safe environment about whatever issues are worrying you.



The group is on 9th January

From 5pm until 6.30pm



At Lovell Park Hub
Wintoun Street
Leeds
LS7 1DA



North East Events Sense and Sexuality Course

Skills for People have an 8-evening course about sense and sexuality.



The course is for people 16 years or older from Newcastle with a learning disability.

You will learn about

- Making Friends
- Relationships and going on dates
- Feeling good about our bodies
- Keeping safe from harm and abuse
- Safer sex and contraception



The course is at

Skills for People
Key House
11 Tankerville Place
Jesmond
Newcastle upon Tyne



Starting on 10th January for 8 weeks

Wednesdays from 5pm until 7pm



To book a place or for more information contact Joanna

Email: joanna.routledge@skillsforpeople.org.uk



Phone: 0191 281 8737



What is coming up next

17th January

Tomorrows Leader Networking

If you would like to know more about any of these events, contact Sam on 0113 244 4792

Or

email samta@inclusionnorth.org



If you would like any information on any of our meetings, training or projects you can contact the office on:

Tel: 0113 244 4792

E-mail: info@inclusionnorth.org



Or you can write to us at:

Inclusion North CIC
Woodhouse Community Centre
197 Woodhouse Street
Leeds, LS6 2NY



You can visit our website at: www.inclusionnorth.org



Or you can contact any member of the Inclusion North team:

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Gill Cline
Tel: 0113 2444792
Email: gill@inclusionnorth.org



Inclusion North Member Areas 2017-18

If you live in one of these areas, you can come to our member events.

Yorkshire and the Humber

Barnsley
Bradford
Calderdale
Doncaster
Leeds
North Lincolnshire
North Yorkshire
Sheffield
Wakefield



North East

Darlington
Durham
Gateshead
Hartlepool
Middlesbrough
Newcastle
North Tyneside
Northumberland
Redcar and Cleveland
South Tyneside
Stockton
Sunderland

