



Inclusion North Bulletin



Issue Number 40

30th April 2013



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



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You can find out more about the all the work we are doing by following us on facebook and twitter at:

facebook

Facebook: www.facebook.com/InclusionNorth



Twitter: @InclusionNorth

The Big Changes to Benefits – What's It All About?

- Do you work with people who are going to be affected by the changes to benefits?
- Do you find yourself wondering what the Bedroom Tax is?
- Do you want to know how much less or more money people will be getting each week?



Inclusion North and the Housing & Support Alliance are co-delivering these sessions. They are aimed at **Managers, Team Leaders** or direct **Support Workers** who can go back to work and share the information with other people.



Two sessions will be held on Thursday 30th May in York. Book on line: <http://www.surveymonkey.com/s/KS257SG>

Or by e mail at info@inclusionnorth.org

News and updates from Around the Country



The new **Joint Health and Social Care Self-Assessment** Framework is a new way of checking how good services are for people with learning disabilities and their family members where you work or live.

This includes lots of different services and ways of working such as:

- Housing
- Going to the doctors or the hospital
- The local swimming baths or libraries
- Personal budgets

In the past areas did two different things to check services. These were called:

- Health Self-Assessment Framework
- Learning Disability Partnership Board Return

These have now been joined together. People were asked to share their thoughts about how this should work and they decided that having one way of checking services is much better than two.



People also thought the most important things to check are:

- Staying Healthy
- Being Safe
- Living Well

This new way of working will start in 2013.

Letters will be sent out soon to leads in areas about how the self assessment will work this year



New Easy Read Pregnancy Book

UNICEF is very excited to announce a new edition of their Pregnancy Book, My Pregnancy My Choice – A Guide to pregnancy and birth. This book was developed with Change who employ people with learning disabilities. If you would like a copy of this book it costs £40 and you can order it from the CHANGE website shop at:

<http://www.changepeople.co.uk>



Thinking Ahead: Improving support for people with learning disabilities and their families to plan for the future

The Foundation for People with Learning Disabilities (FPLD) has just launched Thinking Ahead, which is a campaign to show how upset and worried parents feel about the future when they are no longer able to look after their son or daughter. A lot of parents are very worried about what will happen after they die.

As part of this campaign a guide has been produced to help people and show ways for people to plan well for the future.



More very helpful information is available from:

<http://www.learningdisabilities.org.uk/our-work/family-friends-community/thinking-ahead/>

Making a bigger commitment to learning disability nursing

In 2011 and 2012 there was a **review** of learning disabilities nursing. A **review** means that people look at lots of information and make a plan for what will happen next.





Strengthening the Commitment is a report about that review. The review happened in Scotland, England, Wales and Northern Ireland.

The report is important because we know that there will be more people with learning disabilities in the future. This is because there are more things doctors and nurses can do for people with learning disabilities. This means people are living longer lives. This might mean that more people will need support from a learning disabilities nurse.

<http://www.scotland.gov.uk/Resource/0040/00408871.pdf>



Making Meetings Effective

A workshop is happening on Thursday 6th June at Connect in the North in Leeds. It will help you to make meetings more interesting by using different visual methods. You will learn how to make people join in more at meetings and find out about using storyboards and other ways of making meetings more creative. This training costs £70.

You can find out more from <mailto:sarah@citn.org.uk>

or by telephoning 0113 2703233

Carers Week 2013

Every year Carers Week run a survey so that they can get the views of carers as they plan their work for the next year.

This year some of the questions are about carers and workers and what carers expect of workers.

If you would like to take part in the survey you can take part in a few ways.

You can get a paper copy by telephoning the Carers Week team on 020 7378 4955



Or an electronic copy by sending an email to info@carersweek.org

Or by clicking on this link
<http://www.surveymonkey.com/s/CarersWeek2013>

The closing date is **Friday 3rd May**

Are you communicating clearly?

Real Choices is hosting a one day course to look at the ethics, values, challenges and skills for non-instructed advocacy. The course **Creative Communication & Self Advocacy training** will take place on **May 7th 2013, 9.30 – 4.30pm, County Durham**



This day is suitable for advocacy workers & other workers with an interest in good practice, decision-making & communication tools

Booking by telephone : 07989 5711106

Or by email: <mailto:alisonadvocacy1@btinternet.com>
[<alisonadvocacy1@btinternet.com>](mailto:alisonadvocacy1@btinternet.com)



Personal Health Budgets

Working together with people and families to make personal health budgets happen <http://bit.ly/10XUUUY>



These practical guides show how the NHS can work together with people and their families.

They are based on what has been learnt from the Personal Health Budgets pilots



Matthew's film

Click this link to watch a film about Matthew and his mum Kathleen from North Tyneside and find out how his personal budget has helped him get a good life.

<http://www.media19.co.uk/production/matthews-story/> or
<http://youtu.be/h-6PoUMPzQU>

Bumble Bees Barbarians – Mixed Ability – Rugby For All



Have fun, play games, and help raise funds for charity! If you are a Rugby Fan come and support the **Bumble Bees Barbarians V Nearly All Blacks**, Saturday 4th May, 5pm, free entry at Bradford and Bingley Sports Club, Wagon Lane, Bingley. England's only mixed ability team!



Motorway Services should provide more accessible toilets. Only 2 service stations out of over 90 in the country have Changing Places facilities.

If you want to add your voice to those who are angry and unhappy about the very poor conditions offered at Motorway Services please visit

The Changing Places website <http://www.changing-places.org/>

And to sign a petition click on http://www.changing-places.org/news/motorway_services_petition.aspx

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



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