



Inclusion North News

January 2009



Events and Training for Inclusion North Members

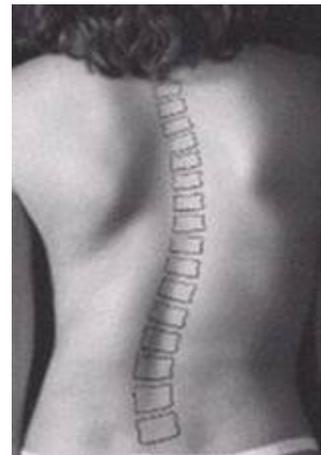
Postural Care Information Sharing Day 29th January – Hull

Postural Care is about protecting body shape for people with complex physical needs.

This information session will give you the chance to learn about ways to stop changes to body shape causing painful problems, share new work happening in parts of the UK and to find out more on this family led approach.

The day is for commissioners, families and health professionals from across Yorkshire, Humber & the North East.

For more information on Postural Care visit www.posturalcareskills.com



Workforce Redesign Learning Events

Inclusion North is working with the Really Useful Learning Company to offer support to workforce leads in preparing for Personalisation and the transformation of social care.

Joolz Casey and Alex MacNeil will be delivering this event who share over 35 years experience in the social care sector and 10 years experience in writing, developing and delivering training and other learning solutions for the social care workforce.

These two 1 day sessions are for anyone with responsibility for workforce issues in local authorities or provider organisations.

You must be able to come to both days the sessions are linked and it is important people come to both.

The sessions are happening:

York on 4th & 11th February
Newcastle on 11th & 18th March

Places at the sessions are free to Inclusion North members. Non members can buy places at £175.00



What can I spend an Individual Budget On?

These learning sessions are to help people who have or are thinking about having an individual budget know what they can spend the money on.

There are 2 free sessions happening for people with learning disabilities and their families or carers to come together to hear from people in our region that have an Individual Budget, share stories and get support.

The days are happening on

12th March & 25th June in Sunderland.

Places are free to people with learning disabilities and their families from Inclusion North areas.



Events and training we are doing with the Valuing People Support Team

Dealing with the DES 6th February – Newcastle

The Department of Health has a new way to support people with learning disabilities to get better health services. GP's will be given money if they support a person with a learning disability to have an Annual Health Check. However, the GP's must have some training before they can do this.

This is called Directed Enhanced Services (DES)

The North East health network has been working on making a training pack for the GP's which they would like to share with others. The session will also be a chance to think about how we make sure the training is good across the North East.

Commissioners, GP's, Health professionals, family members and carers from across the North East are invited to this meeting.



Green Light for Mental Health York – 13th February

The Green Light Pack is a way Primary Care Trust's can check the mental health services they provide for people with learning disabilities, it is a toolkit that will tell Trusts how well they are doing and what they need to work on.

We are holding an event to support commissioners and providers to plan and move forward in this area, share good practice and network. The day will be led by Debra Moore.

Family members, Self Advocates and health professionals from mainstream health services are invited to this meeting.

Including Everyone

Date to be confirmed - Yorkshire

In July 2008 the Independent Inquiry, led by Sir Jonathan Michael, published its report showing the action needed to make sure adults and children with learning disabilities receive the right treatment in acute and primary healthcare in England. <http://www.iahpld.org.uk/>

This participative event led by Debra Moore for clinicians, managers and commissioners aims to support the Yorkshire and Humber region to ensure it makes progress in this important area by understanding the issues and importantly, celebrating and sharing current good practice.



Yorkshire & Humber Health Check Group 3rd March – Sheffield

This group meets to find out what different areas in the region said on their Local Health Check Assessment. This is a chance to hear about what the Strategic Health Authority and other people are doing to make health services better.



Have your say about how the Health Check assessment worked last time and what could be better in the future.

Self Advocates, family members, people from health sub groups should attend this event.

Members Vouchers – How does it work?

As a member of Inclusion North your area gets free access to our events and training.

You also get vouchers to use for extra training or support your area might need.

Each area can ask Inclusion North to help with a piece of work or project.

This would be at least 4 days work from Inclusion North or someone with special skills that we pay to come and do it with us. If we pay someone else it might mean we have less Inclusion North time to offer your area.

We will agree with you before we start the local work if we can share what we learn together with people in other member areas.

Here's some things members have used their vouchers for this year:

- ★ Planning days with the Partnership Board to decide what the Board does next.
- ★ Training for staff on Community Connections
- ★ Getting extra help with the Health Assessment Framework.
- ★ Information and planning sessions on Self Directed Support for people and their families or professionals.

These are only ideas for you think about – you might want help with something else in your area. Do talk to us about how we might help.

If you want to plan how we can help you locally then please get in touch with Sam.

We will be sending our members their statements at the end of March. The statements show you the work we have done with you over the last year.



Missed a Meeting?

If you couldn't get to a meeting or training session contact us and we can share the notes and learning from the day with you.



Meetings we've had recently:

Policy to Practice – making the policies happen for health professionals.

Sex & Sexuality – A learning event for people responsible for writing or influencing policy.

Beyond the Boardroom – ideas to help Partnership Boards work with organisations outside of Learning Disabilities.

North East and Yorkshire & Humber Workforce Development meetings.

Getting Involved in the Money – thinking about how Inclusion North spends its money.

Local Area Coordination – the role of local area coordination and community capacity in transforming Social Care

Ethnicity & Diversity – A learning event to find out what work is happening across the regions.

Partnership Boards & Health – How to make the health priorities in Valuing People Now happen.



Inclusion North is Changing!

We are changing the way we are managed and this year we will become a Community Interest Company.

Inclusion North will be a legal Company that does not make a profit. The support we give to Partnership Boards will not change

The Steering Group will stop and 2 new groups will start. New and different people can get involved in saying what Inclusion North should do.

2. An Advisory Council

There will be up to 18 people in this group. This will include people with Learning Disabilities, family members but also other people like:

- People who organise Partnership Boards
- People who work in other organisations that work with people with Learning Disabilities.

Their job includes:

- Saying what work needs to be done to change things.
- Checking that Inclusion North is doing good work.
- Saying if the new Directors are OK.

This group can write its own rules and say how it works.

We have asked people on Partnership Boards to say how they think the advisory council should work. We sent this to Partnership Boards in December. If you want a copy please contact Pip



What else will change?

The support and work Inclusion North does for Partnership Boards will not change.

Being a Community Interest Company will mean:

- ? Inclusion North has legal rules that mean it must prove it has benefited its members.

- ? Inclusion North can apply for different grants.

- ? Being independent means that members can have more say in things like money and staff.

Skills Bank Update

There have been more people in our areas using the skills bank to get help in their areas.

Some of the things we have been able to help members with through the Skills Bank:



- ✓ Involving people with Learning Disabilities in checking health services.
- ✓ Supporting a person centred planning facilitator to gain new skills and confidence through peer support.
- ✓ Ideas and support through employing a person with Learning Disabilities.
- ✓ Sharing good ways of working with people from different cultures and backgrounds.

At our members day in September last year we asked people to share with us the things they are great at doing, here are those things:

- ✓ Advocacy & personal development
- ✓ Helping to set up groups to be active and do interesting things.
- ✓ Buddy Schemes
- ✓ Parliament for Learning Disabilities
- ✓ Organising holidays in partnership with the local football club group.
- ✓ Supporting people to speak up at the Partnership Board, through Speaking Up Groups.
- ✓ Quality checkers that check supported living services.
- ✓ Reporting Hate Crime and training other people to do it.
- ✓ Working with young people in schools.
- ✓ Doing drama and making videos
- ✓ Involving people in the Partnership Board.
- ✓ Making a quality mark for young people.



Small Sparks Update

Small Sparks is a pot of funding that can help with your local project.

Here are some of the things that people have applied for Small Sparks for:

- ✓ Scarborough Partnership Board are working on a project called “Let’s Stamp out Hate Crime”
- ✓ Speak Up Sunny in Scarborough are putting a DVD together that will help people to get involved in their community.
- ✓ CHAD in Doncaster are putting their money towards the “Safety in Doncaster” project.

If you would like to apply for Small Sparks funding then get in touch with us for an application pack.



Promoting Self Employment for All – A project in the North East

A new programme is being launched in the North East to promote self-employment and small enterprise for people with disabilities.



The Rapid Enterprise Development Programme (RED) brings together experts from health, social care and social enterprise in a unique package based on combining business support and Individual Budgets.

RED Workshops help people with disabilities turn their ideas into viable businesses.

People with Individual Budgets can then use their funds to employ specially trained Support Workers to provide both care and enterprise support.

Four pilot workshops have already been run, giving rise to a range of enterprises including dog-walking, greeting cards and a lunch-time soup delivery service.

The RED programme is funded by the Open College with an application pending for European Regional Development Funds. Nationally it is also supported by the Foundation for People with Learning Disabilities.

Local Authorities are being asked to provide a small contribution – mainly to promote a greater sense of ownership and commitment.

For further details:

Email: guy.turnbull@economicpartnerships.com

Or call Carol Bell on 07974 431738



Easy Health

The charity *Generate* have created a website called www.easyhealth.org.uk. It is funded by The Department of Health.

'Easyhealth' pulls together accessible health information from across the country into one place. This makes it easier for people to find health information they can understand. Most of the information is free and can be downloaded straight away.

As part of its funding, 'Easyhealth' has to check how useful it is to people. If you have a moment, please fill in the quick tick questionnaire and email (or send it back) to Jo at Generate.

If you would like to find out more about www.easyhealth.org.uk just go online and explore - it is free to use.

Or you can call Jo on 07737 074296.

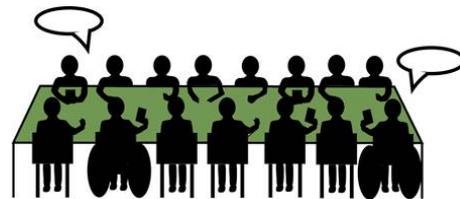


Beyond the Boardroom

This is a guide for Partnership Boards about working with other organisations to make things happen.

It gives Partnership Boards ideas on how to go about working with other groups and organisations to bring about real change, promote citizenship and inclusion.

The guide has already been sent to Learning Disability Partnership Boards and Self Advocacy Groups, if you would like a copy contact us.



News from our Member areas

Hambleton & Richmondshire

Health Information Day for Carers of people with a learning disability

All carers in the Hambleton and Richmondshire area were invited to a health information day on 20th November 2008 organised by two nurses from the Community Learning Disability Team.

The aim of the day was to help family carers and paid support workers to understand the many health services which are offered and how they can access those services. Carers also heard about how the specialist learning disability team work with other professionals to provide the best possible health care to people with a learning disability.

The event in Northallerton was very well attended and feedback was good.

The students from the Dales School made a delicious lunch, staff at Northdale Horticulture provided the venue and the Hambleton and Richmondshire Learning Disability Partnership Board sponsored the day.

We are having a second information day, this time for health professionals. This will be held at the Mencap Centre in Northallerton on 12th March 2009.

Staff from Primary and Secondary Health Care are invited to learn more about how to provide good health services to people with a learning disability.

Mencap – Planning for the future

If someone in your family or someone you care for has a learning disability, you can take steps now to make sure their finances are well looked after when you are no longer around. Mencap have organised some free events where you can find out more about setting up Wills and trusts for people with a learning disability.

There will be a solicitor attending the events that has experience of drafting will for people with learning disabilities.

The events are happening across Yorkshire, Humber and the North East in February.

To book a place or find out more contact Gina Collins on 0207 696 6925.

Leeds

Making Individual Service Funds Happen – 19th March

Individual Service Funds give people who use services more control over their lives without taking on the responsibility of managing a budget or employing staff.

The event will be a chance to hear from organisations that have practical experience of Individual Service Funds for people with learning disabilities. We will also be looking at what this means for Leeds.

This event is aimed at organisations working with people with learning difficulties.

For more information or to book a place contact Connect in the North on 0113 270 3233 or email info@citn.org.uk

Contact Inclusion North



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