

# 10<sup>th</sup> November 2023

## Inclusion North News



Inclusion North will share an important news story and tell you about their own work here every two weeks.



My name is Hayley Matthews and I have just started working for Inclusion North.



I am one of the North East Regional Managers. The member areas I will be supporting are South Tyneside, Stockton on Tees, Sunderland, Hartlepool, Redcar and Cleveland and Durham.



My job is to support projects happening in the North East and make sure that the voices of autistic people and people with a learning disability are listened to.



I have a lot of experience managing projects and working with autistic young people and adults.



I am kind and good at supporting people.



In my spare time I like to read books, go for walks with my dog, and spend time with my family.

## Reasonable Adjustments Flag



Inclusion North is supporting the North East and Cumbria Learning Disability Network to raise awareness about reasonable adjustments for disabled people in health and social care services.



We are working with lots of different organisations to collect the views and experiences of autistic people, people with a learning disability, and parents/carers.



We have started by asking people what they know about reasonable adjustments and how to ask for them.



Some people have told us that it is easier for them if professionals ask about reasonable adjustments and give examples.



Many people told us they didn't know how to ask for reasonable adjustments or said it was hard to ask.



We hope that this work will make it easier for disabled people to get the support they need when using health and social care services.