

# 13<sup>th</sup> October 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 Anya Bonner 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 Northumberland, Newcastle, North Tyneside, Gateshead and Darlington.



My job is to support the Inclusion North team and projects happening in the North East. The other North East Regional Manager, Hayley Matthews, will be starting next week.



I have a lot of experience in working with people and communities.



I am good at helping people to work together to make change happen.



In my spare time, I like to garden, rock climb and enjoy time outdoors with my family and dog.



One of the groups I'm supporting in the North East is the Involvement Leaders.



The Involvement Leaders all have lived experience of using specialist hospital services, like assessment and treatment units or secure services. Some are in hospital now or have been in the past.



The group are all people with a learning disability, autistic people or family carers. They use their experiences to help others to have a voice and to plan and deliver good services.



Together, we are working to improve the way things are done.



The Involvement Leaders have written a list of priorities. These include:



- Less restraint and seclusion rooms not to be used
- Supporting people to be involved in meetings where decisions are made about their lives



The Integrated Care Board want to listen to the group's priorities and experiences to make services in the North East better.

