

8th December 2023

Inclusion North News

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



My Ordinary Life Podcast

Inclusion North have been recording a filmed podcast called My Ordinary Life. We want to show that people who have a learning disability can live fulfilling lives given the right opportunities.



The Podcast will have nine episodes. Each episode will be about a different person who has a learning disability. We want to celebrate their lives.



Our guests come from different backgrounds. They have told their stories and shared their wisdom. Many have supported their communities, have interesting hobbies and lives full of joy and love.



Their stories will raise awareness of the challenges and barriers they face in their daily lives.



We hope our listeners will think about what part they can play in everyone having an ordinary life.



The podcast will be available in 2024.



At the end of November, we hired a cinema in Newcastle and showed clips from the podcast films to our guests. We wanted to thank all the people who had been involved in the podcast.



Everyone felt very proud of what we had achieved together.

For more information and to find out when it will be released search OrdinaryLife66 on social media.



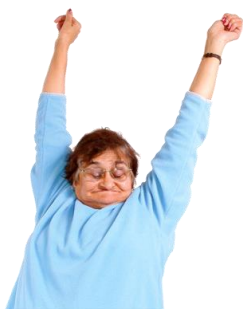
Wellbeing tips

Staying physically healthy and active is important for our brains as well as our body.



Sitting at your desk and laptop all day can make you feel tired, tense and stiff.

Why not try setting an alarm at least once an hour to stand up and stretch? You can try to make yourself:



- as tall as a tree
- as wide as a plane
- touch your toes
- wiggle your toes