



LIVING WELL NEWSLETTER

Issue 9 April/May 2025

North Yorkshire and York

WORLD AUTISM ACCEPTANCE MONTH - APRIL

April is World Autism Acceptance month and there are lots of organizations raising awareness of autism and promoting the acceptance of autistic people, here are just some of them below:

The **National Autistic Society** is running a comprehensive programme of fundraising to support autistic people and their families. People can sign up to walk 5k and raise money to go towards:

- providing safe virtual online spaces for autistic people
- help people overcome isolation by funding social group networks
- better autism training in education
- employment advice for autistic people looking for work

The Go-To has information for parents and carers on the support available in North Yorkshire as well as links to national resources relating to autism and mental health including:

- North Yorkshire Council's Unlocking Autism Programme and free on-line courses for parents and carers
- The Autistic Girls Network
- Connecting Neurodiverse Families, and
- Young Minds

Did you know only 1 in 4 autistic children feel happy in school? In order to enable peer acceptance and understanding of autism

The Autism Education Trust has, in liaison with autistic young experts, co-produced an educator's pack to support staff to promote understanding, awareness and a sense of belonging and inclusion for autistic children and young people.

Ambitious about Autism have produced a toolkit with downloadable graphics and sample social media posts for people to promote the acceptance of autistic people.

Inclusive Employers have developed a number of resources to enable employers to celebrate World Autism Awareness Month, including an [Autism in the Workplace Guide](#).

Please see the resources section at the end for links to relevant information and easy read materials.

FOR THE NATIONAL AUTISTIC SOCIETY
CLICK ON THE IMAGE BELOW:



THE 'GO-TO' FOR CHILDREN AND YOUNG PEOPLE CLICK ON THE IMAGE BELOW:



FOR THE EDUCATOR'S PACK
CLICK ON THE IMAGE BELOW:



FOR THE SOCIAL MEDIA TOOLKIT CLICK ON THE IMAGE BELOW:

Sometimes it only takes very small changes to make a **BIG difference** to autistic young people's lives



NORTH YORKSHIRE BREAST SCREENING

What is breast screening?

Breast screening is a test to check if your breasts are healthy. It uses an X-ray test called a mammogram to check the breast for signs of cancer. It can spot changes that are too small to see or feel.

Who has breast screening?

People registered as female who are aged between 50-71 will be invited for breast screening every 3 years. If you are over 71, you can get in touch with us to book an appointment.

How do I get a breast screening appointment?

We will send you a letter with your appointment. You can call us or email us if you need to change your appointment. You can also speak to us to let us know if you need any extra help or if you use a wheelchair.

Where will my appointment be?

We will try to send you an appointment near to where you live, this could be at one of our mobile units that move around North Yorkshire, or at York or Scarborough hospital. We may give you a call to have a chat and find out where will be best for you.

Results

You will get your results from your breast screening within 3 weeks, most people have a normal result which means you don't have to come back for 3 years. Sometimes, we might ask you to come back for further tests which might include another mammogram, an ultrasound, or we might take a small sample (biopsy) of your breast using a needle. Most people who need further tests do not have breast cancer.

Your choice

Your risk of getting breast cancer increases as you get older, and most breast cancers are found in women over 50. You can choose if you want to have breast screening or not. Breast screening does not stop you from getting breast cancer, but it is the best way to find cancers at an early stage.

Please see the resources section at the end for links to relevant information and easy read materials.

CLICK ON THE IMAGE BELOW FOR A VIDEO ON BREAST SCREENING:

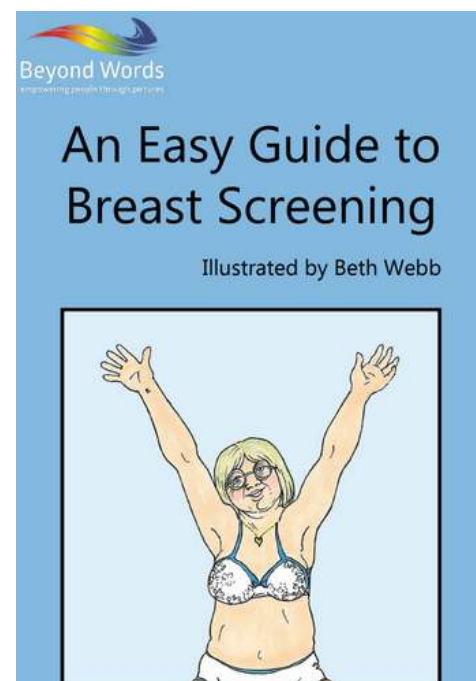
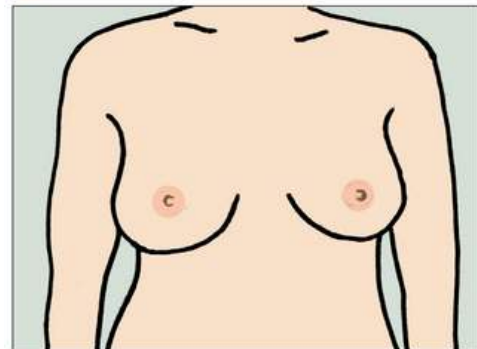


CLICK ON THE PICTURES BELOW FOR EASY READ RESOURCES ON BREAST SCREENING:



Breast cancer screening

An easy read guide about a health test for women aged 50 and over





THE NHS APP

The **NHS User Research Team** would like to ask people with a learning disability, autistic people and their families and carers about their experiences of using the NHS App.

User research is about asking people what they think to help us make the NHS App better.



Taking part in user research is **voluntary**, and people can choose how they want to give feedback.

Common ways people give feedback include:

- Short **surveys**, these last about 5 to 10 minutes.
- **Online testing** of app screens, these last about 10 minutes.
- **Online interviews** and app testing, these last about 45 to 60 minutes.
- **In person interviews**, these last about 10 to 60 minutes. This depends on the subject being talked about.
- **Group discussion** or activities (lasting around 60 to 90 minutes).



Volunteer list



User research usually find people to take part online.

- They use a **user research panel**, which is like a mailing list, to contact people about taking part.

Sign up for the NHS App user research panel here:

https://feedback.digital.nhs.uk/jfe/form/SV_d7puuYdqDVKfley

We want to speak to **lots of different people** so we can make sure the NHS App works for everyone.

WE NEED TO TALK ABOUT ... DIABETES

King's College London have conducted a [deep dive review](#) into the onset and care of type 2 Diabetes in people with a learning disability. The key messages from this review found that:

- People with a learning disability in England have higher rates of new onset of type 2 diabetes compared to the general population.
- The increase in rates of type 2 diabetes in people with a learning disability is 10-15 years earlier than the general population.
- People with a learning disability and type 2 diabetes were less likely to have eye and foot checks.
- Conditions linked to diabetes such as obesity, hypertension and cardiovascular health should be managed according to NHS guidance.
- The long-term impact of antipsychotic medication needs to be monitored.
- There is a need for improved diabetes care and education for individuals with a learning disability to help prevent and manage the condition.
- Healthcare providers and caregivers should also be aware of the increased risk of type 2 diabetes in this population and take steps to ensure that appropriate screening and management strategies are in place.

It also found that “people with a learning disability may experience a delay in diagnosis which can lead to more severe health complications” and that they are “less likely to receive appropriate diabetes care, including regular check-ups, blood glucose monitoring, and medication management”, which can lead to:

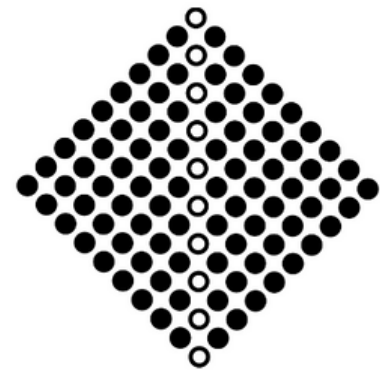
- poor blood sugar control
- increased risk of diabetes-related complications
- poorer health outcomes.

It also found that the following may contribute to a higher risk of developing type 2 diabetes in people with a learning disability:

- having certain genetic syndromes such as Prader-Willi and Down syndrome
- low levels of physical activity
- poor diet
- being on antipsychotic medication.

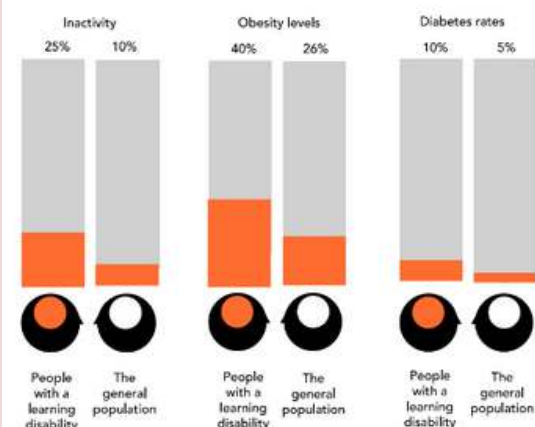
Please see the resources section at the bottom for links to relevant information, including the full deep dive review, resources and easy read materials.

CLICK ON THE TOP 3 PICTURES BELOW FOR VIDEOS ON DIABETES:



10%
of people with a learning disability have diabetes.
That's double the rate in the general population.

Adults with a learning disability have higher levels of inactivity, obesity and diabetes than the general population



CLICK ON THE IMAGE BELOW TO THE PAGE ON IMPROVING CARE FOR PEOPLE WITH DIABETES AND A LEARNING DISABILITY:



YORK SELF ADVOCACY FORUM - YOUR VOICE MATTERS!

When: Tuesday 6 May, 10am–12pm

Where: New Earswick Folk Hall (Bramley Room)

York Self Advocacy Forum is a group for people with learning disabilities who want to have a say, be heard, and make a difference. We meet around once a month to:

- Talk about what's important to us – like support, travel, money, and services
- Build confidence and have fun with activities, games, and peer support
- Learn about our rights and how to speak up for ourselves and others
- Work with people from the council and other services

We want to make York a better place for people with learning disabilities!

You don't have to speak if you don't want to.

Just come along, meet others, and find out what it's all about.

New members are always welcome!

Get in touch to book a place and find out more.

Call or text Annabel:
07706 691473

Email:
annabel.martin@yorkadvocacy.org.uk



York Self Advocacy Forum

Your voice matters!



WHO IT IS FOR?

Anyone over 16 who has a learning disability



WHAT DO WE DO?

Have fun and talk about the things that are important to us.

Support each other to try and change things for the better



WHEN AND WHERE?

Get in touch and we will let you know the details of our next meeting!

We would love to hear from you!

Contact Annabel on 07706 691473
annabel.martin@yorkadvocacy.org.uk

OUR COMMUNITY: NORTHDALE

REGISTERED CHARITY NUMBER 1142535

Website: www.northdale.org.uk

Email: development@northdale.org.uk

Contact: Charles Allen

Telephone: 01609 770269 or 07830 374551

NORTHDALE

GROWING TOGETHER

Who are we?

Established in 1988, Northdale is a registered charity providing training, work-based activities, social and leisure opportunities for adults with learning disabilities. Northdale works with approximately 100 people who live in the Hambleton and Richmondshire areas of North Yorkshire and beyond, operating out of facilities based in Northallerton and Colburn.

What do we do?

Northdale Day Services run all year round (except between Christmas and New Year!) and create a respectful environment in which adults with learning disabilities can develop new skills, cultivate friendships, and achieve their full potential. Groups include:

The Nursery team produces summer bedding plants, hardy perennials, garden shrubs and herbs, and also wreaths in the run up to Christmas. The Nursery is a busy, work-focused group that suits individuals of all abilities.

The Garden Contracting Group works in the local community, cutting lawns, trimming hedges, tidying gardens, putting up fences, and recycling cardboard for businesses.

The Tea Room is where members can work preparing food and drink for members, staff and Tea Room customers. This offers members the chance to practice a wide range of catering and customer care skills which support greater domestic independence, as well as providing valuable experience for people seeking employment in the catering trade.

The Growing Together Group offers members the opportunity to take part in a broad range of activities including arts and crafts, and gardening, and is ideally suited to people who would benefit from a gentle, person-centred approach. The activities are organised as a series of individual workstations or spaces and benefit from a purpose-built sensory room. We also support autistic people in this group.



There is also: **The Studio** where people can create arts and crafts; **Team Fix It** where members can work in our purpose-built workshop to make bird boxes and gain experience doing repair jobs on the site; **Dramability**, gives people the chance to work on performance skills and stage anything from dance performances to fully costumed shows; and, **The Forge**, where people are supervised to work with wood and metal.

We also run:

ABLE Day Service where activities are planned to enhance skills and offer a variety of opportunities at ABLE and in the community; **Employment Skills Pathway**, is a 12 month pilot to support adults with learning disabilities to participate in vocational and educational skills, preparing them for supported internships or open employment; **The Flat @ ABLE**, is an independent living training flat; and, **Personalised Learning College (Northallerton Hub)**, set up in partnership with North Yorkshire Council, the hub offers an extensive range of learning and training opportunities, which caters for young adults aged 16 to 25 years old with an education, health and care plan (EHCP). They offer a range of courses, local community connections and work placements.

Northdale Leisure Services provide a wide range of social and leisure activities for adults with learning disabilities including:

Breathing Space social and leisure activities where members are collected from a central point and dropped off home at the end of the day. There are a range of activities for members to choose, from bowling, karaoke and creative activities to music events, country shows and trips to the theatre.

Top Banana Club Night is an inclusive night for adults with learning disabilities based at Club Amadeus in Northallerton complete with DJ, music, lights and smoke machine with a licensed bar; **Top Banana Games Bar Night** is an inclusive games night at Hustlers Sports Bar in Northallerton where a range of games can be played by everyone from darts, shuffleboards and pool to table tennis and ice-free curling! There is also a licensed bar and a karaoke room; and, **Top Banana Film Night** is an inclusive film night at the Everyman Cinema in Northallerton with refreshments and a licensed bar available before and after the film.

If you would like more information including days and times of the above activities and events and prices of social activity tickets, please go to our website: www.northdale.org.uk or if you would like to talk to someone about our services, please contact **Charles Allen** on: Telephone 07830 374551 or 01609 770269 or email: development@northdale.org.uk



INFORMATION AND RESOURCES

World Autism Awareness Month

The National Autistic Society World Autism Acceptance Month Fundraising page:

<https://waam.autism.org.uk/>

The Go-To Autism and Mental Health pages and links to resources:

<https://thegoto.org.uk/im-a-parent-or-carer/test-autism-and-mental-health/>

and the link to the **Daisy Chain Project** for families, carers and personal assistants of autistic people across the North East and Yorkshire:

<https://www.autismcentral.org.uk/hubs/north-east-and-yorkshire-delivered-daisy-chain-project>

The **Autism Education Trust** World Autism Awareness Month Handbook:

<https://www.autismeducationtrust.org.uk/world-autism-acceptance-month-2025>

Ambitious about Autism World Autism Acceptance Month toolkit:

<https://www.ambitiousaboutautism.org.uk/what-we-do/awareness/small-changes-big-difference/social-media-toolkit>

Inclusive Employers Autism Acceptance Month webpage:

<https://www.inclusiveemployers.co.uk/awareness-day/autism-acceptance-month/>

And their **Autism inclusion in the workplace guide** for members of Inclusive Employers:

<https://www.inclusiveemployers.co.uk/resource/43347/>

North Yorkshire Breast Screening

Getting in touch with us

Call us on 01904 725590 or email yhs-tr.northyorkshire.breastscreeningservice@nhs.net

Resources

[An+Easy+Guide+to+Breast+Screening+-+2021.pdf](#) – picture booklet for breast screening

[An_easy_guide_to_breast_screening_Feb25.pdf](#) – easy read guide to breast screening

[Bing Videos](#) – video about breast screening

The NHS App

Sign up for the NHS App user research panel here:

https://feedback.digital.nhs.uk/jfe/form/SV_d7pUuYdqDVKflcy

For easy read instructions on how to use the NHS App on a computer:

https://www.sussex.ics.nhs.uk/wp-content/uploads/manual/nhs-app-computer-easy-read/index.html#/lessons/IYfREphRyoSZL_YoJNUTcSJ0831noei

Videos on how to use the NHS App: <https://digital.nhs.uk/services/nhs-app/toolkit/walk-through-videos>

Diabetes

The King's College LeDeR Deep Dive into the "Onset and Care of Type 2 Diabetes Mellitus in People with a Learning Disability": <https://www.kcl.ac.uk/ioppn/assets/fans-dept/diabetes-deep-dive-2022.pdf>

Diabetes.org.uk: <https://www.diabetes.org.uk/for-professionals/improving-care/good-practice/for-people-with-learning-disability>

Top tips for talking to people with a learning disability about diabetes:

<https://www.diabetes.org.uk/sites/default/files/2018-03/Top%20tips.pdf>

Know Diabetes **easy read** resources: <https://www.knowdiabetes.org.uk/learning-zone/easy-read/>

Videos: Having Diabetes: <https://www.youtube.com/watch?v=t3mubEwUFec>

What is Type 1 Diabetes?: <https://www.youtube.com/watch?v=VlrsB55vgAg>

What is Type 2 Diabetes?: <https://www.youtube.com/watch?v=o3v2fnCaSTg>

Contact: If you have any queries about this newsletter or the topics raised you can contact us on hnyicb-ny.mhld@nhs.net