

JANUARY 2022



NEWSLETTER

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Hello, this is our quarterly newsletter!

We are Your Voice. Your Voice is a network supporting self advocacy in the South West. We give people with learning disabilities and autistic people a louder voice.



We talk about health and social care barriers that people are facing and feedback to the NHS to make a positive change.

Your Voice Team News



Lucy, our Project Coordinator will be going on maternity leave in January. We wish her all the best, and look forward to catching up with baby news!



We welcome Lucy Woodward as our new Project Coordinator who will be covering for Lucy Hill.



We are pleased to introduce our new project worker Kayleigh and our marketing coordinator Paul Tyrrell.



Check out our website:
www.yourvoicenetwork.org

We save all of our Network minutes and meeting agendas on our website.

Spotlight on Vocal Advocacy

We have many groups in the Your Voice Network.

Vocal Advocacy is a group that is part of the Your Voice Network.

Vocal Advocacy say:

We are a small independent advocacy organisation operating in South and West Devon that helps adults with communication difficulties to understand and exercise their rights, make informed choices and speak up for themselves.

Whilst we specialise in supporting people who have a learning disability, we are also able to support people from other client groups such as people with autism, people with brain injuries, physical disabilities or mental health issues, older people and those with dementia.

Check out their website:

www.vocaladvocacy.org.uk



Network Topics

In October our main topic was **housing**.

We watched a video about the fight that people have taken to get the right housing for their needs.

We talked about disabled people being seen as people that can add value to the community.

We asked our group what are the main problems people face with housing?





In November our main focus was the **Flu jab and Covid- 19 Booster jab.**

We shared how important it is to protect yourself against Flu and Covid- 19.

We discussed the differences between Covid and Flu. Some people wanted more information on why each jab is important.



In December we had people talking to the Network about the **Job Centre** set up, **employment** and **reasonable adjustments.**

The group shared good and bad experiences with the job coaches in their areas.



Someone suggested it would be good to have help with their work CV's.

Someone said that not everyone is able to ask for adjustments and that information is not always available.



People said it would be useful if the Job Centre could make people more aware of the support that is available for them.

Health Update



It is still very important to get your Covid Booster jab to protect you from the **Omicron** variant.

The safety from the coronavirus jab doesn't last forever in your body. It is important to get your booster vaccine to help keep you stay safe for longer.

It is important you still follow these rules

- Social distance when you can
- Wear a mask especially in shops and on public transport
- Use hand sanitiser
- Wash hands often



Save the Date

February

9



Wednesday 9th February LD Network meeting, 12.30pm- 2pm

<https://us02web.zoom.us/j/81674802458?pwd=eHFWaVZDTc09vRHFNaJArbjRuUT09>

February

24



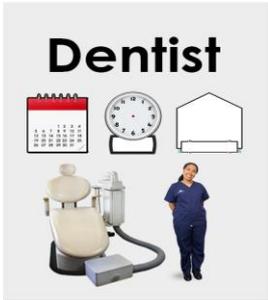
Thursday 24th Feb 11am-12pm Coffee and catch up morning.

<https://us02web.zoom.us/j/88307385161?pwd=V0szeU90RTRiY1FBZytxWU0rUndDdz09>

Top Recommendations for NHS England and Improvement

In **October**, we told the NHS, they need to:

Give people information about what was said at their health appointments. This could be an email or a letter.



Make dental care easier for autistic people. Develop autistic-friendly dentists, who understand the need for reasonable adjustments.



In **November**, we told the NHS they need to



- Provide Easy Read versions of consent forms in hospitals.



- Make sure GPs do not discourage autistic people and people with a learning disability from seeking medical advice.



- Provide Easy Read information on why the Covid and Flu vaccine is important, when people receive their vaccine.



In **December**, we told the NHS that:



- Appointments are at a reasonable time for people. They should think about travel time, and time taken to support people to have personal care.



- Family carers should have the medical equipment the person they care for needs. This includes the amount of continence pads people need.



- Vaccination clinic staff need to understand about the reasonable adjustments people need, and make sure people have these.



**Happy, happy New Year!
We wish you all the best,
Keep reaching for your fondest goals,
and following your quest!
We hope you find fulfilment,
Contentment, peace and more,
A brighter, better new year than
You've ever had before.**



Vanilla Mug Cake Recipe

- 20g unsalted butter
- 3 tsp milk
- ¼ tsp vanilla extract
- 2 tsp caster sugar
- 4 tsp plain flour
- ¼ tsp baking powder
- Pinch salt
- Ice cream or jam to serve

- 1.Add butter and milk to a microwaveable mug and microwave on high in 10 second blasts, swirling the contents after each blast, until the butter is melted.
- 2.Stir in the vanilla, followed by the sugar then the flour, baking powder and salt. Beat in the dry ingredients with a fork until there is a fairly smooth mixture. Scrape the mixture into a clean mug.
- 3.Sit the mug in the centre of the microwave and cook for 1 minute on high. If the sponge is firm to the touch, it is ready. If not, continue microwaving in 10 second blasts until cooked.
- 4.Serve warm in the mug with ice cream, or a dollop of jam.



Song of the month – Lucy is listening to Saturday Night Fever, Stayin' Alive



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