






Email Newsletter – January 2023

	Important news updates!
	Keep up-to-date with the latest Coronavirus news in easy read format with links to videos on the Inclusion North website: <u>Inclusion North - Coronavirus (COVID-19)</u>
	Have a look at these guides which the NHS have brought out about staying well this winter. There is also lots of information on their website: <u>Leaflet in Easy Read</u> <u>Leaflet in Large Print</u> <u>How to stay well in winter</u>
	West Yorkshire Health and Care Partnership believe that it is important to look after your health before something goes wrong and have put together some useful resources on their website: <u>live well resources</u>

Follow us on Facebook and Twitter **@leadthewaycald** for more updates!

Other Information



Mencap have received some funding to help them support people with a learning disability to **navigate the internet**. Read about it on their website:

[funding to deliver accessible online training](#)

West Yorkshire
Health and Care Partnership



West Yorkshire Health and Care Partnership work together to improve the lives of people with learning disabilities. They have announced their **Learning Disability Challenge**. Read about their aims and priorities on their website:

wypartnership.co.uk/our-priorities



Bradford Taking Media have produced an update about their **Health and Care Champions project** in West Yorkshire. Read their report in the link below:

[Health and Care Champions Report](#)

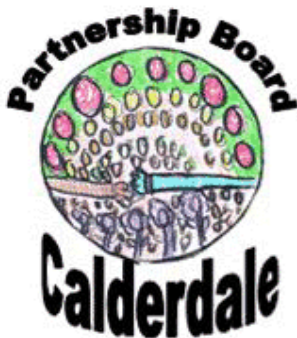


Disability Partnership Calderdale have shared some information and advice from **Northern Powergrid** about power cuts this winter. Read about this on the Disability Partnership website:

[power cut unlikely this winter](#)

Please call us on 0300 012 0416, or email info@leadthewaycalderdale.org if you would like to make a referral to our service!

Events and Groups at Lead the Way



The next **Calderdale Learning Disability Partnership Board** meeting will take place on Thursday 2nd March at 10am-1pm (lunch at 12:30pm). This will be held at Mereside Centre, Shibden Park, HX3 6XG. If you would like to join the Partnership Board, we have put together an information pack about what we do, which you can find on our website: [Learning Disability Partnership Board Information Pack](#)



Active Calderdale is a plan for people in Calderdale to become active and help them to improve their health. Calderdale council wants to end inactivity and for people to embed activity in their day to day lives. There are many benefits to being active. Mental health is known to improve when a person exercises. Taking part in exercise also helps you to get fit and improve your physical health. It can help you to stay mobile for longer. Taking part in group exercise helps you to make friends also helps you to improve your social life.

More information can be found below on this website:

<https://active.calderdale.gov.uk/about>

Please call us on **0300 012 0416**, or email info@leadthewaycalderdale.org if you would like to come along to any of our groups or events!

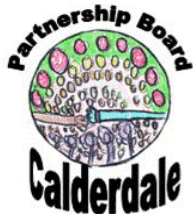
Carer Support



Making Space is aiming to help carers through the winter months. Each Thursday between November and March they are holding a **Carers Winter Warmer Lunch Club** at Boothtown Methodist Church, Halifax, from 12-3pm.

They will be providing a quality hot meal to carers and the person they care for. They will also be offering food items to take away, activities and a **FREE** raffle.

Call Making Space on 01422 369101 for further details.



We would also like to invite **more carers to attend the Calderdale Learning Disability Partnership Board**, so we can make sure your views are heard. Please let us know if you would like more information about this.

Thank you for reading our newsletter. Please feel free to get in touch:



0300 012 0416



info@leadthewaycalderdale.org



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