

What does it mean to be an inclusive community?

An inclusive community is one where people can be involved in all aspects an area offers, such as, its spaces, places, events & activities regardless of their neurotype, age, identities, ability, income or ethnic background. Where everyone feels welcomed, respected, and valued, without fear of discrimination, harassment, isolation or exclusion.



What can I do?

1. **ASK** - If unsure, ask. A great way to do this is by local authority community leads holding a meeting in your local area where questions can be asked in a safe & supported environment.
2. **LISTEN** - If you're going to take the time to ask be sure to listen to the individuals sharing their views & experiences.
3. **LEARN** - Take the time to build knowledge and understanding of others, seek support and guidance from local services and charity's.
4. **SHARE** - Share with others what you know and have learned, be part of expanding other peoples awareness and understanding.
5. **ACCEPT** - Accept that we are all different. No one has the right to judge.
6. **CELEBRATE** - Champion diversity, celebrate peoples individuality & differences.

Help us spread love and understanding in the North East.