Rural Youth Inclusivity Working Group

When hosting event's the following should be considered:

- Try to ensure the venue has wheelchair access.

- If you have a sign-up form for your event ensure there is a box for members to detail any additional needs or support's they may require.
  - Additional needs could include:
    - Accessibility needs
    - Dietary requirements
    - Visual/Audio requirement's
- Remember to discuss all needs required with the venue.

NALA Guidelines – Remember these when making Posters and Leaflets

- Define unfamiliar abbreviations & acronyms

- Use any colour & images appropriately

- Use space to help your text stand out

- Use a clear, readable font

- Have an average of 15-20 words in each sentence

- Remove unnecessary words & phrases

- Break up dense text

- For future information please visit – www.nala.ie

Dietary Requirements – Coeliac/Gluten Intolerant

- Coeliac disease is a lifelong autoimmune disease.

- Store gluten free foods separately, wash your hands before handling, label clearly and wrap well to avoid cross contamination.

- If your buying gluten free food for your event, make sure to look out for the gluten free symbol above & ensure to check the ingredients.

- For Coeliac catering training contact frances@coeliac.ie

- For more information – www.coeliac.ie

Dietary Requirements – Vegan/Vegetarian & Dairy Intolerant

- A **Vegan** is a person who does not eat any food derived from animals, while a **vegetarian** still eats eggs, milk & cheese.

- Catering for a **vegan** includes fruit, alternative milk products, vegan cheese & non-dairy spreads for sandwiches.

- A vegetarian is much easier to cater for as its just meat & fish they don't eat.

- **Lactose Intolerance** is the partial or total inability to digest lactose, which may result in illness after consuming milk and other dairy products. Milk alternatives may be used.

- For more information - https://www.healthline.com/nutrition/vegan-diet-guide

- For more information - https://www.healthline.com/nutrition/vegetarian-diet-plan

- For more information - https://www.healthline.com/nutrition/lactose-free-diet

Diabetes

- Diabetes is a condition that causes a person's blood sugar level to become too high or low.

- There are 2 main types of diabetes:
  - **Type 1 Diabetes** – An autoimmune disease which causes you to stop producing insulin.
  - **Type 2 Diabetes** – Begins when the body becomes insulin resistant.

- Ensure to have low carb & sugar free refreshments at events.

For more information - https://www.diabetes.ie/

Accessibility Requirements

- Irish Wheelchair Association provide disability awareness training/education on how to deal and talk to people with accessibility requirements.

- Making Macra more accessible & inclusive would include:
  - Correct bathrooms.
  - Ensuring lifts are available.
  - Make sure there's a ramp into the venue if there are steps.
  - Aways make sure that activities are accessible.
  - Look at changing wording around events such as a farm tour instead of farm walk.

For more information - https://www.iwa.ie/

Autism

Guidelines for members on the Autism Spectrum

- Be patient and understanding, allowing for different communication styles and processing speeds.

- Use clear and direct language, avoiding figurative language or sarcasm.

- Respect personal boundaries and sensory sensitivities.

- Allow for breaks and quiet spaces if needed.

For more information - https://autism.ie/

Hearing Impairments

To be inclusive to those with a hearing impairment, you can:

- Use clear and concise language when communicating.

- Face the person directly and maintain eye contact.

- Use visual aids, such as written notes or gestures, to enhance understanding.

- Be patient and understanding, allowing extra time for communication.

For more information – www.ishaa.ie

Thanks for taking the time to listen to us. The Rural Youth Inclusivity Working Group is a small group, if there is an area that wasn't covered, please reach out to us & we will provide info. If you require additional info on what we discussed today, please use the links on the slides