



The Inclusion  
Project

18th September  
2017

Edition 5



## What's been happening in The Inclusion Project?

Welcome to our 5<sup>th</sup> Newsletter; and apologies for its delay; it has been an extremely busy month. I hope that you enjoyed a lovely summer. The summer holidays at The Inclusion Project were awesome, we had lots of fabulous activities going on, ranging from our regular timetabled events through to day trips out, fun in the sun, walks and picnics in the countryside, to social evenings with friends.

### October Half Term - October 23rd to October 27th.

The Inclusion Project regular sessions will be running as usual and we will be running special day trips out for anyone that would like to get involved or for those who want to participate on an additional day to their regular day. If I do not hear anything from you, then I will assume that the Participant in question will be attending their regular session. If you would like to reserve a space, please let me know, and I will book Participants on. Staff that have been assigned to Participants will get in contact with you and will communicate what the pick-up and drop-off times will be, closer to the time. You will be able to find details about each staff member on our website on their staff profiles. The previous half terms have been really successful and we have always become fully booked, so please book early to avoid disappointment.

The news from St. Albans Area of The Inclusion project is brought to us this month by Participant Daniel Bernard, as part of his Voluntary Work Experience.

### **Monday 23rd October - Chessington World of Adventures**

Tickets – **£28** - If you purchase your ticket now in advance, please ensure that all tickets are purchased in advance and is with Participants on the day of the event. Please can Participants also bring a form of proof of disability, this will allow for queue skipping passes.

<https://www.chessington.com/booking/day-tickets.aspx#fullPark>

### **Tuesday 24th October - Cinema Day**

Money required - £10 cinema ticket - plus a packed lunch or money for lunch; there will also be time at our social group venue.

### **Wednesday 25th October - Paradise Wildlife Park – Zoo**

Tickets – £17 - You may buy your tickets online at the below link or on the day. <https://www.pwpark.com/tickets>

### **Thursday 26th October – Lego Land**

Tickets – **£30** - If you purchase your ticket now in advance, please ensure that tickets are purchased in advance and are with the Participant on the day of the event. Please can the Participant also bring a form of proof of disability, this will allow for the staff member to enter for free and will allow for queue skipping passes.

<https://www.legoland.co.uk/tickets-and-passes/online-tickets/>

### **Friday 27th October - Social Group Day**

This day will be at our social group venue where we will be cooking in our kitchen and enjoying social activities such as games, arts and crafts, movies and social games. Participants will need £3 for cooking ingredients and £4 for the venue hire.

We will be running our standard timetable throughout **the autumn** - please let us know if you would like to book any dates.

We are also now open to take new bookings for October too.

If you have any questions please do not hesitate to contact me or Sue, our Secretary; and I look forward to another active half term.

*Simon Jackson-Turner, The Inclusion Project Founder and Managing Director.*



# What's been happening in The Inclusion Project Barnet and Enfield with Peter Seymour?

The Inclusion Project visits Southend



What better way to start your day in Southend than with an ice cream or a drink with friends, as John, Max, Guillaume and Darius found.



Next is a trip to the pier for Max and Leila



Anyone for Tennis?



We played a lot of tennis in August. Great stroke Bradley!!



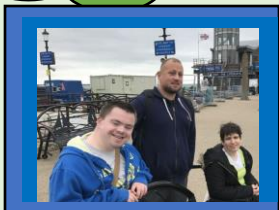
Ophir didn't take long to get into the swing of things.



We enjoyed the Amusements



Is that the car Darius?



Life's a journey, enjoy the ride!



You can't go to Southend without having Fish and Chips for lunch!!



We didn't expect to see Only Fools & Horses in Southend





**Special Olympics**



**SPECIAL OLYMPICS  
GB NATIONAL GAMES  
SHEFFIELD 2017**



Some of our Participants went to Sheffield for the Special Olympics - Daniel Large, Daniel Bernard and Adam Edney competed: <http://sheffield2017.org.uk/>

<https://www.youtube.com/watch?v=CLSSdYB3IEE>

Toseland's We'll Stop at Nothing at All – beautiful theme tune and video footage to the National Special Olympics 2017.

<https://www.youtube.com/watch?v=9Cftm3DoafQ>

What The Special Olympics means for Participants.

<http://specialolympicsgb.org.uk/>

Come and  
join The  
Inclusion  
Project  
basketball  
training

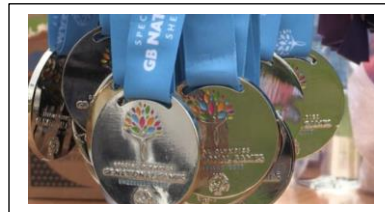


Our Participants won Gold Medals  
at the National Finals of the Special  
Olympics Basketball for the Eastern  
Region. Congratulations!



Eastern Basketball Team brought home GOLD medals!!!

Develop team work, physical and social skills, and great friendships through Basketball



The Inclusion Project has gained membership of:

<https://www.youtube.com/watch?v=Cu0rKpvTICA>



HCPA membership is recognised as a quality mark by both HCC and CQC inspectors.

Becoming a member will demonstrate to HCC and CQC monitoring officers that we are committed to continually improving our service and the standard of care provided by actively engaging with the local Social Care Community along with regional and national initiatives. Currently as community based social care providers, The Inclusion Project does not need to be registered with CQC, and hence we welcome HCPA's kitemark of approval.

Hello everyone, my name is Charlotte. I am a student Learning Disability Nurse studying at the University of Hertfordshire. I am currently spending four weeks at The Inclusion Project as part of an elective placement. At the end of my second year, we are required to arrange an elective placement. The placement allows the opportunity to pursue a particular interest or experience that would not be available on our regular University placements. I chose The Inclusion Project as I am Inspired by the ethos of the Project. Promoting a healthy, social and active lifestyle for people with learning difficulties is also a key role of a Learning Disability Nurse.

While I am with The Inclusion Project, I am spending some time supporting those who have signed up to participate in The Mencap Gateway Award. In brief, the Award encourages people to gain new skills and experiences, become more independent, make friends, be active in the community and improve their health and wellbeing. I am thoroughly enjoying supporting Participants, they are doing really well, and we are having fun!

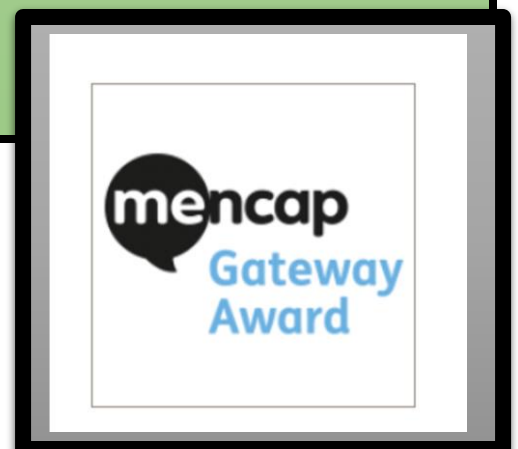
When I'm not supporting those doing the Award, I am experiencing all the cool activities that The Inclusion Project offers. My favourite part about doing my placement here is getting to know all individual Participants who come to The Inclusion Project and watching them enjoy all of these fantastic opportunities. It is so lovely to see Participants getting themselves involved in all sorts of activities, keeping themselves active by playing sports or going to the gym. Also seeing them socialise and make friends when taking part at bowling, going out for meals or going to the cinema.

I'd like to thank The Inclusion Project for allowing me to do my placement with you. Also thank you to all the staff and Participants for making me feel so welcome. I'm having the best time and look forward to the remainder of my time with you.

**Charlotte Cahill, University of Hertfordshire.**

The Gateway Award is an activity award scheme which people with a learning disability, of any age or ability, can take part in. The award encourages people to gain new skills and experiences, become more independent, make friends, be active in the community and improve their health and wellbeing.

The Inclusion Project is supporting people to take part in the Gateway Award.



## What's been happening in The Inclusion Project?

Six of our Participants: Ben Smith, Anna Hillyard, Amy Lawson, Evie Willcock, Shaun Noke, and Robert Smith took part in a presentation to Families in Focus Parent Network in Stevenage on 14<sup>th</sup> September, and they did a magnificent job; taking questions from parents and telling their stories of all they do with The Inclusion Project. They are a superb team and really did themselves and The Inclusion project proud: THANK YOU to you all from The Inclusion Project.



### **STORM Programme – Stand Up For Myself**

We have had the pleasure of being visited by Sophie Colman from University College London, University of London.

The programme is being trialled at The Inclusion Project to assess its feasibility for more general, large scale promotion across the nation.

It assesses and promotes Participants' level of confidence when standing up for themselves. It considers issues around Learning Disabilities and identity, prejudice and discrimination, and strategies to cope with this.

Participants involved have given consent and information has been sent home for Parents / Carers.

Peter Seymour and Greg Seymour have been running the hour and a half sessions on Fridays mornings at the Boxing Club in WGC.

We will not only have our name in publications with a prestigious university, and have helped with a positive programme being developed to be used by more Learning Disabilities groups, and also gain £100 for taking part. The Participants who have taken part will decide how to spend this within The Inclusion Project.

The background to the project is described as follows by UCL: People with learning disabilities face negative feelings and experiences because of the way they can be viewed by others. Despite positive changes in policies, services and societal views, negative attitudes and discrimination remain everyday realities for many people with learning disabilities. ☒ Despite a clear need to do more to empower people with learning disabilities to manage such feelings and experiences, to date few interventions have targeted this and none have been shown to be effective. ☒ Having better ways of coping in people with learning disabilities is likely to have positive effects on their mental health, well-being and social interactions.



## What's been happening in The Inclusion Project St. Albans with our new Participant Journalist and Photographer: Daniel Bernard?

# BY DANIEL BERNARD

Daniel is demonstrating and evidencing a range of skills through his Voluntary Work Experience with The Inclusion Project's Newsletter, as St. Albans Area Journalist and Photographer. He shows he can use a Smart Phone, take photographs, download them, attach them to e-mails; use e-mail; and graphic effects and word process type. Daniel can add these skills to his CV and also to his Mencap Gateway Award portfolio, as evidence for the Award's requirement to undertake Voluntary Work Experience. We look forward to Daniel's contribution next month; get taking those photographs Daniel! And if there are any other budding journalists and photographers out there amongst The Inclusion Project's Participants, and you would like to have a page in our newsletter, contact Denise Jackson on [denisejacksontip@gmail.com](mailto:denisejacksontip@gmail.com)



### 13<sup>th</sup> September Bea's group:

Today Bea's group went to tennis and golf. We had a big surprise when Spiderman turned up to play tennis! We met Damir, Callum and Matthew there. We went to Lost World Golf in Stevenage with Bea. We all enjoyed Crazy golf. We all got good score and we all had fun. Ella got a hole in one and she came first. I came second and Alexander came 3rd. For lunch Ella and Alexander and I had McDonalds (healthy choice of course!). I took photographs. In the afternoon we went to Asda and had a look around. We bought some snacks (healthy!) with the money we budgeted. Reporter: Daniel Bernard, St. Albans Participant.





Some more of Daniel's Photographs of The Inclusion Project Participants having fun and increasing their levels of fitness. Fitness is another of The Mencap Gateway



My son James has been attending The Inclusion Project as a commissioned service from Herts Social Services 0 - 25 team since December 2016. James has severe Dyspraxia with learning disabilities. He finds it extremely difficult to interact with people on a social level, often not understanding the unwritten social rules or picking up on social cues that we take for granted in our everyday lives. Since leaving college in May 2016, James has lost touch with all of his friends since they all live so far away and has become very isolated. He attends The Inclusion Project on a Friday at Colney Heath Football Club. Fridays are a relaxed 'hang out' day. James takes a very long time to come out of his shell. I am pleased to say that since Kerry Wardrobe has taken over being his support on a Friday this has started to happen. James likes Kerry and he has a smile on his face when he comes home. She always has something positive to say and is beginning to get James to try new activities which is one of his targets. The other two targets: to reply when greeted by someone and to initiate conversations. I was very surprised to hear that James had been playing tennis one day. This is no mean feat as James tries to avoid sports as he finds them very difficult to cope with due to his lack of coordination. Last week they had been playing with a Frisbee and he joined in a game of rounders! His self-confidence has definitely increased and it's good to know that he is in a safe environment and in such capable hands. As his Mum and his carer, the time he spends at The Inclusion Project allows me some precious time to myself not having to worry about him.



## What's been happening in The Inclusion Project One to One with Marcus Sandiford?

*Marcus has secured a fantastic relationship with Watford Football Club.*

This has resulted in a few great opportunities for The Inclusion Project moving forward. This is what they are willing to offer us.

- 1. Sensory Room** - They looked at our timetable and saw that we ran a social club on a Friday. In their stadium they have a sensory room where people with LD can watch their games. They said that they do not use it on a Friday so we are more than welcome to use this space for... FREE. It is a very small space that could probably fit 15 Participants maximum. My first thought is I could use this as a 1:1 space on a Friday, but think it should be used for Participants who have sensory issues around sound. Karen, at Watford FC, is also looking into putting money in to getting us some board games & puzzles so we have some stuff there. I have also seen if we can use it more, she is looking into it.
- 2. Match Day tickets** - They are looking at what match days will not have a full stadium and want to offer us tickets. They will allocate me a certain amount (game dependant), which will cost but at a first come first serve basis. The price will be at a reduced rate. They also mentioned that the Participants may be able to kick a football around at half time. My aim too, is to get some advertisement in their match day programme and on their screen (give me some time).
- 3. Gym membership** - They have a gym that they say we can use, which is cheaper than a current one we use. The Participants will be given a full induction and certificates to the machines they can use successfully. It is a £50 joining fee which could be spread across payments, then it's £2 per session. Could be good for those who are noise sensitive too.
- 4. An astro turf pitch use** - They have an astro turf pitch that they say they we could use when they do not use it. This would have to be slotted in a timetable. If we get enough interest from this, Karen our hero at WFC, said she may be able to get some community coaches to deliver sessions.

Let's go Team TIP!!!! Marcus Sandiford, Hertfordshire 1:1 Area Manager.

We are also now a member of WFC Enable:





## News from Dr. Denise Jackson, The Inclusion Project

*The Inclusion Project Group August 2017, Participant Survey  
(Conducted by Charlotte Cahill of the University of Hertfordshire— 100% of Participants surveyed feel safe with The Inclusion Project, and would recommend it to a friend.*

Participants like doing these things best, with The Inclusion



I would like to thank Charlotte Cahill, Student Learning Disability Nurse from the University of Hertfordshire for all she has done for The Inclusion Project during her placement with us. Charlotte has registered Participants for The Mencap Gateway Award and started them off. She kindly gave a presentation to our Group leaders who will take over form where Charlotte left off in supporting our Participants with completing their Bronze Mencap Gateway Award.

Frequent Participant responses to being asked How has The Inclusion Project helped you?:

*It keeps me busy during the day. It has helped me meet new people. I get to try a lot of new things! I had never played golf before until coming to The Inclusion Project.*

*I get to try a lot of new things and I get to go out to cool places.*

*I get to make new friends here.*

*It has taught me to be more active, which I'm really thankful for!*

*It helped me with my confidence and I have learnt to work as a team.*

*It has helped me be independent.*

*I get to meet new people.*

*I used to be an angry person. It has taught me how to vocalise my anger and manage it. The staff are amazing. They show me the person I can be.*

*I have made friends with my Best Friend at The Inclusion Project.*

*I got to meet my best friend here.*

*It has taught me that talking to people isn't so bad.*

100% of Participants surveyed said The Inclusion Project Group Leaders know them well and look after them as an individual.



## Hertfordshire Evenings with Kerry Kane: News

### From The Inclusion Project



Hertfordshire Evenings with Kerry Kane: Social Events, A Time to Meet Good Friends, and Share Experiences and make some Memories

### **Tuesday October 31<sup>st</sup>- Halloween Fancy Dress Disco**

**Fancy dress disco with prizes for the best fancy dress!**

**Cost- £5 per ticket, plus Group Leader fees**

**If you are coming along with your own support then Carers' entrance is free.**

### **Sunday November 5<sup>th</sup>- Hatfield House Firework Display**

**Visit Hatfield House for their amazing firework display! It is a spectacular evening out.**

**Cost- to be confirmed**

### **Wednesday December 20<sup>th</sup>- Christmas Disco**

**Dance the night away with friends at The Inclusion Project's Christmas Disco**

**Venue- to be confirmed**

**Cost- £5 per person, plus Group Leader fees**

On Wednesday of last week, during the tennis coaching at Gosling Stadium, WGC, a lady (member of the public) came up to me on the court and asked if I was in charge of the participants. I stated that I was one of the Group Leaders for The Inclusion Project, so would be happy to try and assist her with any matters regarding our participants. She had made her way from the café all the way out to the last tennis courts in order to express her feelings with regards to a situation which had occurred a short while before in the café. The lady then explained that without realising, she had dropped a £5 note and one of our participants had picked it up off the floor and said to her "Excuse Me, I believe you just dropped this" and handed her the £5 note. She was so very impressed by their impeccable manners as well as their honesty that she felt compelled to come and ensure someone responsible for the participants was notified of her immense gratitude. She was overwhelmed and went on to say how lovely our participants are and what a wonderful job our Group Leaders do. Unfortunately, the lady could not point out which of our participants had acted in such a kind and considerate manner but she did add she had seen us all there many times before and in her opinion, it could have been any one of them, as she felt they all seemed such great people. I think the fact that this lady took the time to go out of her way in order to report this to us, only highlights the positive impact our groups have on the general public when we are out and about in society. Lorna Poppy Group Leader.

#### WEST HERTFORDSHIRE NEWSLETTER – Cameron Greer

This month Inclusion Project West Herts has welcomed some new faces.

James Chandler has been enjoying himself especially when showing off his tennis skills and celebration!

Robert Hows who has been with us for 4 months is currently looking to get back into employment so well-done Robert! We have also enjoyed the pleasure of Andrew McLaughlin's company this summer! He is now on his way to begin his studies at West Herts College! Good luck Andrew!

*Please follow us. Like us and comment on our Social Media sites: We want to hear your views!*



[www.inclusionproject.co.uk](http://www.inclusionproject.co.uk)



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