



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

Welcome to our 7<sup>th</sup> Newsletter, published as we approach the run up to Christmas. We have a Christmas Disco on Wednesday December 20<sup>th</sup> at Woodhall Community Centre. Dance the night away with friends at The Inclusion Project's Christmas Disco. Thank you to Kerry Kane for organising this event.

And we also have our very own 'Shooting Stars' Drama Group (as directed by Jasmine Knight) performing their 'Christmas Mash Up', with lots of singing and dancing, on Saturday 16<sup>th</sup> December, also at Woodhall Community Hall, WGC, 6pm for 6.30pm start, suggested donation of £6.50.

I am hoping to ask you for a little bit of help please ... we are trying to up our online marketing game for The Inclusion Project so that our service can help benefit more people. If you Google the words 'Inclusion Project' we come up first which is great, but on the right-hand side there is a place where people can leave reviews on Google, and currently we have only a few reviews 😊 If you have a minute, please could you leave us a quick review on there; it would really help with exposure on Google ... thank you 😊

### **The Inclusion Project Wins Prestigious Award**

I reported last month: 'An exciting thing that has happened this month is that we have been nominated for the Herts Care Award 2017! Results will be known on 24<sup>th</sup> November.' This month, I am very proud to announce that The Inclusion Project **WON** the Hertfordshire Care Award for **Outstanding Achievement in Learning Disability Support**.

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



## Hertfordshire Care Awards

The Outstanding  
Achievement in Learning  
Disability Support Award

# Winner 2017



The 2017 Winner's Award for Outstanding Achievement in Learning Disability Support.



Daniel congratulating Simon on The Inclusion Project's win.

Simon proudly holding the Award on behalf of The Inclusion Project, as Ashley looks on.

Daniel and Jacqueline on the big screen – as they were interviewed by the film crew for the occasion. They are true film stars, and really did The Inclusion project proud THANK YOU from all of us.

Thank you to all who contribute to the wonderful service that is The Inclusion Project.



**The Hertfordshire Outstanding Achievement in Learning Disability Support Award is judged on the following criteria:**

For an individual who works day-to-day supporting people who live with a Learning Disability. There must be evidence of great ideas and innovation.

This individual is committed, communicates well, is competent and courageous. Their care reflects this.

They're flexible & deliver care to meet individual Learning Disability needs.

Feedback has been received from service users and families about their outstanding and personalised care.



***We will be operating as normal during the Christmas period; however, we will of course be adding holiday twists to our normal activities for those whom would like to partake.***

***The only days that we will not be operating will be - 25th December, 26th December and 1st January.***

***Wishing you all a Happy Christmas Holiday time from all at The Inclusion Project.***

News from The Boxing Club, Welwyn Garden City

Our Area Manager for West Essex, Troy Thompson displays his musical talents with our newly formed Inclusion Project Band, who practise playing Friday mornings at the Boxing Club. They have their debut performance on the 16<sup>th</sup> December, as part of a set with Jasmine's 'Shooting Stars' Christmas Mash Up'.

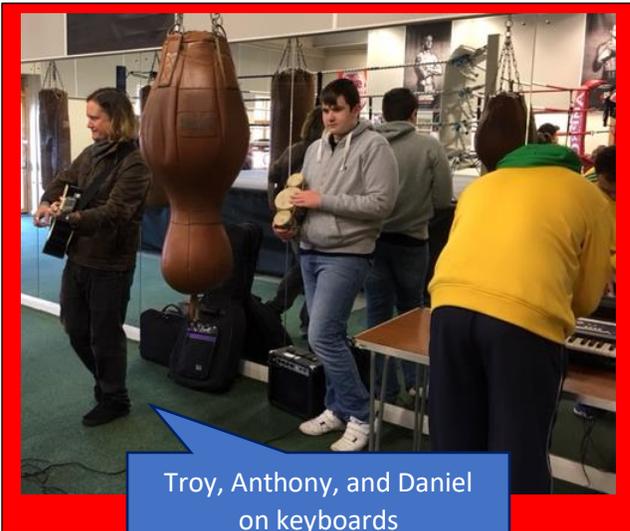
Troy is an amazingly talented musician; passionate about live music combined with enabling our Participants to experience the joy of making music together. We are very lucky to have him and his skills on our team.



Troy on guitar; Anthony on bongo drums; and Mitchell on vocals.



Introducing Inclusion Project BAND



Troy, Anthony, and Daniel on keyboards



Kerose, Troy, Anthony



Mitchell in full flow, as Simon Hathaway dances in the background, and Stacey looks on.



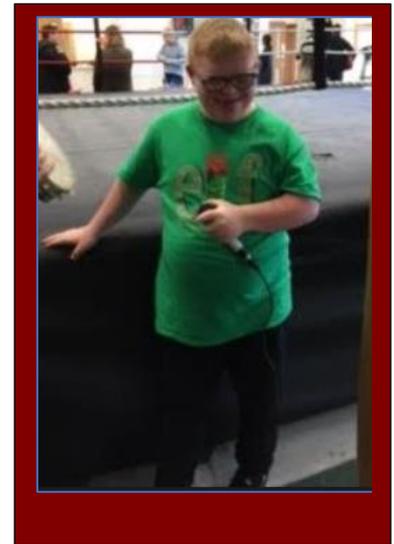
Troy playing guitar for Abigail's lovely song.



Kerose and Troy duet on guitars; Anthony on bongo drums and Owen on keyboards. Right also with Daniel on keyboards.



Abigail singing with affect, as Mitchell (below) is ready for a 'sing-off'!



### Appeal

If you have any unwanted musical instruments at home, please could you donate them to The Inclusion Project Band, at The Boxing Club, WGC. Many of our Participants love music, singing and dancing, and they will be put to this very good use.



Simon Jackson-Turner  
Male Basketball Head Coach

### **World Games: Special Olympics 2019: Abu Dhabi, United Arab Emirates**

Simon Jackson-Turner has been selected to be Team Great Britain's Basketball Head Coach for the World Games in 2019!



Chicago will host the Special Olympics movement's 50th Anniversary global celebration events July 17 – 22, 2018.

### **About Special Olympics**

Special Olympics is a global movement that [unleashes the human spirit through the transformative power and joy of sports](#), every day around the world. We empower people with intellectual disabilities to become accepted and valued members of their communities, which leads to a more respectful and inclusive society for all. Using sports as the catalyst and [programming around health](#) and education, Special Olympics is fighting inactivity, injustice and intolerance. [Founded in 1968 by Eunice Kennedy Shriver](#), the Special Olympics movement has grown to more than 5.3 million athletes and Unified partners in [172 countries](#). With the support of more than 1 million coaches and volunteers, Special Olympics delivers [32 Olympic-type sports](#) and over [108,000 games and competitions](#) throughout the year. Special Olympics is supported by individuals, foundations and partners. [Click here for a full list of partners](#). Engage with us on: [Twitter](#), [Facebook](#), [YouTube](#), [Instagram](#) and [our blog on Medium](#).



Hayley went with Dominic to LEGOLAND, just about a month ago – look how different the weather is, with the greenery still on the trees. Hayley and Dominic really enjoyed themselves and can't wait to do it again. What a beautiful day out.

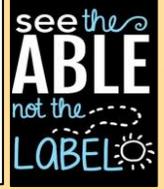


The Gateway Award is an activity award scheme which people with a learning disability, of any age or ability, can take part in. The award encourages people to gain new skills and experiences, become more independent, make friends, be active in the community and improve their health and wellbeing.

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



What's been happening in The Inclusion Project?



UCL STORM Programme – Stand Up For Myself - Graduation

We have had the last of our sessions from the 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. We have found that our **Participants who took part in the programme have progressed in their measured self-esteem and confidence. The measure is taken before and after sessions.** 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. Peter Seymour and Greg Seymour have been running 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, we have decided to buy a drum kit for The Inclusion Project Band with the money.



Mr. Kerosé  
Muanza



Miss Abigail  
Curl



Mr. Matthew  
Benabo



Mr Matthew Benabo



Mr. David Murfitt



Mr. Owen Taylor



Mr. Owen Taylor



Mr. Mitchell Wright

Mr. Anthony Oakman



Mr. Kerosé Muanza



Mr. Mitchell Wright



Miss Abigail Curl





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

# BY DANIEL BERNARD

Photographer: Daniel Bernard – St. Albans Participant.

Daniel Bernard Report

I went to the Novotel Hotel in Stevenage to have a little film made for the Hertfordshire Care Awards. I did this because Simon Jackson-Turner has been maybe chosen for an Award. We don't know if he has won it yet but I went to tell them about Simon for a film on awards night. My Mum came too but she is not in the photo. The film crew asked us all about Simon and The Inclusion Project. I told them he was very good and special and I told them about The Inclusion Project activities. My Mum talked to them too about how busy The Inclusion Project keeps me and how good it is for me. We had lots of fun and the man was very nice. I sang some of my Simon Turner song but my Mum said a short version was enough. I really hope Simon wins but if he doesn't, I still think he is very good at his job. [We think Dan is very good at his job!]

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)



Daniel ready for the film crew!

The news from the St. Albans Area of The Inclusion Project is brought to us this month by Participant, Daniel Bernard. Daniel is developing his journalistic and photography skills as part of his Voluntary Work Experience, and as evidence for his Bronze Level Mencap Gateway Award (which requires Voluntary Work as one of the five challenges).





# News from Dr. Denise Jackson, The Inclusion Project



## VOLUNTARY WORK OPPORTUNITIES AND WORK OPPORTUNITIES WITH MENCAP:

Look here:

<https://jobs.mencap.org.uk/volunteering-with-us.aspx>



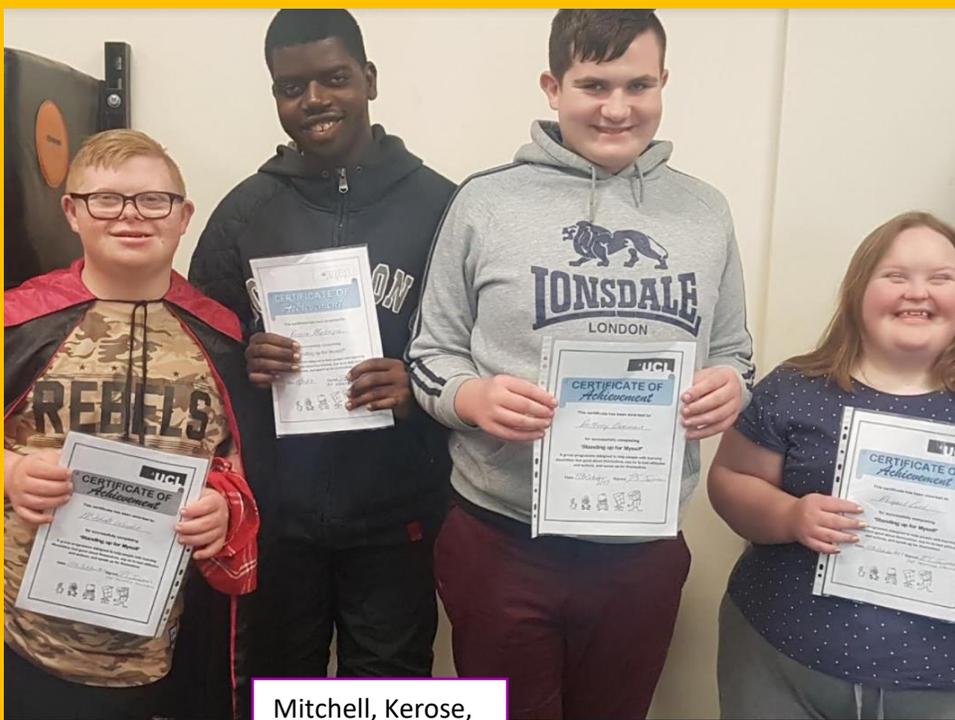
Mitchell being presented with his UCL Certificate.



Mr. Daniel Bernard



Peter listens on as Abigail, Daniel, Kerosé and Anthony take part in an ad-lib play about bullying and how to stand up for yourself, for part of their UCL Certificate. Kerosé telling his pretend 'Mum' he is being 'bullied' in the play.



Mitchell, Kerosé, Anthony, Abigail





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



# Hertfordshire Evenings with Kerry Kane: News From The Inclusion Project



Event - *The Inclusion Project Christmas Disco*



When? - 20th December 2017

What time? - 7:30pm - 9:30pm



Where? - Woodhall Community Centre Welwyn  
Garden City Hertfordshire AL7 3XD

How much? - £5 Entrance (all proceeds going to  
Jubilee House Care Trust)  
Charity Number - 298074

Contact for tickets and more information – Kerry Kane  
07944287527 or [inclusionprojectevenings@gmail.com](mailto:inclusionprojectevenings@gmail.com)  
Hertfordshire Evenings Manager



[simon@inclusionproject.co.uk](mailto:simon@inclusionproject.co.uk)



@TheInclusionProject



@WeAreInclusion



@TheInclusionProjectLtd



Enroll online today!



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



## We do Care Disco



Thursday 30th Nov 2017

From 7.30pm to  
10.30pm

For more information or  
to book

Paula 07542186803  
Carolyn 07763 120438  
Jacqui 07922 804039

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

Fairway Tavern  
Old Hens Lane  
Welwyn Garden City  
AL7 2ED

Great DJ,

Licensed Bar

Large car park

Buffet

Tickets £15

Support staff free

Ages 18 and above

Hello,

Christmas is coming!

We want to remember people who will be on their own over Christmas and on Christmas Day.

Please can we all talk to people and ask what they are doing and if they are on their own but want to be with people, please make this happen if possible.

If you know anywhere that is open or has events on Christmas day and surrounding days for people with disabilities or older people please share this information on Hertfordshire Directory so that Herts Help can share this with anyone contacting them.

<https://directory.hertfordshire.gov.uk>

We are pleased to be able to offer three FREE 6 week parent/carer courses in Spring 2018, one for parent/carers in **Stevenage** in **January/February 2018 (daytime)** and two for Dads. The Dads courses will run in **Borehamwood** in **January/February 2018 (evening)** and also in **Hitchin** in **February/March 2018**. Details of the dates, times and location are attached. These will be advertised to parent/carers this afternoon, when they will be open for booking.

These courses are designed for parent/carers of children aged 5-14 and are run by specialist ADHD/Autism Trainers from ADD-vance.

**We have previously had some issues with bookings through our website, therefore will be taking bookings by booking form. To book a place, parent/carers will need to complete the attached booking form and forward to [bookings@add-vance.org](mailto:bookings@add-vance.org). If they are unable to complete the form, please ask them to enclose details in an email.**

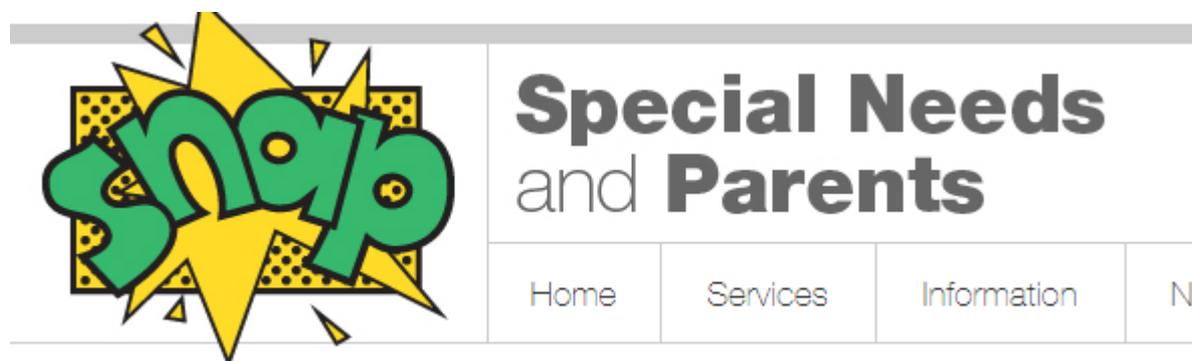
**Please allow 2 working days for us to respond to booking requests.**

Places are limited and these courses are always popular and oversubscribed so please book early to avoid disappointment.

Kind regards

The ADD-vance Team

To help partners and families understand if 0-25 Together is the right service for them, they have recently updated their information available online within [Hertfordshire's SEND Local Offer](#). You can find more detail about our eligibility criteria in the document [Deciding if 0-25 Service Can Help You](#)



<http://www.snapcharity.org/index.php/about/the-snap-story>

SNAP (Special Needs and Parents) was founded in 1994 when eight families got together to start a parent and toddler group. They were anxious about the lack of provision they experienced as parents of young children with special needs and wanted to do something to help other parents in similar situations.

Here is the invitation for our 11<sup>th</sup> December Regional Workshop, with booking details.  
Please could you distribute it through your usual networks, and to your Eventbrite attendees list?

Thanks and best wishes,  
Jo



Jo Hough  
Co-Director, Inclusion East CIC  
Mob/Txt: 07976 644 068  
Landline: 01279 833 492

Web: [www.inclusioneast.co.uk](http://www.inclusioneast.co.uk)

Follow us on Twitter [@inclusioneast](https://twitter.com/inclusioneast)

Like us on Facebook [www.facebook.com/inclusioneast](https://www.facebook.com/inclusioneast)

Hertfordshire's transforming care website link is below. You can go to this for updates including the latest Transforming Care newsletter.

[www.hertfordshire.gov.uk/transformingcare](http://www.hertfordshire.gov.uk/transformingcare)



The Next Step intervention is a group and one to one intervention geared at supporting individuals who have social communication difficulties such as those associated with the autism spectrum. I would work with your referral on a one to one basis, providing her with the necessary employability skills needed to work with children/within a nursery setting as well as finding a suitable setting. The intervention is up to an hour a week at a charge of £50 per session. Please let me know if you wish to proceed with referring your young person to our programme and we can discuss the process further.

Warmest regards

Natasha

*Natasha Flemming*

(ASD/Social Communication Consultant/Director)

Inspiring Progress CIC, Registered office address: 16 Islay House, Scammell

Way, Watford, Hertfordshire, WD18 6GD

Company no - 07626232. Tel: 07717844966 . Email: [inspiringprogress@outlook.com](mailto:inspiringprogress@outlook.com).

Website: [www.inspiringprogress.org.uk](http://www.inspiringprogress.org.uk)

Please find details of the services provided by St. Albans Mencap for Dec 2017. Below are details of how to book and the costs.



## Adult Services

[Press here for Overview Adults Services for Dec 2017](#)

To book onto the Adult Services please call 07776131808





Gingle bells all the way to.... our festive celebration on Saturday 9th December, 7 - 11pm, where The Hertford Gin Club will be turning Mudlarks into a gin wonderland and celebrating our favourite Christmas spirit - GIN!!

Your ticket entitles you to a welcome cocktail, a free gin and tonic of your choice plus delicious canapes, which will be circulating throughout the evening. There will be over 40 gins to try at only £5 a serve. We will also be running a competition with some great ginny prizes up for grabs! All this for only £17.50. Click the link below - last year tickets for this festive event sold quickly, make sure you don't miss out!!

[Buy Now](#)

**Watford Mencap opened its new Cafe In The Library.**

[Cafe in the Library](#) [www.facebook.com](http://www.facebook.com)

It's a warm and inviting place which sells competitively priced foods and barista coffees. Along with enabling people with learning disabilities to develop their retail, barista and catering skills, the cafe will also raise funds to develop services to support over 800 people with learning disabilities and their families in South West Herts

We would be delighted if you could help to promote the cafe through your newsletters, distribution lists and social media.

We are open Monday- Friday 9.30 - 5pm until Christmas and then 7 days per week from January. Please like our Facebook page (details below) and we hope to see you for a coffee very soon.



Herts People First

# North Herts and Stevenage *All welcome* Local Learning Disability Forum

Mon	Tue	Wed	Thur	Fri	Sat	Sun
		<b>Thursday</b>			2	3
4	5	6	<b>7th</b>	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	<b>December 2017</b>				



At **Bedwell Community Centre**

Bedwell Crescent, Stevenage,  
Herts. SG1 1NA



Hear local news, share information and talk about what's important to you

Call **01438 759009** or **07799 353534**

for more information or to tell us you are coming



**Free parking at the centre**

**From:** ENGAGE, Ld (NHS ENGLAND) [<mailto:engage@nhs.net>]

**Sent:** 28 November 2017 10:32

**Subject:** Update Email November 2017

Here is the latest email update for the NHS England Learning Disability and Autism Forum. It will tell you what we are doing to improve the health and wellbeing of people with a learning disability, autism or both. It also tells you about ways you can get involved in our work.

We write this update in plain English and we tell you about more accessible resources like the [easy read newsletter](#) and [video blogs](#).

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**SAVE THE DATE**  
**THURSDAY 22<sup>ND</sup> FEBRUARY 2018**

# Better Health Better Me!

**Health Awareness Event for Adults  
with Learning Disabilities**



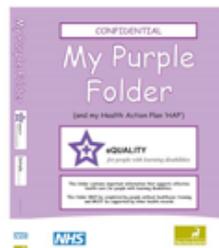
Interactive  
Sessions



Workshops



Fun Activities



**The YMCA, 59 Russet Drive, St. Albans**  
**9.30am - 3.30pm**

**More details to follow on how to book a place**



## **NHS England easy read newsletter published**

[Read our new look easy read newsletter online](#) to find out about:

- Improvements to epilepsy care
  - Resources to inspire better homes in Transforming Care
  - Extra help from your doctor, like annual health checks
  - Transforming Care Partnerships- checking how they are doing
  - The NHS England family carer advisers

We would welcome any feedback on the newsletter on the content or how we can make it more accessible to you or your group on [engage@nhs.net](mailto:engage@nhs.net)

### **Ask Listen Do - survey**

In March the NHS England Learning Disability and Autism Forum told us about difficulties in making complaints, concerns and feedback and things that would help to make it work better. Thank you to everyone who shared their ideas at that event- we learnt a lot which we're using to improve complaints and feedback.

[Full complaint event report \(no pictures\)](#)

[Easy read complaint event summary](#)

This work has developed into the 'Ask Listen Do' project. The team which includes the new NHS England Family Carer Advisors have launched a survey which asks about adult and children's experience of making complaints in health, social care or education. The survey closes 12 January. [Link to survey \(two versions- online and easy read\)](#)

### **Checking how Transforming Care Partnerships are doing**

NHS England wants to know how Transforming Care Partnerships (TCPs) are working in your local area. Please let us know how they are working where you live by filling in a survey. This needs to be done by 1 December (but you can have extra time if you are doing the easy read survey).

[Easy read Transforming Care survey](#)

[Non easy read Transforming Care survey](#)

You can read an [easy read article about the evaluation](#) on page 21 of the newsletter.

### **Save the date- 8 Feb 2018 for the Learning Disability and Autism Forum event**

Please keep this date free for the next Learning Disability and Autism Forum event. It will be free and is likely to be in Manchester. We will be looking at

how different health services like GPs and hospitals share information on their computers about extra help disabled people might need. This extra help (or 'reasonable adjustments') might be things like how you prefer to get your information or that you need longer appointments. We want to test how an 'electronic flag' could work on computer systems to tell NHS staff when someone needs some extra help. We will send you more information about how to book nearer the time.

## **Save the date- 6 March 2018 Transforming communities, your right to a good life event**

Please keep this date for this free event in Birmingham. **Transforming Communities, your right to a good life** is organised by the NHS England learning disability advisers, with the Local Government Association. This event looks at what Transforming Care offers to people with a learning disability, autism or both and families. It uses a rights-based approach to help people make sure they have a good life in their local communities for many more years to come. With interactive workshops, guest speakers including Ray James - our new National Learning Disability Director and 2 chill out rooms, we hope this will be an informative and fun day! More information to follow.

## **Improving epilepsy care**

Read about how we are [improving epilepsy services for people with a learning disability- page 6 of the easy read newsletter](#).

We would like to know about-

- good things you know of care for people with a learning disability and epilepsy
- things that could be better for people with a learning disability and epilepsy

Contact [jane.kachika@nhs.net](mailto:jane.kachika@nhs.net)

## **Quality checkers toolkits**

NHS Quality Checkers toolkits have been developed with people with a learning disability, autism or both to support people going into services to check the quality of services. There are toolkits to support quality checks in GP surgeries, dentists, community services, acute services, accident and emergency services and mental health services.

[Read and comment on the draft quality checker toolkits](#) before 1December 2017.

Read more about how this work has happened in the [Spring Newsletter easy read article on quality checking toolkits](#) (page 27)

## Annual health check resources

Annual health checks can help you stay healthy. There are now lots of resources to help everyone to understand annual health checks. As the fabulous [Misfits video says- 'Health Is Everybody's Responsibility'](#).

You can read an [easy read article about additional support from your GP, including annual health checks](#) on page 12. This includes

- how you get your name on the list to get extra support like health checks - the learning disability register
- Sanjay and Michaela's photostory of their annual health checks
- [Mencap's annual health check cartoon Don't Miss Out](#)
- [A toolkit to help GPs do good annual health checks \(from Royal College of GPs\)](#)
- [Resources for social care providers about annual health checks](#)

## Care and treatment review (CTR) resources

(1) [Parents CTR survival guide](#)- explains how to get the best support for your loved one if they are in an assessment and treatment unit

(2) You can access [free e-learning about CTRs](#) for experts by experience, clinical advisers, commissioners, provider services and other professionals and health and social service staff. It aims to challenge values in assessment and treatment units and shift power to the person.

## Video – hear what the NHS England Learning Disability and Autism Advisory Group has been working on

At the last Advisory Group meeting, members told us how the NHS could [communicate more accessibly](#), how we could [improve annual health checks](#) and how we can [improve healthcare \(work on RightCare pathways for people with a learning disability\)](#).

## Watch Transforming Care webinar

[You might like to watch this recording of an Transforming Care webinar](#) which looked at support for children with violent challenging behaviour (Yvonne Newbold) and positive behaviour support (Tom Evans).

[You can see previous Transforming Care webinars here](#)

## Flu jabs

Have a healthy Winter this year by getting your [flu jabs](#). Watch this [video about flu jabs](#) to find out more.

## **More information**

Find out more about the NHS England Learning Disability and Autism Forum- <https://www.england.nhs.uk/learningdisabilities/get-involved/>

[Short film about NHS England and why we want YOU involved in its work](#)

[Link to more news from the Transforming Care Programme.](#)

## **Contact us**

If you need this email update in an alternative format or have any questions please contact [engage@nhs.net](mailto:engage@nhs.net)

If you do not want to receive these emails, or think you have been sent this email by mistake, please let us know and we will take you off our contacts list.

If you have any feedback about these emails, please tell us what you think.

The Engagement Team

Twitter - [@NHSAbility](#)

Facebook group – [NHS England Learning Disability and Autism Engagement](#)

Email – [Engage@nhs.net](mailto:Engage@nhs.net)

Watch accessible videos on our [YouTube playlist](#)

NHS England

0113 824 9686

7E58 Quarry House

Leeds

LS2 7UE

Learning Disabilities Webinar

[https://www.youtube.com/watch?time\\_continue=380&v=q\\_95idP5rxE](https://www.youtube.com/watch?time_continue=380&v=q_95idP5rxE)

# The 2017 ADD-vance Countdown to Christmas

We are proud to announce our 2017 Countdown To Christmas fundraising event!

There are amazing prizes to be won every day from the 1<sup>st</sup> to the 25<sup>th</sup> December.  
Tickets are £1 per day or £20 for an automatic entry for all 25 days.

Please visit our fundraising page for full terms and conditions and to buy tickets or email [fundraising@add-vance.org](mailto:fundraising@add-vance.org) for more information. <http://uk.virginmoneygiving.com/fundraiser-web/fundraiser/showFundraiserPage.action?userUrl=EleanorGriffiths&pageUrl=9>

*Thank you for your support- it really will make a difference.*

## 1<sup>st</sup> December

A family ticket (up to 4 people) to the relaxed performance of the panto, Rapunzel. Thursday 28<sup>th</sup> December at 11am at Hertford Theatre.

Generously donated by **Hertford Theatre**.

## 2<sup>nd</sup> December

Two tickets to the panto Snow White. Thursday 28<sup>th</sup> December at 4.30pm at The Spotlight, Hoddesdon

Generously donated by **The Spotlight, Hoddesdon**.

## 3<sup>rd</sup> December

A family ticket (2 adults and 2 children) to the National Space Centre in Leicester.

Generously donated by **The National Space Centre**

## 4<sup>th</sup> December

2 child tickets to Colchester Zoo.

Generously donated by **Colchester Zoo**

## 5<sup>th</sup> December

A collection of children's science books.

## 6<sup>th</sup> December

A family pass (2 children and 2 adults) to 360 Play, Stevenage.

Generously donated by **360 Play Stevenage**

## 7<sup>th</sup> December

A Minecraft Lego set

## 8<sup>th</sup> December

A Hot Chocolate giftset. Contains a mug, hot chocolate, chocolate bar and marshmallows.

Generously donated by **Waitrose, Welwyn Garden City**

## 9<sup>th</sup> December

£10 vouchers for Quasar, Hemel Hempstead.

Generously donated by **Quasar Hemel Hempstead**

## 10<sup>th</sup> December

A family day pass (up to 4 children) to Big Space Indoor Play, Harpenden.  
Generously donated by **Big Space, Harpenden**

## **11<sup>th</sup> December**

2 x 7 Day Guest Passes to Nuffield Health Fitness & Wellbeing, Hemel Hempstead.

Generously donated by **Nuffield Health Fitness & Wellbeing, Hemel Hempstead**

## **12<sup>th</sup> December**

Tickets for two people to Shepreth Wildlife Park.

Generously donated by **Shepreth Wildlife Park.**

## **13<sup>th</sup> December**

A complimentary 1 month membership at Nuffield Health Fitness & Wellbeing Centre Letchworth.

Generously donated by **Nuffield Health Fitness & Wellbeing, Letchworth**

## **14<sup>th</sup> December**

A signed photo of the 2017/18 Arsenal football squad with a certificate of authenticity.

Generously donated by **Arsenal Football Club**

## **15<sup>th</sup> December**

A family pass (2 children and 2 adults) to 360 Play, Stevenage.

Generously donated by **360 Play, Stevenage**

## **16<sup>th</sup> December**

Complimentary 1 month membership plus a beauty treatment and full health MOT at Nuffield Health, Bishops Stortford.

Generously donated by **Nuffield Health, Bishops Stortford**

## **17<sup>th</sup> December**

A set of beauty products and a £10 M&S gift card.

Generously donated by **Morrisons, Welwyn Garden City and Marks & Spencer, Welwyn Garden City**

## **18<sup>th</sup> December**

A signed Watford FC Pennant.

Generously donated by **Watford Football Club**

## **19<sup>th</sup> December**

Two VIP guest passes for a days Health Club Membership at The Hertfordshire Golf and Country Club, Broxbourne.

Includes the use of the Fitness suite, Sauna, Steam and Spa Pool, Studio Classes, Tennis Courts, Swimming Pool and the bar and restaurant.

Generously donated by **The Hertfordshire Golf and Country Club**

## **20<sup>th</sup> December**

Two tickets to Gulliver's Theme Parks (Milton Keynes, Matlock Bath or Warrington)

Generously donated by **Gullivers Theme Parks**

## **21<sup>st</sup> December**

A Golden Ticket (for 2 adults and 3 children) to the Roald Dahl Museum and Story Centre.

Generously donated by **The Roald Dahl Museum and Story Centre.**

## **22<sup>nd</sup> December**

One month's free family membership at Nuffield Health Fitness & Wellbeing Centre, St Albans

Generously donated by **Nuffield Health Fitness & Wellbeing, St Albans**

## **23<sup>rd</sup> December**

A Table d'Hote Lunch for two at the Auberge du Lac Restaurant.

Generously donated by **Auberge du Lac**

## **24<sup>th</sup> December**

4 tickets to Saracens vs Harlequins on 24th March 2018.

Generously donated by **Saracens Rugby Club**

## **25<sup>th</sup> December**

A family gift ticket to the Warner Bros. Studio Tour London – The Making of Harry Potter, plus a copy of the Official Guide book.

Generously donated by **Warner Bros. Studio Leavesden**

**We would like to thank the following donors for their support.**

**Hertford Theatre**

**The Spotlight, Hoddesdon**

**The National Space Centre**

**Colchester Zoo**

**360 Play, Stevenage**

**Waitrose, Welwyn Garden City**

**Quasar, Hemel Hempstead**

**Big Space, Harpenden**

**Nuffield Health Fitness & Wellbeing, Hemel Hempstead  
Arsenal Football Club**

**Shepreth Wildlife Park**

**Nuffield Health Fitness & Wellbeing, Letchworth**

**Nuffield Health, Bishops Stortford**

**Morrisons, Welwyn Garden City**

**Marks & Spencer, Welwyn Garden City  
Gullivers Theme Parks**

**Watford Football Club**

**The Hertfordshire Golf and Country Club**

**The Roald Dahl Museum and Story Centre**

**Nuffield Health Fitness & Wellbeing, St Albans**

**Auberge du Lac**

**Saracens Rugby Club**

**Warner Bros. Studio Leavesden**



Sessions are free and funded by the Big Lottery.

**Support groups for parents caring for children with additional needs and disabilities.**



### Examples of themed sessions

- 1 Managing Challenging Behaviours
- 2 Managing sensory issues
- 3 Strategies to encourage and motivate children with additional needs
- 4 Solutions to manage difficult behaviours, empathic listening
- 5 All about Anger 1 – triggers and understanding why children get angry
- 6 All about Anger 2 - Strategies to manage anger and calm down meltdowns
- 7 Sharing the Emotional Journey of parents with additional needs
- 8 The Tasks of Adjustment - Understanding the impact of having a disabled child on family relationships and sharing difficult feelings
- 9 Managing stress & bringing balance to family life
- 10 Sibling's issues and effective ways to help siblings
- 11 Liaising with schools and professionals who support your child with additional needs
- 12 Helping Teenagers with additional needs with transition to adulthood
- 13 Plus Outside speakers for Education issues, Law and SEN, Benefits advice, sensory issues etc.

### It's FREE to become a member

There is no need to book in advance, just drop in. Dates are listed on our website [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)

### For more information

Contact Lesley or Francine on the following details:

t: 01442 219720 | text: 07867 510027  
e: [info@familiesinfocus.co.uk](mailto:info@familiesinfocus.co.uk)  
[www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)



“ We pride ourselves on sharing our knowledge with clarity, sensitivity & energy, mixed with an infectious sense of fun ”

### Who runs Parent Network?

Francine and Lesley both have a wealth of experience working with families over the past 20 years. We are passionate about bringing parents together and we pride ourselves on being compassionate and respectful of parents. We recognise the uniqueness of every family and that we all have something of value to offer. Our involvement in education and counselling, and with special needs, has enabled us to develop our own, award winning, parenting programmes for parents of children with additional needs.



### How does it work?

The parent network will offer emotional support, information and knowledge in structured, themed sessions such as Managing Challenging Behaviour, Managing Sibling Issues.

\*See full list on the back cover.

Each Parent Network will meet every 3 weeks during term time, a total of 12 sessions per year. The network sessions will be for 2.5 hours and will include daytime and evening sessions.

Sessions are free and funded by the Big Lottery.



Parent Network warmly welcomes parents of children with any kind of additional need or disability.

Parents can choose to attend as many or as few sessions as they wish in any of the Parent Network areas. Sign up at [familiesinfocus.co.uk](http://familiesinfocus.co.uk).

Parent Network is a fantastic opportunity to turn your life's experience into helpful skills for others

### Where can I attend?

- ✓ Hemel Hempstead
- ✓ Watford
- ✓ Stevenage
- ✓ St Albans
- ✓ Toddington
- ✓ Biggleswade

VISIT [familiesinfocus.co.uk](http://familiesinfocus.co.uk) FOR FURTHER DETAILS

We will train parent carers to become volunteer hosts and then facilitators to eventually take over the networks with support. Each Parent Network will be supported by a committee of parents, who may decide for example, to organise social events for the whole family.

### What is a structured themed session?

As a new member you will be welcomed by the host at the start of the session, during which you will have the opportunity to:

- 1 Catch up with fellow members over refreshments
- 2 Learn through shared experiences
- 3 Follow set themes through
  - Discussions
  - Demonstrations
  - Handouts
  - Skill practices
- 4 Receive emotional support
- 5 Meet new members and share knowledge
- 6 Gain knowledge and supported through tried and tested tips and strategies, developed through evidence based research
- 7 Signposting to local services

All members in the group are parents of children with additional needs.



“ Lesley and Francine's wealth of knowledge and experience is phenomenal ”

“ The chance to share experiences and ideas with other parents of children with additional needs, who truly understand what it is really like, is invaluable ”

“ As a family we are talking about our lives now more openly and everyone is now so much happier ”



## NEW FROM THE INCLUSION PROJECT IN PARTNERSHIP WITH THE SPECIAL OLYMPICS:

# INDOOR FOOTBALL TRAINING

Christ's College School, East End Road, Finchley, N2 0SE

### DATE

Every Monday during term time

### TIME

7pm till 8pm

### COST

£5.00

### RATIO

Dependent on the individual we are able to offer support at three levels - 1:1, 3:1 and 4:1

### COST

Instructor fees are financed through direct payments or direct commissioning - private funding is also an option. Please enquire for precise fee amounts.

### TRANSPORT

Participants of the Inclusion Project are transported from door to door by our group leaders at an arranged time from the timetable.

**GET INVOLVED TODAY!**

**07442 010 114**  
**07974 527 261**

[www.inclusionproject.co.uk](http://www.inclusionproject.co.uk)  
[inclusionprojectbarnet@gmail.com](mailto:inclusionprojectbarnet@gmail.com)

*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)



[simon@inclusionproject.co.uk](mailto:simon@inclusionproject.co.uk)



@TheInclusionProject



@WeAreInclusion



The Inclusion Project

The  
Inclusion  
Project