



[What's been happening in The Inclusion Project?](#)

Welcome to our 8th Newsletter, published as we approach the end of an eventful year. Happy New Year to you all from all of us at The Inclusion Project.

In December, we had a fantastic Christmas Disco at Woodhall Community Centre, organised by Kerry Kane. It was so well attended that it has spurred Kerry on to organise The Inclusion Project Discos more regularly. A good time was had by all; dancing the night away with friends, and Father Christmas even put in an appearance! Kerry's Valentine's Disco will be on Saturday 17th February 7-9pm; come along and you might get a red rose! We also had our 'Shooting Stars' Drama Group (as directed by Jasmine Knight) performing their 'Christmas Mash Up', with lots of singing, dancing, and fun had by all, and supported by the most talented Mr. Troy Thompson on vocals and guitar. Inclusion Project Participants were fabulous: they sang, danced and entertained the audience. We were treated to a rendition of Dr. Seuss at Christmas by Jacob Reitemeier, whose special effects, tone, delivery and timing were impeccable. The cast showcased how talented they are and the fun they have on a Tuesday night with Jasmine at The Inclusion Project Shooting Stars.

We are proud to be registered with and regulated by the Care Quality Commission for our support at home sessions.



The Inclusion Project gained CQC Registration in December 2017 for 'The Inclusion Project at Home'.

In Early December, The Inclusion Project was assessed and audited by the Care Quality Commission (CQC); and on the 15th December, we learnt that we had been accepted for registration and regulation by the CQC. The Inclusion Project can now offer Personal Care if needed, along with social care, within Participants' Homes. This is an idea that originated with a suggestion from our Participant Ben's Mum - Wendy Jeffries, who we'd like to publicly thank for the initial idea of 'The Inclusion Project at Home'.

'The Inclusion Project at Home' will offer social and personal care within Participants' Homes on the same basis as our current provision, supporting Participants begin their independent lives in their own homes. We will also be able to offer respite care for Parents / Carers of our Participants.

We will also provide home support for Participants who do not currently access The Inclusion Project in the community, perhaps due to mental health conditions, e.g. anxiety, agoraphobia; or due to types of physical disabilities that make community access more difficult; or for those who need to build up trust and companionship first. The aim is to gently, gradually and skilfully coach them to feel more comfortable in coming out of their homes and into the community, and ultimately participating in The Inclusion Project (in the community).

The focus, as always for The Inclusion Project, is on social skills, developing communication skills, lifestyle choices that promote health and well-being and in preventing social isolation and loneliness, to provide a companionship type service whereby Participants can choose what they would like to do within their own homes with the assistance, support and guidance of one of our Group Leaders. Watch this space! The Inclusion Project at Home is coming soon! Simon Jackson-Turner, The Inclusion Project Founder and Managing Director.

Carron Martin



We are pleased to welcome **Carron Martin** to The Inclusion Project as our Operations Manager. Carron joins us with a wealth of experience in the care sector, including work with the CQC. Carron's role with us includes managing our booking system and quality assurance. Her contact details are on our web site.



Introducing Callum Connell, The Inclusion Project

Participant Mentor Ambassador



'Participant Mentor and The Inclusion Project Ambassador'

'Working within the remit of the of 'The Inclusion Project', as a **Participant Mentor** supporting people with Learning Disabilities, in community based venues and activities, under the guidance of The Inclusion Project Group Leader Staff, with the aim of developing **life skills, confidence, self-esteem** and being an Advocate for Participants where necessary'. This is an extract from Callum's 'job description'; a job that he holds with pride and conducts himself in professionally. Callum demonstrates a wealth of skills to add to his CV: empathy, humour, compassion, a caring nature, superb interpersonal skills, and real kindness.

Callum can be seen here doing what he does! He is often seen helping other Participants, who confide in him, look up to him, and see him as a Leader. Callum is an excellent role model for our Participants, as his own confidence; independence, and wonderful singing voice have grown in stature during his time with The Inclusion Project, so has his caring, nurturing and concern for other Participants.

Our Group Leaders saw potential in Callum to become a Voluntary Participant Mentor and Ambassador for other Participants. Callum was interviewed, where he excelled, showing his passion and enthusiasm for The Inclusion Project and his joy at seeing other Participants thrive. He spoke about how he helps other Participants to settle with The Inclusion Project; how he notices if they are looking a bit down, and he has a big smile and a warm heart to cheer them with, always encouraging others to join in and stay engaged participating. He has insight and tremendous emotional intelligence to share with us all.

THANK YOU Callum for all you do for us, both Participants and Group Leaders of The Inclusion Project.

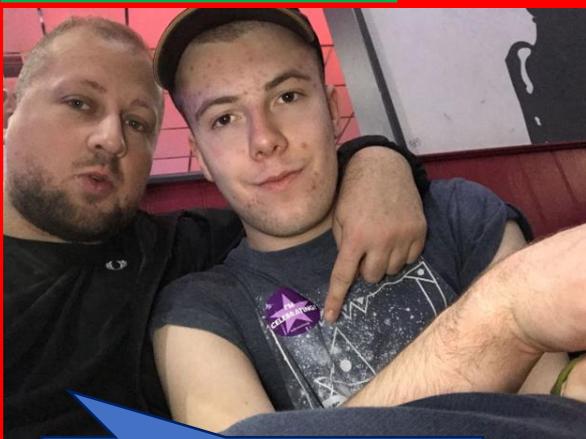




Peter's Groups enjoyed a range of activities throughout December 2017...



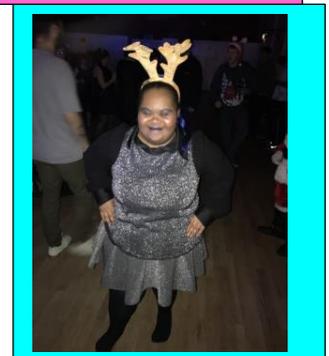
Disco Dancing...

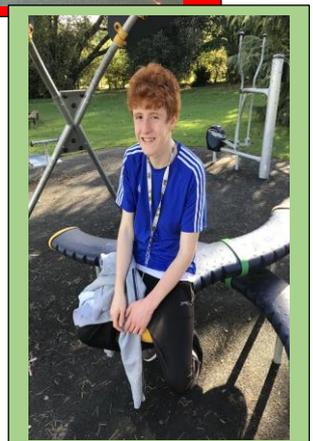
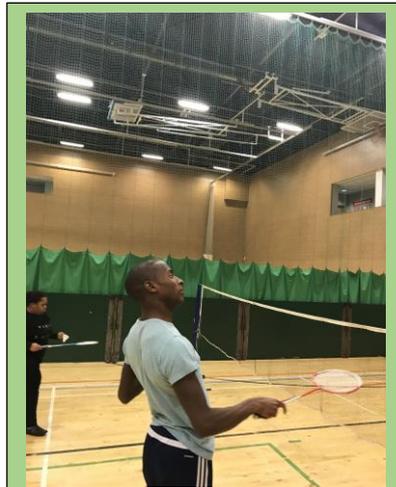


Greg and John celebrate good times, out with friends.



Smart Moves

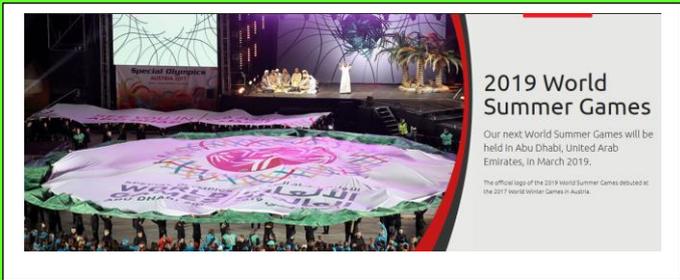




In Barnet and Enfield with Peter, Inclusion Project Participants enjoy a range of local activities in local venues; including badminton; (if anyone has any 'no longer used' badminton rackets, Peter's Group would love them, as they go through a few!)



Simon Jackson-Turner
Male Basketball Head Coach



2019 World Summer Games

Our next World Summer Games will be held in Abu Dhabi, United Arab Emirates, in March 2019.

The official logo of the 2019 World Summer Games debuted at the 2017 World Winter Games in Austria.

Changing Attitudes

Special Olympics is the leading voice in [raising awareness about the abilities of people with intellectual disabilities](#).

Through sports, we showcase the skills and dignity of our athletes. We also bring together communities to see and take part in the transformative power of sports. We know the odds our athletes must overcome and the barriers they face every single day. We see this at training events and competitions as our athletes push to beat their personal bests – and exceed them. [Their stories and successes inspire us all.](#)

We believe in a world where there are millions of different abilities but not disabilities. And we're spreading this message everywhere - at [big Special Olympics events and small ones.](#)

World Games in MENA for the First Time

Abu Dhabi, United Arab Emirates, will be the host of the 2019 Special Olympics World Summer Games. The Games will be held 14 to 21 March in 2019.

The Special Olympics World Games will take place in venues throughout Abu Dhabi March 14-21, 2019. These will be the first Special Olympics World Games held in the Middle East.

Facts about the Games

The Games will feature seven days of competition in 24 sports. There will be court sports: badminton, basketball, beach volleyball, bocce, handball, table tennis, tennis and volleyball. There will be races in athletics, cycling, kayaking, open water swimming, roller skating, sailing, swimming and triathlon. Judged competitions will be equestrian, judo, artistic gymnasts and rhythmic gymnastics. Rounding out the list of sports are bowling, football, golf and powerlifting.

Many thousands of people will take part or watch the Games. An estimated 7,000 Special Olympics athletes and their 2,600 coaches will arrive early to get used to the time zone and temperature. Abu Dhabi itself will provide 20,000 volunteers and up to 500,000 spectators. The Families of the athletes will number 6,000. And there's an expectation that 2,000 reporters, photographers, videographers and bloggers will capture the games for international media. Honored guests of Special Olympics could number 4,000, too.

Schedule for 2019 Games

Host Town: 8 to 11 March

Divisioning and Preliminary Competitions: 12 and 13 March

Opening Ceremony: 14 March

Competition and Other Events: 14 to 21 March

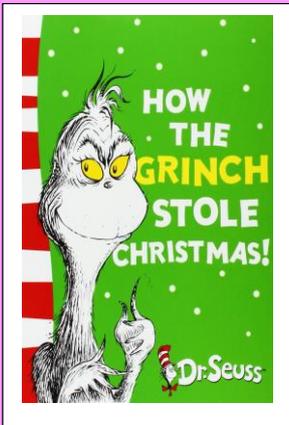
Closing Ceremony: 21 March



Shooting Stars Drama Group with Jasmine Knight:



'The Christmas Mash Up Show'



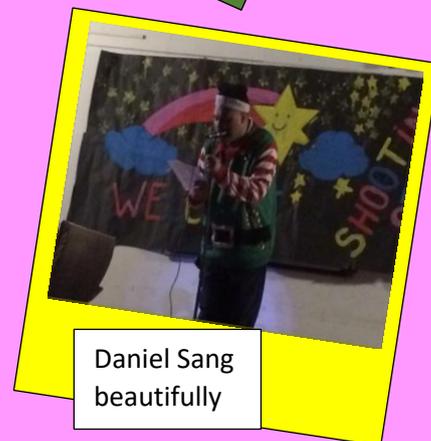
Jacob mesmerises the audience with a tale from Dr. Seuss



Jonny joins the cast for the joyous grand finale



Mitchell gave a festive dancing performance



Daniel Sang beautifully

Oh What a Wonderful Show...More, More More!



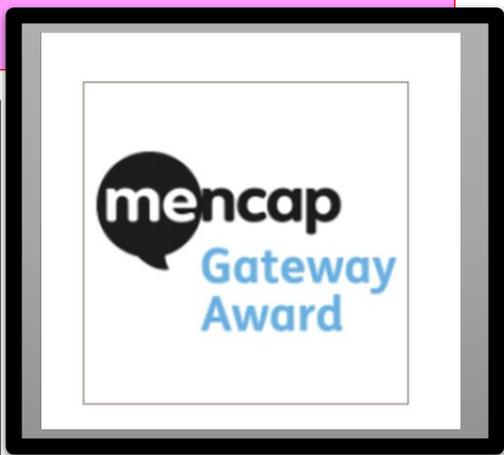
Ashley entertains us



Encore, encore...

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?



Thank you to June Hillyard for her lovely message over Christmas: 'Anna's had a fab year topped off by a great time at the disco.'

Day two and she's still wearing the antlers.'



Shooting Stars Cast and Audience having a magnificent fun time! We look forward to the next show, Jasmine! (No pressure!)

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

VALENTINE'S DAY

DISCO

17TH FEBRUARY
7PM-9PM



Woodhall Community Centre, AL7 3XD
£5 entrance

For tickets and more information contact:
Kerry Kane, Hertfordshire Evenings Manager
call: 07944 287 527 or email: inclusionprojectevenings@gmail.com



www.inclusionproject.co.uk

December 2017 newsletter

What's going on in the news?

This family carer newsletter is a summary of what's going on in England that could be of interest to you and others.

1. FCSS new film for family carers launched!: ['What happens when I'm no longer around'](#) is a planning guide for families who have a relative with a learning disability, autism, or both. We would love to have your feedback about it!
2. [My Favourite Hello](#) is an online dating website for people with Asperger's, autism and learning disabilities. It was set up by a sibling who wanted to support her brother and other people, to navigate the pitfalls of dating.
3. BBC Breakfast has been highlighting the difficulties that parents of children with Special Educational Needs and Disabilities (SEND) face, in accessing the right support for their child. Two autism charities are [taking action, so no child is held back](#).
4. Following a disappointing autumn budget for individuals who rely on social care, Professor Peter Beresford asks [Why is the government waging a war against disabled people?](#)
5. Carers UK have created a [summary and analysis](#) of the key announcements from the November Budget 2017 that effect family carers.
6. [Improving healthcare access for people with learning disabilities](#). Public Health England have published a new set of resources, aimed at social care staff.
7. Hft are sponsoring the next [Supported Loving Network Meeting](#) in Leicester. Liz Wilson from Dimensions will be giving a family carer perspective on relationships and Hft will share their experiences of setting up and running a successful dating agency for people with learning disabilities.

Who is a family carer?

A family carer is someone who has a lifelong relationship with a person who has a learning disability, autism or both - usually a family member or close friend. They have an active interest in the wellbeing of that individual, wherever they live.

Do you have any information that you think would benefit other family carers? If yes, contact us and we can put it in the next newsletter!

Current workshops: Book a place on a free workshop!

Area: **Essex**

Subject: **The Care Act**

Date: **Thursday 18th January 2018**

Time: **10am - 2pm**

Venue: **[19 Radford Crescent, Billericay, CM12 0DU](#)**

Contact: **To book a place contact Liane Iles from Hamelin Trust on lianeiles@hamelintrust.org.uk or call 01277 653 889**

Information: **for detailed information about what will be covered in the workshop, [click here](#)**

Area: **Essex**

Subject: **The Care Act and Mental Capacity Act**

Date: **Wednesday 28th February 2018**

Time: **7pm - 9pm**

Venue: **The SNAP Centre, Pastoral Way, Warley, Brentwood, Essex, CM14 5WF**

Contact: **To book a place contact The SNAP Centre on: 01277 211 300 or email: info@snapcharity.org**

Freephone: 0808 801 0448

Email: familycarersupport@hft.org.uk

Website: www.hft.org.uk/familycarersupport

Benefits & support

People with learning disabilities and family carers can be entitled to certain benefits and support mechanisms. Find out more about what's available, and how you can find out more.

If you care for someone for at least 35 hours a week and they get certain benefits (for example PIP or DLA) you could be entitled to Carer's Allowance.

[View](#)

Our 'PIP tips' are intended to make the process of completing the Personal Independence Payment application form as straightforward as possible.

[View](#)

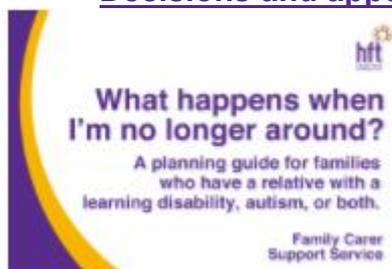
Disability Living Allowance (DLA) is coming to an end for people aged 16 to 64. It is being replaced by Personal Independence Payment (PIP).

[View](#)

PIP videos

Our Family Carer Support Service have created four videos which give information about: –

- [How people are assessed](#)
- [Completing the form](#)
- [Going to a face to face assessment](#)
- [Decisions and appeals](#)



<https://www.youtube.com/watch?v=ip19e6nktEw&feature=youtu.be>



https://www.youtube.com/watch?v=MYAtjHPML_Q

Contact the Family Carer Support Service

Tel: Freephone [0808 801 0448](tel:08088010448). We're available to talk Tuesday to Thursday 9:15am to 4pm, but if you call outside of these hours, please leave a voicemail and we will return your call within seven working days.

SAVE THE DATE
THURSDAY 22ND FEBRUARY 2018
Better Health Better Me!

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



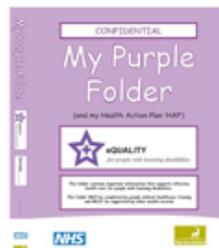
Interactive
Sessions



Workshops



Fun Activities



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

More details to follow on how to book a place





The **Young Carers Conference 2018** has been arranged for Thursday 15th February, 1.30 to 4pm, at Oaklands College, Welwyn Garden City, Hertfordshire, AL8 6AH. You are welcome to join us for lunch from 12.45pm.

You will be able to hear from young carers, see the workshops they have chosen to specialise in and attend a talk from Michele Stokes, our CEO.

Please save the date in your diary, further details will be sent out in January.

To book your place at the Conference, or if you are interested in hearing more about our Young Carers Service, please reply to contact@carersinherts.org.uk putting YC conference in the subject line or call 01992 586969.

Kind regards

The Young Carers Council and Young Carers Service



The Inclusion Project Christmas Disco

The Inclusion Project



Special Olympics
St Albans

**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
inclusionprojectbamet@gmail.com

The Inclusion Project Group
Leader: Tara Dean stars in
this fabulous performance –
A MUST SEE – BOOK YOUR
TICKETS

Proudly Presents

9 to 5

**THE
MUSICAL**

Music by
DOLLY PARTON

Lyrics & Book by
PATRICIA RESNICK

Based on the 20th Century Fox Picture

Originally produced on Broadway by Robert Greenblatt, April 2009

18th - 21st April 2018
7.30pm

Trinity Arts and Leisure
Bromham Road, Bedford, MK40 2QD

Adults £14 - Concessions £12

Tickets available online: www.ticketsource.co.uk/marianettes



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@BedMarianettes

This amateur production is presented by arrangement with Music Theatre International (Europe).

All authorised performance materials are also supplied by MTI Europe.

www.mtishows.co.uk

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



www.inclusionproject.co.uk



simon@inclusionproject.co.uk



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Inclusion
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