

# NEWSLETTER

The  
Inclusion  
Project

EDITION 10 - NOT YOUR REGULAR DAYS OUT  
FEBRUARY 2018



**PARTICIPANTS TRAIN  
AT ALLIANZ PARK WITH  
SARACENS RUGBY CLUB**

**VALENTINE'S DAY DISCO  
HUGE SUCCESS -  
PICTURES INSIDE**

**SPOTLIGHT ON :  
CAMBRIDGE, LUTON/  
DUNSTABLE, SWINDON  
AND MUCH MORE...**



Welcome to the 10th edition of The Inclusion Project Newsletter.

Despite the weather we are still enjoying our days out here at The Inclusion Project. From training at Allianz Park with Saracens Rugby Club as part of their Project Rugby initiative (see page 4), to dancing the night away at the Valentine's Day Disco (see page 8).



As if that wasn't enough, this month we have so much to share with you; Special Olympics, Shooting Stars, the weekends are here, we are expanding into an at home service, and so much more.



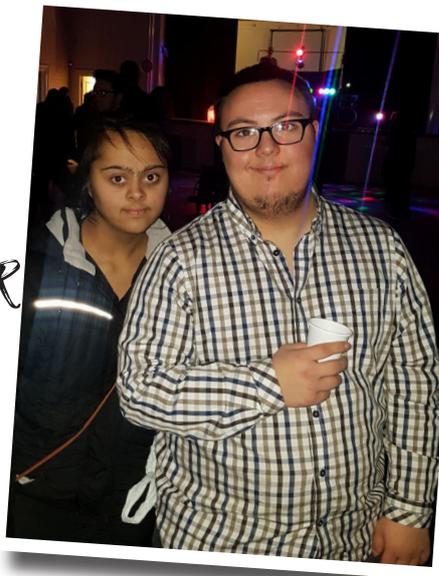
Spotlights on areas: Cambridge (welcome, Hannah Mullens), Luton/Dunstable, Hertfordshire Evenings, Barnet and Enfield, and Swindon.

Dr. Denise Jackson, Quality Assurance Director, and Participant Daniel Bernard share their updates in their columns.

Finally we share some dates for your diaries.

I hope you enjoy reading.

**SIMON JACKSON-TURNER**  
Founder and Managing Director



# Out and About



Participants tackle playing rugby for the first time with Saracens Rugby Club at Allianz Park



Participants of Barnet and Enfield enjoy a training session with Saracens Rugby Club at Allianz Park as part of the Project Rugby initiative

Area Manager of The Inclusion Project Barnet and Enfield, Peter Seymour, commented: "We are always looking for new activities for our Participants to try in the local community, and Project Rugby is perfect; aiming to increase rugby participation in under-represented communities.

"It was great to see everyone taking part in something new. Everyone thoroughly enjoyed it, despite it being very cold and wet.

"All of them put a lot of effort into it and should be proud of themselves for doing so well considering that they haven't played rugby before."

Coach and Saracens Sports Foundation Disability Officer, Scarlett Cooper-Wall, commented: "Project Rugby is designed to increase participation in rugby from underrepresented groups, including the disabled community.

*"I haven't played rugby before and I thought it was great. I would like to play again."*

"Today The Inclusion Project brought some of their Participants to Allianz Park for a Rugby Taster Session. They played different activities that involved running around with the rugby ball, passing and catching with their teammates and kicking the rugby ball to try and hit the crossbar of the posts. This gave the Participants an opportunity to play with the rugby ball and develop their motor skills as well as improving their communication and social skills.

"It was great to see them all give it a go even though they had never played before and having lots of fun despite the wind! We hope to have more Participants giving rugby a go to break down the perceptions of rugby and show that anyone can play and be part of a team."

Participant, Bradley Possami, commented: "I haven't played rugby before and I thought it was great. I would like to play again."



### Hannah Mullens, Area Manager for the new area: Cambridge and Huntingdonshire, shares an update on her first month with her Participants

The Inclusion Project is continuing to grow and we are now excited to be expanding our services across Cambridge, Biggleswade and Huntingdon in order to welcome many new Participants to our brilliant groups and opportunities.

Having launched at the beginning of 2018, the new area offers a 2 week timetable full of some of the tried and tested favourites as well as offering some new ideas and adventures that we can't wait to get involved in.

The first 3 Participants of this area had a great taster day during the February half-term; making friends and singing along to the radio together right from the start.

They joined other groups at the boxing club in Welwyn Garden City for a Valentine's themed art session, plus we couldn't ignore the fact that it was Pancake Day.

After getting to know each other over a game of top trumps, our 'Busy Bees' demonstrated their concentration faces as they neatly made their valentine bees and heart hand-trees. Everyone enjoyed their day and we are looking forward to seeing the groups expand and the friendships blossom, so watch this space.



# February's word cloud

SOME OF THE ACTIVITIES AND DAYS-OUT WE HAVE EXPERIENCED THIS MONTH

Valentine's-Disco  
Sports  
Making-Ceramics  
Saracens  
Music-Studio  
Museums  
Socialising  
Swimming  
Baking-Lessons  
Rugby  
Travelling  
Painting  
Trampolining  
Cooking-Lessons  
Wildlife-Parks  
Recording-Songs  
Dancing  
Visiting-RAF



## NOW AVAILABLE

[email inclusionprojecthome@gmail.com](mailto:inclusionprojecthome@gmail.com)

The Inclusion Project at Home sessions are for anybody that would like companionship in their home but might not be ready to access our community sessions. These at home sessions can also extend to assisting Participants with their independent living, helping with things in the home and generally aiding the Participant to live their life.

Our staff will help the Participant in their home with household tasks, social chats, developing

skills through interaction, communication, preparing meals together, playing games, support and assistance with cleaning, free choice activities of the Participants choosing, personal hygiene, personalised activities either inside the Participant's home or in the community. We are regulated to be able to provide personal care to Participants if required. The options are endless and we would work with you to build your personalised plan.



# THE SHOOTING STARS WITH JASMINE KNIGHT

EVERY MONDAY 6-8PM



Woodhall Community Centre  
Millgreen Road  
Welwyn Garden City  
AL7 3XD

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

If you require  
Group Leader support  
contact Kerry Kane  
07944287527

# SPOTLIGHT ON : HERTFORDSHIRE EVENINGS

On 17th February, The Inclusion Project Evenings held its first disco of the year. After the huge success from the Christmas Disco, the Valentine's Day event was sure to be a night to remember, and it was. Dance-offs, selfie poses in the tunnel of love, and disco-lights all helped to make the night another success. We can't wait until the next Disco. Great job Kerry Kane, Hertfordshire Evening's Manager.



Dance-off between David and Daniel



Andre and Cameron - Camera ready



Matthew in the "tunnel of love"



Billy enjoying a sing-along on the mic



Mohini and Andre always camera ready



Charlie having a dance-off with Kerry



Paddy and sister Rosie strike a pose in the "tunnel of love"



Melena and Martin dancing away



Mitchell, Saskia, Derin and Rob having fun



The Inclusion Project Luton/Dunstable, managed by Barbara (Bea) Chase, has been attending Trugym Stevenage for well over a year now, and have been in a very fortunate position to be offered group fitness classes with Trugym's, Sue Court.

Participants are challenged to work within teams at Trugym; to stretch themselves and progress further each week in circuit training, kettle bell workout and hand-eye coordination with ball work.

Each and every one of the Participants have managed to exceed their personal best over the past year, and have shown great support to their peers.

A very big well done to everyone, and a very big thank you to Sue for her never exhausting dedication and hard work.

# WEEKEND ACTIVITIES

## MARCH DATES AVAILABLE - BOOK TODAY!

The Inclusion Project is excited to now offer weekend activities for all Participants.

So whether you fancy being creative, hunting for treasure, or dancing the day away, we are sure to have something for you!

Activities will vary throughout the year.

Date	Option A	Cost	Option B	Cost
Saturday 3rd	Top Golf and Bowling	£6 £7.19	Paradise Wildlife Park	£18.70
Saturday 10th	Pots of Art Ceramic Studio	£5	Gravity Force	£5, plus socks
Saturday 17th	Zumba and Cinema	£5 £10.95	Lost World Golf	£8.25
Saturday 24th	The Hertford Mystery Treasure Trail	£3	Zumba and Shopping	£5, plus shopping
Sunday 25th	Go- Karting Team Works (ALL DAY)			£26.95
Saturday 31st	Aldenham Country Park & Farm and Bowling	FREE and £7.19	RAF Hendon and Bowling	FREE and £7.19

### RATIO

Participants will be at a 3:1 ratio 3 Participants to each Group Leader.

### COST

Group Leader fees are financed through direct payments and personal budgets.

### TRANSPORT

Participants will be collected and dropped home by The Inclusion Project Group Leaders.

### LUNCH

To be agreed by Participants on the day.  
**Or**  
Bring packed lunch.

To book, contact Cheryl and Tina  
inclusionprojecthertswweekends@gmail.com

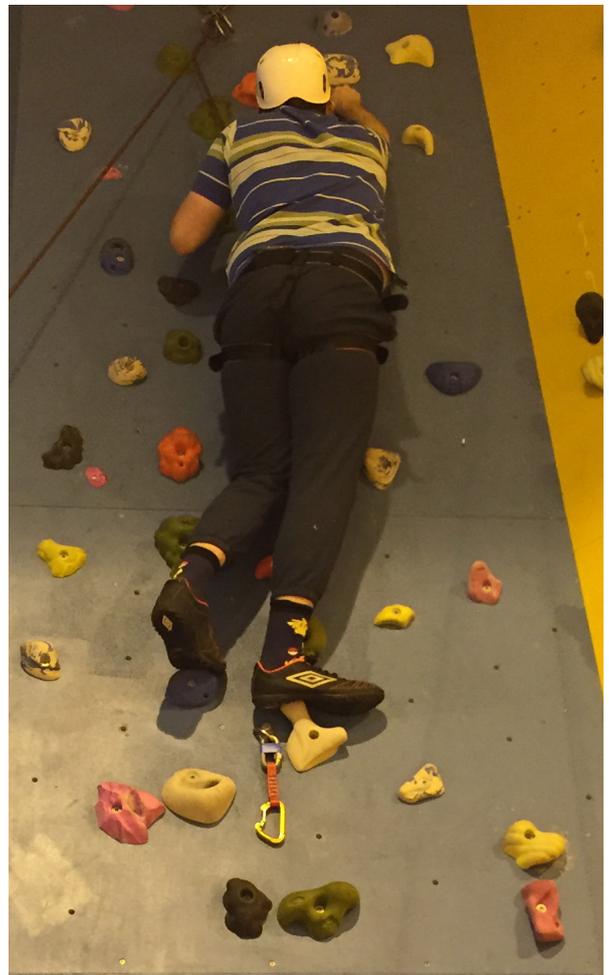
07526 096 635

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





Day out at the Musuem



Adam Climbing for the first time



Shannon baki ng



Milkshakes for the lads



Ben baki ng

Continuing the fun in Swindon we have had a fantastic half-term, with climbing, cooking, pancakes and days away.

We had a lovely day out to Oxford and visited the Pitt Rivers Museum, which was much warmer inside than the streets of Oxford had been that day.

We met brown bears and dinosaurs but the fan favourite was the stuffed fox at the entrance.

We made muffins in our baking session and flipped pancakes too. Although, we decided

that some were for eating and not flipping, and some that were for flipping and not eating (mostly decided by how successful the flips had been).

Participant spotlight for this month is Adam.

Adam conquered something new this month, having never been before he decided to try a new activity and chose climbing. What was really impressive, and made him our spotlight for February was how he got to the top on his first try. Well done Adam!

**James Harpum, Swindon/Oxford Area Manager**

## *The Eyes and Ears*

Resident Columnist and Participant, Daniel Bernard, gives us the lowdown from the last month's events and activities at The Inclusion Project

Last month I climbed the Arcelor Mittal Orbit at the Queen Elizabeth Olympic Park in Stratford, London.

I was very nervous but I was also very determined, and did it.

I can tell you how to travel there on public transport too.

Take a look at a few pictures of me at the Orbit.

*Until next time,  
Daniel*



HAPPY  
BIRTHDAY  
TO YOU

At the beginning of the month, Peter Seymour celebrated his birthday with friends at The Inclusion Project with a surprise gathering to enjoy cake and great company.

Happy birthday Peter.





# NOT YOUR REGULAR DAYS OUT

BY DR. DENISE JACKSON, QUALITY ASSURANCE DIRECTOR

It is wonderful to announce that we have our first Participants completing their Bronze level

Mencap Gateway Award: David Murfitt, Emily Hanmore and Daniel Bernard have completed the five challenges of: Hobbies; Fitness; Volunteering; Lifestyle and the Mencap Challenge that combines their achievements in planning an event. For example, Emily planned a trip to see 'The Phantom of the Opera' in London. She planned the travel arrangements; finances for the day, and timings by conducting research; making choices and taking her family for a lovely day out.



We have other Participants who are in the final stages of providing evidence for their Bronze Awards before they go on to undertake the more 'challenging challenges' of the Silver Award. The certificates for the Awards are prestigious and sought after.

If any other Participants wish to join the scheme please let me know at [denisejackson@tipp@gmail.com](mailto:denisejackson@tipp@gmail.com) and I will get them enrolled with Mencap for the Bronze Award. Mencap charge £21 per certificate / Award level. This can be added to your invoice from JTM if it is something Participants wish to undertake. They can achieve the Award mostly through their activities with The Inclusion Project, but keeping with the theme of this month's newsletter, it may also involve planning a day out that is definitely 'Not Regular'.

It all began in 1976, when HRH The Prince of Wales had a bold idea. Having completed



YOUTH CAN DO IT

his duty in the Royal Navy, His Royal Highness became dedicated to improving the lives of young people in the UK. He founded His Trust to deliver on that commitment.

Hertfordshire Prince's Trust are poised to help support groups of our Participants in setting up a business. They work with 18 to 30-year-olds to turn big ideas into a business reality through their Enterprise programme. From training and mentoring support to funding and resources, they are with you every step of the way. When we have a group of three Participants and their Group Leader who are up for the challenge and have a great idea for starting their own business, then we can facilitate making the links with The Prince's Trust to start making the dream a reality! This will involve many 'Not Regular Days Out'!

Hertfordshire Growth Hub (and other county's Business Hubs) are at the ready to help Groups of The Inclusion Project Participants with setting up their own business. Being self employed is a good way for adults with Learning Disabilities to gain employment. The flexibility of self-employment means that sometimes work can be organised around other commitments and health issues. Working at your own pace without the constraints of an organisation's bureaucracy can be a liberating way forward for adults with Learning Disabilities in gaining employment.

As you know, about 6% of adults with Learning Disabilities are in paid employment nationally, and for many of those it is part time work. A great way of supporting adults with Learning Disabilities into work is helping them to set up their own businesses to become self-employed. The Foundation for People with Learning Disabilities has produced some documents in easy read to help adults with Learning Disabilities develop business ideas. They can be found at: <http://www.mutuallyinclusive.co.uk/self-employment.html>



## SPECIAL OLYMPICS COUNTDOWN BEGINS

Everyone at The Inclusion Project is extremely proud and excited for both Damir Davis and Daniel Bernard, who have been selected to represent GB at the Special Olympics World Summer Games held in Abu Dhabi, United Arab Emirates, in March 2019.

Both Damir and Daniel will be joining Head Coach and Managing Director of The Inclusion Project, Simon Jackson-Turner who took team GB to LA to win Gold at the last World Summer Games, 2015.

We wish all players and coaches the best of luck for what's sure to be an experience of a lifetime.

## FEEDING THE COMMUNITY

### New employment solutions for people with Learning Disabilities

The Inclusion Project is set to remove the difficulties gaining work experience and employment for people with Learning Disabilities.

Last month we introduced The Inclusion Project Food Truck, which will operate over lunch breaks and will sell merchandise and condiments.

To make this food truck become a reality we are asking people to help with as much (or as little) support that they can offer.

We know that there will be lots of expenses - health and safety, food hygiene so on and so on, but the real big cost is the food truck itself and a place to store it overnight.



If you would like to contribute, please visit our Go Fund Me page:  
[www.gofundme.com/food-truck-jobs-special-needs](http://www.gofundme.com/food-truck-jobs-special-needs)

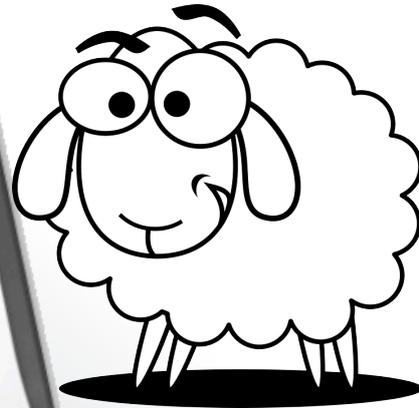
The result of what we can achieve is immeasurable; to help get people with Learning Disabilities into work is our goal and with a donation from you, we believe that we can help.



The Inclusion Project is funding and supporting Group Leaders and Area Managers in undertaking the 'Skills for Care' mandatory 'Care Certificate'. This involves meeting the following standards: Understand your role; Your personal development; Duty of care; Equality and diversity; Work in a person-centred way; Communication; Privacy and dignity; Fluids and nutrition; Awareness of mental health, dementia and learning disabilities; Safeguarding adults; Safeguarding

children; Basic life support; Health and Safety; Handling information; Infection prevention and control, as well as: Move and Assist Safely; COSHH Essentials; Fire Safety; Working Safely and Securely; Manage stress; and Lone Work. This requires Group Leaders to undergo a combination of online learning/ updating; assessments and observations and discussions around the standards. The Care Certificate has to be completed within 12 weeks; The Inclusion Project staff are working extra hard to make their best better in providing an outstanding service for our Participants.

# Dates for your Diary...



**11th  
March**

1	2	3	4	5	6	1	2	3					
7	8	9	10	11	12	13	4	5	6	7	8	9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28	29	30	

Join us at Lambing Day,  
Oaklands College,  
St Albans Campus  
Hatfield Road  
AL4 0JA  
From 10am  
Where we are holding a stall with  
lots of fun activities to help raise  
money for The Inclusion Project  
Food Truck

**15th  
March**

1	2	3	4	5	6	1	2	3					
7	8	9	10	11	12	13	4	5	6	7	8	9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28	29	30	

**ChatSS - For Parents of Children With  
Additional Needs**  
**15th March 1-2.30pm**  
The Hub, Divot Place, Hamels Drive, Hertford  
SG13 7SP  
Daniel Marsden (Consultant Nurse, Herts  
Partnership University NHS Foundation Trust)  
Update and discussion.

**18- 21st  
April**

1	2	3	4	5	6	1	2	3					
7	8	9	10	11	12	13	4	5	6	7	8	9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28	29	30	

**The Inclusion Project's Group Leader  
Tara Dean stars in 9-5 The Musical**  
**A MUST SEE**  
**7.30pm**  
Trinity Arts & Leisure  
Bromham Road, MK40 2QD Bedford,  
Bedfordshire,  
Ticket information  
[www.ticketsource.co.uk](http://www.ticketsource.co.uk)



# The Inclusion Project

If you would like to find out more about The Inclusion Project  
visit [www.inclusionproject.co.uk](http://www.inclusionproject.co.uk)

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