

NEWSLETTER

The
Inclusion
Project

EDITION 11 - IN OUR COMMUNITY

MARCH 2018



IN OUR COMMUNITY:

- LAMBING DAY
- VOLUNTEERING
- DAYS OUT

THE EXTRA MILE:

- THE RUMBLE AWARDS
- THE GATEWAY AWARDS
- EMPLOYMENT SOLUTIONS

SPOTLIGHT ON :

- THE WEEKENDS
- WEST HERTS
- BROXBORNE, AND MORE



Simon and Luna

Welcome to the 11th edition of The Inclusion Project Newsletter.

Can you believe we are in spring already? Lighter, longer and (hopefully) warmer days are upon us, and for The Inclusion Project that means spending even more time in our various communities.

To mark spring, The Inclusion Project held a stall at the annual Lambing Day at Oaklands College. It was a wonderful day in our St. Albans community, where we promoted and raised funds for our next venture; employment solutions. It was a great day, lots of participation by the public and over £200 was raised. A special thank you goes to Cheryl Mucklin and Tina Wilson for organising the day, and Participant Jack Price for volunteering.

Community is so important to The Inclusion Project, it's part of our Mission Statement. And it makes me so proud to share the following stories in this month's newsletter, and dedicate an issue for our communities: Gateway Awards; Employment Opportunities; spotlights on a few of our areas - and a personal highlight, The Rumble Awards. It's been a great month.

We also welcome back our columnists Dr Denise Jackson and Participant, Daniel Bernard.

I hope you enjoy reading.

SIMON JACKSON TURNER



In our Community



Community Flock to The Inclusion Project at Lambing Day



On Sunday 11th March, The Inclusion Project held a stall at the annual Oaklands College Lambing Day. Raising funds for the Food Truck initiative, Simon Jackson-Turner, Cheryl Mucklin and Tina Wilson (with their family's support), and Participant volunteer, Jack Price helped to raise over £200. Lots of people attended the fun-filled day, meaning The Inclusion Project could be in the community to raise awareness of its new venture; employment solutions. Simon Jackson-Turner, Managing Director and Founder of The Inclusion Project, commented: "It was a great day, meeting people, explaining not only what the

Food Truck will do for people with Learning Disabilities in employment, but about The Inclusion Project in general. I am excited for more days like this, when we can be out in our communities. A special thank you goes to Cheryl, Tina, their families and of course Jack Price for making it such a great day."

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

March's word cloud

THIS MONTH'S BUZZ-WORDS

Achievements
Rumble-Awards
Socialising
Coffee-and-chats
Weekends
Art-Syndrome-Day
World-Down-Syndrome-Day
The-Extra-Mile Welcome
Gateway-Awards
Lambing-Day
Community

We celebrated World Down Syndrome Day



Every year World Down Syndrome Day is celebrated on the 21st March and people wear #LotsOfSocks to raise awareness. All it takes is a colourful set of mismatched socks! And this year the global theme was "What I Bring To My Community" – a perfect theme for us at The Inclusion Project. All people with Down syndrome must have opportunities to contribute to the community and live valued lives, included on a full and equal basis with others, in all aspects of society. And World Down Syndrome Day is a great way for everyone to show support/raise awareness.

In Our Community



**By Quality Assurance Director,
Dr Denise Jackson**

The Inclusion Project network covers many communities that are varied and

diverse, ranging from Hertfordshire and North London, through to Swindon and Uxbridge. However, what these communities all have in common is a demand for The Inclusion Project's services.

I am in awe at how those services are provided across those communities by our dedicated, skilful and efficient team of Area Managers and Group Leaders. The array of activities on offer across our communities, as evidenced from our timetables on our website, is phenomenal; ranging from long walks chatting with friends through to scaling a climbing wall, trampolining, tennis, golf and gym work. Our aim is to provide community inclusion for our Participants through engaging with such activities.

It is not just about keeping fit and healthy but also about the social interaction, communications, and social life skills being developed and progressed. Our ethos and values are for our Participants: to have fun; to enjoy themselves; to experience fulfilling opportunities and in doing this, develop their skills.

And it was with this in mind that we nominated two of our Participants for a Rumble Award. The Rumble Awards have been set up by The Pioneer Spirits in honour of one of their founding members: Keith Rumble. The Pioneer Spirit's website explains that Keith was known for his 'love of life and his happy nature' and that he would 'grasp the opportunities offered to him with great enthusiasm, in spite of many challenges along the way'.

The Pioneer Approaches website states the following: "When Keith died, The Pioneer Spirits wanted to do something to celebrate Keith's life and to reflect the love they felt for him. They first of all set up a project called The Rumbles, and invited many other people with learning disabilities and differences to be involved.

The idea behind the Rumble awards was to recognise and celebrate individuals who, like Keith, deserve an award for exceeding all expectations and enhancing the lives of others in the process.

The awards are organised and run by and with people with learning disabilities and differences. They create and host the event, design the media, and decide who will win what award...

The Rumbles perform a new song each year and a new song is also written and recorded to dance to by the group we assemble for the event. A music group also performs. Performers have a range of disabilities and differences including dementia, autism, and mental health issues, and as such can truly reflect the needs and wishes of the people they represent.

The whole event is a celebration of the positive contribution people with learning disabilities and differences make to our world' through making a difference to the people around them, in their communities."

The Inclusion Project nominated two of our Participants for Rumble Awards, and we are so pleased to announce that both of our Participants have won an Award! These Awards reflect our Participants' contributions they make to our communities and show how The Pioneer Spirits, Rumble Awards and The Inclusion Project value them as unique individuals with talents and personalities that make a difference.

Ben Smith has won an Award for making a

difference to his own health through his diet and exercise regime he used The Inclusion Project to foster. As many of you know, Ben lost two stones in weight and continues to keep himself fit and healthier through healthy food choices and improving on his personal bests at the gym. And Shaun Noke, for helping to make the lives of other Participants at The Inclusion Project better, with all he does to help out and to support others in his Ambassador/Mentor role, as well as all the help he gives to Area Manager, Maggie.

Contributing to their Communities, in collecting their Awards on the 29th March at The Rumble Awards Ceremony, Ben and Shaun brought together Participants, Parents and Staff from The Inclusion Project community, as well as making connections with other communities represented on the evening. They epitomise the meaning of being part of a community, in both giving to, and taking part in their community. Keith Rumble would be very proud of both. Well done and thank you for representing The Inclusion Project at the event.

The Rumble Awards



Winners Ben Smith and Shan Noke



(L-R) Denise Jackson, Maggie Hall, Ben Smith and his mum, Shaun Noke and his mum, and Simon Jackson-Turner



The Award



Shaun Noke



Table Balloon



Ben Smith



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

There have been some different things happening at The Inclusion Project. The first change I want to tell you about is Shooting Stars with Jasmine. It has moved to Welwyn Garden City and it now happens on a Monday night. I think the new place is good because there are lots of Participants who go, and now we have enough room and a stage to practice on. When we do our next show we will be more ready because we can have rehearsals on the stage.

Some of the Group Leaders have changed too. On a Wednesday I am now with Cheryl's group. We play golf at Top Golf and we are going to be having golf lessons with a proper golfer. Being good at golf is not just hitting the ball hard but it is about being accurate, and he is going to teach us to play golf properly.

We also play tennis on Wednesdays at Gosling. I like tennis, it is a good game. Now the weather is nice we can play outside like we did this week. It was nice to have sunshine and not snow.

On Thursdays I am in Sarah's group and we do swimming or gym and then go bowling. We go bowling in Garston and meet other groups. When we do bowling, James

Graham always wants to win. I think I might beat him one day.

When we are with our groups we get to choose and vote for activities and where we eat lunch. We sometimes go to Harvester or Pizza Express or we have packed lunch. This week Laura chose the all you can eat Chinese buffet at Hatfield. It was really good and after that we were ready to do bowling!

Finally, for World Down Syndrome Day we all wore odd socks and that was very funny

Thank you for reading my report. Next time I will tell you about more activities.

Daniel Bernard

Daniel playing tennis



Laura and Daniel

THE SHOOTING STARS WITH JASMINE KNIGHT

EVERY MONDAY 6-8PM



Woodhall Community Centre
Millgreen Road
Welwyn Garden City
AL7 3XD

www.inclusionproject.co.uk

If you require
Group Leader support
contact Kerry Kane
07944287527

Coffees, Chats and Community

By Broxbourne Area Manager,
Simon Hathaway



Every Tuesday morning after my pick-ups, the gang (Participants) and I (Group Leader) choose a local café for a bit of brunch, this normally consists of a hot drink and occasionally a quick snack.

We do this before we head onto work experience at Colney Heath Football Club. Get our energy up before the day's activities begin! Of late our café of choice has been the M&S café in London Colney Retail Park.

Our drink of choice right now - Hot Chocolate! Seriously who doesn't love a good warm hot chocolate? It certainly gives us enough energy for our work experience in the morning.

We head into M&S café to rejuvenate our tired bodies from the morning car journey, rehydrate ourselves, socialise with one another, and to learn the necessary and appropriate life skills whilst out in the community.

We catch up with each other by asking one another what we have been up to at the weekend and what film would we like to see at the cinema in the afternoon.

Today's film choice – Tomb Raider!

The main reason I do this, is that I want to keep on promoting the main ethos of The Inclusion Project – the emphasis for Participants to be included in their local community whilst promoting an active, social and healthy lifestyle.

Not sure if Hot Chocolate is healthy but it is certainly a feel-good drink.

This gang are not Participants to me they are my friends, like any Participants who come out with me in my group – friends, part of a giant big happy family that is The Inclusion Project.

If you see us out at a local café come stop by, say hello to us, share stories and you never know you might gain a new friend for the rest of your life. Join us!



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.

Regulated by



Our staff will help the Participant

in their home with household tasks, social chats, developing skills through interaction, and so much more. The options are endless and we would work with you to build your personalised plan.

email cherylandtina@inclusionproject.co.uk

A day in the life...

By Luton and Dunstable Participant, Yee Zhu



Dear The Inclusion Project in Luton and Dunstable. Every Tuesday morning, I usually wake up very early and always get changed into my clothes. I have my lunch with me when we go out to different places in the morning.

We go to the social club on Tuesdays and we always meet our new friends. We always introduce ourselves and talk about different topics, like what you did at the weekend and how many brothers and sisters do you have.

In the morning we do a little bit of work and when we have done all the hard work, we get to choose what activities we want to do in the morning and the afternoon.

My favourite day that I enjoyed with The Inclusion Project is when we went to Mead Open Farm. We saw lots of cute animals like guinea pigs and rabbits. We got to feed the lambs using milk in bottles as well. The weather did not rain, it was a lovely day.

In the afternoon in The Inclusion Project, we also went to Gravity Force to meet friends where we have to pay our money and use our student discount for about £5. We have to wear special socks and we have to watch a video about how to keep safe. We get a stamp on our hand. We just have so much fun on the bounce and afterwards we went to the RSPCA kennels to look at animals, like the dogs. The weather went really cold but the activities were amazing and we have enjoyed ourselves and would like to visit again soon.

The Extra Mile



Simon and Daniel



David Murfitt



Emily Hanmore



Get Well Soon, Anna

Congratulations to David Murfitt, Emily Hanmore and Daniel Bernard for completing their Bronze level Mencap Gateway Award. All three Participants have completed the five challenges of: Hobbies; Fitness; Volunteering; Lifestyle and the Mencap Challenge that combines their achievements in planning an event.

We have other Participants who are in the final stages of providing evidence for their Bronze Awards. One of which is Anna Hillyard, she is working on her Mencap Gateway Award by doing arts and crafts for her Hobbies challenge.

We would like to wish Anna a speedy recovery as she has just come out of hospital.

If any other Participants wish to join the scheme please email denise@inclusionproject.co.uk.

WEEKEND ACTIVITIES

APRIL DATES AVAILABLE - BOOK TODAY!

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

So whether you fancy being creative, aiming for that STRIKE at bowling, or chilling out with a picnic in the sun (finger-crossed for the sun), we are sure to have something for you!

Date	Option A	Cost	Option B	Cost
Saturday 7th	Gravity Force	£6	Top Golf	£2.50
Sunday 8th	Dog Races (ALL DAY)			£2.50 (entry only)
Saturday 14th	Paradise Wildlife Park (bring a packed lunch)			£18.70
Saturday 21st	Pots of Art (choice of ceramics)			£5 - £15
Sunday 22nd	Knebworth Park and Picnic (bring a packed lunch)			£9.50
Saturday 28th	Bowling	£7.19	Cinema	£11

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

cherylandtina@inclusionproject.co.uk

07526 096 635



www.inclusionproject.co.uk

The Care Community

By West Hertfordshire Area Manager,
Cameron Greer



I recently had a very productive day with the Hertfordshire Care Providers Association. Recruitment Service Manager, Nicole Johnson came to interview me and meet our Participants to discuss how I got into

the care industry, to be a part of an article focusing on the recruitment challenges our care community is facing. The below is a snippet from the article which is also available on their website:

‘It’s well known that the UK has an ageing population in need of care and support, and with recruitment being one of the biggest challenges faced by the social care sector, we were keen to find out why care employees choose to work and remain in their roles, and why they would encourage others to consider it as a career.

We interviewed Care Assistants, Business Managers, Team Leaders, Activity Coordinators and Support Workers to find out what they love about their careers in care. Here are their stories.

Cameron, a Support Worker from The Inclusion Project, chose to work in social care at the age of 18 and has never looked back.

“I started at Oaklands College when I was only 18, so it was quite a young age to get involved in the support side of care. I like the social side and seeing people become more independent. It’s the little things that make it worthwhile, like when a Participant goes straight up to the counter to pay for their own activities whereas before I had to support them with this as they did not have

the confidence to do so on their own.”

Like many, Cameron is very aware of the negative stigma associated with working in care and the difficulties this creates for many care providers when it comes to recruiting for their roles.

“When I was at school, I didn’t know what social care was. With knowledge and understanding, I quickly realised that people with learning disabilities are just people. I would strongly encourage others to start a career in care to see what it’s about. Until you’re exposed to it you won’t fully understand what it’s really like to work with vulnerable adults”

Welcome to our West Herts Community

Sarah Calladine is the young lady with the flower pot. She has joined us this month and we welcome her great energy and happy mood.

The young man on the right of the bottom photo is Geraden Turner who had also joined us this month. He is hilarious and has a great sense of humour.



Caught on Camera



Fun with Barnet and Enfield



Balloons and smiles Barnet and Enfield



RAF with Barnet and Enfield



Go-Karting at the Weekend



Gravity Force at the Weekend



"The Dogs" at the Weekend



The training never stops - Group Leaders



Group Leaders working hard

Dates for your Diary...



The Inclusion Project

If you would like to find out more about The Inclusion Project
visit www.inclusionproject.co.uk

If you have a story you'd like featured in the
newsletter, please email ethanie@inclusionproject.co.uk