

WELCOME TO OUR NEWSLETTER

Hello,

We have taken over this entire issue of The Inclusion Project Newsletter so that we can share a "behind the scenes" edition with you.

We want you to know what "a day in the life" is really like for us. What we get up to with our friends, and our favourite things about The Inclusion Project.

There's lots to share with you including mentoring, making new friends, gaining confidence, night clubs with our friends at Mencap, bowling, swimming, and much more.

We have even included a "photo of the month" which we hope to have in every issue of the Newsletter moving forward (even the ones we haven't taken over).

We hope you enjoy reading our issue, as much as we enjoyed writing and sharing.

Thank you,

The Participants

(With thanks to Area Managers Kerry Kane, Hannah Mullens, Bea Chase, Cheryl Mucklin, Tina Wilson, Peter Seymour and Cameron Greer - who all supported their Participants in contributing to this special edition of The Inclusion Project Newsletter).





Hello my name is Callum and I am 21 years old. I have been attending The Inclusion Project evening sessions for a year.

My favourite activities are the boxing sessions and the monthly trips to MODE night club in Hemel Hempstead for the Mencap Learning Disabilities evening.

Boxing has really helped me to improve my confidence and really improved my fitness. I have made lots of new friends at the Thursday boxing session and we all get on really well. The coach Russell has taught me lots of boxing skills and now when a new Participant joins our sessions I help to teach them. This has really improved my confidence and I feel really proud when I do this.

I also take my skills home with me and teach my little brother Kieran who also likes to box so we enjoy practising together.

One of my targets was to be more sociable with my peers so when I go to MODE nightclub I love to spend the whole night dancing and chatting with my friends. The best bit of the whole evening is that I get to have a pint of beer with my friends and my mum knows I am in a safe environment

I have enjoyed every minute of being at The Inclusion Project and know I have made lifelong friends.



CAMBRIDGE CITY & HUNTINGDONSHIRE, AREA MANAGER HANNAH MULLENS



"I love going to Woburn Safari and my favourite animals are Sealions. I love to play bowling because I came third place. I like going to the cinema to see 'Duck Duck Goose' with Zendaya from The Greatest Showman. The Inclusion Project is good fun, I have met new people and done some of my favourite things. Hannah is nice and looks after me. Thank you." - *LYDIA*



"It was my first time visiting the Nene Valley and I enjoyed it once I got used to it. On the other days I found them a little bit difficult and felt nervous but I had Hannah to help me and it made it better. We had fun at Wimpole Hall because we did an Easter Egg Hunt together and looked at all of the animals. I was nervous of going to the gym but I tried my very best and was proud of myself for doing it. I enjoyed it once I knew what the things were but I ached afterwards! My favourite bit of The Inclusion Project was that I got used to it and had lots of help. We think The Inclusion Project is very good and I look forward to going to a lot more inclusion next holiday" - *KALEN*

"This Easter we have seen a steam engine called the 92 Squadron. It was really nice, we went for a ride in the carriages and did an Easter Egg Hunt at the station. We saw a small Thomas the Tank Engine with Percy and another engine called Duck." - *RACHAEL*

"It's been lovely to get to know the individuals over these 2 weeks, and to be told at my last drop-off this Easter that 'These holidays have been the best!' put a big smile on my face. The weather didn't stop us from having lots of fun adventures, and I look forward to welcoming this group back in the May half-term." - *AREA MANAGER, HANNAH MULLENS*



My name is Shaun Noke, I am a Participant along with being an Ambassador for The Inclusion Project. What I like about The Inclusion Project is that each day is different.

[Group Leaders] help me to reach my goals that I want to achieve, like gaining my confidence to make new friends by introducing me to people that I have never met before, teaching me the basics on how to cook simple meals in a microwave or from the oven on a Friday session, and pointing out anything I should not do like leaving the oven door open when I'm getting my food.

I am trying out new activities that I would not have done on my own in the past, [Group Leaders] guide me gently and explain to me what a certain equipment does if I was at the gym or give me confidence to try out something new or even volunteering.

I always love a challenge and getting stuck into what we are doing. [Group Leaders] are teaching me money handling skills, so I ask whoever is picking me up to see how much I need for the day, they encourage me to take different coins along with notes to use

during the day.

How I have progressed is amazing even my mum is proud of me that I have come leaps and bounds ever since I joined The Inclusion Project back in 2016.

Before I joined The Inclusion Project I nearly fell into depression. I came home from seeing a family member who lived elsewhere, and I went into the kitchen and started crying saying I wanted to kill myself and that I hate my life because I had no one to talk to ever since I left college in May 2016.

I am so glad that I am a member of The Inclusion Project along with being an Ambassador, and Maggie Hall's right hand man helping her out with the Welwyn, Hatfield and North Herts Facebook page by uploading any photos that has been taken of Participants during the session and uploading the activities that we will be doing during the holidays.

I always look forward to coming to The Inclusion Project each week and progressing further into independence ready for when I live in supported living or on my own in the future.



LUTON AND DUNSTABLE, AREA MANAGER BEA CHASE



At The Inclusion Project we practice money skills and budgeting on a daily basis for all the activities we take part in. We have all worked incredibly well these past months in recognising coins, with little to no support and I [Yee] have been working towards checking the change I receive against my receipt.

Thank you,

MARIA, MATT, YEE AND SOPHIE





The Inclusion Project is amazing. I would definitely recommend to everyone who wants to have fun and make new friends from the bottom of my heart.

Everybody is lovely and I have made a lot of new friends in the college holidays and at weekends

By JONATHAN WATSON

Picture taken at Didcot Railways



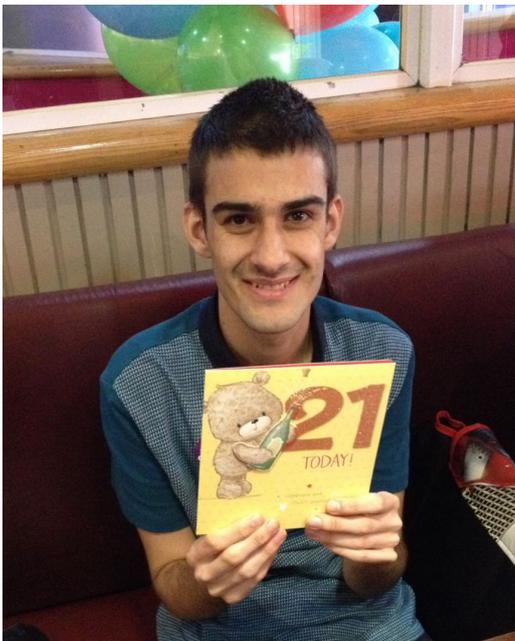
It has been immensely helpful to have The Inclusion Project at Home.

After living on my own for 3 years, having help at home after struggling for so long has been like the light at the end of the tunnel.

I now have help with cooking things I wouldn't have previously thought of I'm also trying new foods. I now also have help with organising my flat; working towards housework routines, making my day to day life less stressful.

By MARC EVENS





My name is Daniel, I started with The Inclusion Project in February and I live in Barnet. I am 21 years old.

I have been coming to The Inclusion Project since February and come along on Mondays. Brett is my Group Leader and he picks me up in the morning. He also picks up Michal.

In the morning we go to Hollywood Bowl in Finchley. We meet up with Peter who brings Amrut and Dayle along, and Leanne who brings Lara.

Last Monday was my 21st birthday and it was very nice to celebrate it with my friends. Before bowling we play "Uno" which is a cards game. We have to match cards with the same number or colour in this game. This is fun and we talk to each other and laugh. At about 11am we pay for the bowling. I have my own money and pay for the bowling myself, sometimes I need help from Brett to find the right money in my wallet.

We go to our bowling lane and start to bowl. If we knock all of the pins down we get a sticker badge. Michal makes us all laugh because he sometimes bowls 2 balls at a time. He also loves Spider Man and wears his Spider Man mask and this is funny as well.

After bowling we have lunch. I bring my own

lunch.

So does

Amrut.

Michal

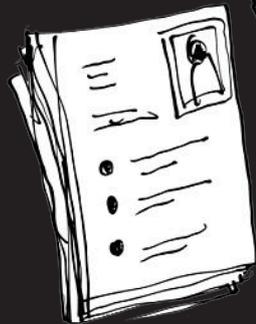
and Dayle like to buy lunch from Tesco.

In the afternoon Brett drives Michal and me to the leisure centre to go swimming. Peter brings Dayle and Amrut too. I have to find my membership card and the money to pay for swimming. When we have changed we all go swimming. I like swimming and do lots of lengths. Dayle, Peter and me swim lots of lengths and we also splash Brett and Peter.

After this we get changed, have a drink and a chat and then go home.

I was asked what I wanted to do when I joined The Inclusion Project. I wanted to make new friends, be more independent and do interesting activities. My new friends are Michal, Dayle, Amrut and Lara. I am also friends with the Group Leaders Brett, Peter and Leanne. Brett helps me to be independent in helping me to pay for my activities and when I buy a drink. I have never played cards before and always look forward to playing Uno every Monday morning. I have been bowling before I started at The Inclusion Project but still enjoy both of these activities with my friends.

TEAM



WORK



WHY I LOVE THE INCLUSION PROJECT

By ROBERT HOWS

Hi my name is Robert and I've been coming along to The Inclusion Project since June 2017. Over these last 10 months I have had a great time. I love meeting new people and socialising with the other Participants and staff members.

My favourite activities are bowling and Top Golf. I also really enjoy going to the gym particularly as I have learnt how to use the equipment and can now do

a whole session independently. I also enjoy our cinema trips.

The Inclusion Project has also helped me gain a lot of confidence which has really helped me in my search for a job. I have recently done some work for Tesco and local cafes.

I have a really good sense of humour and love to have a laugh with the other Participants and Group Leaders.

I'm really happy I found The Inclusion Project.

THE EYES AND THE EARS

(BY RESIDENT COLUMNIST, DANIEL BERNARD)



On Wednesdays at The Inclusion Project I am with Cheryl and we have fun together.



In our group there is me and Damir and Melena and another Daniel sometimes. My group go to Top Golf on Wednesdays.

At the moment we are having lessons from a proper golfer. His name is Matthew Masters and he is really good at golf. He is really nice and he supports Chelsea!! He teaches us how to hold the club properly and how we should stand. He says we should always stand and face the way we want the ball to go.

We have learnt how to take a big swing and to keep our eyes on the ball. I can hit the ball a long way and sometimes I get the highest score but this week Chris did.

When our lessons are over I think I will be even better at golf and I might beat my brother.

After golf we have lunch. Sometimes we have packed lunch and sometimes we go to a restaurant.

In the afternoons we mix it up a bit, sometimes we go bowling, or to the arcade or play tennis or go to the park. Sometimes we play pool. We have to compromise when we decide what to do but that is good.

Everyday at The Inclusion project is good but I like learning golf.

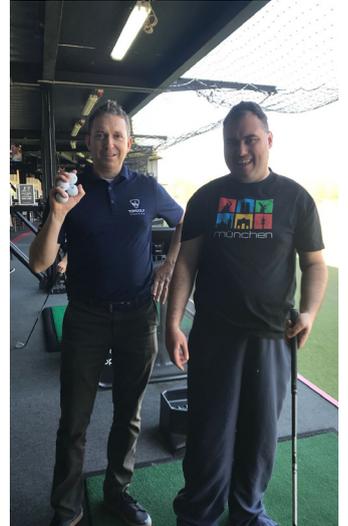


PHOTO OF THE MONTH

(WELWYN, HATFIELD AND NORTH HERTS PARTICIPANT)



BEN BLAND MEETS
DAVID WALLIAMS

Ben Bland is an Ambassador for Chicken Shed. Chicken Shed performed at the London ITV Studios in Southbank when it very first opened and as it is now

relocating, Chicken Shed were invited to do a performance there. There was a short news report about it on Good Morning Britain which Ben appeared in. Ben rubbed shoulders with the stars that night and even had his photo taken with David Walliams.





WORK
JOB

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

TEAM