

NEWSLETTER

The
Inclusjon
Project

EDITION 13 - IN THE SUN - MAY 2018

THE

SUN

SHINES

HERE

EVERYDAY!

*The Royal Wedding
Ice-creams
Dinosaurs
Beaches
Sailing
Community
Picnics
and much more...*



Welcome to the 13th edition of The Inclusion Project Newsletter.

I don't want to jinx it, but WE HAVE SUNSHINE (with a heavy dose of hayfever). And when the sun shines, we at The Inclusion Project know how to make the most of it.

We have lots to update you on, including lots of parties celebrating the wedding of Harry and Meghan, lots of days out, beach fun, cleaning our community, sailing (yes, sailing is now an activity thanks to new Area Manager, Anna) and so much more.

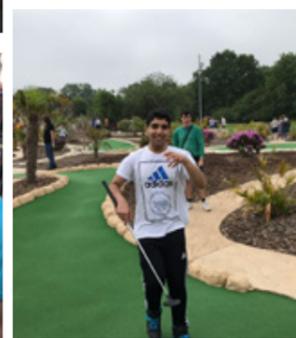
This month we also welcome back Dr Denise Jackson (last month was the Participant take-over...did you like it?)

Our Columnist and Participant, Daniel Bernard has been getting up to lots, including his first time taking part in the weekend offering - page 9.

There is always lots happening here at The Inclusion Project, and with summer just a stone's throw away we are sure to have a summer to remember, with lots of new days out and weekend activities on offer.

As always, I hope you enjoy reading.

Simon Jackson-Turner



Cleaning our Community



Participants, Group Leaders, Members of Clean Up Hatfield and Councillor Duncan Bell

Birthday Fun in the Sun

By Barnet and Enfield Participant, Darius



Top row L-R Phil and John
Bottom row L-R Birthday boy Darius, Robbie, Theo, Bradley and Zara



Participants helping with leaflet distribution



Participants cleaning the community

We made the local press at the end of April, with this snippet taken from **The Welwyn Hatfield Times** (30th April 2018).

More people than ever before joined in with litter picks in their areas this spring and one group even sparked a false alarm for flytipping.

As part of the Clean Up Hatfield litter picks, councillor John Fitzpatrick was leading a large team yesterday morning in the woods in Hazel Grove when all of a sudden the police arrived.

Officers had received a report from a member of the public who mistook the litter pickers for flytippers...

Organisers Marian and Cathy said jointly: "We are so grateful to everyone who has come out and helped this spring.

"Overall the amount of litter is starting to reduce in areas that we clear, but there is still so much to do."

and Councillor Duncan Bell saying, "I was greatly impressed by the enthusiasm of the young people from The Inclusion Project"

If you would like more information on Welwyn, Hatfield and North Herts offering, please contact Maggie at: Maggie@inclusionproject.co.uk

On my 18th birthday I went to Southend with all my friends at The Inclusion Project. At 9.30am my Group Leader, Jasmine, picked me up. She had already picked up Zara and John. They all said "happy birthday" to me. My mum gave Jasmine some cakes to share with everybody.

When we got to Southend we met all my other friends. It was a very sunny day. There were 16 of us and 5 Group Leaders. We sat down at a café. We had a drink, shared the cakes and everyone sang happy birthday to me. I was given a big birthday card and all of my friends had written in the card.

We then went to Adventure Island and there are lots of rides there. I do not like the big rides and so Peter [Area Manager] took me with Amrut, Bradley and Robbie for a walk on the pier. It is a

very long walk. When we got to the end of the pier we had a drink and had a look around. We got a train back and this was quicker than walking.

We met up with everybody else and had lunch. I had fish and chips, it was very tasty.

We went back to Adventure Island. Amrut, Phillip and me had a ride on the go-karts. This was great fun and I went fast.

It was getting very late and I was feeling very tired. I said goodbye to all my friends and Jasmine took me home. I got home very late and had a great day on my birthday.

If you would like more information on Barnet and Enfield's offering, please contact Peter at: Peter@inclusionproject.co.uk

Sailing in the Sun

By Uxbridge Area Manager Anna Jennings



At the beginning of May I took two North London Participants [Area Manager, Cameron Walters] to Rickmansworth Aquadrome. It was a beautiful sunny day, and Kosi and Nzube had a blast at this wonderful venue.

The instructors at Rickmansworth Aquadrome are so accommodating and helped the boys feel at ease immediately.

Once out on the lake, they showed them the ropes (literally) and started teaching them how to sail.

Nzube and Kosi had other ideas though and soon felt the impact of sailing in the sun, and fell asleep as the instructors guided their boats around in the sunshine.



If you would like more information on North London's offering, please contact Cameron at: cameronwalters@inclusionproject.co.uk

If you would like more information on Uxbridge's offering, please contact Anna at: anna@inclusionproject.co.uk



A Perfect Day

By Quality Assurance Manager, Dr Denise Jackson



Since working with The Inclusion Project for the last year and a half, I have often asked our Participants what a perfect day would be for them. Often their response is 'At The Inclusion Project!'

'At The Inclusion Project', we aim to provide perfect days for our Participants, full of possibilities. Isn't it great to do things that you like with people you like being with?

Added bonuses are the social skills being developed and practised by our Participants, in interacting socially with friends and Group Leaders, and in enjoying working as a team in the kitchen, making decisions about shared days together, and working towards shared goals of improved fitness and healthy eating, greater independence through the practise of life skills, whilst having lots of fun.

hard on the Skills for Care 'Care Certificate', whereby they demonstrate competency against 15 standards with a varying number of elements; 216 in total.

I have been assessing our Area Managers, for the award of the Care Certificate, on their abilities to put into practise e.g. their 'duty of care' balanced with respect for Participants' rights, choices, preferences, goals and targets, whilst working in a 'person-centred' way that supports equality and inclusion and reduces the likelihood of discrimination.

Personalisation of a bespoke service for Participants has been at the heart of our vision and values from the outset.

Our Vision

We envision a world in which all people with Learning Disabilities have the opportunity to enhance their quality of life, realise their personal life aspirations and become valued members of welcoming communities.

All of this hinges on knowing our Participants well, and that all begins with us finding out the history, preferences, wishes and needs, as requested by Participants, who are at the centre of all we do.

The vision and values of The Inclusion Project set out by Simon Jackson-Turner over two years ago still ring true, and I have been thinking about how much they are in line with so many of the standards expected by Adult Social Care Workers (Group Leaders) undertaking the Care Certificate, that I have been working with lately.

From January 2018, our Group Leaders and Area Managers have been working

Both the Care Certificate that our staff are undertaking, and the vision of The Inclusion Project dovetail, in supporting individuals' developing sense of identity and self-esteem, by bolstering emotional and spiritual wellbeing; through ensuring that in partnership, risk assessments are personalised, whilst respecting Participants' rights, dignity, decisions and choices, to support Participants' developing further independence.

I Hope the Sun Keeps Shining

By Columnist and Participant Daniel Bernard

This time the newsletter is about fun in the sunshine and we have lots of fun. We do lots of outdoor activities even if it rains but it is better in the sun.

We can eat our packed lunch outside when it is sunny or sit outside for a pub lunch.

Here are some photos of our weekday activities in the sun. We play tennis which is nice in the sunshine like being at Wimbledon.

The golf is really good now and we are all improving. Matt is going to take us on a real golf course to play soon.

In May I tried something new on The Inclusion Project and I did a weekend activity. I went to the Luton Discovery Centre and saw the cars with Anna [Group Leader] and Cheryl [Area Manager] and we had a pub lunch too.

The weekend activities are really great and the best thing is that I get to make different new friends.

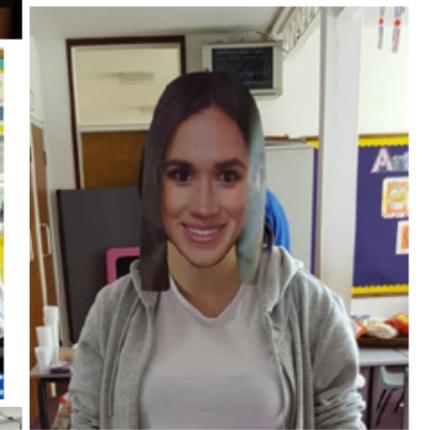


Daniel was invited by Arsenal to talk to them, mostly about the Special Olympics but he also talked about The Inclusion Project for an article in one of next season's programmes. Arsenal have a strict no going on the pitch rule at the Emirates stadium but they allowed Daniel to walk on it and stand in goal. Nice job, Daniel!



We Love a Royal Wedding

The Inclusion Project had a wonderful day in the sun celebrating the Royal Wedding. We were even lucky enough to have Princes William and Harry and the beautiful Meghan, pop by to wish us fun and thank us for joining them on their special day!



If you would like more information on South Bedfordshire's offering, please contact Bea at: Bea@inclusionproject.co.uk

WEEKEND ACTIVITIES

The
Inclusion
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JUNE DATES AVAILABLE - BOOK TODAY!

Do you like being creative? Maybe you love animals and the outdoors? What about a getting a hole-in-one at golf? Whether you're the arty type, outdoorsy type or sporty type, we are sure to have something for you!

Date	Daily Activity	Cost
Saturday 2nd	Cinema and Walk in the park or Shopping (lunch of choice)	£11 + shopping
Sunday 3rd	Top Golf followed by Pub Lunch and Social Time	£2.50 + lunch
Saturday 9th	Hatfield House followed by lunch in the grounds (or packed lunch) and Pots of Art	£5 or £15 depending on pottery choice + lunch
Sunday 10th	Cinema and Shopping (lunch of choice)	£11 + shopping
Saturday 16th	Bowling and Golf (lunch of choice)	£7.20 and £5
Sunday 17th	Dog Races (lunch of choice)	£2.50 + any extras
Saturday 23rd	Aldenham Country Park and Picnic/packed lunch	£4.50 + lunch
Sunday 24th	Fun Day at Boxing Club (including games, rounders, football art and crafts)	£6 + lunch

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.

*PLEASE NOTE that every effort will be made to arrange pick-up and drop-off times as requested. However please understand that our Group Leaders pick-up based on locations and to reduce car times for Participants. Pick-ups are between 8.30am and 10am.

To book, contact Cheryl and Tina

cherylandtina@inclusionproject.co.uk

07526 096 635



www.inclusionproject.co.uk

Photo of the Month

St Albans



*Sophie Inder and David Murfitt
rubbing shoulders with Linda Robson*

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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