

NEWSLETTER

EDITION 16 - THE SPORTS ISSUE
AUGUST 2018



Front cover
Participant Daniel Bernard



Hello & Welcome

Can you believe summer is over? We had days on end, in fact, weeks on end, of heat. We love the sun at The Inclusion Project, it means more time out in our communities.

So with the shorter days just around the corner, and the sun starting to say goodbye (how sad), this issue is a dedication to our wonderful days in the summer, playing and taking part in lots of sport.

Why play sports inside, when there's fresh air and beautiful surroundings? We celebrate the summer of sports with everything from horse riding to cycling. Basketball to tennis. Archery to climbing.

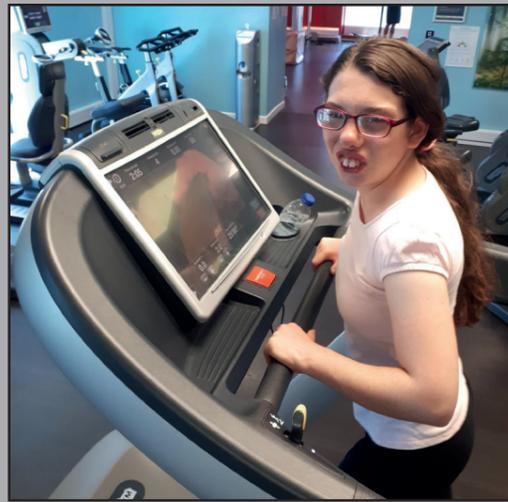
On top of that, did you know that we offer over 60 (yes, 60!) activities for Participants to choose from? Whether day sessions or evening sessions. Weekends or weekdays. Fitness and social skills. Helping our community with volunteering and work experience. Individual progression; money skills and travel training. All of our day and evening sessions are flexible and encourage Participants to compromise and experience new things.

With that said, we are excited to introduce our new, innovative design to replace our timetabled structure. Why not take a look on page 16.

The Inclusion Project

Picture: Cambridge City and Huntingdonshire Participants with Area Manager, Hannah Mullens . Read Hannah's story on page 6 and 7.

This month's sports pictures showing: Tennis, gym workouts, wall-climbing, swimming, cycling, walking in the woods, horse riding, football, foot golf, archery, go-karting, basketball, boxing and an obstacle course. Thanks to Cambridge City and Hunts, Herts 1:1, Herts Weekends, Welwyn, Hatfield and North Herts, St Albans, South Bedfordshire and North London.



A SUMMER OF SPORTING FIRSTS!

By Cambridge City and Huntingdonshire Area Manager, Hannah Mullens
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Who's ready to try something new? Well apparently a lot of the Participants in our Cambridge City and Huntingdonshire area are up for a challenge. This summer they've been getting sporty and trying out lots of activities, with many Participants enjoying these sports for the very first time.

Kalen and Oliver both tried rock climbing for the first time when we visited Clip 'n Climb in Cambridge. Once all harnessed up they both had the chance to try a variety of walls to find the grips that suited them and it wasn't long before they were both pressing the big button at the top of the walls and grinning with pride. Kalen even made it all of the way to the top of the 'Stairway to Heaven', showing some impressive balancing skills when he really put his mind to it.

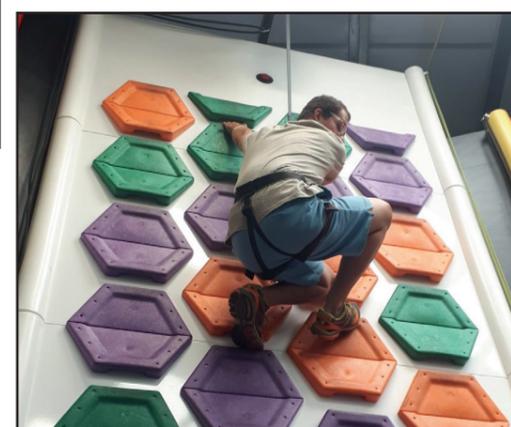
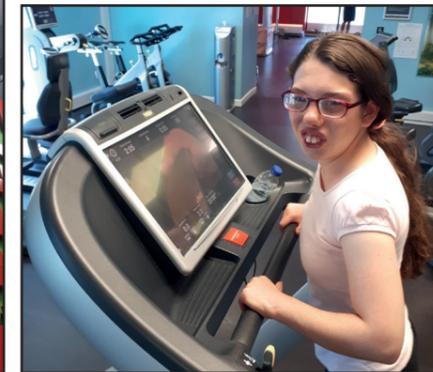
Oliver really has had an adventurous sporting summer as he has also tried cycling and horse-riding for the first time. Oliver loved the 3-wheeler bikes and soon learnt how to steer and brake.

At the horse-riding centre, Oliver quickly made friends with the horses and spent the full 30 minutes walking around the arena, everyone was so impressed but most importantly Oliver was very proud of himself and loves the photos we took.

We've also been frequent visitors to the gym in St Ives this summer, with many new inductions carried out. Rachael tried the gym for the first time and took a real shine to the cross-trainer, completing a long workout on this. Nearby we've also been getting some practice in on the new foot golf course in St Ives which we all thought was great and will no doubt be a new favourite place to visit.

So for us it really has been a summer of sporting firsts; we've had some great achievements and proud moments which I think the photos show well. Great job everyone.

Pictures show Participants enjoying the Clip 'n Climb, cycling, foot golf, horse riding and the gym.



SPORT IS GOOD FOR YOU

By Participant and columnist, Daniel Bernard



From left to right: Daniel swimming in the outdoor pool over summer, on a boat with friends at The Inclusion Project, and finally the front cover of this month's issue, Daniel playing tennis in the sun.

Sport is a really important thing for me. At The Inclusion Project I get to do loads of it.

When I go out with Cheryl on a Wednesday we go to golf. We have been having lessons from Matt Masters and he has really helped me improve my game and he told me I am now hitting consistently well which means I have improved. He has stopped teaching us now. We sometimes do crazy golf too and I like that especially when we try out new golf places.

We also do tennis most Wednesdays. I like playing tennis, my grandma taught me when I was little. She was really good and when she was 16 she won junior Wimbledon. I can play tennis left and right handed and I like improving and keeping rallies going.

I love swimming and go with Sarah on Thursdays. I like swimming lengths. I also do aqua-aerobics. Sometimes we can choose the gym instead of swimming...I have been taught how to use all the equipment.

I do basketball with Special Olympics which Simon helped me get into. He is really good

and I am trying hard to get better at lay-ups and running back.

I am going to play in the Special Olympics for Great Britain in Abu Dhabi next year so I need to keep improving.

Sometimes I do one-off sporty things like going on boats or on the canals. This is very nice and relaxing!

I also play football on Monday evening with Peter and Greg. I like playing and I like watching Arsenal. All my family support Arsenal and I have a season ticket. Sometimes I have jokes with the Spurs supporters at The Inclusion Project (especially James and Cameron) and I like it when Simon Hathaway is there because he supports Arsenal too.

If you think about it, sport is very good for you. It makes you fit as well as being fun. I have to take medication that makes me put on weight but because I do so much sport it stops that happening. It is good to run around and use muscles and it is good for you to get out of breath.

Everyone should try one of the sports at The Inclusion Project!

A CONFIDENCE BOOSTER

By Group Leader, Clint Austin



I have been supporting George Patterson at the gym in Westminster Lodge for a few months now. When we first started, George would usually choose a cardio machine and plug in his headphones and watch YouTube.

One session, I asked George if he wanted to do some strength exercises and he agreed. So, we went over to the assisted pull-up machine, where you can add weight to the machine to take some of the load off, perfect for newbies.

After the first set, George was hooked and it is his go-to exercise. Great for the upper body, working the upper back and arm muscles mainly but overall a fantastic exercise.

George knew one of the instructors called Emma, as they had grown up together. I asked Emma if she could advise George on some other simple exercises he could do and she kindly spent 20 minutes working with George.

Every session though, George will return to the pull-up machine and do 3-4 sets, followed by a quick double biceps pose to check his progress. The aim is to decrease the weight added gradually, the end goal being that George can do an unassisted pull-up which will boost his self-confidence and increase upper body strength.

From top: George doing his pull-ups. George with Clint



CYCLES, CHATS AND CAMARADERIE

By North London Area Manager, Peter Seymour
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In North London one of the sports that we have recently started to participate in is cycling. There are 2 cycling schemes that we take part in: Cycle Enfield at Bush Hill Park and Pedal Power at Finsbury Park. Most of our Participants take part, and those that do really enjoy the activity.

Both schemes have a range of bicycles that we can use. These include single seat bicycles, tricycles and 2-seater 4-wheel cycles.

The range of bicycles allows Participants with different abilities to still take part. The more proficient cyclists can cycle on their own either on a bicycle or tricycle. Alternatively, they can cycle with one of their less able friends on a 2-seater. Those who have trouble

steering and braking can cycle with one of their friends or Group Leaders.

It is very good exercise for everyone who takes part, including Group Leaders! The sessions are usually for an hour. We encourage everyone to cycle even if it is only for a circuit or two. It has been good to see some of the Participants who don't really feel as confident in other activities having a good work-out cycling.

Apart from the physical exercise it is also a very social activity. Not only between 2 cyclists on the same bicycle but also through cycling alongside others and having a chat and encouraging each other at the same time. It also gets quite competitive at times as they race against each other.



A BRILLIANT SUMMER

By St. Albans Area Manager, Susi Williams
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What a summer it has been, our Participants have been very busy.

I think the highlights have been the Community Day at Stanborough Lakes run by Herts Sports Partnership – just take a look at the pictures, there was so much fun had, as well as the canal boat trip (thanks to Cheryl Mucklin for organising).

I am now officially full-time with The Inclusion Project, taking over from Simon Jackson-Turner as Area Manager for St. Albans, and I'm looking forward to introducing some new activities and outings for the Participants.

Thanks to all the Group Leaders for making The Inclusion Project a brilliant summer.



From facing page: Participants at the Herts Sports Partnership Community Day. On this page on the boat trip.

UNIFIED SPORT HELPED ME FEEL INCLUDED

By Managing Director, Simon Jackson-Turner

I am proud to run a weekly unified basketball session in Garston, Hertfordshire.

For those who don't know, unified sport is when players with Learning Disabilities compete with and against players without Learning Disabilities.

The original idea for unified sport was to make the game more competitive for the players with Learning Disabilities. But in our weekly basketball session it is pretty much the other way around; with the players with Learning Disabilities being the ones who raise the tempo of the game.

The session is an hour long, no training drills, just a straight-up game with a wonderful mixture of people; some of my close friends play, friends from within and outside of The Inclusion Project and some basketball loving Participants and Special Olympics athletes.

We have set teams that we play in each week. Some of the session is aimed at getting 4 of the Learning Disabilities players ready to compete for Team Great Britain in the 2019 Special Olympics World Summer Games in Abu Dhabi, including Daniel (who writes his monthly column for our Newsletter, see page 8). But in reality, we all take part in the session simply because we all love basketball and we all strive to continue to improve at the sport.

We have a score board and the games get competitive, but remain friendly and with a positive environment.

I personally fell in love with basketball at a later stage in my life and had not played it growing up, my secondary school was very much football or rugby ... or cross country ... none of which sounded appealing to the 13 year old me, but after watching One Tree Hill in my mid-twenties (yes I say it proudly - ONE TREE HILL!) I decided to try and pick up the sport.

I tried joining local clubs to learn and improve, but as basketball is not as popular as football, tennis, rugby, golf – even field hockey – it means that those that have been into the sport since they were young seem to have formed this sub-group that is hard to penetrate and you can almost feel 'judged' for not being the Michael Jordan of Welwyn Garden City – these could potentially just be my experiences – but when I began coaching with The Special Olympics, there was this sudden shift into an inclusive environment where the players were simply having fun and competing without fear of judgment or scrutiny, and it allowed me to fall in love with the game in a way that is inclusive for me also.

I am still not the Michael Jordan of Welwyn Garden City, but on a Tuesday night at 8pm we all feel like we could be.



Top left, Simon coaching Team GB at a training session in Sheffield. Bottom right, Simon at The Special Olympics Summit earlier this year.



INTRODUCING OUR NEW INITIATIVE: *CREATE YOUR OWN WORLD*

We are very excited to introduce to you our new initiative, 'Create your own World'.

For two years, since The Inclusion Project launched, we have had a timetable of community-based activities.

The timetable has always been flexible, and something for Participants and parents/guardians to feel in control of.

However, this flexibility wasn't always as obvious as we would like, so we have introduced a new way for us to showcase our unique range of activities.

Did you know we offer over 60 different types of activities, across our ? Everything from social and fitness, to life-skills and volunteering.

But don't panic, all that we offered is still here. We are just letting you know that we offer so much more than you might think, and that you can 'Create your own World'.

So why don't you start today?

All of our activities are being constantly added to our website, so why not try something new.

Maybe you have some new goals that you want worked on - it could be money handling skills, or travel training - whatever they are, let us know so we help to include these within your sessions.

There are 3 simple steps to 'Create your own World':

Step 1. Select your days and/or evenings.

Step 2. Choose your activity preference from the range available. Of course, there will need to be an element of compromise, so that everyone in their groups is catered for, and everyone is happy.

Step 3. Let us know your personal goals so that we can help you achieve them.

So why wait, get creating.



The Inclusion Project

The Inclusion Project is an innovative initiative that promotes a healthy, social and active lifestyle for young adults with Learning Disabilities. The emphasis is for Participants to be included into the happenings of the community, and we are proud to offer our new 'Create your own World' initiative.

The focus being on individual choice and true personalisation.

Participants have the choice of the activities that they take part in and will be encouraged to make varied choices. All of the activities that we offer follow our ethos of community inclusion; being social and being active.

So why wait, get creating.

Step 1. Select your sessions

Day sessions (7 hours)	Evening sessions (4 hours)
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Step 2. Choose from over 60 activities

Day sessions (activity 1, lunch, activity 2)	Evening sessions (dinner (optional), activity)
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Step 3. Let us know your personal goals and we will help you achieve them

RATIO	COST	TRANSPORT
Participants can be supported at a 3:1 ratio (3 Participants to one Group Leader), 4:1 or a 1:1 ratio.	Group Leader fees are financed through direct payments or personal budgeting. Please enquire for precise fee amounts.	Participants will be collected and dropped home by a Group Leader at a pre-agreed time.

Visit: www.inclusionproject.co.uk
Email: info@inclusionproject.co.uk **Join Today!**



The Inclusion Project



If you would like to share feedback, contribute or find out more information about The Inclusion Project, please email ethanie@inclusionproject.co.uk