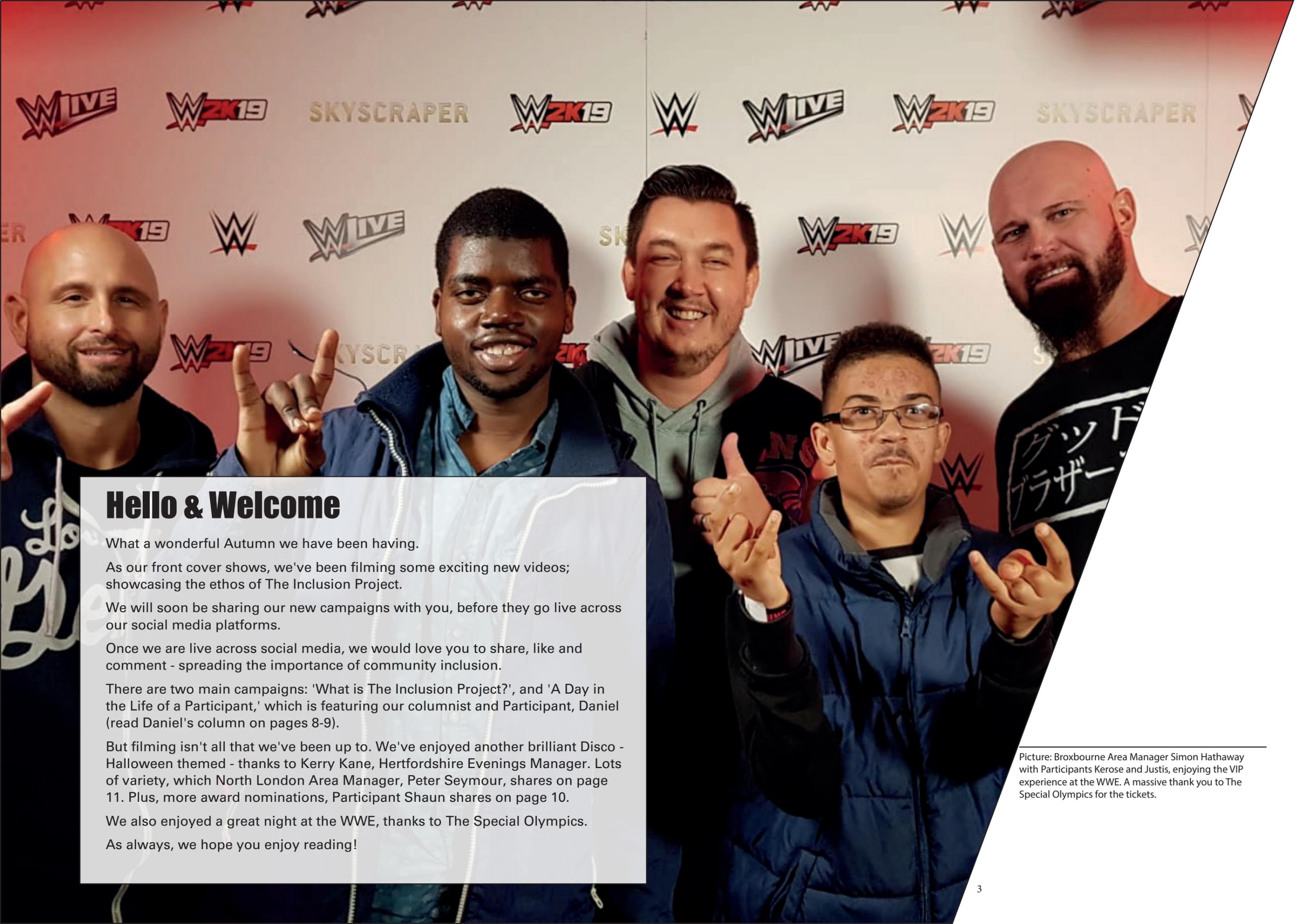


# NEWSLETTER

EDITION 17 - AUTUMN 2018



Front Cover :  
Participants George and Jermaine with Group Leader, Jonny El Hage being filmed whilst out in St Albans



## Hello & Welcome

What a wonderful Autumn we have been having.

As our front cover shows, we've been filming some exciting new videos; showcasing the ethos of The Inclusion Project.

We will soon be sharing our new campaigns with you, before they go live across our social media platforms.

Once we are live across social media, we would love you to share, like and comment - spreading the importance of community inclusion.

There are two main campaigns: 'What is The Inclusion Project?', and 'A Day in the Life of a Participant,' which is featuring our columnist and Participant, Daniel (read Daniel's column on pages 8-9).

But filming isn't all that we've been up to. We've enjoyed another brilliant Disco - Halloween themed - thanks to Kerry Kane, Hertfordshire Evenings Manager. Lots of variety, which North London Area Manager, Peter Seymour, shares on page 11. Plus, more award nominations, Participant Shaun shares on page 10.

We also enjoyed a great night at the WWE, thanks to The Special Olympics.

As always, we hope you enjoy reading!

Picture: Broxbourne Area Manager Simon Hathaway with Participants Kerosé and Justis, enjoying the VIP experience at the WWE. A massive thank you to The Special Olympics for the tickets.

This season's pictures thanks to: Broxbourne, Hertfordshire Evenings, Hertfordshire Weekends, North London, North West London, St.Albans, Uxbridge, West Essex, and West Hertfordshire.

Thanks to partners and locations: Everyone Active St Albans, Everyone Active Watford, Mencap, Rickmansworth Sailing, The Special Olympics GB, and Top Golf Watford



# YOUR OPINION MATTERS

By Managing Director, Simon Jackson-Turner

**H**ello Everyone,  
I would like to update you on a few things, and let you know about

some of our plans for the near future; to help further develop The Inclusion Project.

We recently sent out Parent/Guardian Feedback Surveys to gain insight into the areas where we can improve our service.

We have had a great response so far, and have gained new perspective on ways to develop our sessions' communication; informing Parents/Guardians ahead of sessions and after them.

We genuinely enjoy receiving feedback on our service, as we are always striving to develop and progress our offering.

A new addition to our service will be the Participant Session Plans, these will be sent to the Parents/Guardians/Participants 2 days before each session. Plans will be sent as an attachment on an automated email, they will specify the details of the upcoming session, including activities and session times.

From the Participant Session Plans, you will then have the option to respond;

making requests to change the activities that do not suit the Participant and their needs.

The second addition to our service will be a Participant Activity Log, which again you will receive as an attachment on an automated email. This will be an account of what has taken place in the session that day; a post-session analysis, and information sharing.

The above are the first amendments that we will be making, but there are more to come, including more options and opportunities for work experience and voluntary work, as well as The Inclusion Project Food Truck initiative which will be launching in 2019. Thank you again to those that have generously donated to that project, more to come on that soon.

Thank you to everyone for completing our survey. The feedback has been very insightful, and we will be sending more surveys periodically throughout the year, to gain a greater perspective.

You are helping us to be a better and continually improving service.

# LIGHTS, CAMERA, ACTION

By Marketing at The Inclusion Project  
ethanie@inclusionproject.co.uk

**A**s the 'Hello & Welcome' and front cover shows, we have been very busy at The Inclusion Project, working away at our new video campaigns.

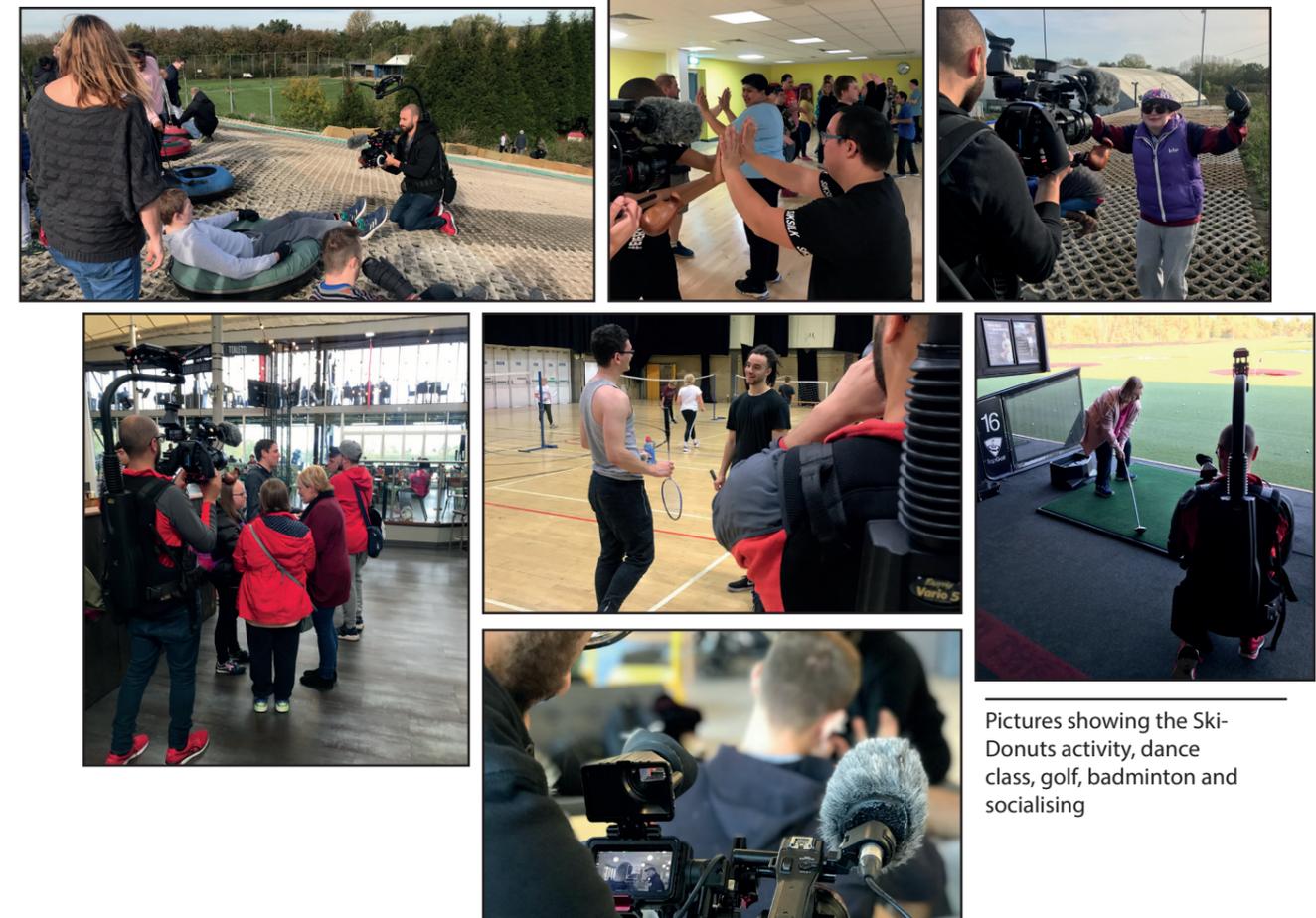
It's been over a year since we launched our video on: 'What is The Inclusion Project', and so much has already developed, including lots more activities and lots of new faces: Participants, Group Leaders and Area Managers.

So, to demonstrate our array of activities, and what it looks like to be a Participant, we have

created something really unique, brought to life with the help of our very own creative talent, Group Leader, Jonny El Hage.

We also decided to create a video that is 'A Day in the Life of a Participant.' For this campaign, Participant Daniel (page 8 & 9) invited us along on his day, enjoying all of his favourite things; socialising; fitness; independence.

What an exciting time, and I can't wait to share the end result with you all.



Pictures showing the Ski-Donuts activity, dance class, golf, badminton and socialising

# IN THE SPOTLIGHT

By Participant and Columnist, Daniel

It has been really exciting at The Inclusion Project as we have been filmed by Ben.

Ben is making a film about The Inclusion Project and I was so lucky because he followed me for one whole day.

He came to my house and he had to sit on the sofa with my dog so she didn't bark at him, that was funny.

Ben followed me walking to bowling which is nearby. He filmed bowling and golf and lunch and then filmed me going home. It was like being on TV. He even came swimming with me. I can't wait to see the film.

We have done other exciting things too like the disco for Halloween. That was good and I danced a lot. I didn't dress up but other people did including the [Group] Leaders.

Now I am going to tell you about something new I am doing when I go out with Cheryl.

We have done Zumba which is dancing and exercise. It is good, but sometimes it is tiring.

I can't wait for the Christmas party so we can do more dancing and have fun.



Pictures show (facing page) Daniel at Zumba, bowling with friends, walking to his activity, and (this page) being filmed with friends



# VALIANT VOLUNTEERS

By Welwyn, Hatfield and North Herts Participant, Shaun



On the 5th September 2018 two of our Participants (me and Ben Smith) got nominated for the Herts Advertiser Community Awards under the category for Valiant Volunteer, the awards night was held at the Maltings Arts Theatre in St. Albans.

I am so proud, as both of us were both made finalists and we were put forward by the Rumble Awards.

We were both very nervous about the awards, there was so many finalists along with supporters.

There was entertainment along with drinks and food.

We got to meet David Croft who commentates on Formula 1 motor racing, he even stood behind us as we both received our certificates.

We were proud to be a finalists and get a certificate for our hard effort we put into volunteering for The Inclusion Project.



Top: Ben Smith and Shaun Noke with their certificates  
Bottom: Ben and Shaun with their mums at the awards night

# VARIETY IN NORTH LONDON

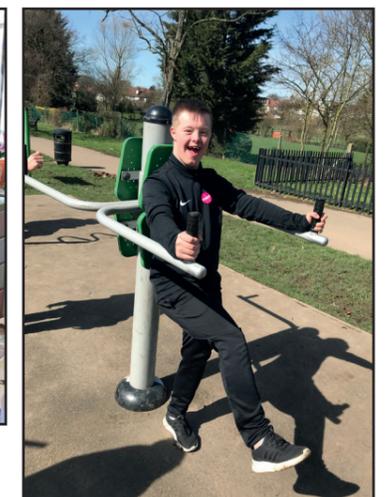
By North London Area Manager, Peter Seymour - peter@inclusionproject.co.uk

In North London we have a variety of different Participants and Group Leaders: ages, ethnicity, ability and gender. With this diversity comes a variety of different wants and preferences. One thing that does not change, however, is the central aim

of The Inclusion Project which is to promote a healthy, social and active lifestyle. To achieve this aim we have taken part, and continue to take part in, a variety of activities. So far this year we have taken part in 24 different activities.



Pictures showing Football Club, Drama Club, kite and walking activities, arts and crafts, and fitness



# “NIGHTS IN” AND PAMPER NIGHTS

By Hertfordshire Evenings Area Manager, Kerry Kane - [kerry@inclusionproject.co.uk](mailto:kerry@inclusionproject.co.uk)



The Inclusion Project Hertfordshire Evenings' new addition of "Nights In" has got off to a great start, with everyone really enjoying themselves. It's all about chilling-out and kicking-back with friends on a Saturday evening.

Our first session comprised of playing video games with friends, listening to music, and to complete the Saturday night in, a takeaway pizza. New friendships were formed, and that was great to witness.

I'm sorry to say that we established that Group Leader, Vincent, has NO taste in music whatsoever, and is very competitive when playing the head band game (sorry Vincent).

We are all looking forward to the next "Nights-in" on the 8th December, when we will be getting into the Christmas spirit.

The 3rd Saturday of the month is our Pamper Night. We ordered Chinese, after much deliberation. We watched some chick flicks and listened to music. We even had time to put on our face-masks, soak our feet in the foot spa and practice our nail varnish and makeup skills. All in all a great night was had by all.

I would also like to say a massive congratulations to Adam Edney.

Adam has been successful in getting a job at Tesco in Royston.

Adam has been attending The Inclusion Project since the very beginning and we are so very proud of his latest achievement.

We never doubted you for a minute Adam CONGRATULATIONS!

## DATES FOR THE DIARY

15th December 2018 -  
Makeup artist teaching how to apply party Makeup for the holiday season.

19th January 2019 -  
Zumba class followed by pamper session.

16th February 2019 -  
Reiki/Yoga.

Contact Kerry to book today



Pictures showing both "Nights In" and Pamper Nights

# HALLOWEEN DISCO

Hertfordshire Evenings



Pictures showing Participants, Group Leaders and bottom left, Area Manager, Kerry Kane at the Halloween Disco



# MENCAP GATEWAY AWARD

By Dr. Denise Jackson, Quality Assurance - denise@inclusionproject.co.uk

We have 11 Participants undertaking the Mencap Gateway Award with The Inclusion Project; three at Silver Level and eight at Bronze Level.

With the emphasis on Outcomes from Government, through to Local Authorities who assess funding levels such as for Direct Payments, the Mencap Gateway Award is a fantastic way of evidencing outcomes.

Each Participant taking part will be helped by one of our team to complete a consent form (no need for you to do it as we will go through it with them, unless you'd rather complete it). They will be taken through an information leaflet about the Gateway Award and the 5 things they have to complete to gain the Award. They will then be enrolled online by us, if not already. If you decide to complete the consent form yourself, you may e-mail me for details and, once returned, I can upload it to the Mencap site.

The next step is planning what to do for the 5 sections of the Award. Our idea was that Participants (if they wished to) could complete the challenges through what they already do with The Inclusion Project.

So, e.g. for the Hobbies section, they could select to evidence that they do something like play tennis, golf, football, swimming, cooking - it can be anything, but we had thought it easiest if activities were selected from those which Participants currently undertake from their time with The Inclusion Project. It could be keeping fit by attending a gym or playing basketball. But it can be something they do outside of The Inclusion Project.

The next section is Fitness - so if they haven't selected the gym for their hobby it could be gym work and improving fitness levels; or football training; or golf practise; or walking/swimming further than they have done so before (e.g. when they are going for a walk with friends at The Inclusion Project).

The third section is Lifestyle e.g. they could choose to show that they are eating healthily through shopping for healthy food choices and preparing a healthy meal to eat with their friends at The Inclusion Project or this could be staying safe when travelling by public transport or when out shopping, just as examples, but the choice can be anything.

The fourth is Volunteering - so the work at

the Recycling Centre or at the allotment or in a charity shop or even helping at the football or boxing clubs.

The final one is called the Gateway Challenge and this is to draw on the range of skills we are hoping to demonstrate through undertaking the Gateway Award. So Participants are required to plan an outing or event, for example using the train - so that they would need to plan their times, money and then actually carry it through on their own or with support. Or it could be something Participants do with e.g. Drama Group, in planning their next show. It needs to be something that requires several skills to be demonstrated.

The first thing is, that they are to decide what they would like to do, and we can sit with Participants to complete the online form for this, that is submitted to Mencap. They then need to collect some evidence such as photographs of them undertaking the tasks they have set themselves. Or they can use witness statements from Group Leaders or yourselves, or e.g. a football coach. It would be great to have both for each challenge - so that they have 10 pieces of evidence overall - 5 photographs/videos, and 5 witness statements. But the whole Award can be gained through 5 pictures. These get uploaded to Mencap's site by us. So if you are helping to evidence tasks being done then make sure that it is in a form that means it can be e-mailed for uploading to the site.

Then it is a case of one of us sitting down with Participants to review their achievements and that is about it.

On to the Silver Award then the Gold! The Department for Health and Social Care has set the following 'Outcomes Framework' to measure Participants' progress, which you may be familiar with. It strikes me that The Mencap Award's aims are a 'match' for these Outcomes (see below). Working towards The Mencap Award should therefore help us all in demonstrating Participants' progress in meeting self-selected targets / goals, and the effectiveness of The Inclusion Project as a Social Care provider.

If there are new recruits out there who would like to undertake The Mencap Gateway Award let me know by e-mail, or tell your Area Manager, so that we can enrol and support you in undertaking it. Mencap charge a £21 fee for doing the Award. The fee pays for the materials, online resources and records, assessment, as well as the lovely certificates and pins Participants get at the end of each Award. This £21 fee can be added to your invoice or covered by cheque to JT Management (just let me know).

Please contact me if you have any questions. It is a wonderful Award and I am so pleased that The Inclusion Project is able to offer it and I hope that other Participants will want to join in too.



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



Back Cover: Participant Charlie