

What's been happening in The Inclusion Project?

The Inclusion Project has been going from strength to strength and it is staggering to think that less than 18 months ago none of this existed. The Inclusion Project is now at a point where we support over 200 Participants across 12 different areas with over 20 Group Leaders. There have been continuous developments in what we offer in our **timetables** and in the way that these activities are offered. The Inclusion Project prides itself on its **flexibility** for our Participants and with that in mind, we are now more flexible than ever. If a Participant wants to take part in a particular activity we will do all we can to make the individual programme **bespoke to that individual**. We have great announcements coming soon about offering the **Mencap Gateway Award**. We have now integrated our **progression targets** for our Participants – each Participant is set three social targets by Group

Leaders who support them. These serve as a reference for what we will endeavor to work towards with individual Participants. We see The Inclusion Project as **the** standard for social inclusion for people with Learning Disabilities, and its ethos we endeavour to take across the nation. We aim to be able to offer our service and ethos to anyone it can be beneficial for. So, please do spread the word to anyone that may be interested, so that we can truly offer **inclusion for all**. I am proud to see our first Inclusion Project Newsletter published, and wish to thank all our wonderful Group Leaders for all the hard work they do each day with our Participants. I hope you enjoy this first edition.

*Simon Jackson-Turner,
Managing Director and founder
of The Inclusion Project.*

St. Albans News:

The Inclusion Project Tuck Shop



The Inclusion Project has started its own tuck shop inside Colney Heath (St. Albans, Hertfordshire) Football Club. It is managed by **Cameron Walters** who leads our Participants in a range of money management skills, including coin and note recognition, working out change and correct exchanges for purchases. It is having great results, and we are seeing these skills being used during our other activities within The Inclusion Project. This type of role-play also promotes social interaction and enables the practicing of verbal skills for our Participants. We are also promoting healthy food choices through our Tuck Shop offers.

What's been happening in The Inclusion Project West Hertfordshire with Cameron Greer?

The Inclusion Project is the place to be! As Manager of the West Hertfordshire branch, I am proud to be a part of this innovative initiative that is providing fantastic opportunities to young adults with Learning Difficulties. We are enjoying seeing our Participants getting themselves involved in all sorts of activities such as keeping themselves fit and active at the gym, and setting themselves goals and achieving those goals! They also have the opportunity to socialise in a friendly atmosphere e.g. through bowling, going to the cinema and, having meals together as a group. The week has been great for Participants to push themselves in all sorts of social settings; and we end the week by bringing our guys together at several of our venues, around Hertfordshire, to enjoy a day together reminiscing about what they enjoyed and achieved during the week. They then spend the day enjoying time with each other, cooking, watching, listening and sharing their favourite films, TV shows, music, computer games etc. Social interaction at its best; they keep me on my toes, and up to date with all the latest celebrity gossip!

During the week, our guys also do **work experience** where they work as a team to perform such tasks as recycling, cleaning, running their own tuck shop, where they learn and teach each other about money. This is all a very important part of The Inclusion Project as the guys work alongside each other, help each other, teach each other and influence each other. And in so doing grow in self-confidence. *Cameron Greer, Area Manager of The Inclusion Project West Hertfordshire.*

THE DAY OF ADVENTURE

The West Hertfordshire Inclusion Project has enjoyed a really fun few weeks. We have welcomed a number of new Participants and as a group we have enjoyed all of the activities that are offered at The Inclusion Project. However, we had a bit of an adventure at Aldenham Country Park. It was a lovely day, and we decided to go there and enjoy the sunny weather and experience the fabulous surroundings. As we walked around we decided to do a lap of the lake; however, we soon realised that the lake was a lot bigger than we had first thought, and it took us an hour to make our way around it! The guys were fantastic as they loved the fact that they were out and about together, chatting away, mucking about and climbing trees! What was supposed to be a short casual stroll turned into an adventure and journey where the guys bonded and interacted with each other. This is what it is all about! At the end of the day, what is anything without friendship. And here at The Inclusion Project that is our main objective... Everything else we achieve is an amazing bonus! Here is Dominic Cesena climbing high!



Dominic Cesena, Mitchell Wright and Beatrice Wilkins, enjoying our adventure together!



What's been happening at The Inclusion Project Slough with Tom Pritchard?

Inclusion for Everyone **Working with All Ages**

The past few months have seen some exciting changes here in Slough and the surrounding area. I now have a regular Tuesday evening session, where we go **swimming** after school and have dinner together.



On **Sundays**, we've been having lots of fun in our **budgeting and cooking** session. We've been working on making our own **healthier versions of ready meals** with great success. It's not all work, sometimes we also **make cakes or tarts**.



The Inclusion Project Slough is for more than just young adults. Recently, I have started work with a **group of older men**.

The days are designed to bring some variety to their weekly schedule and we do **day trips** such as visits to **museums**.

*Tom Pritchard Area Manager for
The Inclusion Project Slough.*

Asante's New Job



Working together with **Ways into Work**, one of our Participants has recently got a job at Legoland.

Asante will be working in the entertainment team, dressing up and meeting the visitors to the park.



Asante has wanted to work here for over a year, but wasn't able to due to not having someone to assist him throughout the day.

Now with the help of The Inclusion Project he can be a Lego Fireman or even a Lego Knight.

What's been happening in The Inclusion Project Barnet and Enfield with Peter and Greg Seymour?

March has been a busy month in Enfield and Barnet. We would all like to welcome our two new members Max and Charlotte.

We assure you will have a great time with us and make lots of new friends.

Max (below, pictured on the right) enjoyed his first day with TIP at Whipsnade zoo during the Easter holidays.

Greg Seymour Area Manager for The Inclusion Project Barnet / Enfield.

Michal's new high score at bowling

Michal scored a personal best of 118 at bowling.

Congratulations Michal!



Michal's Birthday Bash

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Michal celebrated his birthday with his Inclusion Project friends at tennis with a big spider man cake and feast for everyone. Happy birthday Michal!





News From The Inclusion Project Swindon with Jimmy Harpum

Participant Review – Huge Goal Achieved in the Gym

67,000 Metres cycled in Gym session so far

One of the areas we always like to encourage is fitness and exercise. It gives us great pleasure when Participants get an achievement under their belt. After attending a review for one of our Swindon Participants, we are very pleased to announce that she has cycled 67,000 metres in our gym sessions this year! Having never been a gym user before, it is great to have such enthusiasm for an activity which initially had no interest for her. She now cycles out and about by herself with the confidence gained from Project sessions. Congratulations and well done!

Easter Holidays

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The Easter Holidays have been the busiest yet for The Inclusion Project in Swindon, with the largest number of Participants booked on during a holiday period so far. We have done a wide range of activities around the Swindon area.

Having begun in Swindon in August last year, it has been fantastic to be part of the growing Project, a big thank you to all our Participants who come along; we will strive to continue providing the best level of support possible. With summer now just around the corner, we have a lot planned for the 'sunny' holidays

Watch this space!

Local Engagement Local Businesses Helping Out

As anyone who is already on the Project knows, we spend all of our Project time out and about within the local community, attending events and participating in activities. The Swindon area has been very welcoming to our Project and many local businesses have agreed special rates with us to make the activities we do more affordable to our Participants. I would like to say Thank you to FreeDog urban activities, Empire Cinemas and Swindon Arts and Crafts, as three companies that have gone out of their way to help make us welcome.

James Harpum, Area Manager for The Inclusion Project Swindon

Inclusion Project Participants working hard cleaning the boxing club, Hertfordshire, as part of their work experience.



Below, some of the lovely things our Participants do, including Kerosé living his 'dream' of having a ride in a police car, as organised by **Cat Mc Kenna (The Inclusion Project Broxbourne)** when they visited Radio Chestnut, with Mickey Gocool, for a whole two-hour show, promoting The Inclusion Project Broxbourne, in April.



Bea Chase: To set up The Inclusion Project Luton and Dunstable

Bea Chase and Denise Jackson from The Inclusion Project, attended an 'Understanding Autism Conference' held at Bedfordshire University in April; not only was this a fantastic marketing opportunity for Bea, but we learnt to understand Autism from different perspectives. One of the highlights from the day were a theatrical performance called 'Living with Luke': You Tube links to trailers here:

<https://www.youtube.com/watch?v=YnlTypiRBXY>

<https://dansonthunderbolt.wordpress.com/>

<https://www.youtube.com/watch?v=YnlTypiRBXY>

It tells the story from a Dad's perspective of his wrestle (literally!) with the Autism his son, Luke has; it is a powerful and emotionally charged play based on Blogs that Luke's Dad has written – go see it when it is being performed in your area. Another highlight was hearing from another Luke – Luke Jackson, who has Autism and is an author of books about living with Autism. Link to his web site here:

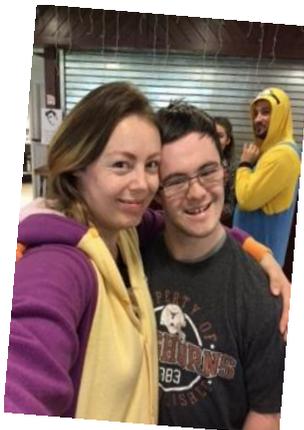
<http://www.lukejacksonautism.com/>

Bea encouraged everyone to get into Autism Awareness Week, with her Activities. Gosling Tennis coaching supported The Inclusion Project by wearing the Autism Awareness pin badge and onesies/pyjamas with pride during Wednesday tennis coaching!



The Inclusion Project showed their support for both **Autism Awareness Week** and **World Down Syndrome Day**, by turning up to a social club in onesies and PJs. Not only this, Participants did their **grocery shopping** dressed this way! They got lots of attention for dressing in tiger stripes and cheetah print!!!

Bea Chase, Area Manager for The Inclusion Project Luton and Dunstable





Hertfordshire Evenings with Kerry Kane: News From The Inclusion Project

What's been happening in The Inclusion Project Hertfordshire Evenings with Kerry Kane?

The Inclusion Project Evenings has been up and running in Hertfordshire now since December 2016. We run six evenings a week: Monday to Saturday. The activities we offer include: trampolining, non-contact boxing, cinema visits, visits to the Gateway Club and a Saturday social night.

A Star in the Making: Electric Umbrella Show

Our very own Billy Bradley will be starring in an Electric Umbrella Performance at the Watford Palace Theatre on the 18th of May.

Tickets are available from the Theatre. A group of us from the Inclusion Project Evenings are looking forward to our outing when we will be going along to support and cheer Billy on!

Good Luck Billy!

The Inclusion Project is very PROUD of you and all you achieve.

Rubbing shoulders with the stars!



A recent visit to the local pub after our tiring boxing session led us to meeting Welwyn Garden City's famous Billy Byrne. Billy stars in BBC's DIY SOS. He was kind enough to come and chat with everyone and let us take a group photo. We need to ask Billy if he can come along to The Inclusion Project to show our Participants how to put up shelves and do some DIY!

Well done Ben!

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A big well done to Ben Smith who has lost an amazing **2 stones** in weight due to his new found active lifestyle and healthy eating. Ben decided he wanted to get in shape for his big sister's wedding this coming summer. He joined our Thursday boxing sessions and gives it his all. Ben's boxing coach describes Ben as a "determined, motivated young man". Everyone at the Inclusion Project is extremely proud of Ben. Congratulations: an amazing achievement and you look fantastic!



MONTHLY SOCIAL EVENINGS 2017

New monthly Social Evenings

As well as the weekly evenings' sessions, we are introducing monthly **social evenings** for those who may be interested. Put these dates on your calendar – evenings not to be missed!

Here are some upcoming exciting events:



What's been happening in The Inclusion Project East Hertfordshire with Jasmine Knight?



Jasmine Knight, sourced an excellent work experience / voluntary work position for Ashley Smith, working as a Media Technician in the Media Department at Oaklands College. Ashley did some editing, filming and general maintenance of equipment. Jasmine went along for the day to provide support for Ashley in his role. Ashley had such a great time, and the Department were so impressed by him that Ashley has been offered a place on the Level 2 Media Course there!

Ashley will also complete some work experience in the College's IT Department too; allowing him to make comparisons between roles.

He worked with Technicians, who had also filmed the Green Screening for Jasmine Knight's 'Shooting Stars' Theatre Group's forthcoming event. Well done Ashley!

Hertfordshire Evenings with Kerry Kane: Social Events, A time to meet good friends, and share experiences and make some Memories

Thursday May 18th Electric Umbrella Show

Come along and support our very own Billy Bradley as he stars in an Electric Umbrella Performance at the Watford Palace Theatre

Cost- £10 per person plus Group Leader costs

Pickup- between 4pm and 5pm

Drop off- between 9pm and 10pm

Monday June 12th Bowling and Dinner out at Frankie and Benny's

Join your friends for a night of bowling (in Garston) followed by dinner out and social time at Frankie and Benny's Restaurant

Cost- £6.50 for bowling and dinner money, plus Group Leader fees

Pickup- between 4pm and 5pm

Drop off- between 9pm and 10pm

Thursday July 20th Dog Racing: Henlow Dog Racing

Join us for a night of Live Dog Racing at Henlow dog track and maybe you might pick a winner on the night!

Strictly over 18s

Cost- £10 entrance fee (which includes dinner and race card) plus Group Leader costs

Pickup- between 4pm and 5pm

Drop off- between 9pm and 10pm

Saturday August 19th Southend Carnival

Get in the carnival spirit with a trip to Southend for their amazing yearly carnival.

Cost- spending money for amusements and fish and chips, plus Group Leader fees

Pickup- between 3pm and 4pm

Drop off- between 10pm and 11pm

Wednesday September 13th- Greek Night, Anastasia, St Albans

A night at a traditional Greek Taverna with Greek food and dancing!

Cost- £15 for meal and entertainment, plus Group Leader fees

Pick up- between 5pm and 6pm

Drop off- between 10pm and 11pm

Tuesday October 31st- Halloween Fancy Dress Disco

Fancy dress disco with prizes for the best fancy dress!

Cost- £5 per ticket, plus Group Leader fees

If you are coming along with your own support then Carers' entrance is free.

Sunday November 5th- Hatfield House Firework Display

Visit Hatfield House for their amazing firework display! It is a spectacular evening out.

Cost- to be confirmed

Wednesday December 20th- Christmas Disco

Dance the night away with friends at The Inclusion Project's Christmas Disco

Venue- to be confirmed

Cost- £5 per person, plus Group Leader fees

If you are attending with your own support, then Carers' entrance is free

The
Inclusjon
Project

SHOOTING STARS!



DRAMA CLUB
MONDAY EVENINGS
6.30 - 8.00 PM
£5 PER SESSION
COLNEY HEATH
FOOTBALL CLUB

INCLUSIONPROJECT.CO.UK.

***The Inclusion Project's First
Drama Production***

...

Shooting Stars!
**The Inclusion
Project's Variety
Show**

Saturday 13th May 2017

**6.45pm for taking seats at 7pm – 10pm, with a 20-minute
interval**

**At Woodhall Community Centre, Mill Green Rd, Welwyn Garden
City AL7 3XD**



The
Inclusion
Project

**SHOOTING STARS!
VARIETY SHOW**



SATURDAY 13TH MAY

6.45 pm ARRIVAL - 7.00 pm START

REFRESHMENTS AVAILABLE

£6.50 SUGGESTED DONATION

WOODHALL COMMUNITY CENTRE

WELWYN GARDEN CITY AL7 3XD

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