

# THE DIGITAL INCLUSION PROJECT

## OPTIONS TO CONTINUE USING OUR SERVICES



### Continuing group sessions

Zoom-ing into your screens with friends & your Group Leader

Just because we are self-isolating, doesn't mean we have to be alone. We still want our ethos to continue, and we can do so by online video group sessions.

These sessions can be via the Zoom app for up to 40 minutes or if you have a Google account, via Google Hangouts for up to 3 hours, it's up to you. Either way, these options allow face to face online meetings, and will be led by the Group Leader; focusing on engaging Participants, lifting people's spirits and interacting.

These sessions are also a way to give our Group Leaders a chance to continue their service, and will be charged at the regular hourly rate (group or 1:1).

To organise these sessions, please contact your local Area Manager.

### Social Media Interactive 30 Minute Sessions - optional contributions accepted

We have put together a weekly schedule of interactive live sessions on our social media platforms, which Participants and families can get involved in. This is a great way to keep in contact with The Inclusion Project and a great way to interact.

You can find our schedule for these sessions on our website: [www.inclusionproject.co.uk](http://www.inclusionproject.co.uk) and our Instagram page. They will be updated with details every Friday, ready for the week ahead. Sessions include; cooking; yoga/fitness; and games. But more will be added to give you a full Monday-Friday schedule, and therefore a bit of routine to the week.

Although these sessions are free, and open to all, we are very grateful to any contributions you would like to make. These can be arranged through contacting [info@inclusionproject.co.uk](mailto:info@inclusionproject.co.uk)