

NEWSLETTER

EDITION 18 - WINTER 2019



Front Cover: West Herts Participant Esme
enjoying a day out at Tiggywinkle, Wildlife Hospital
Photo Credit: Area Manager, Cameron Greer

The
Inclusion
Project



Simon Jackson-Turner

Founder and Managing
Director

Hello

It's great to see the variety of activities that our Participants have got up to over the winter.

It's rained, it's been windy, it's even snowed (even if for just one day) but despite all of these conditions we have created some great memories. I hope that you enjoy reading about them.

It has been a great start to the year for The Inclusion Project and we have some really interesting announcements to make soon, one that we can detail properly later in the year is that we have registered and created The Inclusion Project Charity, very exciting.

Looking towards the rest of 2019 we are doing a lot of work behind the scenes to create a smoother and more streamlined experience for our Participants, families/guardians and our staff by implementing customised and premium new software packages for our internal and external systems.

As always we are so grateful for all of the support from The Inclusion Project community and we will continue to work to develop and further enhance our service for all.

Thank you.

Simon Jackson-Turner

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Ethanie Jackson-Turner

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James Graham - North & West Bedfordshire

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If you would like to find out more information about The Inclusion Project, please email info@inclusionproject.co.uk



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*Picture shows: North West London
Participants learning to make pizza at
Pizza Express*
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Coming up...



New Experiences

Swindon and Oxford

We had a very busy end to 2018, here in Swindon. Lots of Participants experiencing new activities, and achieving huge personal goals: including going to a gig (for the first time), volunteering and visiting the F1 museum...



Perfect Partners

North West London

We have recently cultivated a new and exciting relationship with a community centre in Neasden, North West London. They share our values of inclusion for all and integration into our local community...



Friendships & Skills

West Hertfordshire

As West Hertfordshire continues to grow, so do the friendships; it feels as if a really strong community has been created and the relationship between the Participants and staff is so strong...



Strictly!

Uxbridge

We were invited to attend a BBC filming for the finale of Strictly Come Dancing. On 3rd December we attended Lemarie Centre in Watford. I had three very excited Participants; Jenny, Andre and Shamir...



Q&A

North & West Bedfordshire

We have set-up a partnership with Flitwick Leisure Centre and have managed to get all of our Participants a membership, and they all really enjoy going – especially when it's cold outside!..Plus, Q&A with Participant Sian...



What's New?

North London

Maybe "new" is the wrong word for Leila, as she originally joined The Inclusion Project in November 2016.

In October 2017 Leila moved into supported living. At the end of last year, Leila started...

Coming up...



From the Inside

Daniel's Column

Since the last newsletter I have done lots of things at The Inclusion Project.

I really enjoyed the Christmas disco and the Valentine's Day one. I like going with the Group Leader to a restaurant before...



So Dramatic

Hertfordshire Evenings

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I did a drama and dance degree at Roehampton University and then went on to work in children's television as...



Keeping Warm

Cambridge & Huntingdonshire

We certainly had a busy Christmas period, managing to fit in 3 pantomimes, a trip on a Christmas steam train, a Christmas tour around a local hall, and a visit to the North Pole (yes really, the sign said so!)...



Putting Out Fires

St Albans

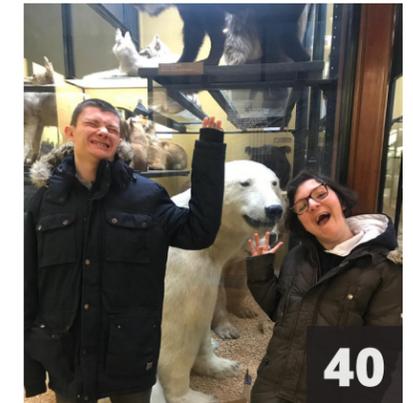
Participants were kindly invited to Hemel Hempstead Fire Station for a fun day. It certainly seems like we have a few potential fire officers in The Inclusion Project. The Participants really enjoyed the day; trying on the uniform...



Friday Fun Day!

Broxbourne

After a cold winter morning in the local Harris & Hoole Café that we visit – over a scone, porridge, and a hot drink – the Participants and I were discussing what we should do that day. As we talked, I had an epiphany, let's organise outings; trip and activities...



Animal Instincts!

St Albans

Back page stars goes to Ashley and Anna.

Photo credit: Group Leader, Tracey Jonas...

Quick reads...



Gardening Club

North West London & Uxbridge

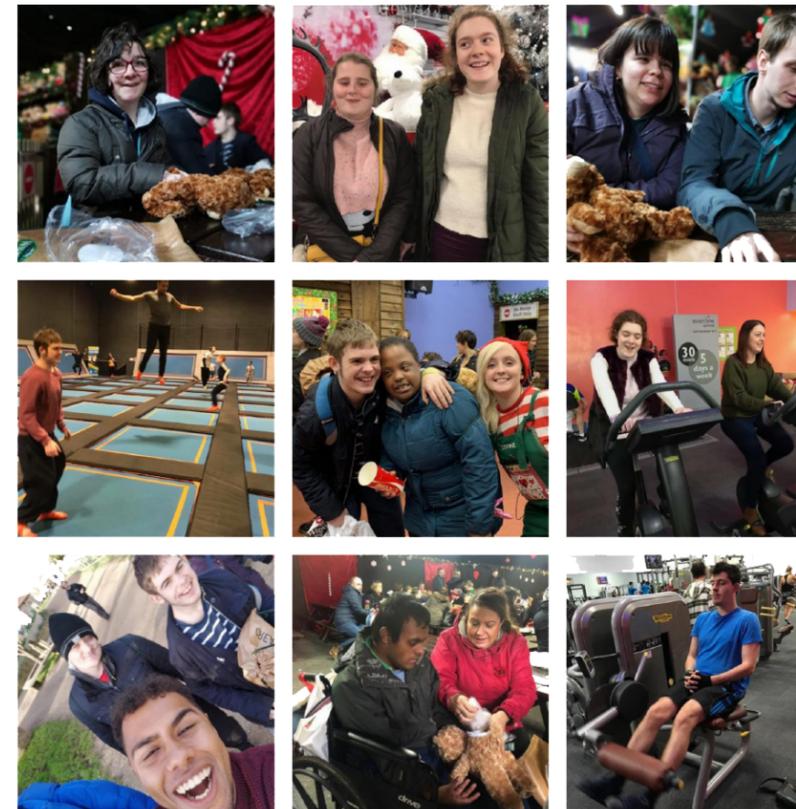
We are excited to introduce our new 'Wednesday Gardening Club'. Jim, the Head Gardener showed us their allotment. They have 20 chickens and we collected eggs for the Foodbank and then fed the chickens.



NAS Recognition

Our Area Managers have been shortlisted for the National Autistic Society's prestigious Autism Professionals Awards.

The Inclusion Project is a finalist in the Award for Outstanding Adult or Children's Service. The Project was shortlisted by an independent panel of autism specialists, who were looking for high standards of innovation, creativity, impact and sustainability. The winners will be announced at a special ceremony on 7 March 2019 in Birmingham, as part of the National Autistic Society's Professional Conference. Fingers crossed!



Winter Fun

Hertfordshire Weekends

Hertfordshire Weekend Participants enjoyed many activities during the winter months including a Christmas canal boat trip, Christmas Pantomime Dick Whittington, Winter Wonderland, Willows Farm festive activities, Crews Hill (some brave Participants tried ice-skating), as well as the favourites golf, gym, bowling, shopping and cinema...always topped off with a yummy lunch.

Wonderful to see Participants making new friendships and have good fun.

Bring on spring (and the sun)!



Make Noise!

Welwyn, Hatfield and North Herts

Welwyn and Hatfield Participants had a go at African Drumming at Trinity Community Project in St Albans. It was a very noisy morning but Participants really enjoyed it.

Snap shots...



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Pictures show Participants from:
Cambridge, Herts Evenings, North
London, North West London, South
Bedfordshire, St. Albans, Swindon,
Welwyn Hatfield, West Herts, West
Herts 1:1 and Uxbridge
.....





New Experiences

By James Harpum, Area Manager Swindon and Oxford

jamesharpum@inclusionproject.co.uk

We had a very busy end to 2018, here in Swindon. We have had many Participant firsts, including our biggest music fan attending their first live gig in a busy venue, which they not only enjoyed but are now keen to do more! What a great achievement; overcoming their worries and having a great time.

We've also had lots of trips to animal sanctuaries this winter, including zoos – we even braved the sweltering heat of crocodile world, yes, heat in winter...

Continued from previous page...

...I'd like to say we are all now experts in the field of endangered species (or at least that's how it feels). All of us learnt so much and witnessed first-hand how local environments can be improved into sustainable land for the wildlife.

We had one of our most successful trips of the year to the go-karting arena at Wroughton, with many of our Participants having their first go on a motorized vehicle, despite the nerves everyone got through a full session, and we even got complimented by the staff on the driving skills, way to go!

One of our motorsports fans had a visit to the F1 museum at Donnington race track and got to see the cars of the stars held in the collection and even got to witness the live track event of the day.

With all of our big trips we can't forget about the every week events, we at The Inclusion Project Swindon want to say a huge congratulations to all of our Participants who are attending voluntary work, completing fitness activities every week, and for making all of our new Participants welcome.

Here's to a great 2019!



The Inclusion Project

NORTH WEST LONDON

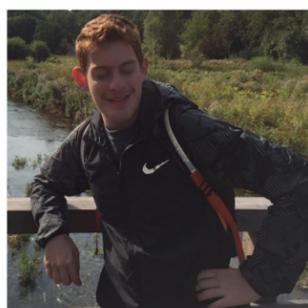


Perfect Partners

By Cameron Walters, Area Manager North West London

cameronwalters@inclusionproject.co.uk

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Pictures: This page shows: Horse Riding, Tea and Toast and Winter Wonderland. Page 16 shows Tour of Wembley
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Continued from previous page...

We have been very busy this winter in North West London, and have had some exciting trips out and about in our local community.

We have recently cultivated a new and exciting relationship with a community centre in Neasden, North West London. They share our values of inclusion for all and integration into our local community, and we are feeling very excited as they have now offered us their space every Wednesday.

Our first community centre session was a huge success, Participants got stuck into a whole range of different activities, including a drama class, basketball, arts and crafts, healthy cooking, and much more. We are looking forward to many more sessions to come at the community centre; hibernating indoors and keeping warm in these chilly winter months...is it too soon to bring back summer?

Some of our fantastic trips this season have included an exclusive guided tour of Wembley Stadium, a funky rock and roll karaoke club in Pinner, travel training sessions to various locations, indoor climbing, Herts Evenings Inclusion Project disco, an SEN giant indoor inflatable obstacle course and, finally, a laser quasar game, where the Participants and staff enjoyed an exciting cowboy western themed shoot out.

We are now also involved with Big Yellow Choir sessions that run on Wednesday evenings, where the Participants can let their hair down for a couple of hours and enjoy a whole range of sing-alongs from Ed Sheeran to Queen. To end the sessions we enjoy a nice cup of tea and a biscuit.

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There are still a few spaces available for Wednesday evenings. Please contact Cameron Walters if this is of interest:
cameronwalters@inclusionproject.co.uk





Growing Friendships. Perfecting Skills.



By Cameron Greer, Area Manager West Hertfordshire
camerongreer@inclusionproject.co.uk



Winter has been another fantastic season at The Inclusion Project, West Hertfordshire. We have welcomed new Participants, new staff and tried new activities.

The highlights have been based around Christmas with everyone enjoying the Hertfordshire Evening's disco, and the different pantomimes.

As West Hertfordshire continues to grow, so do the friendships; it feels as if a really strong community has been created and the relationship between the Participants and staff is so strong.

We have welcomed Tracey Jonas to our staff team, and Participants Jack, David and Natalie.

We have attended Garston Manor and St Luke's open days, to give families an insight into what we offer.

Matthew (see picture) has become very keen on his golf and the coaches at Top Golf have been getting him to work on his putting game. They have taken the time out each week to work on his technique.....



Clockwise from to left: Visiting Tiggywinkle Wildlife Hospital, Grace and Mimi enjoying the Christmas Disco, Matthew (red hat) perfecting his putting, Natalie at golf. Facing page: New Participant Jack reunited with old school friend Felix.

Strictly Come Dancing!

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Pictures: This page shows Jenny, Andre, Shamir and Area Manager Anna Jennings on Strictly Come Dancing with Para Dance.



Anna Jennings

*Area Manager, Uxbridge
anna@inclusionproject.co.uk*



We were invited to attend a BBC filming for the finale of Strictly Come Dancing. On 3rd December we attended Lemarie Centre in Watford. I had three very excited Participants; Jenny, Andre and Shamir. When we got there we met with MJ, our dance teacher, and a group of other dancers, then the BBC film crew turned up.

The BBC got us to do a small dance routine and then asked us to stand in a group and say, "keep dancing!" The crew were very friendly and even let Jenny hold the very heavy camera. Finally, they interviewed Andre, Jenny and Shamir. The Finale was screened on Saturday 15th December and there we were on TV, if only for 3 seconds! Fame at last!

Shamir

Uxbridge Participant



We went to Lemarie Centre in Watford with Anna, our Group Leader. We were very excited. We danced with MJ and we saw the BBC film crew. They interviewed us for the Strictly Come Dancing show and then we said, "keep dancing!" I loved it, it was very enjoyable, and I had fun with my friends.

Jenny

North West London Participant



On the 6th December we went to Lemarie Centre in Watford. We had to be there by 3pm. We met with MJ from ParaDance.

Me, Andre and Shamir were interviewed by the BBC for the finale of Strictly Come Dancing. I got to try out the BBC's camera. It was very heavy, but it was fun.

We met with another group who were going to be with us during the filming. I had a lot of fun.



When It's Cold Outside...

By James Graham, Area Manager North and West Bedfordshire
jamesgraham@inclusionproject.co.uk



Over the Christmas period, we at North and West Bedfordshire have been taking part in activities such as Indoor Sledging at SnoZone in Milton Keynes and Winter Wonderland in Hyde Park.

We have also set up a partnership with Flitwick Leisure Centre and have managed to get all of our Participants a membership, and they all really enjoy going – especially when it's cold outside!

Q&A

with Participant Sian

Q: What do you like doing while out with The Inclusion Project?

A: I like it when we go trampolining. My next favourite is bowling.

Q: What have you developed while out with us, money skills, independence etc?

A: I feel more confident about going out on my own because I have been out on inclusion outings. I also feel I spend money more wisely now.

Q: What has been your favourite day/activity so far?

A: Bowling. I like this because we laugh so much and I like being in a team with my friends.

Q: What has been the funniest moment you've had with us?

A: I enjoy all the time with inclusion because of all the activities you organise and all the people are nice.

Q: Have you made new friends while out with us?

A: Yes, a lot

Q: Would you recommend us to others?

A: Yes. Thank you



What's New?



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

Maybe "new" is the wrong word for Leila, as she originally joined The Inclusion Project in November 2016.

In October 2017 Leila moved into supported living.

At the end of last year, Leila started to attend The Inclusion Project again. She now attends 3 days a week.

When I met Leila again, the first thing I noticed was that she had lost a lot of weight. So I thought it would be interesting to catch-up with Leila and see what she thinks about The Inclusion Project and how she has become the new slimline Leila.

What is your favourite day at The Inclusion Project? I don't really have a favourite day but I like it when there are a lot of people there. This allows me to socialise more, make new friends and see old friends again.

What do you like most about The Inclusion Project? I like how the Group Leaders ask us what

we want to do. Even if we have different views and we don't do what I want to do it is nice to be asked.

Also I really like all of the Group Leaders. They are like friends to me. I can trust them, talk to them, have a laugh and tell them how I feel. For example, if I have a problem with another Participant they will help me to deal with that so we all stay friends. They also encourage me to do things that I am nervous to do. The other week Rebecca (Cahill) encouraged me to go swimming when I felt nervous about how I looked in my swimsuit, I really enjoyed the swimming and was glad that I did it.

So, I can't write an article about you without asking you how you lost so much weight!! How did you do this? I started going to Slimming World in January 2018. I attend every Monday evening. First is "Weigh and Pay" and I found out how much (weight) I have lost or gained. We then sit in a circle and discuss what we did for the last week, new recipes and ways to lose weight.

I know it is rude to ask a lady this, but how much weight have you lost? Just over 4.5 stones. My clothes size has also gone down 3 sizes on top and 4 sizes elsewhere, so I have had to go and buy a new wardrobe. e

That is fantastic, what else have you done apart from Slimming World? I do far more exercise, such as walking and swimming. Coming to The Inclusion Project has helped me with this as well.

What have been the main benefits of losing so much weight? Everything is much easier: walking, climbing upstairs without getting out of breath and much more.

So what are you looking forward to most in 2019? Losing some more weight, so I feel good about myself and going to The Inclusion Project so that I have got a social life and stay active.



Reporting From the Inside...

By Daniel, St Albans Participant

Since the last newsletter I have done lots of things at The Inclusion Project.

I really enjoyed the Christmas party and disco and the Valentine's Day one.

One of the things I like, is going with the Group Leader to a restaurant before the party and disco. It means I meet Participants who I don't usually spend time with.

We also went to a pantomime which was very funny and I liked shouting "oh no you didn't!" And we went Christmas shopping at Crews Hill and I bought my mum a silver bell to put on our table on Christmas Day and now I still ring it which she thinks is a bit annoying but funny.

I still go out with [Group Leaders] Cheryl and Sarah every week and we have lots of fun.

Some of the things my group have done with Cheryl are top golf, badminton, Zumba, shopping and bowling. We went bowling at the new bowling place in Watford town centre and what I am proud of is that I was in charge of how we got there by bus.



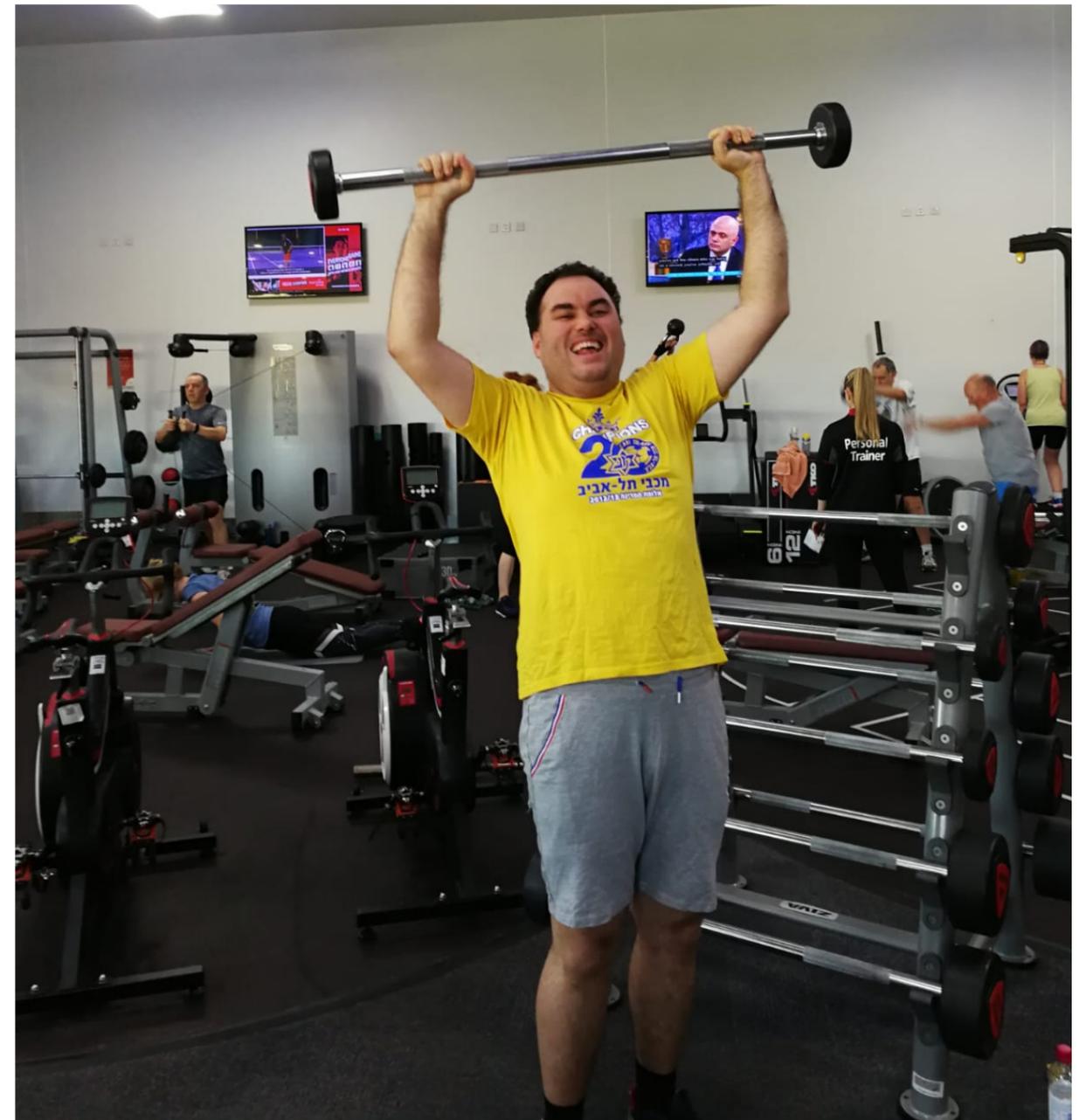
Cheryl parked her car in my road and I showed everyone where the bus stop was and how we had to get the 321 bus to Watford. We used our bus passes.

At the end of the day we got the bus going towards St Albans, and I showed everyone where to get off.

I felt very independent and that is one of my targets.

Sometimes I walk home from nearby activities if it is not raining and I feel independent when I do that.

I am also proud of doing well with my other target of being more organised. I used to forget my wallet or my phone but I am getting better at organising myself. I know I need to be organised when I go to Abu Dhabi next month with



my friend Damir and with Simon [Jackson-Turner] for the Special Olympics. I will need to have all my clothes ready each day. I am proud to be going there and I will work hard and do my best and enjoy being in a team.

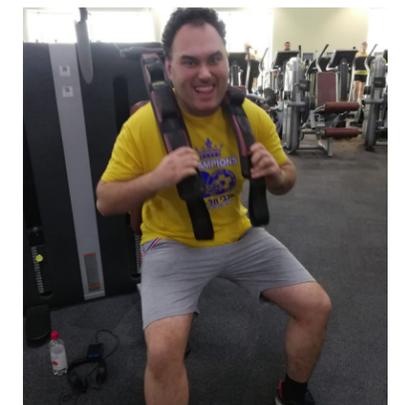
Another thing we did this winter was go to the RAF museum in Hendon. I have been there lots and it's good because they have

new things to do there. You can put headphones on and listen to things about the museum. It was good fun.

I still enjoy going swimming on Thursdays and sometimes I decide to do the gym instead and Sarah is happy for me to choose.

Thank you for reading my report.

Daniel





Picture: Drama group with new
Drama Teacher, Emma Turner



So Dramatic!

Area Manager Kerry Kane

kerry@inclusionproject.co.uk

Words by Emma Turner, Drama Teacher

I joined the inclusion project in November to run drama workshops.

I did a drama and dance degree at Roehampton University and then went on to work in children's television as a co-presenter on Nickelodeon breakfast show "Nick AM".

I then went on to train at Drama School for two years in London before qualifying as a school teacher.

I worked for 12 years as Head of Drama in a Hertfordshire secondary school and now teach on a freelance basis in various locations.

My plan for The Inclusion Project drama group is to enable the young people to use group activities to explore a range of skills including physical expression, team building and learning to communicate with each other. I'm hoping the sessions will allow them to develop their confidence and creativity.

I am enjoying my time with the group so much and they do not fail to keep me entertained! I can already see them becoming more confident as the weeks pass.



Keeping Warm

By Hannah Mullens, Area Manager
Cambridge and Huntingdonshire

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I hope 2019 is treating you well so far.

We certainly had a busy Christmas period, managing to fit in 3 pantomimes, a trip on a Christmas steam train, a Christmas tour around a local hall, and a visit to the North Pole (yes really, the sign said so!). Oh, and of course there was the brilliant Christmas Disco that we really enjoyed joining everyone for, thanks Kerry.

The pantomimes were all fantastic in their own different way, but I feel like we left the best till last (certainly in my view, but based on the beaming smiles I think the group agreed too). The Cambridge Arts Theatre's production of Aladdin had us in fits of laughter, with Widow Twanky and Wishy Washy being chosen as the favourite characters by the group, especially after a laundrette scene that saw neither character managing to stand upright for more than a few seconds before slipping over again!

Our Steam train trip was delightful. With many members of the group loving everything about steam trains, the chance to get in the festive mood with a relaxing ride

and Christmas nibbles was just perfect.

We've continued the old fashioned transportation theme going over the Winter with trips to both Duxford and the Shuttleworth Collection. We've found it particularly interesting seeing all of the memorabilia from the World Wars, plus the tank collection at Duxford was particularly popular with the group. Our Shuttleworth trip was planned as a birthday surprise for one of our Participants who loves all types of museums, especially aircraft, and a fun day was had by all.

With the cold wintery weather has come an inevitable increase in indoor based activities, but we haven't let this stop us from being active.

We have continued our fantastic relationship with the One Leisure Centre in St Ives, using their gym on a regular basis in order to improve on our fitness goals. One of our Participants has been trialling out joining a walking football club.

We've also been keeping warm with lots of bouncing at the trampoline parks, with some

Participants trying these for the first time and loving it.

We're looking forward to the first signs of spring. We hope to use the slightly warmer and brighter days to get back into our cycling and walking activities, so we'll bring you news on these in the next newsletter.

Until then, have a great few months.



Healthy Body, Healthy Mind, and Putting Out Fires!

*By Simon Hathaway, Area Manager Broxbourne
and St Albans*

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During the month of December, the Participants were kindly invited to Hemel Hempstead Fire Station for a fun day, it certainly seems like we have a few potential fire officers in The Inclusion Project.

The Participants really enjoyed the day; trying on the uniform, helmets, looking at the fire tools and trying out the fire hose. We would like to greatly thank Emma for sorting out the day for us...you never know, one day one of our Participants might be your local Fire Officer.

Within the St Albans area of The Inclusion Project all of us celebrated Christmas in style. A few of us...

Continued from previous page...



...went to see a pantomime, a group of us went ice-skating, some of us went to see a Christmas movie (or two...or three!) and nearly all of us went to The Christmas Disco!

What a great Christmas Disco it was as well, thank you Kerry Kane for organising it. It was great to see everyone socializing, having fun and dancing away, getting into the Christmas Spirit. We all had a great time and some of the outfits we saw the Participants wearing were stunning, wish I had great fashion sense like some of our Participants, suited and booted, dressed up as elves, we even a Father Christmas or two.

At the Colney Heath Football Club, before Christmas we had our annual Christmas Jumper fun day, Participants had a day learning how to make and cook mince pies, festive arts and crafts and card making. The Participants made a wide range of mince pies. All of them were beautifully hand crafted but individually unique to the Participant that made them.

At the start of the new year, The Inclusion Project decided to get fit and in shape (shifting those mince pies we enjoyed a bit too much). But healthy doesn't just start and stop with our bodies, so we also worked on mindfulness as well.

Teaching the Participants about their minds and emotions. Some of the Participants got very excited during this and some relaxed into a deep state, it was great to see all the Participants so interested and engaged in the activity. This was a great session run by one of our own Group Leaders, Charlotte Clark who runs 'Relax Kids with Charlotte' classes which work through steps to take children from a high energy level, down to a calm and relaxed state, teaching them about their brains and why it's so important to look after them. Thank you Charlotte for organising, running and leading this session.

Pictures: Facing Page: Fire Fighter Fun. This Page starting top left (clockwise): Participants in the gym, more fire fighting, healthy eating day, Charlotte Clark running her session, making mince pies.

The Inclusion Project BROXBORNE



Friday Fun Day!

By Simon Hathaway, Area Manager, Broxbourne and St Albans
simonhathaway@inclusionproject.co.uk



BBC

WINTER 2019



Continued from previous page...

Due to other work commitments I have with The Inclusion Project, I am out less often as a Group Leader nowadays. There are a few days I am out in the week and one of those days is a Friday or how I like to call it with my Participants - Friday Fun Day!

The Participants I take out on a Friday came up with this idea. After a cold winter morning in the local Harris & Hoole Café that we visit - over a scone, porridge, and a hot drink - the Participants and I were discussing what we should do that day. As we talked, I had an epiphany, let's organise outings; trip and activities for the next three months of Fridays.

Since the inception of 'Friday Fun Day', we have done a vast variety of differing activities, trips and outings from such things as going to different museums, going to zoos, exploring the local community and much more.

Our first activity of Friday Fun Day was going to Capel Manor College to see if we could conquer the almighty hedge maze - we did! Even though it was a wet and cold day this did not damper our spirits nor our determination to conquer the maze. The excitement and

reward from the Participants was evident to see - lots of smiles and high fives were shared.

Every Friday activity we do starts with a coffee morning at a local café. The main reason we do this activity is to, firstly, start with a hot drink (or maybe a snack or two), which is vital to keeping our energy up for our afternoon activity or exploring the local community, and secondly, to immerse ourselves in our local community; learning how to behave in such a setting.

If you are ever around on a Friday morning in Harris & Hoole, please come and say hi, maybe join us for a drink and get to know us all, we are a great bunch.

A few highlights to Friday Fun Day include our visit to RAF Hendon Museum and going to see Robin Hood Pantomime in Milton Keynes, just before Christmas.

The Participants loved the RAF Museum, learning all about the inception of the RAF, what the RAF does, seeing all of the different vehicles the RAF use, and (of course) having their pictures taken in RAF uniforms and in the replica planes/vehicles. If you have

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Pictures: Previous Page (from the top): RAF fun, selfie, panto. This page: Birthday celebrations

never been, I would certainly recommend it.

The Robin Hood Christmas Pantomime starring Shane Ritchie in Milton Keynes was a day to remember for the Participants; listening to songs with everyone singing along to them, the lunch and then watching the Pantomime. All of us were in hysterics; constantly laughing at the jokes and comedy. Singing and dancing along to all of the songs and tunes. It was a day to remember.

Friday Fun Day has a lot of activities, trips and outings planned for the foreseeable future such as: going to Whipsnade Zoo; Woburn Safari; visiting the 007 Bond exhibition in London; going to Mountfitchet Castle; visiting the Natural History and Science Museums in London; going on a trip to Southend-on-Sea; going to Sherpreth Wildlife Park, just to name a few.

We have a lot planned that will keep us busy for a while. If you have any suggestions for activities we could do, places we could visit or trips we could go on please let me know so I can arrange it for the Participants.





Back Cover: St Albans Participants Ashley and Anna showing their animal instincts at Tring Museum
Picture credit: Group Leader, Tracey Jonas