

NEWSLETTER

EDITION 19 - SPRING 2019



The
Inclusion
Project

Front Cover: Special Olympics Gold Medallists Daniel (far left) and Damir (far right) with Special Olympics Men's Basketball Head Coach and The Inclusion Project Founder and Managing Director, Simon Jackson-Turner



Simon Jackson-Turner

Founder and Managing
Director

Hello

What an exciting few months we have had!

Personally, I have had an experience of a lifetime, volunteering for The Special Olympics as the Men's Basketball Head Coach.

Although this was not my first time representing Team GB, it was as Head Coach, and it was the first time going with our very own Participants of The Inclusion Project, Damir and Daniel.

Working with a great team, and such talented athletes, meant securing the Gold in a nail-biting final against Team USA. But, and I may be biased, wow did Team GB deserve the 'W'. They worked as a team, gave their all in training and listened to constructive feedback; constantly developing as players, athletes, and as talented individuals.

I have volunteered for The Special Olympics for over 6 years now, and will always look at ways to partner with them, inclusion is paramount.

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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*Picture shows: North West Bedfordshire
Participants and Group Leaders, with
Area Manager, James Graham (hiding)*
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Coming up...



For the Weekend

Hertfordshire Weekends

We had a fantastic start to spring with many fun activities including Pots of Art, quasar, karaoke, golf, Stockwood Park, gym and museum visits...



Personal Goals

South Bedfordshire

It was lovely to see so many familiar faces from various care and support services we have befriended this past year. We look forward to spending more afternoons smashing drums and singing from our hearts alongside them...



Captured Smiles

Cambridge & Huntingdonshire

Going back through the photos of our Participants taken over these past few months, I cannot help but see their captured smiles and smile back...



Disco, Disco, Disco!

Hertfordshire Evenings

In February we celebrated Valentine's Day by holding our own disco and speed dating event. The Participants really enjoy the discos...



Friday Fun Days

Broxbourne

Friday Fun Day ventures into London! And Broxbourne welcomes new Participants to The Inclusion Project!...



Working Out

North West Bedfordshire

Since the new year we have stuck to our resolutions including working off those Christmas treats by focusing on our fitness and going to the gym, swimming and doing sports...

Coming up...



28

Social Club

St Albans

I would like to shed some light on a wonderful Group Leader who has made Fridays at the Colney Heath Football Club so spectacular for the Participants with all of the activities she has arranged and organised, thank you Lorna Fennel...



30

Fitness and Fun

West Hertfordshire

With us fully into spring and summer approaching, The Inclusion Project West Herts has been all about fitness and, of course, fun...



32

New Heights

North West London

Another of our activities this month was experiencing the thrill and exhilaration of overcoming our fears and experiencing the heady delights of climbing...



34

From the Inside!

Participant, Daniel

I went to Abu Dhabi.

I went with the Special Olympics GB team to play basketball and Simon Jackson-Turner and Damir from The Inclusion Project came too...



36

In the Community!

West Herts 1:1

A lot has been happening with the West Herts 1:1 Participants. We have been visiting a whole host of places. From travel training, to visiting zoos and farms, we have really been accessing the community...



36

Careers & Crafts

Swindon

Firstly, we would like to congratulate one of our Swindon Participants, Adam for achieving a goal and getting himself a job...



Mother's Day

Participants had the opportunity to paint a plant pot and plant a tulip inside for a Mother's Day present. All Participants did a fantastic job and all their mums loved what they created.



Art at Trinity Community Project!

Participants took part in an art session at Trinity Community Project, St Albans.

They really enjoyed the session and created some lovely art (see left).



Litter Picking

We have joined forces with the local volunteer society and helped with some litter picking at Stanborough Park.

It was a beautiful day which made it more enjoyable.

Cheryl Horton, Project Coordinator for Welwyn, Hatfield Community Volunteer Society (WHCVA) said: *"Thank you to the wonderful team from The Inclusion Project! They have made a great start at getting out and improving our local area. With hard work and commitment to tidying up our local space, they have done a fantastic job. Sounds like they had fun too. We look forward to seeing more of their actions this year!"*

Participants are awaiting news on other jobs that they can get involved in within the community through the volunteer society. Watch this space!



Living for the Weekends!

By Cheryl Mucklin and Tina Wilson, Area Managers Hertfordshire Weekends

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Plus, words from Guillaume, Participant Hertfordshire Weekends (following page)

Hertfordshire Weekends has had a fantastic start to spring with many fun activities including Pots of Art, quasar, karaoke, golf, Stockwood Park, gym and museum visits.

Promoting friendships, independence, life and social skills is all part of The Inclusion Project's ethos, and for us it's great to see the Participants flourish; helping each other, growing in confidence, and as individuals. As well as having a good time...



Continued from previous page...

We recently welcomed some new Participants to The Inclusion Project Weekends, who have made fantastic friendships within the groups and made the weekends even more friendly. So a massive welcome to those Participants (unfortunately names cannot be published).

One of our popular activities is karaoke, and we think it's due to the fact we have some up and coming Rock Stars (see picture, previous page).

Quasar has been a lovely team building activity, seeing Participants working together in teams and having a great time running around aiming all their efforts at the Group Leaders!

Pots of Art in Crews Hill is another great activity, with Participants helping each other paint pottery followed by a carvery lunch and a lovely woodland walk (see picture, previous page).

Here are a few words from Guillaume, one of our Hertfordshire Weekends Participants telling us about his favourite activities.

"[My] first time in the Herts Weekends, was when I was invited for Go Karting at Teamworks Karting, Letchworth in March 2018, Thanx to Tina & Cheryl for askin' me about that.

"I enjoy Vue and Hollywood Bowl in Garston and we sometimes go to Cineworld and Hollywood Bowl in Stevenage. Stevenage's not bad either.

"The outdoor landmarks I enjoy very much are Dunstable Downs, Henlow Dog Racing and Stockwood Park (with the blue tractor).

"Last weekend, I went to Air Space in Stevenage (for the 1st time), it was a £7 entry. The former Gravity Force in St. Albans was a £5 entry, I only went there once, so depressed it shut down 6 months ago.

"I enjoy the weekends activities the ppl are nice I have made more friends."

Guillaume



The Inclusion Project

SOUTH BEDFORDSHIRE



Personal Goals

By Bea Chase, Area Manager
South Bedfordshire

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Pictures: This page shows: Music fun (top and bottom). Yee awarded best hole in one (middle)



Continued from previous page...

South Bedfordshire Participants have achieved some personal goals recently.

With suggested targets by Participant and Group Leader to work towards, Participants James, Yee and Callum have consistently achieved making conversation with their friends ... albeit under the guise of sharing game ideas from their handheld devices.

Hassan and Yee have also grown in confidence making payments for activities themselves and checking change against their receipts.

Awesome work gentlemen.

We have also had probably the best hole in one on one of the most difficult holes witnessed in Inclusion Project history ever by Yee ... fantastic! (see picture on previous page).

Watch out Tiger Woods.

Also by Bea Chase...

South Bedfordshire and Cambridge & Huntingdonshire were very lucky to have been invited to join Teela and her team at Music24 for a very musical session this spring.

It was lovely to see so many familiar faces from various care and support services we have befriended this past year. We look forward to spending more afternoons smashing drums and singing from our hearts alongside them.

Maria sang a beautiful rendition of "Let it Go" from Frozen. Scott sang his own take to the beat played out by the Music24 team on keyboard whilst Daniel sang 'Hello Bea" in varying notes from low to high pitch whilst multitasking percussion with the maraca (see pictures on previous page).

Picture shows Hassan making his own payment (money handling skills)





Captured Smiles

By Hannah Mullens, Area Manager
Cambridge & Huntingdonshire

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Pictures: This page shows: Clip 'n' Climb fun. Opposite page: karaoke, zoo trip, Disability Multi Sports Club, cycling, laser tag, travel training



Going back through the photos of our Participants taken over these past few months, I cannot help but see their captured smiles and smile back; joy is contagious! There are just so many photos and activities that choosing which ones to share with you all in the newsletter is so difficult! This time, I've opted for telling you a little bit about a lot of things, and I hope the smiles we've shared with our Participants will make you smile as you view the photos too.

Disability Multi Sports Club: A new monthly disability sports club has been set up in Cambridge and has provided us with fantastic opportunities to try new things; curling, boccia, seated volleyball, table tennis, and the list grows every time we attend!

Karaoke: We've always had Participants who love a good sing-a-long to the car radio, but we've

now found karaoke booths we can hire, equipped with funny hats and props of course... cue a few hours of singing, fun and laughter already and many more to come!

Rock climbing: We are blessed to have such a fantastic rock climbing facility in our area; does Clip 'n' Climb have a centre near you? Every time we've visited the team have been so welcoming and our Participants have had a superb time challenging themselves, working as a team and reaching new heights, literally.

Laser tag: A new activity for some and revisiting an old favourite for others, the team work and laughs were great to see, even if the Group Leaders were the favourite targets!

Zoo trip: We decided to all go and visit a zoo recommended to us by one of our Participants, and it didn't disappoint! We could

get unbelievably close to the big cats, and saw some adorable baby animals too.

Cycling: As predicted in last season's newsletter, the return of the nicer weather has meant a return to our cycling adventures. With the standard bikes out of action for servicing we have all been having good fun trying out their range of adapted bikes, including me handing over all of the steering control to the Participants as we head off on the side by side bike!

HMS Belfast: Well, what a day full of adventure! Specifically requested by one of our Participants, we embarked on a trip to London and a tour of HMS Belfast, and a brilliant day was had by all. The ship is amazing, with so much to see, interact with and learn from; combined with the travel training aspect we certainly showed that learning can be fun.



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*Picture: Josh with Group Leader
Kirsty Chase*
.....



Meet Josh!

By Central Herts 1:1 Area Manager, Vicky Smith
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I love my Thursdays working with Josh. Come rain or shine he always comes out with a massive smile on his face and brings happiness to everyone he meets that day. We start most Thursdays with a swim, (if it's not too cold).

After a nice swim we go for a big meal at the Harvester and then to socialise at bowling. Josh really enjoys the socialising, and will enjoy interacting with anyone and everyone.



Disco Disco Disco!

By Kerry Kane, Area Manager,
Hertfordshire Evenings
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*Pictures from top to bottom:
Participants enjoying the
speed dating, Group Leader
Vinny at Pamper Nights with
Participants, and Participants
and Group Leaders dancing the
night away at the Valentine's
Day Disco*



The Inclusion Project Evenings also wishes to congratulate Group Leader Vicky Texieria on her recent engagement to her fiancé Glen. Glen proposed in Amsterdam recently and Vicky said YES!



The Inclusion Project Evenings has had a very exciting few months.

In February we celebrated Valentine's Day by holding our own disco and speed dating event. The Participants really enjoy the discos - as you can see by the photos.

We have also have some exciting news that from June, discos will be held monthly on the 3rd Thursday of every month.

If you would like to join us then please email me to book early and avoid disappointment.

The boxing sessions had a special evening out planned on the 6th of April as we went to watch and support Group Leader Vinny in his debut boxing match where he raised money for charity. Great job Vinny!

The pamper sessions have also been great fun, and everyone involved gets to relax with friends whilst being pampered. In April we had a yoga teacher take a session.

Another bit of exciting news is the new Art and Crafts group. This is a new session and takes place every Tuesday evening.

This is a great chance for those who enjoy Arts and Crafts to make new friends whilst doing something they enjoy.

Email me for further details.



Friday Fun Days Continue!

By Simon Hathaway, Area Manager Broxbourne
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Friday Fun Club ventures into London! And Broxbourne welcomes new Participants to The Inclusion Project!

First of all, I would like to welcome two new Participants to The Inclusion Project, Ruby and Sydney. Both Ruby and Sydney will be accessing The Inclusion Project over the next few months.

If you have been one of the lucky few to meet Ruby or Sydney, you know that both of them fit really well into The Inclusion Project, and are very friendly.

I have to say, since taking them both out, my music knowledge has greatly improved and I am (some might say, finally!) listening to modern music thanks to Ruby. Ruby is a huge fan of George Ezra and I have to say I love the song Budapest! Ruby is also a very keen swimmer, don't have a race one on one with her, she will beat you, trust me I lost to her in our first race.

Sydney has similar music tastes to me; very eclectic. From Backstreet Boys (pop music) to System of a Down (heavy rock). Sydney also loves 'Now That's What I Call

Music!' I think she almost every album.

Sydney is also a huge fan of Harry Potter, so if we have any other huge Harry Potter fans out there, please let me know and I can introduce you to Sydney, bear in mind though, her favourite house in Harry Potter is Ravenclaw.

Friday Fun club is still ongoing and having a lot of laughs and most importantly, fun! As a group we have decided to venture out of our local community in and around East Herts, and travel into London.

The last couple of weeks we have visited a couple of museums: The Science Museum and the Natural History Museum.

At the Science Museum the Participants and I learnt a lot about the human body and space exploration. Maybe one day The Inclusion Project will be able to visit the moon and do an activity up there!

At the Natural History Museum, the Participants and I went to go and see the whale skeleton in the main hall of the museum, and came face to face with dinosaurs.

We faced-off against the king of all the dinosaurs; the T-rex and also had time to visit Andy's Clock from the children's programme Andy's Dinosaur Adventures.

I have to say my favourite part of the day was when one of the Participants pointed at a dinosaur leg and stated that it was my leg, I mean I know that I am big and tall but certainly not as big and tall as a dinosaur?!

In the next couple of weeks Friday Fun Club is looking to visit more destinations in and around the capital. A few ideas that me and the Fun Club have in mind were visiting Madame Tussauds, maybe knocking on the door of Buckingham Palace to see if the Queen wants to come out with us for the day and visiting one of the best football stadiums in London, the Emirates Stadium.

If you have any suggestions on where you think the Friday Fun Club should visit please let us know and hopefully we will visit it and give you a review in the next newsletter.



Picture shows Participants enjoying the Natural History Museum - Dinosaur Figgghhhht



Who Said: Working – Out Had to be Boring?!

By James Graham, Area Manager, North West Bedfordshire

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Since the new year we have stuck to our resolutions including working off those Christmas treats by focusing on our fitness and going to the gym, swimming and doing sports, including football, basketball and badminton, which we have really enjoyed.

We have also done some new activities such as Virtual Reality (VR) using the pods and the VR cinema, this has become a firm favourite for our Participants.

We have also been rock-climbing with some of our Participants trying to overcome their fear of heights.

A new inflatable park opened recently and we had an amazing time, having fun going down the slides, in the ball pit and playing the human version of hungry hippos, which was hard work and got us working up a sweat!

We are looking forward to the next couple of months with different trips and activities planned as well as continuing with our favourite activities and celebrating some upcoming birthdays!





Social Club

By Simon Hathaway, Area Manager, St Albans
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Pictures from top to bottom: Participants and Group Leaders for the Children in Need activity day; Participant and Birthday Girl for the bake sale; Participants 'hanging out with friends' - all at the Football Club Social Friday



Before I get into my newsletter article, I would like to congratulate to St. Albans Participants; Damir Davis and Daniel Bernard. Last month Damir and Daniel were part of Men's GB Basketball Team that went to the World Summer Games in Abu Dhabi under the tutelage and coaching of The Inclusion Project's Founder and Managing Director, Simon-Jackson Turner.

Simon coached and led the Men's GB basketball team to the gold medal match at the World Summer Games, where they played USA in the final. The final score was USA 20-26 GB! Meaning both Damir and Daniel won a gold medal! I would like to congratulate both Damir and Daniel on their win.

You normally hear from me in regard to what has been going on in St. Albans, but I would like to shed some light on a wonderful Group Leader who has made Fridays at the Colney Heath Football Club so spectacular for the Participants with all of the activities she has arranged and organised, thank you Lorna Fennel.

Here's what Lorna has to say about all things Inclusion Project

Simon Hathaway (SH): Hi Lorna, thank you for meeting with me today. I would like to ask you some questions about your time working for The Inclusion Project.

Lorna Fennel (LF): Hi Simon, that is fine. Ask away.

SH: How long have you worked at The Inclusion Project?

LF: I have worked at The Inclusion Project for one year now.

SH: Can you tell me what is your job role at The Inclusion Project?

LF: I am a Group Leader at The Inclusion Project and work with a 1:1 Participant on Mondays and Fridays.

SH: Would you say you are the activities/event organiser for the football club on a Friday?

LF: Yes, you could call me that.

SH: How long have you been organising activities for The Inclusion Project at the football club on a Friday, and how do you come up with your ideas?

LF: Since December 2018. I get ideas based on seasonal events, the local community and online research.

SH: Favourite event or activity you have organised and why?

LF: My favourite event was our Christmas Party, it was great fun playing games and getting everyone involved. Another one of my favourite activities is our calm and relaxation session that was run by our fellow Group Leader Charlotte Clark. Hopefully we will organise another one soon.

SH: What activities do you enjoy the most?

LF: I enjoy baking on a regular basis, I mean who doesn't enjoy a cupcake now and then?! I also enjoy organising different things each week and helping each Participant engage in the activities that I put on.

SH: Is there anything you don't enjoy about it?

LF: Things can get a bit messy at times so would be nice to have an extra pair of hands to help clear up.

SH: What future activities/events do you have planned for the next coming months?

LF: We are hoping to do a Summer fete in August, fingers crossed we get another good summer!

SH: Do you have any closing thoughts? Anything you would like to add?

LF: The club is a great place for everyone to come together at the end of a busy week and share events of the week and meet old friends and make new ones.

SH: Thank you Lorna for this time sitting down with me and discussing what you do at The Inclusion Project.

I just want to say a BIG thank you to Lorna and the team that look after the football club on a Friday and organise the events and the activities. I know Lorna has a great team of Group Leaders who assist her on a Friday such as Sally Solomen and Jade Marshall. If you have never been to the football club on a Friday, please arrange a visit to come down and see what we do. As you can see from the pictures and the interview with Lorna, the football club is the place to be on a Friday, great activities, making friends and most importantly having fun!



Fitness and Fun

By Cameron Greer, Area Manager,
West Hertfordshire
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Pictures this page: Participants enjoying the zoo
Opposite page: Zumba, tea catch-up, arts & crafts, golf, outdoor gym



With us fully into spring, and summer approaching, The Inclusion Project West Herts has been all about fitness and, of course, fun.

Our new Zumba class at Woodside Leisure Centre has been a popular addition to the week. It gives our Participants a mixture of fun and fitness whilst also dancing around to their favourite tunes.

We have also had a very sporty start to the season with badminton, golf and football keeping everyone active.

We have welcomed new Participants and continue to grow as a team of experienced Group Leaders. As always building new friendships is important, and is continuing to happen weekly.

West Herts Inclusion Project ended the month of March with an excellent trip to Whipsnade Zoo and as you can see the guys had a wonderful time.



Climbing New Heights

By Leanne Walters, Group Leader, North West London

Another of our activities this month was experiencing the thrill and exhilaration of overcoming our fears and experiencing the heady delights of climbing.

'Rock Up' in Watford give our Participants a fantastic welcome and great support to conquer their worries about scaling the various walls on offer.

They loved it, even those initially quite nervous. Their confidence grew!

Reporting From the Inside...

By Daniel, St Albans Participant and Gold Medallist!

Salam. This is Daniel Bernard and I went Abu Dhabi. I went with the Special Olympics GB team to play basketball and Simon Jackson-Turner and Damir from The Inclusion Project came too. The best news is that we beat Canada and we beat USA and we lost to Israel but I scored a great 3 pointer.

Then in the final GB beat USA 26-20 so we won a gold medal and I am really proud of myself and my team. We had a brilliant time.

Some people had their family there and they were singing 'Let's Go GB! Let's Go!' which was very good.

My mum and dad and my brother and sister had to stay home so Simon looked after me and Damir.

We flew out on an airbus 380 on Etihad airlines. The night before we stayed at a hotel in Heathrow and we went to a very posh dinner in Kensington and I am going to take my family there it was very good.

We went to Dubai and we stayed in a 5 star hotel and I shared with Damir.

We had lots of fun dancing and meeting people from other countries and swapping badges.

Then we went to Abu Dhabi. We had an opening ceremony with all the countries it was so good.

Then we played all our games and I tried my best and tried hard to work as a team and encourage my friends.

All my team are my friends and I made new friends too.

We all got gold medals and people took lots of photos and I was in the paper in England.

I am going to keep playing basketball and I think Simon Jackson-Turner will be proud of me if I keep playing.

I hope that I will meet up with my team again but I will see Damir on Wednesdays and Thursdays and I will see Simon.

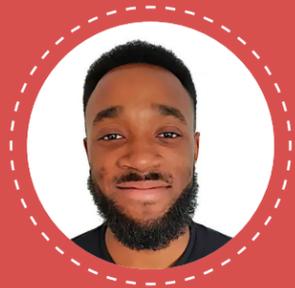
It was really good and it finished with a closing ceremony.

I loved Abu Dhabi.

Thank you for reading my report.

Daniel

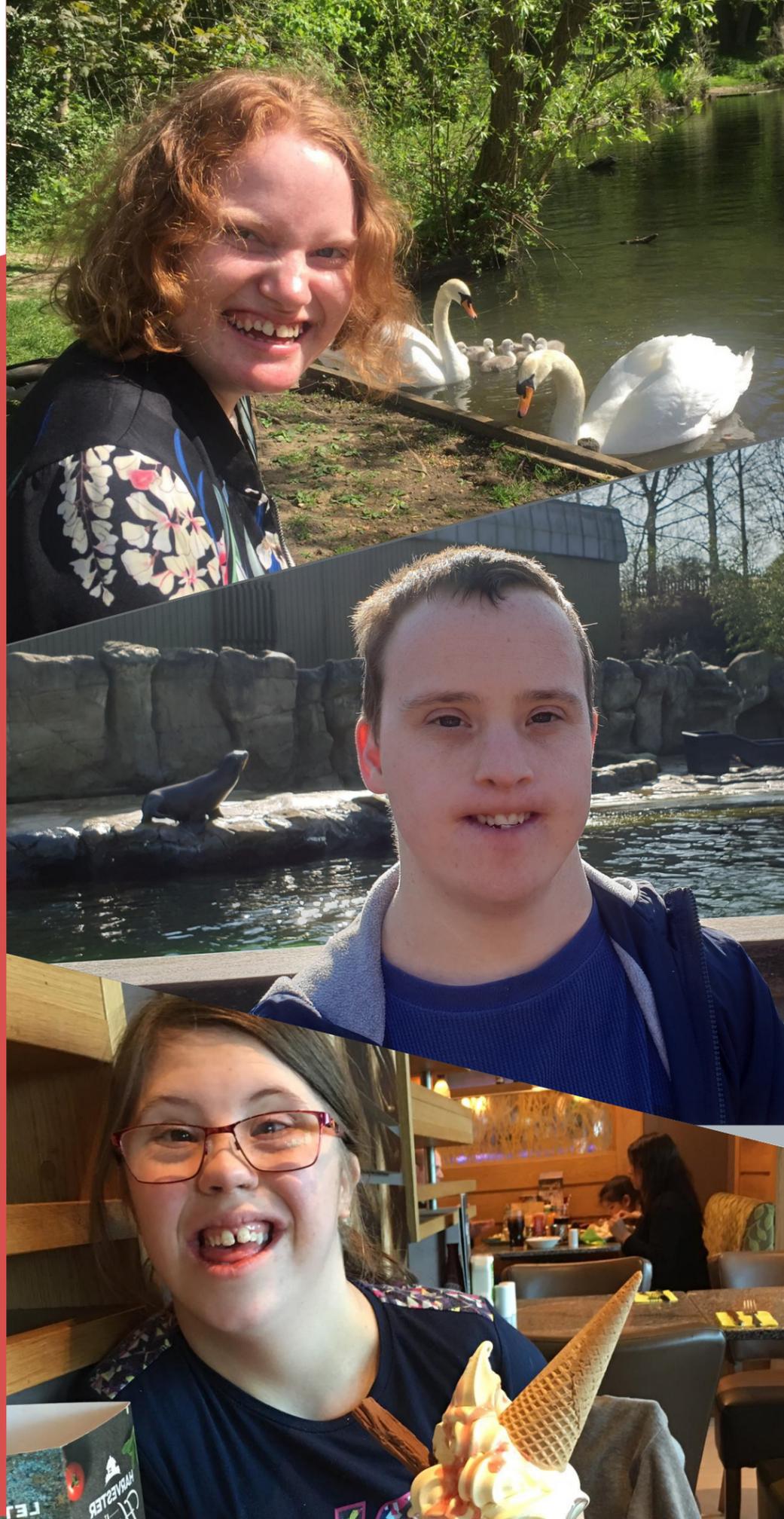




Accessing the Community

By Marcus Sandiford, Area Manager, West Hertfordshire 1:1
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Pictures this page: Participants enjoying days out in their community



A lot has been happening with the West Herts 1:1 Participants. We have been visiting a whole host of places. From travel training, to visiting zoos and farms, we have really been accessing the community.

Over the half-term break some of our Participants came together and visited Mead Open Farm. This was something that the Participants really enjoyed; taking real pride in handling some of the animals.

Participants also had some fun at Woburn Safari Park. Interacting and watching the animals seems to be a firm favourite amongst our Participants.

Managers from West Herts went to West Herts College to promote The Inclusion Project. The feedback was great and it's always nice to know

that there is a good buzz around the area with our service.

I am looking forward to summer, and the activities that we are looking forward to telling you about in the next newsletter.



Careers, Fairs and Crafts

By James Harpum, Area Manager,
Swindon and Oxford
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Pictures top to bottom: Adam,
dancing fun, arts and crafts
creations



Firstly, we would like to congratulate one of our Swindon Participants, Adam for achieving a goal and getting himself a job.

From starting at The Inclusion Project Adam has made a difference in his own life, he has identified goals and looked to make positive steps toward.

After applying for a short term position he was offered a role by the local care centre after impressing them with his attitude. He now has his first job, a paid role and from here he can only develop further. A huge congratulations to Adam from all of us!

Over the last few weeks our Participants have had a variety of activities for enjoyment, including a night out at the fair!

So much fun was had by all on bumper cars and all the other fair ground rides.

We also have a selection of the work done by our skilled crafters at the pottery house in studley grange!

As well as this our regular groups have had a fun month at jubilee gardens and the sports centre for our weekly fun fit and games session.

We hope you have all enjoyed the spring so far, and we can't wait to show you the next set of pictures for the upcoming holidays.



Back Cover: Uxbridge Participant Kieran with Group Leader Lorna Wenham enjoying the spring sun at Northala Fields