

# NEWSLETTER

EDITION 20 - SUMMER 2019



The  
**Inclusion**  
Project

Front Cover: Group Leader Lorna Fennel with West Herts 1:1 Participant at Hitchin Lavender fields.



Simon Jackson-Turner

Founder and Managing  
Director

## Hello

*We have had a fun filled summer so far here at The Inclusion Project.*

*Thank you to everyone who has been involved, from the Group Leaders and Area Managers, to the community venues that we visit, and most importantly, thank you to all of our wonderful Participants for being part of The Inclusion Project and their families/guardians for all your constant support.*

*As we move forward into the latter parts of 2019, we are continuing our work on our new software systems to make online bookings and general online customer interfaces better and more intuitive. We are relaunching The Inclusion Project Podcast with guests from in and around the world of inclusion to discuss the social care sector as well as their individual journeys within care. We are recording 6 episode seasons of the podcast with the first season being released towards the end of 2019.*

*I hope that you enjoy this summer edition of our newsletter and as always, thank you for your support.*

*Simon Jackson-Turner*

### CONTRIBUTING AREA MANAGERS

Anna Jennings - Uxbridge  
Cameron Greer - West Hertfordshire  
Cameron Walters - North West London  
Cheryl Mucklin - Hertfordshire Weekends  
James Graham - North & West Bedfordshire  
Kerry Kane - Hertfordshire Evenings  
Maggie Hall - Welwyn, Hatfield and North Hertfordshire  
Marcus Sandiford- West Hertfordshire 1:1  
Peter Seymour - North London  
Simon Hathaway - Broxbourne and St Albans

### CONTRIBUTING PARTICIPANTS

Daniel - St. Albans  
Shaun - Welwyn, Hatfield and North Herts  
'Oscar' - New Film Review Columnist

### CONTACT

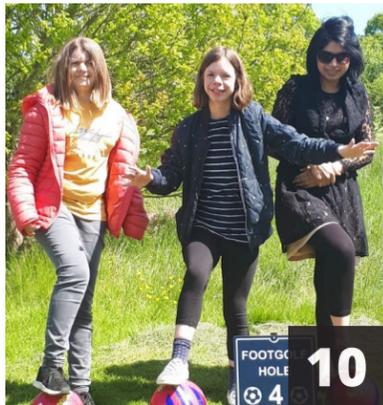
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If you would like to find out more information about The Inclusion Project, please email [info@inclusionproject.co.uk](mailto:info@inclusionproject.co.uk)



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*Picture shows: Welwyn Hatfield and North Herts Participants and Group Leader, Sarah Mawdsley at Paradise Wildlife Park.*  
.....

# Coming up...



## Exciting Activities

*West Hertfordshire*

It's been another eventful and fun filled season for The Inclusion Project West Herts. Participants have enjoyed new and exciting activities...



## Catered to Perfection and Broxbourne Bonding

*St. Albans and Broxbourne*

At the beginning of summer, Kerosé, one of our St Albans Participants kindly invited me as one of his guests to high tea...



## From the Inside

*Participant, Daniel*

I have been doing some evening activities. At the beginning of June I went to the Mode Nightclub. It is really good with great music. It is in Hemel Hempstead...



## Lots & Lots (& Lots) of Activities

*Welwyn, Hatfield and North Herts*

We have been busy over the past few months. Here are a few activities that we have been doing...



## Film Reviews

*Participants, Shaun and 'Oscar'*

Introducing Shaun, Welwyn, Hatfield and North Herts Participant and 'Oscar' our new Film Columnist...



## We Keep it Moving

*West Hertfordshire 1:1*

We keep it moving with West Herts 1:1. We have been up to lots since the last time you heard from us...

# Coming up...



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## Sunny Adventures

*North West London*

We have kicked the summer off with a bang. Naturally, as soon as the sun starts to appear, we are gravitating towards more outdoorsy activities...



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## Summer Trips

*North London*

During the summer holidays we carry on with all of our usual activities such as boxing, swimming, and Zumba dancing. But we also like to go on day trips outside of North London...



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## Working Inclusively with Local Schools

*Uxbridge*

Each week John Chilton School's 6th Form students join us at The Inclusion Project Uxbridge to enjoy social activities and make friends with our other Participants...



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## Fitness, Treasures & Monkey Hitchhikers

*North West Bedfordshire*

We have continued to keep up our fitness doing sports, swimming and the gym, with some of our Participants having personal training sessions to work on their fitness goals...

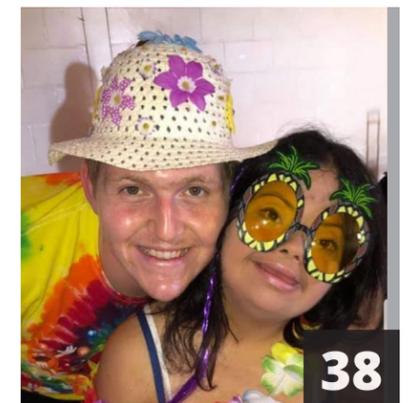


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## Dazzled

*Hertfordshire Weekends*

Hertfordshire Weekends has had a fantastic few months taking part in many activities including sailing, Pots of Art, classic car show, picnics in the park and Paradise Wildlife Park...



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## Festivals and Sky Dives

*Hertfordshire Evenings*

Although the weather was windy and rainy on the day of our festival we did not let that stop us from having a great time...



# Exciting Activities

By Cameron Greer, Area Manager West

Hertfordshire [camerongreer@inclusionproject.co.uk](mailto:camerongreer@inclusionproject.co.uk)

It's been another eventful and fun filled season for The Inclusion Project West Herts. Participants have enjoyed new and exciting activities.

A particularly popular activity is sailing at the Rickmansworth Aquadrome.

As always Participants have been getting very sporty and have added a bit of foot golf and badminton to their weeks.

I'd like to dedicate this part of the newsletter to our fantastic Group Leader Sally Solomon who has now left The Inclusion Project to pursue other exciting opportunities. I can say on behalf of everyone who has had the pleasure to meet Sally she will be missed dearly, and throughout her time with us she has built fantastic relationships with the Participants and their families. Thank you, Sally.



# Catered to Perfection

By Simon Hathaway, Area Manager  
Broxbourne and St.Albans

[simonhathaway@inclusionproject.co.uk](mailto:simonhathaway@inclusionproject.co.uk)

*Pictures: This page shows: St. Albans Participant Kerosé and Simon Hathaway. Opposite page shows: Kerosé at the event and with his certificate*



In the beginning of summer, Kerosé, one of our St Albans Participants kindly invited me as one of his guests to high tea, an Employability Events Programme run by Enterprise East.

Enterprise East's ambition is to offer individuals that face challenges and barriers, to work and have the opportunity to build confidence and self-belief through some exceptional learning in hospitality and catering events.

The high tea was put on by the individuals who went to the workshop to celebrate their completion of the six-week workshop with their close friends and families.

I didn't know what to expect when I was invited, but I can certainly say I enjoyed my time at the event, and I was certainly well looked after by a wonderful waiter.

As I entered the event I was greeted by my waiter; Kerosé. Kerosé certainly dressed the part and took his role as a waiter seriously.

His dress code consisted of black trousers, a black waistcoat, white shirt, white gloves and a black bow tie. He looked the part and I could easily see him working in a high-end hotel in London such as The Ritz.

Kerosé kindly showed me to my seat and offered me the menu, I ordered cheese and ham sandwiches and a special fruit cocktail that was made by Kerosé. The fruit cocktail was called 'Magical Mystery'. which consisted of strawberries, pineapple, orange, cranberry, raspberry, grape, lemonade, rose essence & lavender essence. I would recommend all of you to make it at home and let me and Kerosé know what you think of it.

Kerosé was an excellent waiter, he was very professional and treated this experience as an opportunity to show the specialist skills he learnt whilst being on the programme. Hopefully one day a potential employer will see these skills that he learnt and Kerosé will gain employment somewhere.

If you have had the pleasure of meeting Kerosé, he is a wonderful young gentleman that has time for anyone, he is not just a Participant who attends The Inclusion Project I consider him to be a great friend, and one I am very proud of.

# Broxbourne Bonding

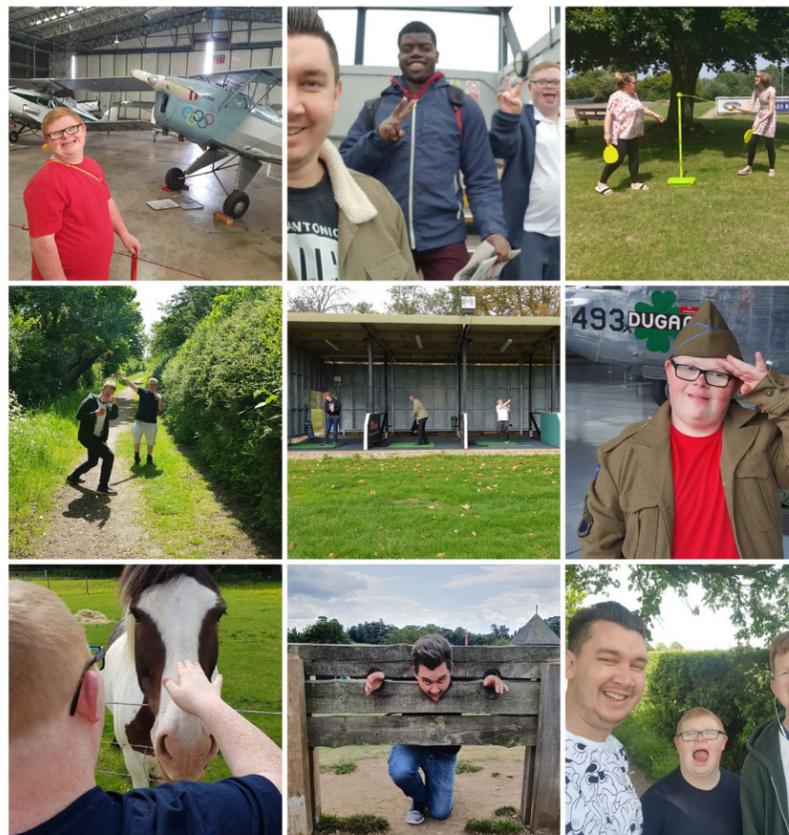
By Simon Hathaway, Area Manager Broxbourne and St.Albans  
simonhathaway@inclusionproject.co.uk

Over the summer, Broxbourne Participants have been enjoying a variety of different activities such as kayaking, cake making, enjoying the weather on nature walks, going on a canal boat, enjoying the latest blockbusters at the cinema, going to Southend, making Father's Day gifts, helping out at a college's upcycle shop and going down to Stanbrough Lakes.

A highlight of mine over the last few months was going on the nature walk with Mitchell and Charlie, and St Albans Participant Kerosé. The walk we went on was behind the Watford and Arsenal training grounds. The weather was lovely, and the company was even better. We took a lot of pictures that day and stumbled upon an aircraft museum and a farm, (we'll definitely revisit them in the future).

Even though we were walking for around 2 and a half to 3 hours it didn't seem like it. We loved every minute of it!

I would like to welcome



some new Participants to the Broxbourne area of The Inclusion Project, including: Michael, Fleur and Elise.

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**Picture shows Friday Fun Club with Area Manager, Simon Hathaway and Participants**  
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# Reporting from the Inside

By Daniel, St. Albans Participant

I have been doing some evening activities. At the beginning of June I went to the Mode Nightclub. It is really good with great music. It is in Hemel Hempstead and we usually go out for some food as a group and then go to Mode. It is great to do my dancing.

I have also been to Gateway Club this month. That is in Hatfield. I like to do dancing but you can do other things like football or snooker. I went with a Group Leader I didn't know before and I was nervous but she was really nice and her name is Lindsay.

Cheryl (Area Manager) took us to do some work experience in a shop. I enjoyed painting the wooden hearts at the shop which is at Harlow College in Essex. I also was a customer and I also helped people buying their stuff. I was with Tina's (Area Manager) group, Cheryl's group and some other group from Harlow College. It was fun because I enjoyed it and I enjoyed meeting new people. I would like to do some more work experience there again.

Damir and I also told the Harlow College students about our basketball gold medals from the Special Olympics and I told them about Abu Dhabi and about Dubai

Today I went to my old primary school which is called Clore Shalom, for sports week. I taught Nursery, Reception, Y1, Y2 and Y3 how to do layups and how to shoot some baskets. It was very exciting meeting them. I also showed them my tricks, gold medal and they also asked me questions about basketball.

One boy from year 3 asked me if I had retired now and that was the funniest question of the morning. The kids got to hold my gold medal and said it was very heavy. Some of them want to play basketball like me when they are bigger.

.....  
**Pictures show Daniel at Harlow College, and at his old Primary School.**  
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.....  
*Pictures show Participants at Ardley Farm, Capel Manor, at the Fun Fair, with Group Leader Mery cooking up a storm, at work experience.*  
 .....



# Lots & Lots (& Lots) of Activities!

By Maggie Hall, Area Manager Welwyn, Hatfield and North Herts [maggie@inclusionproject.co.uk](mailto:maggie@inclusionproject.co.uk)

Plus, film reviews by Participant Shaun.

**W**e have been busy over the past few months. Here are a few activities that we have been doing.

## OUTINGS

### To the Village

A couple of Participants visited the world of Beckonscott Village. The model village was really nice and the Participants really enjoyed seeing all the tiny models. ..



Continued from previous page...

### ***Pizza Making and the Funfair***

A great day was had by all. In the morning Participants made pizza. They did their own shopping and chose the topping they would like. After filling their bellies, we then went to the fair. Luckily nobody was sick after eating all that pizza.

### ***Paradise Wildlife Park***

Participants had a lovely day out at Paradise Wildlife Park. They have added quite a few new features. We didn't manage to get round it all so will have to go back again.

### ***Cambridge by Train***

Participants had the chance to visit Cambridge. We went on the train from Stevenage to Cambridge, had lunch in a local pub and a quick walk around the town. We were having so much fun eating ice cream that we missed our train back. Luckily there was another one a few minutes later so we weren't that late getting home.

### ***Capel Manor***

What a wonderful college to visit. The grounds are amazing and so are the animals they have there. The whole college is inclusive and has wheelchairs and electric scooters to hire. The whole campus is accessible. There is also a maze and luckily we all found our way to the centre and back out again. Our participants really enjoyed it.

### ***Cooking***

Mery Diaz, one of our Group Leaders, did a cooking session with our Participants at Breaks Manor. They made a Venezuelan dish called Arepas. The Participants really enjoyed the cooking and eating of what they had made.

### ***Ardley Farm***

Participants had the opportunity to visit the farm and collect some eggs. The farm is lovely and a good day was had by all.

## **NEWS**

### ***Work Experience***

Two of our Participants are now being fully supported during work experience. One Participant has got the opportunity of work experience at a local garden centre and the other is doing office work for myself. They are both really enjoying the work.

### ***Bike Riding***

Myself and Kira have become qualified adapted bicycle instructors and can now take Participants out using the adapted bikes at Stanborough. Lots more bike riding to come.

### ***Allotment***

On Fridays at Breaks Manor Youth Centre, Participants have started working on their own allotment. They have planted lettuce, radish, potatoes and runner beans. We can't wait to taste what they have planted.

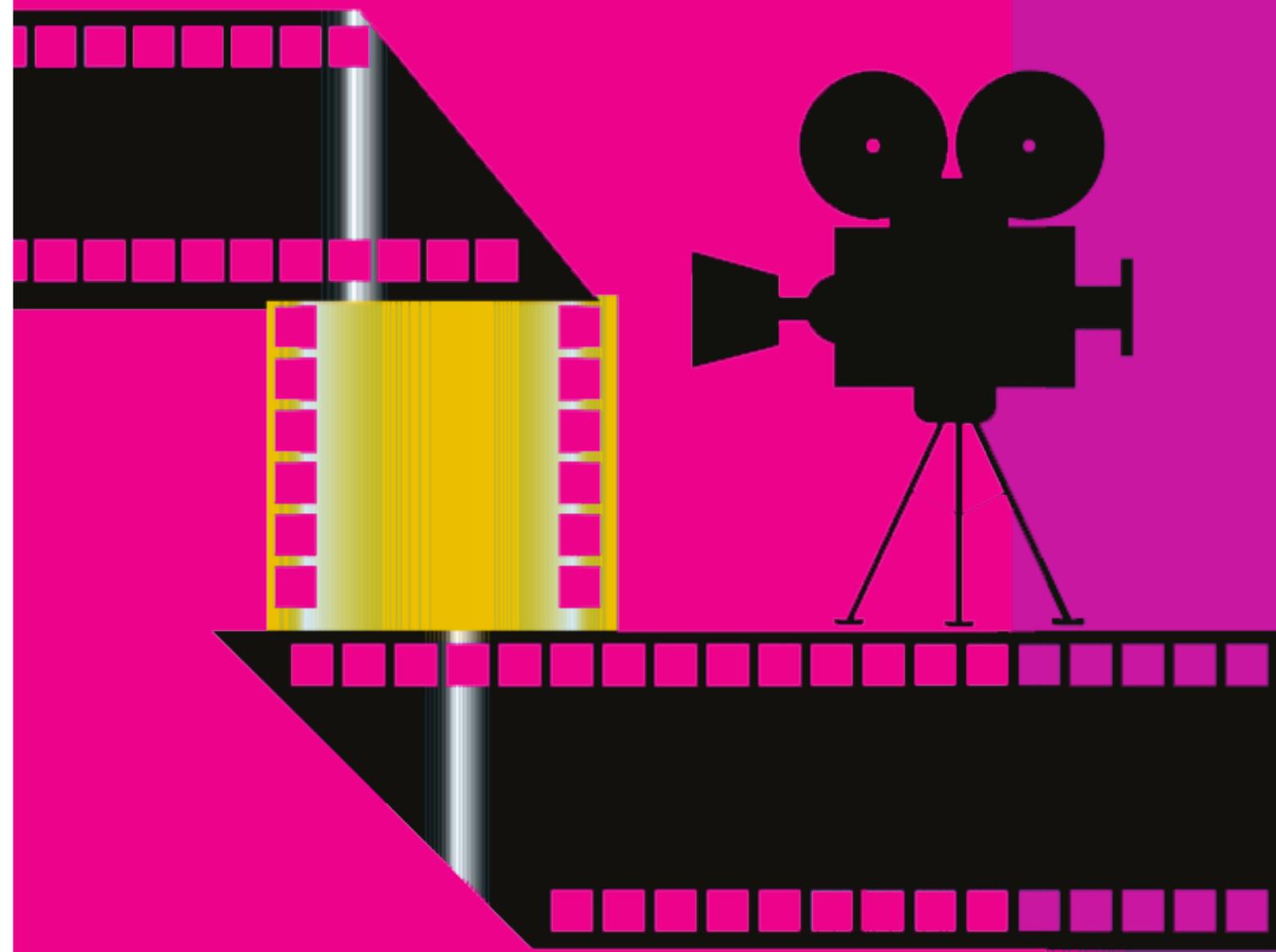
# FilmReviews

INTRODUCING SHAUN, WELWYN, HATFIELD AND NORTH HERTS PARTICIPANT AND 'OSCAR' OUR NEW FILM COLUMNIST.

SHAUN GIVES US HIS FAVOURITE, AND NOT SO FAVOURITE, PICKS FROM THIS SUMMER.

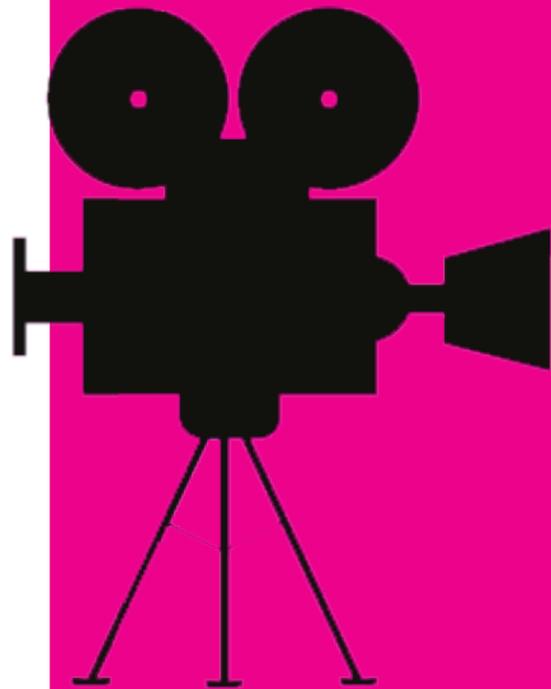
'OSCAR' REVIEWS A BLOCKBUSTER, A REAL MUST SEE FILM (IF YOU HAVEN'T ALREADY). YOU CAN ALSO READ MORE 'AUTISM INSPIRED REVIEWS' ON 'OSCAR'S' WEBSITE:

[WWW.OSCARREVIEWS.NET](http://WWW.OSCARREVIEWS.NET)



# Lights Camera Action

By Shaun, Welwyn, Hatfield and  
North Herts Participant.



## Aladdin

### Live Action

It's a remake of the Disney classic film.

Great soundtrack with the new speechless music by Nami Scott.

When I heard it, I was amazed by the song and how it had a powerful connection.

I really like the new scene and how we get more of a back story to Princess Jasmine plus with Will Smith as the genie.

I would rate this film **10/10**



## Late Night

### Comedy

Late Night is an American comedy film about a legendary host that runs a late-night talk show.

But things turn sour real fast when she said that she was accused by a woman who hates her and is told to get the show rating up or someone else will replace her.

There was some part to the story line I did not understand or get my head around.

I would rate this film **5/10**



## MIB International

### Fantasy/Sci-fi

Men in Black International is a fantasy/sci-fi film revolving around a girl named Molly Wright who saw her parents getting neurolysed while she was helping an alien escape.

She was able to avoid being neurolysed by pretending to be asleep.

Twenty-three years later after her application being rejected by FBI and the CIA, she tracks down an alien landing and also tracks the MIB agent back to their headquarters.

Some part of the story line was ok.

I could not get my head around some part of the storyline but, overall, I would rate this film **4/10**



# Meet 'Oscar'

Participant and new Film Columnist for The Inclusion Project

Website: [www.oscarreviews.net](http://www.oscarreviews.net)

**1. What do you review on your website?**

Any film that can appeal to me and autistic people that are rated either U, PG or 12A

**2. Who is your website for?**

Autistic people and their families and friends, so to help them save pennies by only seeing films I recommend the most.

**3. What makes your website a bit different?**

I write reviews from an autistic point of view, so I can give warnings to autistic people about sensory overload and surprises, so that they can enjoy the film better if they get anxious

**4. Do you also have a Facebook page?**

Yes, look for: OSCAR Autism-inspired reviews. Click on like so that your Facebook

profile will keep you up to date of my latest reviews

**5. You have chosen "Oscar" as your online name. Why did you not use your real name?**

So that nobody else will know what my real name is or where I live and I won't receive cyber-bullying

**6. Which movie have you enjoyed seeing the most so far this year?**

Toy Story 4, because of how heartwarming and how much it followed continuity with the originals well

**7. Which movie are you most excited about going to see next?**

Frozen 2, in case it will be the next critically acclaimed film of the year

**8. Which animated movie won an Oscar this year?**

Spider-Man: Into the spider verse for Best Animated Feature and it deserved it, because of how beautifully animated it was

**9. Which movies would you recommend watching at home over the summer?**

Toy Story, Toy Story 2 and Toy story 3, The Lion King, Aladdin, Zootropolis and Spider-Man: Into the spider verse because they are all family-friendly.

*See the following page for 'Oscar's' review on Toy Story 4.*



Picture shows Toy Story 4

# Film Review: Toy Story 4 (2019)

BY PARTICIPANT AND FILM COLUMNIST, 'OSCAR'

Website: [www.oscarreviews.net](http://www.oscarreviews.net)

## Summary

Well, what can I say but this was without a doubt one of the best films I have ever seen in the cinema, the best I have seen of the year and quite possibly the best I will review of the year. I would also like to say that it made a perfect ending to one of the greatest film series of all time.

## What's it about?

It was Bonnie's first day at first grade and on her first day, she makes a new toy out of a plastic fork and named him "Forky". However Forky can't resist going to the trash bins because that was what he was made for, so Woody the cowboy doll has to teach him that he is a toy. When Bonnie and her family and toys go on a road trip, Forky tries to run away but Woody catches him. He then lets Forky know that being a toy is so much better than being in a bin, so Forky decides he does want to be a toy and live with Bonnie.

However, Woody and Forky's journey back to Bonnie was a very hard one. Can Woody and Forky get back to Bonnie and the toys just in time before they go



home, or will Woody and Forky be left behind?

## The good bits

The film was beautifully animated, had great voice-acting and fun new characters. There were also a lot of funny moments, many heartwarming scenes and a wonderful story. I personally

liked how they used the same soundtrack from the last three films to make it stay in canon and bring nostalgia who grew up with the originals.

## The bad bits

There was nothing I can remember I personally did not like about this sequel.

## What is it similar to?

It is the best sequel I have seen in both last year and this year and one of the most superior and faithful sequels I have ever seen. It was also one of the best-animated features as well as one of the best features I have recently seen in the cinema, and it was as good as Pixar's "Coco".

## Oscar's recommendation

I can recommend watching the last three Toy Story films before seeing this one, and I can also recommend watching the Toy Story shorts titled "Hawaiian Vacation", "Small Fry" and "Partysaurus Rex", as well as the TV specials "Toy Story of Terror" and "Toy Story that Time Forgot". I might also have to ask you to prepare for a lot of mild jump-scares here and there as well as some pretty creepy scenes during the antique shop scenes. I can also recommend this film to anyone with autism because Forky was a type of character that many people with autism can relate to.

## Parent/carer alerts

**Swearing:** None

**Violence:** There were some pretty violent scenes in the film such as Bo-peep hitting toys with her cane and Ducky and Bunny attacking an old woman in their dream sequences. Even though it was just in their imagination,

it could still affect some people with autism.

**Fear:** There were some frightening scenes which were mostly in the antique shop such as scenes with some creepy ventriloquist dummies who serve as a girl doll's henchmen, the fact that the doll wants Woody's voicebox so that she can fix hers and a scene during the end credits in which Ducky and Bunny imagine themselves being turned into giant scary monsters with snake eyes and shoot lasers, terrorising the carnival guests and the man who works there.

There was also a scene of a cat swallowing a toy and spitting it out again, Ducky and Bunny attacking Buzz Lightyear, and a shredded toy that was ripped apart by the cat. During the opening of the film, Bonnie worries about whether or not she will like being at school, in which many children can relate to, and there were many scenes with peril and threat, as well as arguments.

Some people might also be affected by seeing thunder during the beginning of the film and there were scenes with separation between close friends and effective rejections, especially in the ending.

## Autism alerts

## Sensory details

There were a lot of mild jump scares every now and then, scenes with creepy dolls, and the fact that a girl doll wants Woody's voicebox as her own, which can be quite disturbing to some people with autism. There was also a scene in which Bo-peep has her arm ripped out followed by screaming and then she tapes her arm back, and scenes in which Ducky and Bunny imagine attacking an old woman and then turning themselves into giant Godzilla-like monsters with reptile eyes and lasers as they rampage through the carnival scaring everyone which might deeply affect some people with autism.

## Spoilers

Visit: [http://www.oscarreviews.net/review.php?review\\_id=95](http://www.oscarreviews.net/review.php?review_id=95)

## Skills

Although the story was not too hard to follow or listen to, some people might still need help understanding, by having a parent, sibling, or carer, in general, to help explain the story, so that they can learn to understand independently.

## Oscar's rating:





## We Keep it Moving

By Marcus Sandiford, Area Manager,  
West Hertfordshire 1:1  
marcus@inclusionproject.co.uk

*Pictures this page: boat trip,  
horse riding fun, dry slop  
rubber rings. Opposite page:  
Electric Umbrella music fun.*



**WE KEEP IT MOVING WITH WEST HERTS 1:1. WE HAVE BEEN UP TO LOTS SINCE THE LAST TIME YOU HEARD FROM US.**

### **BOATING**

Our Participants have taken to the water to take part in a boating session. They let the breeze through their hair whilst enjoying each other's company.

### **RELAXATION**

Charlotte, one of our Group Leaders at The Inclusion Project, puts on the best session for the Participants to relax and also interact in ways that they usually wouldn't. This session is something that the West Herts 1:1 group love so much. Thank you Charlotte.

### **HORSE RIDING**

Our Participants got Grand National ready by going to their own horse-riding session once a week.

### **SOCIAL CLUB**

The social club is somewhere we enjoy as there are lots of different activities. Lorna does a great job of making sure that there is a



variety of things to take part in for everyone.

### **DRY SLOPE RUBBER RINGS**

Participants enjoyed this session so much, they have asked numerous times to do again!

### **ELECTRIC UMBRELLA**

Our Participants have been taking part in a Friday session at Electric Umbrella. As you can see, they are enjoying the session so much and getting a chance to take centre stage.

Keep your eyes peeled for updates coming from West Herts 1:1. See you in autumn!



# Sunny Adventures

By Cameron Walters, Area Manager,  
North West London  
cameronwalters@inclusionproject.co.uk



.....  
***Pictures show: Electric Umbrella, beach days, boat days, travel buddies (meeting dogs and giving them a great big hug!), Men in Black cinema dress-up, River Thames, cycling fun!***  
.....

**H**ello to all of our lovely families at The Inclusion Project from us here at North West London.

We hope you are all well, and enjoying some of this beautiful weather we have had over the last few days... (hooray - get the sun cream!).

We are now getting very busy here at North West London, with lots of Participants partaking in regular weekly sessions, therefore sessions are becoming limited. But don't panic, we have been busy taking our time to hand pick the best of the best and we're now happy to announce we have some fantastic new members of staff coming on board, so please don't hesitate to get in touch to book some fantastic summer trips with us.

We have kicked the summer off with a bang. Naturally, as soon as the sun starts to appear, we are gravitating towards more outdoorsy activities. We have already done some fun and fabulous trips out, and have plenty to look forward to in the coming months.

Just to give you an idea of what we have been doing take a look at some of the photos some of our Group Leaders have snapped of the Participants in action including: sightseeing in London on a River Thames boat trip, an inclusive cycle ride in Harrow, a mind blowing sing along in the park with Electric Umbrella, laser tag, pizza making, sailing and really taking advantage of those travel cards; learning to catch public transport in and around some of our local boroughs.

We look forward to much more sun and adventure to come.



*Pictures: Participants at Whipsnade, at the fun fair, and enjoying the Southend beach*



# Summer Trips

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

During the summer holidays we carry on with all of our usual activities such as boxing, swimming, and Zumba dancing. But we also like to go on day trips outside of North London.

One of our favourite places is Southend. Most popular with everyone is Adventure Island. This is where all the rides are. Some of our Participants like to spend their day going on the various rides.

At lunch time we go to one of the local restaurants and most of us have fish and chips. Then it is off to the pier. If it's not windy some of us will walk to the end of the pier, most take the train ride.

Whipsnade Zoo is another popular haunt for North London Participants. There are lots of different animals to see but a particular favourite is watching the sea lions jumping out of the water to catch their dinner!

In London, we like to take a boat trip on the Thames and then have a ride on the cable car. We have a packed-lunch by the river and if we are lucky will see Tower Bridge raised for a ship to pass through.



## Working Inclusively with Local Schools

By Anna Jennings, Area Manager, Uxbridge  
anna@inclusionproject.co.uk

*Pictures this page: Participants enjoying golf, lunch together and bowling. Opposite page: 6th form students from John Chilton School.*

Each week John Chilton School's 6th Form students join us at The Inclusion Project Uxbridge to enjoy social activities and make friends with our other Participants. This means that when they eventually finish school, they will have already enjoyed being a part of their community and participating in social activities.

Three out of six students are wheelchair users, and this allows for our other Participants to become a part of their world; helping them, assisting them to access the activities in their community, as well as they themselves learning empathy and life skills.

## What do you enjoy about The Inclusion Project?



*... it's fun and we go bowling and I like golf.*



*... it's better than staying at school!*



*... I love meeting new people and making friends.*



*... I love coming out with Anna and the others.*



*... I just have fun with everyone here!*



*... I love to eat at Harvester and playing Uno with my friends.*



## *Fitness, Treasures and Monkey Hitchhikers!*

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

*Pictures this page: Participants  
enjoying travelling by train,  
Chessington and Woburn Safari  
Park.*



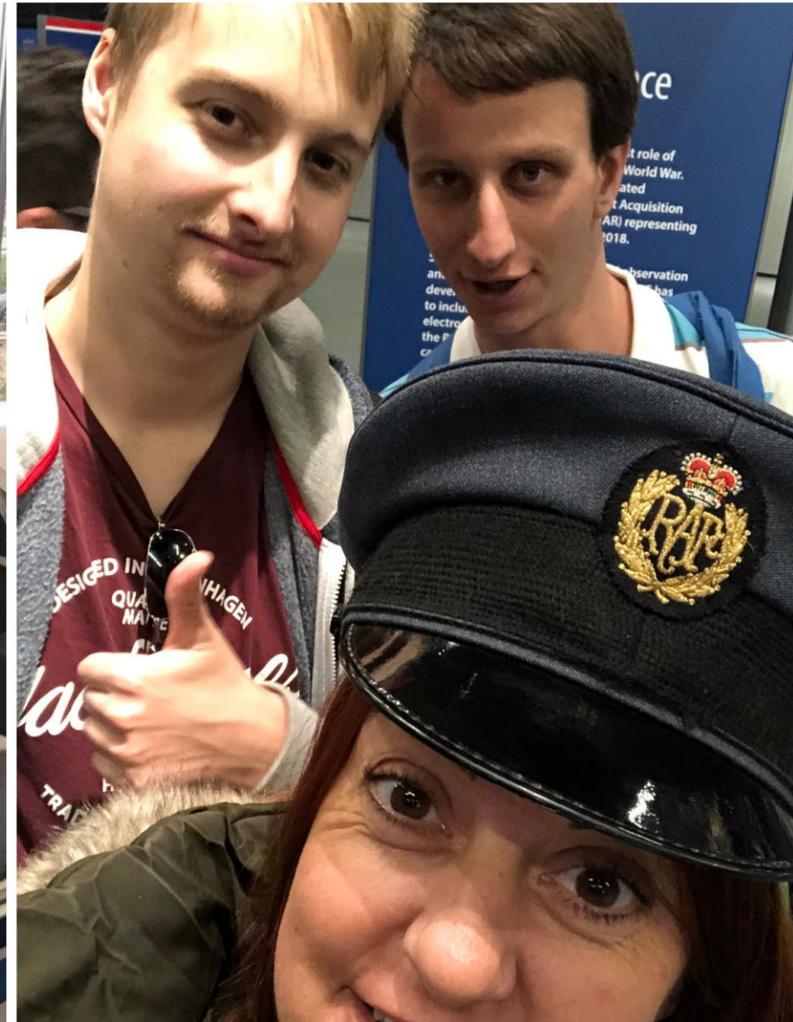
Over the last few months in North and West Bedfordshire we have continued to keep up our fitness doing sports, swimming and the gym, with some of our Participants having personal training sessions to work on their fitness goals!

We have also been doing some travel training; travelling to different areas like St Albans and Hitchin. Whilst there we have been doing some 'treasure trails' working out clues and following instructions to get to the next part of the trail. We have learnt a lot about the different areas whilst having fun following the trails.

We had a fantastic time at Chessington World of Adventures recently, even the damp weather couldn't dampen our spirits. Some of our Participants were a little apprehensive about going on the rides but

after a bit of encouragement, they ended up going on every ride even the big ones!

We also enjoyed a trip to Woburn Safari Park, looking at and learning about the different animals. Luckily no bears tried to climb on the cars this time but we did have a few monkey hitchhikers which our Participants found very funny and were definitely the favourite animal of the day.



## Dazzled

By Cheryl Mucklin, Area Manager Hertfordshire

Weekends [hertsweekends@inclusionproject.co.uk](mailto:hertsweekends@inclusionproject.co.uk)

Hertfordshire Weekends has had a fantastic few months taking part in many activities including sailing, Pots of Art, classic car show, picnics in the park and Paradise Wildlife Park, enjoying making new friendships and working towards their social targets.

Participant Tom Kelly showed his hidden talent whilst on the canal boat trip singing the famous sailing by Rod Stewart which had everyone dazzled by Toms amazing performance.

Well done Tom Hertfordshire weekends are proud of you! Video can be found on the [inclusionprojecthertsweekends](#) Facebook page which will soon be closing down so please follow the [inclusionproject](#) main page.





## Festivals and Sky Dives

By Kerry Kane, Area Manager,  
Hertfordshire Evenings  
kerry@inclusionproject.co.uk

Pictures: Jack skydiving and  
festival fun



Although the weather was windy and rainy on the day of our festival we did not let that stop us from having a great time.

The festival was moved inside for safety purposes, and all Participants had a fantastic time with their nonstop dance moves!

The festival kicked off with the awesome band "Dirty Half Hundred" performing, followed by well-known Hertfordshire Vinyl DJ "GMan". The band did not disappoint and told everyone at the end that it was the best gig they had ever performed, and can't wait to see us all again next year...although I am putting plans into action to put on an event before next summer just so we can have the awesome band back.

We were even graced with the presence of the BBC One DIY SOS's, Billy Byrne, who posed for pictures and signed autographs.

I would just like to say a massive thank you to all Participants, Group Leaders and volunteers for making the event such a success.

On another note I would just like to say a massive well done to Herts Evenings Participant, Jack Price who recently done a sky dive at 10,000 ft.

Jack who has Cerebral Palsy raised over £3000 for the Charity Earth Works where he volunteers each week.

Well done Jack you really are a true legend!

Enjoy the rest of your summer everyone.



The  
Inclusion  
Project

Back Cover: Cambridge Participants enjoying a  
2 seater side tandem bike ride