



NEWSLETTER

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The Inclusion Project

Front Cover: North West London and Uxbridge Participants and Group Leaders



Simon Jackson-Turner
Founder and Managing
Director

Hello

Can you believe it's the anniversary of our campaign:

[Where Would We Be?](#)

A whole year has passed since we filmed our Participants in their communities; since we followed Daniel (our first ever Participant) as he spent a day with friends; other Participants and Group Leaders.

To refresh our memories, we'll be sharing the videos through our social media channels, so don't forget to keep an eye out for both Daniel, and many other Participants and Group Leaders.

It's a time of reflection as we start to enter the colder months. And with the appointment of our new Quality Compliance and Registered Manager, Graham Kennard, I have been going through the journey of The Inclusion Project.

From inception, through to today, just under 4 years later, our mission is still so relevant, and something we will always strive towards: 'Social and community inclusion for all, particularly people with Learning Disabilities.'

I hope you enjoy this season's Newsletter.

Simon Jackson-Turner

CONTRIBUTORS

- Bea Chase - Area Manager, South Bedfordshire
- Cameron Walters - Area Manager, North West London
- James Graham - Area Manager, North West Bedfordshire and Cambridge
- Simon Hathaway - Area Manager, Hertfordshire
- Lorna Wenham - Group Leader, Uxbridge and London areas

CONTRIBUTING PARTICIPANTS

- Daniel - St. Albans
- Shaun - North and Central Herts
- Sophie - South Bedfordshire
- 'Oscar' - New Film Review Columnist

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Picture shows: South Bedfordshire
Participants enjoying the autumnal sun.



In the
studio &
more...

By Cameron Walters, Area Manager
North West London
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What an incredible action packed autumn we have just experienced! We have been super busy over the last few months, here are just a few examples of the fantastic things the Participants and staff of North West London have got up to. Too many things to mention it all, so please enjoy some of the pictures.

Recording songs in a London recording music studio.

The groups started the day with some travel training, utilising their travel cards; catching the train into the big smoke of London, heading into the iconic Nu Generation studios where they had a ball; singing, rapping and supporting one another to make a hit record. We will be booking the studio again through 2020.

Life skills and work experience

We have partnered up with a fantastic Community Gardening Project in North West London. They have a food bank where they feed the homeless as well as a community garden to grow vegetables.

There are various different jobs for the Participants to get involved in, from planting their own vegetables to contributing to the food bank, and feeding the chickens and general maintenance of the gardens and grounds. It has been a massive success so far and we are hoping to get a second day there soon, so other Participants can get involved throughout the week.

Clink Prison Museum and The Underground Postal Museum

Did someone say history? Two fantastic day trips into London, the groups had the opportunity to go underground

and find out how the Royal Mail used to be delivered all across London. The London Clink Museum was a spooky, eye opening experience, visiting one of the oldest Prisons in The U.K. The Participants enjoyed using some of the props and learning some of the gruelling stories that took place there many years ago.

We have recently opened up Tuesday evening sessions for Participants to get involved with Basketball 5.30pm - 9.00pm please get in touch if this is something you may be interested in.

We look forward to another action packed winter ahead, although I think we will start to gravitate more toward indoor activities as it starts to get colder. Please don't hesitate to get in contact to book any sessions Monday - Saturday.



Autumn Sunshine

By Lorna Wenham, Group Leader across various London locations.

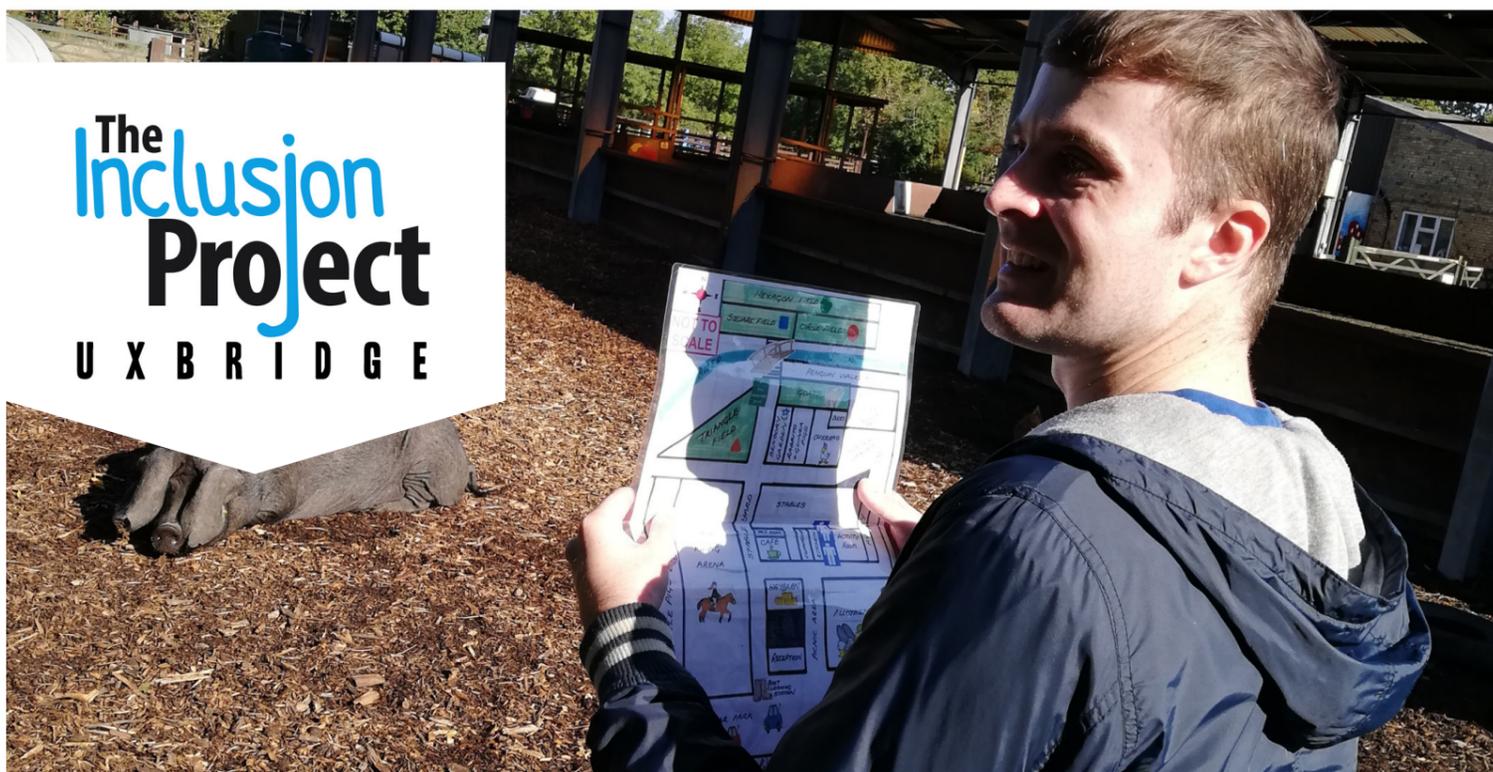
Making the most of the autumn sunshine by visiting Heathrow Special Needs Centre.

We were shown around the farm by a friendly volunteer named Bernie. He helped us use our maps and introduced us to some of the 75 animals kept on the farm. The pigs and the horses were very popular with our Participants!

We were told about all the different jobs that need to be done. Grooming the animals, mucking out, sweeping the yards and egg collecting are just a few of the many jobs that we can help with. They also have a lovely cafe which we are hoping to maybe gain some waitress/waiter skills in.

We were also very excited to find out we could have our own raised bed to grow fruit and vegetables.

We are very much looking forward to our next visit so we can get stuck in! (Not it the mud, hopefully) Wellies at the ready!





All things transport

By Simon Hathaway, Area Manager Hertfordshire

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It has been another fantastic season for The Inclusion Project St Albans. Participants have enjoyed a variety of different activities in and around the St Albans area.

A popular activity that St Albans Participants enjoyed was having a day out on the canal, in Kings Langley. Some of the Participants had an opportunity to control the canal boat down the canal and others helped open the locks on the canal. I can certainly say that everyone who attended the canal day, really enjoyed the day!

As always Participants have enjoyed a variety of different activities at the Colney Heath Social Club on a Friday. Activities such as arts & crafts, relaxation sessions, cooking, sports and so on. The Participants have made their own pasta, got in touch with nature and how to incorporate it into art, had a relaxation session run by our very own Group Leader Charlotte Clark and playing football with the very talented sportsman and fellow Group Leader, Keii Roberts.

The St Albans Participants had the opportunity to seat in some amazing supercars such as Aston Martin, McLaren & Lamborghini. The Participants loved it but did the Group Leader there were with love it more? Have a look at the photos and decide for yourself.



Reporting from the Inside

By Daniel, St. Albans Participant



I have been doing lots of different activities at The Inclusion Project. In the summer Cheryl took us to a fake beach at Brent Cross, it was so cool. We went on loads of rides and it was a lovely day. I met up with my friend Jonathan who I haven't seen in ages that's what's good about the inclusion Project I have so many friends. Another thing we did was that Damir and me taught basketball skills to other participants in Leavesden Park. It was good to teach lay ups and bouncing the ball and shooting. I was the coach like Simon Jackson-Turner but I didn't make them do press-ups when they missed Ha! Ha!

Another thing I like doing is Zumba. It's really fun but

it's really hard work. I like the music too. We do that at Woodside Gym. Those are some of my day time activities.

You can do evening and weekend activities too at The Inclusion Project. I went to Southend on a Saturday evening . We bought wristbands at home on the computer because they are too expensive there. It costs £22 on line at home and £32 at Southend so my advice is buy the wristband before you go. We went on loads of rides, it was brilliant then we had fish and chips and then there were fireworks. It was so fun.

Another thing I want to tell you is that Simon, Damir and me won another award. We

got it from the BBC. It is a nice trophy for being in the Special Olympics basketball team. Our friends Adam and Harry and Jake who don't go to the Inclusion Project also got trophies. I was very proud. My mum was happy because the man who sings Gold was there and we had a photo with him.

Tonight I am going to Mode Night Club with Chloe she is a nice leader. We usually go out to eat before Mode which is fun and I get to see some different participants than my usual group.

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Pictures show Daniel enjoying the summer and autumn activities. Left, at the BBC 3 Counties awards night.
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Adventures

By Bea Chase, Area Manager,
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A warm hello to our lovely families from us in South Bedfordshire, we hope you have all had a wonderful and somewhat restful autumn. It seems a little crazy that we are already reaching for the warmer coats!

Allow us to cast your minds back just a few months ago when we were still spending much of our days out in glorious sunshine. South Bedfordshire are proud to share what we have been working hard towards achieving as a group over this period, and share some of the outstanding places we have visited.

As well as our regular days taking part in active sports such as tennis, fitness class, table tennis, badminton, golf, trampolining and plenty of fun day trips, we decided to be a little more adventurous and visit places outside of our local area upon the requests of our Participants.

Over the summer and warmer autumn months, we visited Southend-on-Sea and the Sealife Centre where we spent much time mesmerised by the Meerkats (yes, Meerkats even make an appearance here) and quickly paced our way through the shark tunnel.

We went to Duxford for the annual Battle of Britain Air Show. We took a canal trip in Stoke Bruerne and passed through Blisworth Tunnel, the longest legging canal tunnel at 3,075 yards long in Northamptonshire. The Classics

Car Show in Redbourn where out of all the Porsche, Ferrari's and Corvettes to favour our Participants chose a classic beige Austin Allegro!

We visited Crocodiles of the World in Oxford, not far too from our fellow Inclusion Project friends in Swindon, and the National Space Centre in Leicester where we very quickly realised you need two full days to make the most of the many interactive activities there, all of which were completely out of this world! (sorry couldn't help it).

As well as sharing wonderful days out together we have been working towards peer mentoring supporting our friends in achieving their targets. We have done this by thinking about when and where our friends might need our help and trying to recognise this without prompt or encouragement from Group Leaders. South Bedfordshire Group Leaders are immensely proud of you all. Well done.

We have encouraged our Inclusion Project friends from other areas in helping us to achieve this also, and have included some photographs to show how we have felt from our achievements.

May we extend a massive thank you to all those that have supported the Inclusion Project South Bedfordshire!

What The Inclusion Project South Bedfordshire means to me...

By Miss Sophie, South Bedfordshire Participant

I would just like to say The Inclusion Project South Bedfordshire is the best one out there because it has helped me a lot with my targets. What I'm doing good with, like I used to always pay for activities with my notes but now I'm using some of my small change instead of my notes all the time.

What I have got good at with some help from Bea or Vincent or Sarah. I used to always be on my phone when I go out with The Inclusion Project South Bedfordshire, but I have got a lot better at it now am not on my phone as I used to be because I want to engage with my friends and make new friendships when I'm out with The Inclusion Project.

I challenge myself to tell the time to the Group Leader using analogue and digital clocks. I'm trying so hard with it and I think I'm doing good with it.

I try to mentor my friends when I go out with them or when they

asked and where I can too. I have done so many new skills that I have done on my own like pay for something on my own what Bea and Vincent are very proud of me and I'm proud of myself too.

I have done so many skills in the time that I have been doing The Inclusion Project with just a little bit of guidance from Bea, Vincent, Sarah. I have been more things independent on my own, myself too.

I do lots of great thing with The Inclusion Project, like going to Gulliver's Land which was so much fun, I went on fun rides and I really enjoyed it too.

Going to Woburn Safari Park with my friends was good. Going to crocodiles of the world. Going on a canal boat trip.

I love it when I went to South End on Sea with Bea and The Inclusion Project, I walked along

the longest pier, it was so much fun.

I loved it when I went to Mr Mulligan's crazy golf with Vincent it was so much fun, after went on a long walk at Dunstable Downs I had a yummy ice cream with a flake on top.

I do lots of things with The Inclusion Project when I go out with them. I do love going out with The Inclusion Project because I get to see the best Group Leaders, I get along so well with them and I have such a great laugh with them all and my friends. I'm out on Wednesdays and I do some Saturdays too as well now.



Film Review: How to Train Your Dragon 3: The Hidden World

BY PARTICIPANT AND FILM COLUMNIST, 'OSCAR'

Website: www.oscarreviews.net

Facebook: Autism-Inspired Reviews

What's it about?

Taking place after How To Train Your Dragon 1 & 2, Hiccup and Toothless rescue captured dragons from a mastermind dictator bent on using dragons to help him take over the world. Along the way Toothless finds and falls in love with a female Light fury of his kind and Hiccup offers to help him win over her.



The good bits

The film was very beautifully animated, had a lot of thrilling action scenes here and there and a lovely musical score. It was also full of impressive voice acting, many emotional and heartfelt scenes and it made a perfect ending to which is by far Dreamworks Animation's best series to date. There were some great new characters, slick dialogue and the villain was very clever and dastardly. He who knew the dragon's weakness and aimed in using them to help him take over the world. I would also like to point out it's worthy continuity to the last films and the impressive character development.

The bad bits

The only thing I did not like about this film was that I noticed a few similarities to the story of this film and How To Train Your Dragon 2. Nonetheless, there was nothing else I did not like about this film at all.

What is it similar to?

It was superior The Lego Movie 2, Shrek The Third, Ice Age 2, and Kung Fu Panda 3, yet slightly inferior to Incredibles 2 and inferior to Toy Story 3. It is also by far my favourite film of 2019 to date.

Oscar's recommendation

If you are a fan of How To Train Your Dragon, dragons, Vikings, animation, action and adventure, then I can very well recommend you to see this film. However, I cannot recommend it to anyone who is not a fan of fighting and intense scenes. There were also some pretty emotional scenes here and there I would also like to point out

Parent/carer alerts

Swearing

There were some characters who said, "Oh my God" or "Oh my Gods", one character was called

a "Deamon" and another character says the word "Bloody" once.

Violence

There was so much intense fighting and violence that makes it feel like a live-action Viking movie, that it was almost as graphic to look at. There were Humans fighting each other, dragons fighting each other and Humans fighting dragons. There was no blood or graphic violence shown. The villain most likely falls to his death in the ocean near the end. One scene implies the genocide of Dragons.

Fear

The villain was quite Intimidating, he uses the dragon's blood to control their every move and wants to kidnap and enslave dragons to help him take over the world. There was a lot of suspense and peril here and there, some dragons might be too scary for some children and some dragons spray acid and attack with scorpion-like tails. Some scenes which look like an army fighting in smoke might scare some children. It is the darkest film of the series.

Autism alerts

Sensory details

There was a lot of loud noises, intense fighting and sudden surprises. Many of the characters you might have seen in the last movies get put into danger. There was a lot of peril and scary looking armies coming

out of smoke to fight. You might also have to prepare yourself for some scary looking humans and dragons throughout the film, some emotional scenes here and there and witness some scenes of dragons getting shot by poisonous darts.

Spoilers:

Visit www.oscarreviews.net

Skills

If you see this film then maybe you might like to ask a parent or guardian questions about the story so that you can understand the plot better. You should also prepare yourself for a lot of violence, fighting and threat and prepare for one scene full of different bright colours.

Oscar's rating:





Friends

By Simon Hathaway, Area
Manager, Hertfordshire
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Meet Michael!

I have had the pleasure of supporting Michael on a 1:1 basis. Michael is a lovely young man who has a passion for all things transport, especially buses and trains.

No matter what the weather is like he always comes out with a smile on his face, eager to have a fun day with either myself or one of The Inclusion Project team.

Over the past few months, Michael and I have done a variety of different activities. We went to Paradise Wildlife Park, down to Southend on Sea, visited Cassiobury Park in Watford to go onto the steam train, travelled into London on the tube, and went to Heathrow to see the planes.

Personally, I would say the best day out with Michael was when we went on the underground and travelled to Heathrow to see the planes. Michael loved that day; on the train he was very excited but well behaved and when we finally got to Heathrow, he loved seeing all the aeroplanes take off and land. We made sure we took a lot of pictures so we could share it with everyone at The Inclusion Project.

Michael only attends The Inclusion Project during half terms but once he has a spare day in the week, he will be coming out to do more sessions with The Inclusion Project. If you ever see Michael out with The Inclusion Project, come and say hello to us and hopefully you will make a new friend with Michael.



Hiya Everyone

*By James Graham, Area Manager
 North West Bedfordshire & Cambridge
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As most of you will know, we have had an amazing and ram packed autumn!!!

I became the new Area Manager for the Cambridgeshire Area of The Inclusion Project at the beginning of the summer and would like to thank all of the parents that I have been in contact with for being so helpful through this transition - it has not been easy haha but we have made it through :-)

We have continued with our aim to be fit and energetic by partaking in sports such as basketball, football, trampolining, climbing, adapted bike rides and many other activities throughout the course of the summer and the autumn.

We have also tried some new activities such as boating down a lake, which our Participants really enjoyed. In summer, we also enjoyed a day out at Box End Park using their Inflatable Aqua Park which was a great day out!

As always, thank you to all Participants, parents and staff for making this busy season a thoroughly enjoyable one!



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

Herts Advertiser Community Award

By Shaun, Hertfordshire Participant

*Pictures show Shaun on the
night at the awards.*



On the 3rd September I was nominated for the Herts Advertiser community awards 2019. I was made a finalist for the "Role Model of the Year" award. The event took place in St Albans Museum Town Hall.

I invited my mum to go along with me to the awards. This is my second time I have been made a finalist, as I was nominated last year for the "Vaillant Volunteer" award last year.

The awards presentation started at 7.35pm and finished at 9.30pm. The host was David Croft who presents F1 motorsport.

The performance this year was a singer called Shaun Foley who is an ex Oaklands College student who went to the St Albans campus.

When I found out that I was made a finalist for the second time, I was at a complete shocked. But this year, I did not win, the person who won in my category was a woman named Sarah Mckenna.

Either way, I had a great evening with my mum, who is so proud of the achievement I have accomplished. When I told everyone in the day session at The Inclusion Project, they were all proud for the achievement I have accomplished.

