

NEWSLETTER

EDITION 22 - SUMMER 2020

THE QUARANTINE ISSUE: THE ROAD TO INCLUSION

The Inclusion Project

==== **Proud to support #B L M** =====



**Simon Jackson-
Turner**

Hello, again!

It feels good to be creating this Newsletter. We want to showcase what we hope will be the continuation of where we are going: back to inclusion.

We are in summer (creeping into autumn) of 2020, and what a year we have been having. We, as well as all of you, could never have predicted what we have faced. Our ethos - our mission - our name - is all about inclusion. So when we went into lockdown, we knew we couldn't just... stop.

We introduced various digital options to keep in touch with all of you, and we hope that it was helpful to those of you that joined.

We are very grateful for your continued support through this difficult period and from that support we have emerged and are offering sessions again.

Your local Area Manager should have been in contact with you by now to inform you of what they have available, if not, please contact them.

I hope you enjoy this season's Newsletter.

Simon Jackson-Turner

CONTRIBUTORS

CONTRIBUTING PARTICIPANTS

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

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

Shop now : www.inclusionproject.co.uk



#BLM

Inclusion – for everyone.

The world has been going through changes, and not just Covid-19 related. A new mantra that we have been championing is 'to be part of the solution and not part of the problem' - this continues into what is an issue of inclusion across the world. Though our platform is small, our community is strong and we want to do what we can to effect the world around us with positive change. So, we are introducing our new quarterly fund raising programme for charities and important causes.

Every 3 months, in coordination with these newsletters, we will release limited edition Inclusion Project products, including T-shirts, with all of the profits going to that particular charity/cause - there will be four a year - Black Lives Matter, LGBTQ+, The Inclusion Project Charity (this is separate from our organisation and is managed by trustees and does not benefit The Inclusion Project in anyway) and a fourth charity, as voted for by you; our Participants, Participant's families and Inclusion Project Group Leaders and Area Managers.

These charities are personal to us and powerful in the world of inclusion. We hope that you will join us in this effort towards awareness and fundraising, though we know it is a very hard time right now. We feel proud to be part of this community with you all and couldn't ask for a better support network.

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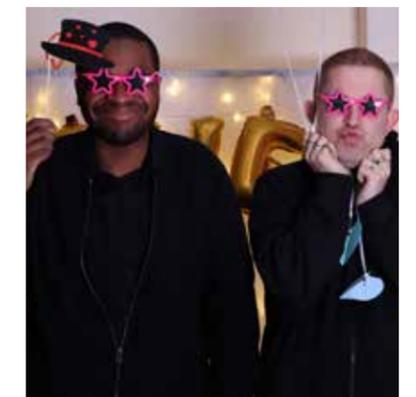
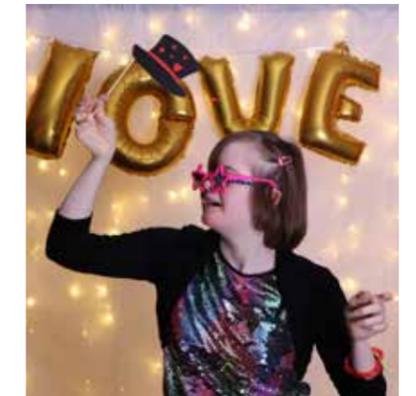
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Back to Inclusion! Where we were...

Let's not forget

Inclusion still matters

We have to remind ourselves of the way we were. That inclusion is what we were, and still are, all about. The last few months have shown us - even more than ever - just how important social interaction is; whether that be on a smaller scale - or gradually - on a (socially distanced and safe) slightly larger scale. Looking back at just a few pictures from before Covid-19 shows us just how much fun we had. We will get there again. Slowly, but surely and, of course, safely.

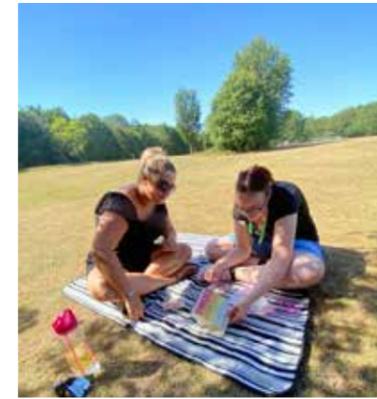


Where we are...

Slowly but surely

And safely

From the start of lockdown we have had to adapt the way in which we look and approach inclusion. We went from 3:1, to 1:1, to digital. Hello Zoom! Who knew how amazing connecting through the air waves would become. We introduced 21 questions, yoga, arts & crafts, cooking and baking, French, gardening, group sessions with your Group Leaders. And now, gradually, we are well and truly on the path back to inclusion. Thank you for your continued support.



The steps we have taken & continue to take To be a safe service For you, Group Leaders and families



All Group Leaders undertake the Covid-19 and PPE training before returning to work.

Operational Risk Assessments carried out.

All Group Leaders supplied with PPE including reusable masks, disposable gloves and aprons.

Flexible ratios (currently 1:1 and 2:1) as well as hours (4 hours or 7 hours).

Group Leaders' cars cleaned on a regular basis, for safety all of passengers.

How we're getting there...

Let's do this, safely!

Everything we are doing is to ensure we can safely get back to where we were. It's a journey, and one that presents a few bends along the way. But we are a service that will continue to adapt and innovate along with every bend and turn.

No matter what, the safety of our Participants, Group Leaders, staff and their families, is the priority. This is why we want to share with you (also on our website) the measures we have taken, and continue to take to ensure your safety.

Excited to see my best friend again

Your Quarantine Stories

PARTICIPANT STORIES FROM BEFORE LOCKDOWN, DURING AND BEYOND

BY DANIEL, HERTFORDSHIRE PARTICIPANT AND COLUMNIST

I really like having friends. Damir is my best friend and I have missed him in lockdown. We have been friends in The Inclusion Project for 5 years and we usually go out with Group Leaders together. We laugh a lot and tell jokes and sing. We even went to Abu Dhabi together for the Special Olympics.

Sometimes we compromise so we can do things we both want to do. I can't wait til we can go out with Group Leaders together again. We have talked on video calls but I am excited to see Damir again. I have lots of other friends too on The Inclusion Project but Damir is my best friend.



Beating the Odds

BY SHAUN, HERTFORDSHIRE PARTICIPANT

THIS ARTICLE WAS WRITTEN PRE-LOCKDOWN, BUT IS STILL SO RELEVANT, WOULDN'T YOU AGREE?

Beating all the odds what does it mean?

It means overcoming any challenges that has been presented to you. Like for example trying out a new activity or getting over your fears that you have been scared about, thinking you can't do it or being able to do something without help.

I have beaten a lot of the odds to get to where I am today through trial and error throughout my life but I have beaten all the odds like for example I never thought I will be able to live on my own in supported living without my parents to help me but I proved myself wrong and have overcome many trials.

The feeling when you have accomplished is special to celebrate with friends or family.

I believe that we all have unlimited possibilities that we can all achieve regardless of what people may think but in order to achieve it you just need to believe you can do it and never give up till the very

end and always see it though no matter what.

There maybe times when the odds are not in your favour but as the old saying goes when there is a will there is a way to break down the wall that is stopping you from beating all the odds.



BY SIMON HATHAWAY, HERTFORDSHIRE AREA MANAGER

THIS ARTICLE WAS WRITTEN PRE-LOCKDOWN, BUT IS STILL SO RELEVANT, WOULDN'T YOU AGREE?

Participants have 'beaten the odds' in a variety of different ways.

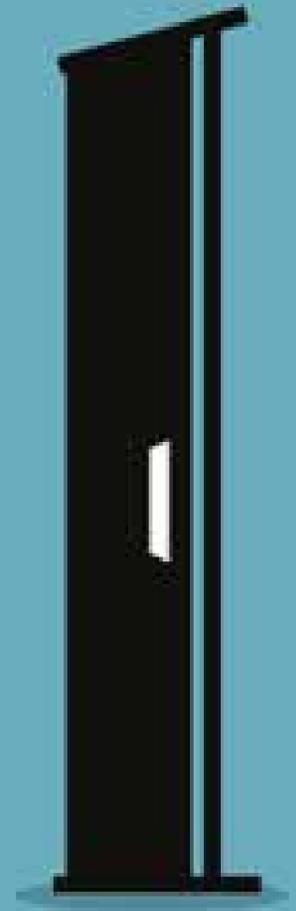
We have had a few Participants move into supported living or try out a new respite area, a Participant who has learnt to read and write with support from their Group Leader and a Participant who has now started running his own weekly basketball session for The Inclusion Project.

One of the main goals/aspects of The Inclusion Project is to promote independence and a couple of our Participants have done this by moving into new supported living. As Area Manager I am so happy that these Participants have taken the next step.

At The Inclusion Project we want all the participants to have an active and healthy lifestyle and one Participant decided to run his own weekly session to promote this. This participant being Damir. I am not sure if all of you are aware of this but Damir was part of the winning Men's Great Britain Basketball Team at the World

Summer Games in Abu Dhabi last year, where he and his team won Gold. You can read more of Damir story in our previous Spring 2019 newsletter. Of course, the session he wanted to run for the Participants is a basketball session. Damir coaches the Participants of The Inclusion Project the fundamentals of basketball; dribbling, passing and shooting. The basketball session is run every Tuesday from 1:30pm to 2:30pm at the Birchwood Leisure Centre in Hatfield (hopefully this will return one day, in the 'new normal').

Hopefully you have been inspired by the Participants of The Inclusion Project to beat the odds in your life.



Your pictures...



Meet Harry

Cambridge Participant

When we went into lock down, Harry found enjoyment in walking his dog Darcey, baking, puzzles and crafts.

Isn't it wonderful to find joy in pets? Do you have a pet? We love all animals here at The Inclusion Project.



Meet Saskia

Hertfordshire Participant

Saskia has been doing a lot during lockdown, helping in the garden, cooking, crafts, zoom discos, Inclusion Project zoom yoga and 21 questions, walking in the woods. She also got a new scooter so she's having lots of outings around the neighbourhood and trips to the local park on her scooter and, to top it off, she's been helping in doing the shopping with her Mum.



Meet Jenny

North West London Participant

I have Leanne Walters on every Mondays and on Wednesdays I have Jonathan Cotgrove that we went to Lost Jungle and we went to the park called Edgwarebury Park. It's nice to go out and it's so chilled and relaxing.



Meet Matthew

Hertfordshire Participant

It was great to see The Inclusion Project out and about again.

For his return (in June) Matthew went out with Jonathan Cotgrove to Stanborough Lakes in WGC. It was the first time he had been anywhere since lockdown began without Mum or Dad.

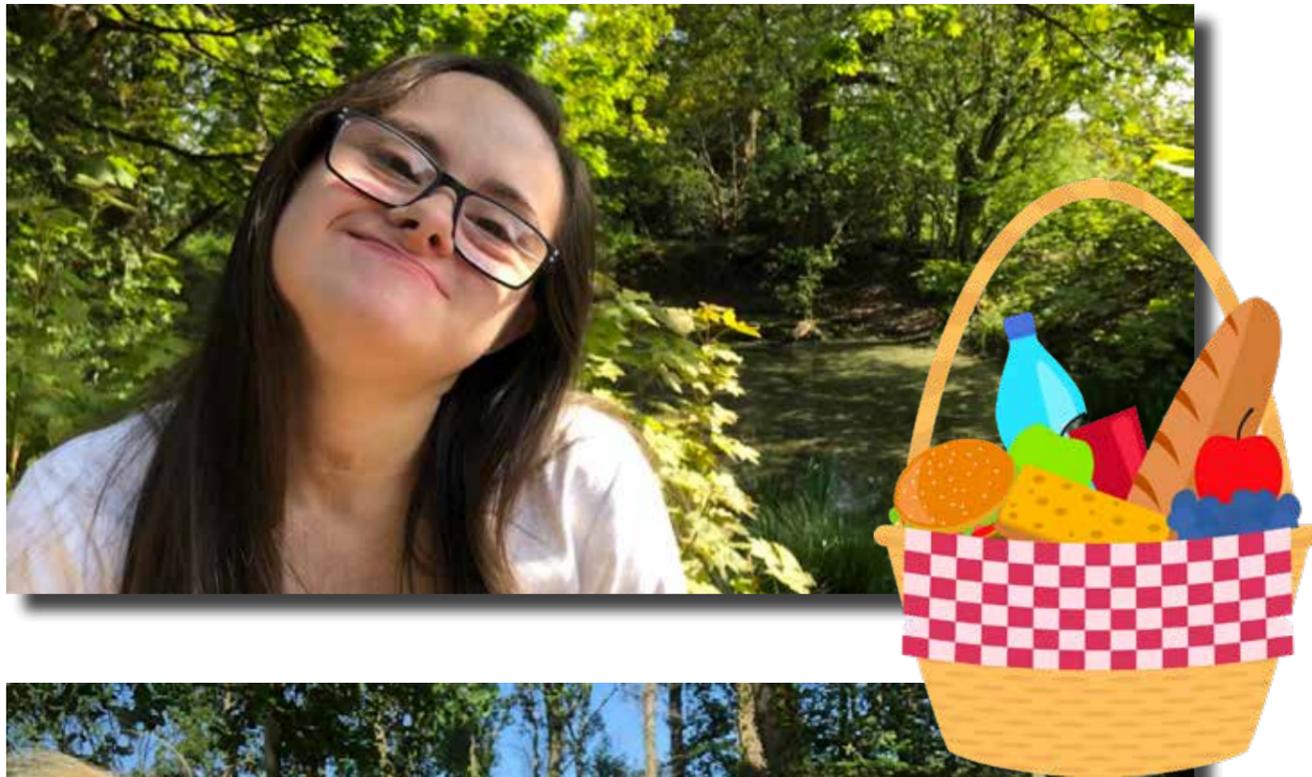


Meet Amanda

South Bedfordshire Participant

Early lockdown, Amanda and her mum went for a walk around Rothamstead Manor House in Harpenden.

Amanda also enjoyed having a social distanced picnic with friends Josie and Sam near Aldenham Country Park in May.



Meet Gavin

Hertfordshire Participant



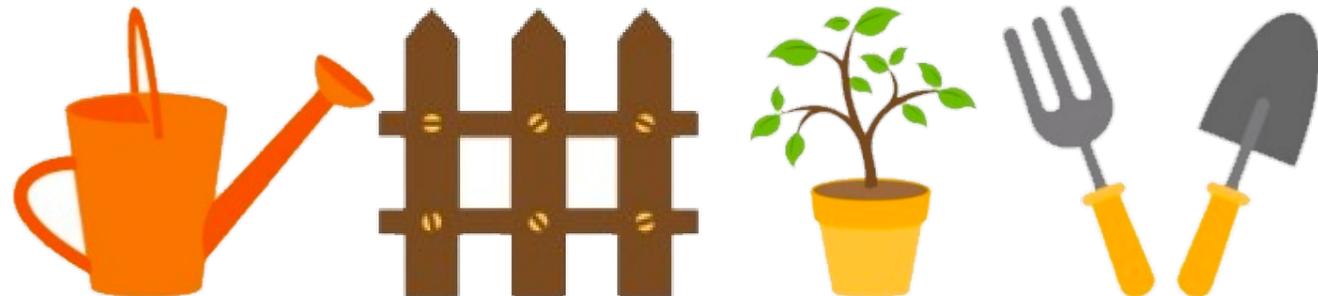
Hi, my name is Gavin I live with my mum. I work at Morrisons in Watford and I have been there for 6 years. My favourite thing to do is going on buses and going to my favourite shop called Cex. I have been going to The Inclusion Project for a very long time now. The Inclusion Project is great meeting new friends and old friends. I have 200 dvds my hobby is my dvds and finding fun rides and going on buses, I also love my job.



Meet Anna

Hertfordshire Participant

I have planted lots of vegetable seeds – they have grown into big plants. I have cooked lots of things - I taught my Mencap group to make scones (virtually). I have walked a long walk each day. I walked the Watford Mencap Virtual 10k to raise money for Watford Mencap. I looked for wildlife each day in June for the 30 days wild challenge. I've seen meadow brown butterflies. I have enjoyed virtual walks with Dudley the dog, and Simon's 21 Questions on Zoom each week.



Meet Mariah

North West London Participant

Hi to everyone at The Inclusion Project. I like coming with The Inclusion Project because it is so much fun and we always do different activities [before lockdown] like bowling, cinema, restaurants, topgolf and gardening. Sometimes people win at different types of activities.



Dearest whoever runs The Inclusion Project

By David, Cambridge Participant

Since it has been over a year since I first joined you, and a while since I last did a day out, I would like to tell you what I have been doing recently..

For starters, last September I went to Sorrento, Italy with my parents, my sister and her boyfriend and it was absolutely beautiful.

Our hotel was wonderful so were the staff and the swimming was cold but lovely. We did plenty of shopping, went on a train ride, and for mum and dad's wedding anniversary went on a boat ride, just us three, days later I turned 24. We saw a lot of wonderful sights before arriving and wandering around Capri.



The food was also delicious. In fact, it was so good I even tried cannelloni and squid for the first time! Cannelloni one evening, squid on one of our last days.

Back in England.

I've been to see a lot of movies, read lots of books and I've started playing great games on my phone and tablet like the original Sonic the Hedgehog.

Let me know what you've all been up. I look forward to telling you more soon.

Yours Sincerely,

David

Guess the Group Leader

ON THE FOLLOWING PAGES WE WILL BE SHARING A GROUP LEADER'S STORY - CAN YOU GUESS WHO IT IS? LET US KNOW ON OUR SOCIAL MEDIA CHANNELS...



Marvel- lous

"Guess the Group Leader"

My daughter Georgia is a huge Marvel fan so for her birthday we decided to hold her a surprise lockdown party with a Marvel theme. We all dressed up as Marvel characters myself being Spiderman and my husband as the Hulk.

It was great fun and Georgia was made even happier by her main present being our beautiful new puppy who, as you guessed, was named after the Marvel character Loki.

So, although it has been hard not getting to see all our friends and family we have been given the time to spend introducing Loki into the family.

I miss you all a lot and cant wait to see you all soon.



Autism Film Review

THIS REVIEW IS A SPECIAL, AS IT'S NOT ON A FILM, BUT ON THE NEW STREAMING SERVICE, DISNEY+.

"OSCAR" GIVES US THE LOWDOWN...



Disney+ is a streaming service similar to Netflix and Amazon prime video in which you pay monthly and download the app, so you can watch as many Disney movies and TV shows, whenever you want to.

Just like Netflix and Amazon prime, Disney+ is not a free streaming service and it costs only £5.99 a month or £59.99 a year, whichever you can afford or what makes a better deal for you. However, when you start streaming on Disney+ you can get a 7-day free trial before paying monthly or yearly to watch Disney's content, so during the one-week free trial, you can decide whether or not you would like to subscribe.

Any film owned by Disney that's either under the Disney, Pixar, Marvel, Star Wars or National Geographic brand as well as many if not all television shows from the same brands that are either archived or modern. There are also seasons 1-30 of "The



Simpsons" available on Disney+ and Disney+ are trying their very hardest to launch as many old or new TV channel shows under the Disney brand as much as they can. Disney+ only allows content that's rated either U, PG or 12a onto this streaming service and never allows content that's rated either 15 or 18.

The films I have already reviewed which are available on Disney+ are Toy Story 4, Frozen 2, Mary Poppins Returns, Ralph Breaks The Internet, Incredibles 2 and COCO.

Visit: www.oscarreviews.net

From our Area Managers...



Cameron Greer

West Hertfordshire Area Manager

A quick message to West Hertfordshire to say hello and welcome back!

In what has been a unique time in all our lives it has been fantastic to welcome back our participants over the last couple of months. I can't imagine how tough the lockdown period has been for some people but the resilience and positivity of the participants has been amazing and something that has made me feel very proud of everyone.

We have been very limited in what we can do due to many venues remaining shut but the guys have made my life so much easier by remaining positive and enjoying our many park walks!

As the country reopens we have been on zoo trips, theme park trips, back to the cinema, golf and more (all at a safe and social distance). We look forward to welcoming back as many of you as possible over the next few months.

We have missed you all and it has been tough but the fantastic attitude showed by all of you and your families, and our group leaders. It has been amazing to see and truly one of the most inspiring things I've experienced! Welcome back to those who are back with us and see you soon to everyone else!



Simon Hathaway

Hertfordshire Area Manager

Welcome back! I hope everyone is keeping well and having a great time at The Inclusion Project and making sure we are having lots and lots of fun.

I have seen a lot of photos of what all of you have been doing since being back at The Inclusion Project. I can see we have some keen golfers, been hitting the targets at Top Golf and putting them balls at mini golf, some ballers hitting the hoops at basketball, do we have the next LeBron James at The Inclusion Project?

I have also seen some keen explorers enjoying a day out at the beach, others who have been enjoying the weather we had with lovely walks and having picnics with each other.

I have seen bird boxes being built and beautifully decorated and also some amazing DIY from one of our participants building a planter from scratch, absolutely amazing!

It is great to see so many of you being back at The Inclusion Project and I can't wait to see more familiar faces return. Thank you for all your continuing support.



Bea Chase

South Bedfordshire Area Manager

We would like to say a HUGE welcome back to South Beds. We are so glad to be out of lockdown, and able to resume service as best we can with our Inclusion Project families.

We have been back some 10 week's already (goes by in the blink of an eye). We've been inventive and encouraged by the necessity to remain outdoors and have found some great ways to spend those sunny days (and some not so sunny days) when some of the venues we have previously used are still currently closed.

We have been upholding our ethos to remain fit and healthy and incorporated several hikes into our sessions - yes hikes, not just long walks. We counted some 100+ steps at Sharpenhoe Clappers and were then rewarded at the top by streams of hanging swings to cool down with.

We've been active on bike rides, climbed mountains, played golf, had picnics, created butterfly boxes, painted stones, created chalk drawings, had water pistol fights with staff where the challenge of the day was obviously to get me as drenched as possible ready for the journey home, learned the growth cycle of the strawberry and much, much more!

Most importantly we want to say thank you to you. You have all been outstanding in finding your confidence in wearing face coverings in vehicles, venues and shops.



Cameron Walters

North West London Area Manager

We would just like to say a massive thank you from the bottom of our hearts to all our participants and their lovely families. We are absolutely delighted that our doors are now open again, after a few slow and quiet months during the lock- down.

Slowly but surely we are now getting back on track. We would like to give a massive thank you to all of our fantastic Group Leaders, who have been truly outstanding during these uncertain times. They have been creative, intuitive and innovative, especially during early June when our options for activities were limited, due to most of our usual stomping grounds being closed. I think it's safe to say there wasn't one park in North West London that we didn't find, explore and tick off our list.



Peter Seymour

North London Area Manager

It's great to be out and about again in North London after lockdown. All of the participants have been very good with their social distancing and wearing masks. Thanks to all of the parents and carers for supporting us and the group leaders for being so creative with new ideas for activities.

The
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