

INCLUSION GLOUCESTERSHIRE

BIGGER DREAMS ► BETTER LIVES ► BRIGHTER FUTURES

Autumn 2023 NEWSLETTER



A message from Delivery Director; Charlie Mitchell:

Welcome to our Autumn newsletter! As we start to notice the days getting shorter, and the leaves falling from the trees, we also get ready for our own move – to a new office! I know it can be unsettling when things change, and yet there will be lots of good things to come from this move as we get closer to the train station, with more accessibility for us all.

As a Delivery Director and part of the Senior Leadership Team, I thought I would give you a quick update on some of the projects I oversee in Health and Wellbeing and Research:

- Lots of good learning from our last meeting about Quality Checks done between April and June this year.
- More enquiries about our access audits – we are exploring further training that could help us do more access audits.
- A range of job opportunities available for staff and Experts by Experience coming up – check our website for details.
- Finalising a video to help health professionals understand how they can make information about their service more accessible to patients.
- Workshop in October to help organisations use the research we did last year to support disabled people more effectively.
- Research coming up to find out how talking therapies can help disabled people with their mental health.

We love working with others so if you have an idea for a new project that could remove disabling barriers for people in Gloucestershire do get in touch: charliem@inclusion-glos.org

OFFICE MOVE UPDATE

After 5 years at St Michaels Court, we moved to Railway House in Gloucester at the end of September. We have moved so we can have a more accessible space for our team and visitors. The move went well, special thanks to the volunteers who helped us!

Our new address is Inclusion Gloucestershire, Railway House, Bruton Way, Gloucester, GL1 1DG. Our phone number is the same: 01452 234003. A picture of our office is at the top!

There are details of how to find us here - <https://www.inclusiongloucestershire.co.uk/contact/>



Staff member Nicholas with our packed up office!



Great News for IG's Ongoing Delivery of Oliver McGowan Mandatory Training!

Our team have continued to deliver Oliver McGowan Mandatory Training in Learning Disabilities and Autism, running both Tier 1 webinars and Train the Trainer courses to teach others how to deliver the training. Our Trainers Jeanie and Tim, and Supporter Vicci, are pictured above with the NHS England Board after delivering an in-person session to them in October.

We are delighted to have secured the contract to deliver Train the Trainer courses in Tier 1 training nationally. These will run from November for 2 years. You can read more about the training here:

<https://www.ghc.nhs.uk/oliver-mcgowan-mandatory-training/>

On the training we have delivered, our Training Coordinator Jon Morgan said "all the experts have been great with the Oliver McGowan 1 hour webinar training. A special mention for Hayden and Ellie who were involved in the new pilots for the Trainer training course. Great job over the two days running a complicated subject and getting great feedback."



<https://www.olivermcgowan.org/>

University of Gloucestershire Freshers Event

Inclusion Gloucestershire has always been keen on developing partnership links with a wide variety of organisations. In May the advocacy service worked at developing links with the University of Gloucestershire, which resulted in a Speak Up group supporting students with disabilities. The session was focused on raising awareness of the rights that students have which help enable them to have a full and successful time at university. This included the reasonable adjustments that they could expect to be made in order for those challenges to be met, and an introduction to the support networks which are available through Inclusion Gloucestershire.

Following the success of this session Inclusion Gloucestershire were invited to be a part of the fresher's week for new students beginning at the university in September. A number of staff and volunteers were present at the university promoting opportunities including volunteering and other such support which may be available through Inclusion Gloucestershire.

At a second freshers event 27 September staff from the Advocacy Team will be involved in a session more targeted at students who have disabilities and may benefit from a more direct and focused support session. This will be delivered in partnership with the university students union.

Thanks to Andrea for the article and photo.



Andrea and Elizabeth at the UOG Freshers Fair

Take part in research



We need people to take part in research about using free or cheap talking therapies in Gloucestershire



Talking therapies are when you talk with someone like a counsellor or a psychologist about things that are bothering you.



18+

Who can take part?

Anyone who is over 18, is disabled and lives in Gloucestershire.



What will I have to do?

Meet us in person, online or on the phone to talk about using talking therapies.



Why should I take part?

This research will help us know how talking therapies can be better for disabled people.

Fill out our survey to see if you can take part:



<https://forms.office.com/e/UYH6KVX3eg>

To find out more or get a paper copy of the survey:



phone: 01452 234003



email: research@inclusion-glos.org

www.inclusiongloucestershire.org

IG Training and Development

Want to improve your inclusivity and reach?

Become Inclusion Gloucestershire accredited by signing up to one of our training and consultancy packages!

- Our aim is to improve inclusion, health and well-being, services and support for people facing disabling barriers.
- Our training is developed and led by people living with a disability, autism, mental ill health or are neurodivergent, which means we are Experts by Experience. This is what sets us apart.
- Our training experiences have impact; we get people fully involved, challenge attitudes and change behaviour.

To view our full list of packages, click the attachment!

Register your interest [here](#),

Or visit our [website](#)!

The Volunteering and Advocacy Newsletter Relaunches!

The Volunteering and Advocacy newsletter has been co-produced by some of our great new volunteers and can be found in the volunteer area of our website:

<https://www.inclusiongloucestershire.co.uk/volunteer-with-us/>

Amanda and the team are aiming to make this a regular quarterly publication and hope that this provides some helpful information and insights into some of the great achievements being made.

If anyone would like to contribute with any volunteering news or opportunities, please get in touch with Amanda via volunteering@inclusion-glos.uk

Equality, Diversity and Inclusion

Charlie Mitchell, Debbie Worrall and Jackie Rowe had an opportunity to undertake some learning with Ismail Kholwadia, Imam from the Muslim Community in Gloucester on 20th June 2023. The day long session alongside other organisations included:

- themes and principles that impact and are common within marginalised communities
- insight and knowledge into Cultural and Religious practices specific to the Muslim faith

We are currently exploring how best to share this information within our organisation, as well as how to develop our strategy around Equality, Diversity and Inclusion more generally. If you would like further information about this work, or would like to be involved, please contact: charliem@inclusion-glos.org



Introducing the Healthy Lifestyles Project

by Elisa

My name is called Elisa and I am 22 years old and I started my role as a project worker towards the end of September.

I feel extremely lucky to be given this job and to work with staff who I've developed professional relationships as well as friendships.

In addition to this I feel excited about making a difference.

The aim of the project is to find out about how groups like Slimming World help people with Learning Disabilities and Autistic people.

We want to hear from you and your friends. You can answer some questions in Easy Read or Plain English or alternatively fill in our online form.

If you have any questions or queries please do not hesitate to contact either Tammie, Paul or myself and we would happily chat to you. Paul's details are as follows paul.tyrrell@inclusion-glos.org or alternatively you can call him on his work mobile which is 07590809352 and you can also try the office number which is 01452 234003

Many thanks for giving me this opportunity I really appreciate this has been the top highlight of 2023!

I hope that you like reading this newsletter!

Join us!

Become a member of Inclusion Gloucestershire: <https://www.inclusiongloucestershire.co.uk/become-a-member/> or phone 01452 234003

Work with us – check out our latest vacancies: <https://www.inclusiongloucestershire.co.uk/jobs/>

Hover and click on the icons below to:

Follow us on Twitter 

Follow us on Facebook 

Follow us on Instagram 

Follow us on Youtube  YouTube

Hub News

Gloucester Hub members have written a fantastic song which they will soon be performing.

THE HUB SONG

I like to wake up to sunshine.

I like to swim.

I enjoy dancing.

And I love my mum.

I like to play football.

And taking the bins out

I love all my nephews.

And I love my dog.

Chorus –

Smile be happy – I like being in the Hub.

Smile be happy – I like being with my friends.

Smile be happy I love sun sun

I like singing.

singing in the rain

Over the rainbow and when its Christmas time again

I like going on holiday where the beaches are

I like to be with my family.

And I like art

Chorus –

Smile be happy – I like being in the Hub.

Smile be happy – I like being with my friends.

Smile be happy I love sun sun

Winter Planned Hub Closures

Gloucester Hub:

- Monday 25th December
- Wednesday 27th December
- Monday 1st January

Forest of Dean Hub:

- Wednesday 27th December
- Wednesday 3rd January

Women's Wellbeing Hub:

- Wednesday 27th December

Cheltenham Hub:

- Thursday 28th December