



HELLO FROM INCLUSION GLOUCESTERSHIRE!

It has been a busy and exciting year here at Inclusion! Highlights have included welcoming new members to our incredible staff and volunteer team, returning to face to face delivery at the start of the year, growing and establishing new projects, launching a survey into priorities for disabled people (read more about this on P5) and writing our next Three Year Strategy.

However, with disabled people facing additional inequalities, we know there is a lot more to do and this has informed the priorities for our new Strategy, which we will be implementing from January.

Until then, we wish you and your loved ones a very Merry Christmas, and a happy, healthy and safe New Year.

From Vicci and the team at
Inclusion Gloucestershire!

CHRISTMAS CLOSURES

Our Gloucester Drama group is closed until 4th January

Our Camphill Village Trust drama group is closed until 12th January

Our Forest, Gloucester and Cheltenham Hubs will reopen in the first week of January

Our Friendship Hub will return to face to face sessions later in January

Our office will be closed from the 24th to 28th December, and from the 31st to 4th January.





NEWS FROM OUR HUBS

We have had an amazing year for the Hubs, and we have had a lot of festive activities happening through Dec.

We worked alongside our drama team to create all the decorations for our tree as part of the tree festival at St Mary de Crypt.

We have seen an increase in members across all three hubs across the year and have been really fortunate to offer the Forest hub run by us weekly since the summer which is excellent news for our members.



FRIENDSHIP HUB



We welcome Sana to the team as our new expert by experience. She will be supporting the delivery of a second day for our friendship hub members in Jan. The members have been working hard on a joint crochet blanket for the elderly in hospital.



YOUR VOICE SELF ADVOCACY NETWORK

We have been very busy listening to lots of different people across the South West of England. At our December Network meeting, we had some people come along from the Job Centre to tell us about the reasonable adjustments we can ask for there. Our network members also told the Job Centre about ways they could make it easier for people.

If you would like to join our Network Meetings or Coffee Mornings, you would be very welcome. We have monthly Network meetings for people with a Learning Disability, and a Network meeting for Autistic or Neurodiverse people. These meet on Zoom. If you would like to come along, please email yourvoice@inclusion-glos.org.

If you are interested in finding out more about the Your Voice project, please look at our website: www.yourvoicenetwork.org/

ADVOCACY

We have trained up 3 volunteer mentors who will be starting to support our 1-1 advocacy work in the new year which is incredibly exciting. The team have worked hard developing training and support structures to get this up and running!

Find out more –

advocacy@inclusion-glos.org



Your Voice

The South West Self-Advocacy Network



DRAMA

It has been a great year for Drama – we continue to have loads of fun and are now running three drama groups:

Dance and physical theatre on a Tuesday morning at St Mary De Crypt, Gloucester

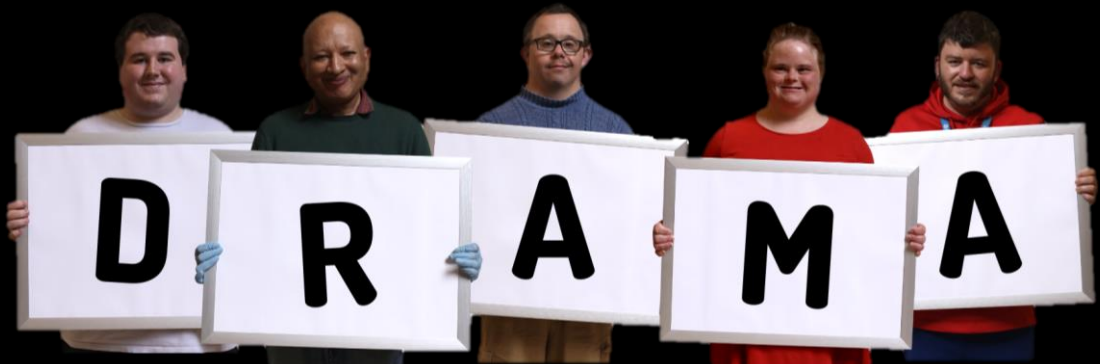
Drama on a Tuesday afternoon at St Mary De Crypt, Gloucester

Drama on a Wednesday afternoon in the Forest of Dean at Camphill Village Trust (Newnham)

We can still fit a few more people in, so please let the drama team know if you'd like to join in or know someone else who does. You can speak to Rosanna, Tammie, Nirvana, Paul or Tim.

We will be starting another drama group in January in Wootton-Under-Edge and one in Cirencester from March. Both groups will take place on a Monday afternoon.

We have lots of spaces left for the Cirencester group so please tell people about it!



SURVEY FINDINGS – PRIORITIES FOR DISABLED PEOPLE

At Inclusion Gloucestershire we wanted to make sure that our strategy for the next 3 years has been designed and based on the views of those facing disabling barriers. So we co-produced a survey to understand what aspects of life are causing people worry.

The survey was designed by a trustee (Jenny), an Expert by Experience (Ismail) and members of our Senior Leadership Team (Vicci and Dawn) and other Experts by Experience tested it and gave feedback before it was launched.

Healthcare, Social and Leisure opportunities and Choice and Control were the areas causing most concern

The survey has led to two reports so far both of which can be found on our website and more will come in 2022:

<https://www.inclusiongloucestershire.co.uk/research-strategy-and-partnerships/>

Working together to understand the views of those we serve has been valuable and has informed our new strategy. And it has been a great experience for us:

“Working to make sure this survey was specific to the organisation’s future plans was important and very interesting. The results gave us the opportunity to ensure our future policies and plans reflect our service users needs”

Jenny Hincks, Trustee

“It was a pleasure working with the different personalities on the project. When the survey came out I recognised the fruits of our effective teamwork were amazing”

Ismail Parekh, Expert by Experience



BECOME A MEMBER

Membership is **FREE**. Sign up here:

<https://www.inclusiongloucestershire.co.uk/become-a-member/> or call us for a form.

BARRIERS TO TRANSPORT

Check out our new film in which four people who face disabling barriers discuss their experiences of using buses in Gloucestershire:

<https://www.youtube.com/watch?v=30uO8-klftQ>

Find out more here -

<https://www.inclusiongloucestershire.co.uk/research-strategy-and-partnerships/>

LEARNING DISABILITY PARTNERSHIP BOARD

We had a busy December meeting, which was all about 'People Listening to Me'. We heard from the Inclusion Gloucestershire Advocacy Team, PohWer, the Your Voice Team, and Jon and Tim told us about Co-Production. In our breakout rooms people told us about who doesn't listen to them, and what they could do to listen better. You're Welcome also told us about their new Facebook group where you can find out about Inclusive activities near you -

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

Our next meeting will be on Tuesday the 1st of February at 10.30am and will be about Staying Healthy. It will be on Zoom. Please contact clareh@inclusion-glos.org for the Zoom link. We would love to see you!

GET IN TOUCH!

INFO@INCLUSION-GLOS.ORG | 01452234003

FOLLOW INCLUSION GLOUCESTERSHIRE ON SOCIAL MEDIA





A MESSAGE FROM THE NHS ABOUT COVID BOOSTER JABS

There are three ways to get a booster COVID vaccination in Gloucestershire, if you are 18 or over and had your second vaccine at least 3 months ago:

1. Via appointment at a GP-led primary care network (PCN) vaccination centre

Most of the vaccinations continue to be provided by appointment through the 11 community vaccination centres across the county. These appointments are not available on the national booking system (NBS), people will receive an invite directly from local NHS services to book (often via text if your GP practice has a contact number).

2. Via the national booking system (NBS)

Some people may choose to book an appointment at one of 8 community pharmacies across the county using the NBS telephone number and website (www.nhs.uk/covidvaccination or call 119).

3. At a drop-in clinic

Drop-in clinics will continue at some community vaccination sites through December. The latest dates and any changes to eligibility for future drop-in sessions will be available on the [local NHS COVID portal](#).

If you need reasonable adjustments at your appointment, do ask when you book or arrive.