

Meet Beth our new Volunteer Newsletter Writer

Beth shares with us her recent experience when she was on the News!



Beth was interviewed on BBC Points West and did fantastic job talking about the importance of people with learning disabilities and autism to get their booster vaccination.

Beth and members of brilliant The Misfits Theatre company have made a video all about this for the NHS.

Beth shares her experience...

“When they told me the BBC was coming to interview two of us about the NHS covid film I didn’t really think much about it. My mind was on other things. I did not know what questions I would be asked till just before the interview. Martin, the interviewer was friendly and chatted while we waited for the camera man, he asked 3 or 4 questions and it was over quickly.

I was expecting the clip to be shown on the local BBC 1 news in the evening, but I was not expecting to be on at lunch time. I only found out when a family friend rang to say she had just saw me on the lunch time news. Afterwards I thought of different things I could have said.”

Thank you, Beth, for sharing this fantastic work!

Beth encouraged people with disabilities to get the vaccine.

Speaking to BBC Points West, she said: "I've found some people I know are too scared.

"I would say to people with learning disabilities and autism go for it.

"It doesn't really hurt; you just feel a bit of a scratch and voila it's over and it really protects you from the virus."

The link to the film-

https://www.youtube.com/watch?v=dF001d800jU&feature=emb_logo

Celebrating International Women's Day 2022



For over a century, International Women's Day, held on 8 March each year, has marked a day of celebration and advocacy for women's rights and equality around the world.

Vicci the CEO of Inclusion Gloucestershire shares with us the #BreakTheBias pose

We share five fab ways that you and your community can celebrate International Women's Day this year and do your part to advocate for gender equality. For more info on International Women's Day

<https://www.internationalwomensday.com/>

1. Create and take a photo of you in the #BreaktheBias pose and show your support on social
2. Involve men and people who identify beyond the gender binary in the conversation and celebration
3. Support women-owned businesses
4. Donate to charity
5. Acknowledge the awesome women in your life

Or like Ellie May you can create a piece of art that represents International Womens Day

Ellie May shares with us her inspirational woman in felt form

"I make felt and am currently working on a project with Art Shape and Westonbirt Arboretum about inclusivity and disability, my pieces are mostly tree and leaf themed. I made this model of the Irish goddess Bridhe, patron of healing, blacksmithing and poetry, who is a great representation of a strong female role model."



Peer Mentor

fun success freshman future guide involvement friendship community expectations experience belonging growth achievement helpful

We are currently training up our new Team of Volunteer Peer Mentors and looking forward to having them join our fantastic team of Volunteer Peer Mentors

We have a new Team of Volunteer Peer Mentors Joining us

Introducing Sharon one of our new Peer Mentor Volunteer in training



Sharon is very much looking forward to being a volunteer peer mentor, Sharon wants to support people and to help them make choices and move forward in their lives. We are really looking forward to having Sharon join our Peer Mentors Team.

Sharon has been working hard over lockdown creating and making cards and crafts, selling them and the money raised has gone to various charities in the community.



Respect- Written by Beth Richards

"I can try to do it myself, but I might need your help. It is just a disability, that is my reality.

You are being unkind, with the words on your mind, so change your attitude, cos your life ain't like mine

You just seem to stare, it is not very fair, I am just like other people, we all need some care.

Be ashamed of yourself, with the things that you say, we are equal & we are perfect at the end of the day

I live on my own, and I am independent,

I can think for myself, look after my health,

I take every day just as it comes

I cannot change who I am

But you can change your attitude, your attitude,

You can change your attitude

My life is mine

You are disrespecting me, cos of my difficulty

Do not focus on the negative, try positivity

Because that is what I do every single day

I focus on the positive in every way

I am perfect as me

Whatever you think of me

Do not assume it is me

I am perfect as I am

I am perfect as me



Jackie's our Volunteer Newsletter Writer and Peer Mentors Fab Money and Energy Saving Tips

With the cost of Energy due to rise dramatically in April. Here are a few suggestions on how you can reduce your Energy usage and save money. I have also listed the amount of money you can save by making these changes.



Turn off all on standby. watch out for scheduled recordings £35

Use a washing up bowl rather than running the tap £25

Fill your Kettle up for only what you need £6

Using your dishwasher less by only one cycle less a week £8

Using your washing machine by only one cycle less a week £8

Also, when doing a wash try and use an eco or short wash cycle and 30 degrees.

Use a water Efficient shower head (not suitable for electric showers) £38

If you have a water meter using a water efficient shower head will save you a further £45

Spending 1 minute in the shower £8

Draught proof your doors and windows £25

Chimney draught excluder (inflatable balloon) £19

Smart Heating control such as an in-home display with your smart meter £75

Lower your thermostat by 1 degree £60

Fit low energy saving light bulbs £40

Turn off lights when not needed £15

Altogether these add up to a massive yearly saving of £362 which put a smile on my face especially as making these changes are simple and easy to do.

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Volunteers Needed for a One-Off Volunteer Opportunity

We are looking for volunteers for a one-off event for the Big Health Day on 17th June 2022!

It is a fantastic opportunity to meet lots of people, find out what activities are in your community and contribute your time and energy to a good cause.

You can choose to volunteer in a specific role-

Handing out leaflets/programmes;
Car parking attendees; Helping with sports activities, Helping on stalls

Contact Jules to register your interest- julesa@inclusion-glos.org



Our Newsletter Volunteer and Peer Mentor Jackie Sallis has been attending the Learning Disability England meeting

If you would like to attend the meetings
Please contact
Rachael- rachael.hall@LDEngland.org.uk

1 Learning Disability England will be holding a conference in March over six sessions, the purpose of the conference is to help people with learning disabilities have good lives.

2 In the middle of June Learning Disability pride will be running this event is where people who have a learning Disability can get together with others to celebrate having a learning disability further information about this can be found on the learning Disability England website.

3 Today covid rules are ending meaning it is no longer mandatory to wear face masks although in some crowded places wearing a face mask is advised as well as in hospitals. some people were anxious about the relaxation of the rules and expressed their views about although being exempt and wearing a daisy lanyard some hospitals made people wear masks which made them feel upset.