

# INCLUSION GLOUCESTERSHIRE

| bigger dreams • better lives • brighter futures

## VOLUNTEER VOICES

November 2021

The Volunteer Voices Newsletter from Inclusion Gloucestershire, sharing views, news and volunteer voices.

**New Ways November 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Try out a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire
8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about	13 Do something playful outdoors - walk, run, explore, relax	14 Find a new way to help or support a cause you care about
15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them
22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show	27 Join a friend doing their hobby and find out why they love it	28 Discover your artistic side. Design a friendly greeting card
29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times					

**ACTION FOR HAPPINESS** **Happier • Kinder • Together**

Every month Action for Happiness have these fab calendars with a new theme each month, this month its New Ways November, there are some lovely ideas to try for yourself, with family, friends, or groups that you are in.

We are offering lots of new Volunteer opportunities for 2022. If you are interested in volunteering with Inclusion Gloucestershire please Email [julesa@inclusion-glos.org](mailto:julesa@inclusion-glos.org)

Jackie Sallis our lead Volunteer Newsletter Writer shares with us Everyday tips on what we can do to help with Climate Change.

With the COP26 recently taken place we can all do simple things to help with climate change. Below are a few ideas we can all do to save the planet and help with climate change.

- 1 Eat less meat and dairy
- 2 walk cycle or use public transport rather than taking the car
- 3 wash clothes on cooler washes
- 4 switch light bulbs to LEDs as they are lower energy.
- 5 Recycle your rubbish so that less rubbish ends up in landfill
- 6 turn off appliances that are not in use
- 7 turn your thermostat down a degree
- 8 have shorter showers
- 9 when you go shopping use reusable bags
- 10 insulate your home



By doing a few of these to help climate change we can preserve this wonderful planet for future generations. For more information - <https://ukcop26.org/>

Jackie has also been attending Learning Disability England Advocacy Forums and reports back to us with news and info.

A new campaign has been launched by Philippa and Scott members of LDE the campaign is called #alwaysinlockdown. The reason that this campaign has been launched is because since lockdown has ended many people with learning disabilities, autism and physical disabilities are faced with daily barriers, that prevent them from taking part in activities people without disabilities take for granted. for example some people with mobility issues are unable to go to certain places due to lack of accessibility or lack of disabled toilets. Also if a support workers aren't available to support clients going out this can also be a barrier



This campaign is being promoted between November 15th - 19th and you can share your experiences in the following ways. [www.facebook/Campaign4change.group](https://www.facebook.com/Campaign4change.group)

[www.twitter.com/C4Cgroup](https://www.twitter.com/C4Cgroup)

[www.instagram/campaign.4change](https://www.instagram/campaign.4change)

## Inclusion Gloucestershire Volunteer Interviews

Jamie Mulvey volunteers at the Inclusion Gloucestershire Hubs

*How did you find out about volunteering  
With Inclusion Gloucestershire?*

- I was already a member and I asked Janet  
if I could volunteer.

*What is your Volunteer role?*

- I help people do activities and the door  
and temperature check

*What do you enjoy about volunteering with  
Inclusion?*

- just coming and meeting helping people.

*What has been your highlight in  
volunteering?*

- just coming to the hub every week

*Would you encourage other people to  
volunteer with Inclusion?*

- I would recommend volunteering with  
Inclusion Gloucestershire

Thank you Jamie.

If you would like to volunteer in the Hubs please do  
contact Jules, we are looking to offer more volunteer  
opportunities in our Hubs for 2022.



We are offering lots of new Volunteer opportunities at Inclusion  
Gloucestershire in the new year, 2022. If you are interested in volunteering  
with Inclusion Gloucestershire please Email [julesa@inclusion-glos.org](mailto:julesa@inclusion-glos.org)

## LAUNCH EVENT SELF-CARE TOOLKIT



Did you know that self-care reduces stress, improves your health, protects your mental health and so much more?

Join us to explore how self-care could work for you.

@ The Treasure Seekers Hub

on 18th November @1.30

To find out more or to book a place email

[mhelo@inclusion-glos.org](mailto:mhelo@inclusion-glos.org)



**MHELO** will be launching their fantastic self-care toolkit next Thursday the

They will be having **an informal talk** about the design of the toolkit and some stories about our members journeys of their own mental health and how self-care has been invaluable to them. They also hope to have a chat with you all about keeping well- particularly around winter and the run up to Christmas. It will also be a chance to meet some members of MHELO and get free coffee and cake!!

The toolkit is currently live on the website-

<https://www.inclusiongloucestershire.co.uk/engagement/mhelo-mental-health-expert-led-opportunities/>

**We are meeting with various organisations so we can partner up with them to share training, opportunities, and signpost people. We met with Gloucester Deaf Association who told us all about their fab volunteer opportunities**

GDA provides services and opportunities to deaf and hard of hearing people in our community, and we rely on volunteers from the same community to support us. Without them, GDA would not have grown and thrived as much as it has over the past few years. Because of our volunteers, we have assorted clubs (Lunch Clubs, Dalmatians, Hard of Hearing Clubs, etc.) and events, including day outings, workshops, and gatherings. These aren't the only things a volunteer can do; they can help with work at the office, visit isolated people for a cuppa, and carry out tasks for people who are unable to do them.



Volunteering doesn't only benefit us, it benefits you as well! It enhances your CV, allows you to meet new and old faces, develops your skills and confidence, and gives you valuable memories and experiences. We strive to find jobs to match people's interests and helps them to attain their aspirations. Volunteers are the heart and soul of GDA, and we can never have enough of them!

If you're interested, please visit our website

<https://www.gda.org.uk/> & <https://www.facebook.com/GDAGlos/> and contact us: [volunteering@gda.org.uk](mailto:volunteering@gda.org.uk)!