

# INCLUSION GLOUCESTERSHIRE

BIGGER DREAMS ► BETTER LIVES ► BRIGHTER FUTURES



## March 2025 Newsletter

### A message from Chair of the Board of Trustees, Alisha Wala:

2024 was a great year for Inclusion Gloucestershire! The Board are really happy with the brilliant work the charity is doing and the way everyone supports one another.

It was lovely to spend time with so many of the team at the Christmas meal - such tasty food too! Here's a fun & festive photo of us together! (above).

As I'm sure you all know, the New Year's Honours list was released and our very own wonderful leader Vicci was recognised with a British Empire Medal (BEM). What an incredible and worthy award to receive Vicci, we are all so proud of you!

As we look ahead to 2025 I'm excited to see and hear about all of the fantastic projects the IG team will be working on and the invaluable difference you all make in our community.

Thank you everyone!



## Forest Hub Project

The FOD hub are working with Wyldwood Arts again this year for the FOD Fringe Festival 2025. This year we are upcycling tables, and the theme is around food with the idea that the tables will be used for feasting at different events throughout the Forest. We've been busy painting the tables and colouring in food themed images to use as collage on the tables and they're looking fantastic. So far events that we have lined up to utilise the tables for feasting include:

22nd March, The Main Place, Coleford, Golden Thread Workshop

It would be great to see you there.

# Dramatic Change

Exciting news! Our new film 'Assumptions' was released on 3<sup>rd</sup> December.

You can [watch it now on our YouTube channel](#).

The stories used in the film are all based on the lived experiences of our members, colleagues and other individuals who face disabling barriers in our community. The aim of the film is to challenge the unhelpful assumptions people make about disability.



Please **share** the film. We want as many people as possible to hear our message!

<https://www.youtube.com/@inclusiongloucestershire6831/videos>

A new film course has started at The Grange in the Forest of Dean. Members have been exploring what it means to "have a voice". They will be developing their creative and technical skills as they coproduce their own film about this over the next few months.

The Gloucester group have already started working on their next production. They have been exploring the benefits and challenges of using the internet. This time they are planning a live performance! We look forward to sharing more details about both new productions soon.

The team have also been busy delivering Creative Mindfulness and Content Creators courses this term. They are currently planning new courses for the new year. Housing is an important topic for a lot of our members. We are hoping to explore this topic with the advocacy team through a Speak Up group and a new forum theatre course.


Please get in touch if you would like to know more about any of our offers or productions. You can call the office or email: [drama@inclusion-glos.org](mailto:drama@inclusion-glos.org)

## 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 [Facebook](#) 

Follow us on [Instagram](#) 

Follow us on [Youtube](#)  YouTube

Follow us on [LinkedIn](#) 

## X doesn't represent us

Inclusion Gloucestershire has stopped using X (formerly Twitter). We believe everyone should be respected and valued and we don't think the way X is working at the moment, fits with our values.

We believe in speaking up when things are not right. We all have a part to play in stopping racism and hate. We don't believe X has done enough to stop racism and hate.

Some people are still using X, to spread positive messages but we have decided to focus on our other social media accounts for now.



## **Inclusion Gloucestershire are inviting people to take part in two research studies.**

Firstly, our **Big Survey 2024 of the needs and priorities of disabled people (including those with mental health conditions, neurodiversity, chronic illnesses etc)** aged 18+ in the county at the moment.

The results of this survey will help us to make plans to work on the areas that will improve the lives of disabled people and give us evidence to tell other local organisations how they can do the same and they will be shared with those who have the power to make changes such as the NHS, Gloucestershire County Council and voluntary sector services.

Secondly, we are conducting a **study of the barriers that people aged 18+ have faced in accessing free or low-cost talking therapies or counselling in Gloucestershire.**

We know from our last Big Survey that people have experienced some barriers in accessing these services, and we would like to interview people to find out more about this.

Participants will receive a £25 voucher for taking part and have a chance to express their views about what will improve access to talking therapies in the county.

To find out more about both studies and how you can take part, visit our website: <https://www.inclusiongloucestershire.co.uk/research-strategy-and-partnerships/>

Or contact us at [research@inclusion-glos.org](mailto:research@inclusion-glos.org) or call 07517 994765.

## **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](#)!

## **Celebrating at the Hubs**

Our Hubs had a great time celebrating Christmas at the end of the year with games, a disco, gifts and food! Our Hubs are open all year in Gloucester, Cheltenham and the Forest of Dean and are free to attend.

Find out more by calling 01452 234003 or visiting our [website](#) where you can find timetables and opening times.

## Language Matters Event Hosted by Gloucestershire Health & Care NHS Trust

On Tuesday 5<sup>th</sup> November 2024 members of our Training Team attended a Language Matters Event at Dowty's Sports and Social club.

Sonia, Jeanie and Karen spoke about the Oliver McGowan Mandatory Training they deliver to healthcare professionals and the other training we offer around inclusive language. Later we were invited to join healthcare professionals at each world café style table to explore and discuss ways to make language more inclusive in their work areas.

There was a real buzz in the room throughout the day, with powerful and rich conversations happening, great connections being made and space to learn and grow together. Below are some of the comments and feedback gathered from those who attended.

- 'Great to connect with others who are just as passionate about the impact of language and committed to action as I am'
- 'The World Café tables were great and so varied – I wish we had time to visit all of them'
- 'I've learned so much and I am taking lots of really useful ideas back to my team'.

The host of the event Melissa Reed told us they had some impactful conversations with Inclusion Gloucestershire about the work we do and how great it was to have Karen and Jeanie with them for the morning, to bring the important lived experience perspective into the room and into conversations – powerful and impactful, as always.

## Zig-Zag Update

The Zig Zag neurodivergent peer mentoring project - has been running for 18 months now. We are looking for further funding so we can continue beyond June.

Our third cohort of mentors and mentees started meeting in January. Jackie, our project coordinator, has been busy gathering feedback from our mentees and mentors about the experience. It has been wonderful to hear about the positive impact people have told us about having a mentor, as well as being a mentor.



*Jon on the stand at Alderman Knight*

## Annual Health Check Awareness

Some of the Training Team attended a Parent/Carer open evening at Alderman Knight School to raise awareness about Annual Health Checks. We spoke to lots of parents and carers about the importance of people registering with their GP and attending Annual Health Checks and we will be going in to deliver training to the post 16 students later in the year to talk to them about why they should attend their annual health check and what to expect from an annual health check. It was a great evening and the feedback we had was excellent.

If you would like us to deliver this or any of our other training, please contact us on [training@inclusion-glos.org](mailto:training@inclusion-glos.org)



INCLUSION GLOS SPRING HUB  
OPEN DAY

31st March  
11am - 2pm

GREYFRIARS FRIENDS MEETING  
HOUSE  
GL1 1UA

COME ALONG TO SEE WHAT WE  
DO, CAKE SALE TOMBOLA AND  
TASTER ACTIVITIES

INVITE YOUR FRIENDS FAMILY  
AND ANY SUPPORT  
ALL WELCOME



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