

# INCLUSION GLOUCESTERSHIRE

BIGGER DREAMS ► BETTER LIVES ► BRIGHTER FUTURES

## Spring/Summer Newsletter



### A message from our CEO, Vicci

The first half of the year has been busy, with so much work happening to empower disabled people and reduce disabling barriers. This newsletter highlights some fantastic achievements—from delivering Oliver McGowan Trainer training to over 650 people, to celebrating the powerful contribution of our volunteers, and supporting individuals to build confidence and have a voice through projects like travel training, drama and peer mentoring.

With lots of change to organisations like the NHS and Council, we have been working alongside other charities to make sure that we are well connected and nobody gets left behind.

You can read more about our work and plans for the future in our [Strategy](#).

### Volunteer Celebration

We had an event in March to celebrate our brilliant volunteers and gather feedback.

Over the last year we had 26 volunteers, who gave a whopping 680 hours across 5 different projects!

100% of people said that volunteering had improved their wellbeing and made them feel more connected to others.

When asked how volunteering makes us feel, people said:

- **Happy**
- **Sense of purpose**
- **Confidence in myself and others in the community**
- **Feeling connected to like-minded people**

If you are interested in volunteering at Inclusion Gloucestershire, please phone 01452 234003 or email [volunteering@inclusion-glos.org](mailto:volunteering@inclusion-glos.org)

### Oliver McGowan Tier 1 Trainer Training



Our two-year contract to deliver the Tier 1 Trainer Training came to an end on November 30<sup>th</sup> 2025. During that time, the team delivered training to well 228 trios so a total of 650 people who have gone on to deliver Oliver's training to health and social care staff across the country. We are all really proud of the work that the team have done over the past two years. Above is a photo of Tim and Jon who received a thank you card and gift on behalf of the whole team.



[www.yourvoicenetwork.org](http://www.yourvoicenetwork.org)

The Your Voice project ended in March this year. We are proud of the work done to promote Self-Advocacy in the South West over the last 5 years. Thank you to our followers and network members.

The Neurodiverse Network have spent time discussing issues that are important to them and provided feedback on various topics. The Your Voice team have delivered webinars throughout the year to healthcare professionals based on this invaluable feedback from the network.

Some of the positive responses from the webinars include:

*"It would be great to use these resources for our patient pack after an ASC diagnosis!"*

*"I think I might have AuDHD and this has been so useful in helping me think about how to support my own wellbeing."*

*"I will share what I learned with my team; the reasonable adjustments menu will definitely be added!"*

*"Love the 'autistic joy' phrase - I'm going to use this."*

*"This presentation and discussion has raised self-awareness. There has been a great deal of very valuable information."*

A massive thank you to Sammy for running the Neurodiverse Network for 5 years.

Check out our YouTube channel [here](#)

## 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](#)!

## Become a Peer Mentor!

We pair people who are discovering their own neurodivergence with a **volunteer mentor** who has their own lived experience of identifying as neurodivergent, to work together for up to 6 months. People can choose to meet face-to-face or online.

We are looking for more Gloucestershire based volunteer Peer Mentors, aged 18+ and with access to a phone or computer. Find out more [here](#).

# Travel Training Success!



After moving from Minsterworth to Stroud, one of our trainees was keen to continue volunteering three times a week in Gloucester. To make this possible, he worked towards travelling independently on the number 64 bus from Stroud.

With support from his trainer, his confidence grew step by step. They built a positive rapport, bonding over shared interests like *The Inbetweeners*, which helped him feel relaxed during sessions. He developed practical strategies, including choosing a seat where he felt comfortable, keeping belongings close, and knowing what to do if plans changed.

His feedback was that he now feels much more confident travelling on his own and is happy he can continue his volunteer position since moving.

Reflecting on his journey, he said, *"It was very very amazing!"*

## 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

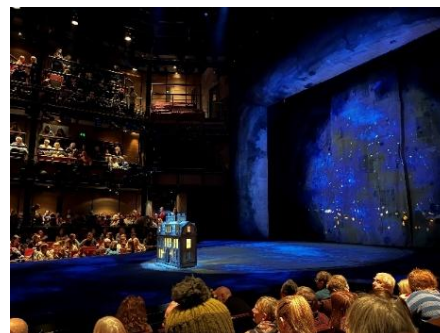
Follow us on [LinkedIn](#) 

# Dramatic Change



It's been an exciting few months in the drama project. The Forum Film group have been busy filming on location. Their new film, *Changes*, is now in the editing stage and we look forward to sharing more details soon.

The Gloucester drama group have been writing their own poems, creating visual poetry with paint, and production planning to create short, filmed poems about the environment for Earth Day.



Other highlights have included: a Forum Theatre/ Speak Up collaboration event at St Oswalds; a technology and projection mapping workshop; collaborative projects with Guideposts, Aspirations and the University of Gloucestershire; and a trip to see the BFG at the Royal Shakespeare Company!

If you are interested in joining our drama groups or would like to find out more information, please email: [petrap@inclusion-glos.org](mailto:petrap@inclusion-glos.org)