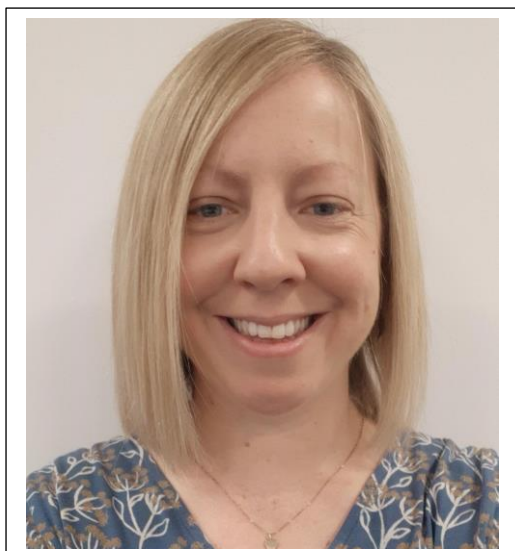




Summer 2024 Newsletter

A message from Director of Fundraising and Insights, Emily Luckham:



Welcome to our latest Newsletter.

I joined Inclusion Gloucestershire in November 2016, as a Quality Checking Coordinator. I became a Project Manager in 2021, managing the Your Voice project and the Learning Disability Partnership Board. Since then, I have managed a number of different health and wellbeing projects. Earlier this year, I joined the Senior Leadership Team. I am excited about the way I have seen our charity grow and change over the years and how we have developed in our coproduction.



WHY SHOULD YOU ATTEND A YOUR VOICE MEETING?

WRITTEN BY KAYLEIGH CONNORS

Your Voice is a friendly group of disabled people who have a learning disability or are neurodiverse. We have experts by experience on our team. We welcome everyone to our group. It is a chance to be around like minded people who care what you are going through and aim to listen and chat about what matters to you.

We mainly discuss the impact that barriers in society have on your health care. We like to celebrate your achievements.

We give feedback to the NHS England South West and the ways they can improve their services. We suggest reasonable adjustments to make things better for disabled people.

We accept everyone into our groups. We have different ways that you can talk and get involved with us. If there are any ways you want us to help you join our groups please let us know.

Sometimes people with learning disabilities and autism can feel unheard due to communication issues. We would like this to change.

It is great to come together to hear one another share experiences and realise our power. You are not alone.

INCLUSION
ENGAGEMENT
EXPERTS BY EXPERIENCE

For more information, contact
advocacy@inclusion-glos.org
01452 234003

Speak Up Group: Neurodiversity & Sexuality

- Do you have lived experience of Neurodivergence?
- Are you part of the LGBTQIA+ community?
- Do you have an interest in sharing your story to help our new content creators course?

Our next Speak up Group offers a supportive space for neurodivergent individuals in the LGBTQIA+ community to explore various subjects, share their experiences and hear what others have to say on the topic. This aims to support the drama group's Content Creators course which follows it. The course that follows aims to improve confidence to discuss important topics and develop research and video production skills.

Where: Railway House, Bruton Way, Gloucester, GL1 1DG

When: Tuesday 10th September 2024

Time: 10.00am – 12.00pm

Contact: advocacy@inclusion-glos.org or call 01452 234003 and ask to speak to Faye Longley for more information or to book your space. Space will be limited so please make sure you let us know you are coming.



Allied Health Professional Massive Event

Earlier this month, some of our Training Team Experts and Jon Morgan, our Training Co-Ordinator were invited to join our CEO Vicci in representing Inclusion Gloucestershire at the Allied Health Professional Massive Event, which was held at Westonbirt Arboretum. Vicci was invited along as one of two keynote speakers and Karen and Jeanie joined her in the delivery of some outdoor "hot topic" sessions, where they discussed health inequalities and shared their own experiences of health professionals. A great day was had by everyone who attended and feedback from the day was overwhelmingly positive:

"Yesterday was a wonderful day full of hope, passion and inspiration. Vicci, Jeanie, Karen and Jon were fabulous."



Jeanie and Vicci in discussion at Westonbirt.


If you are interested in members of our team providing training or speeches at your event, please get in touch with training@inclusion-glos.org. We cover a range of topics including disability, inclusion, reasonable adjustments, health inequalities and employment, all from a lived experience perspective.

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:

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New Film from Dramatic Change on the Way!

Dramatic Change's Gloucester group has been busy coproducing their latest film. The aim of the film is to raise awareness of, and challenge, the assumptions and misconceptions commonly made about disability. The experiences of the characters in the film are all based on the lived experience of our members and other individuals who face disabling barriers. Some of our members acted in the film, while others chose to be part of the filming crew. We also had some additional actors come and join us for the filming day. It was a truly collaborative project and a great way to end our summer term. We are planning to launch the film later this year, so keep an eye on our social media pages so you don't miss it!



A Dramatic Change member is pictured right, during production in the kitchen. The filming took place at our Railway House office

Annual Health Check workshops

In August, Jon and Karen kicked off our commissioned Annual Health Check workshops at Sharpe Day Centre in Gloucester. These free awareness workshops have been commissioned to help improve awareness of and attendance at Annual Health Checks by people with a learning disability and have been co-produced with our Experts with lived experience. We will be visiting various settings over the next few months offering people the chance to hear all about why they should go for an annual health check, what a good annual health check looks like as well as offering the opportunity to look at some of the equipment that the doctor or nurse may use during their appointment. Our first session went really well, and feedback was excellent from the group.

"The group were very positive and talked about the health checks and the ones who have had them. It was a good conversation starter."

By the end of the session, everyone said that they felt more confident to go for their annual health check and that they could advocate for themselves after the training.

Well to everyone who has been involved so far in the development of the training and we are looking forward to more of the team delivering this training over the next 12 months!!



Your Voice are scoping the need for a specific group for Autistic people who identify as LGBTQi+ from around the South West.

Research has shown that autistic people are more likely to identify as LGBTQi+. We are aware that LGBTQi+ spaces may not always be inclusive for autistic people and that the needs of LGBTQi+ autistic people might not always be represented in autistic spaces.

We want to find out whether there is a need and interest for a network of self-advocates specifically for autistic people who identify as LGBTQi+, in order to represent their needs and provide a safe and inclusive space to discuss them. This network would be led by autistic LGBTQi+ people and meetings would be held online so that people from across the South West can attend.

We have created this survey to find out the need for a group bringing together autistic people who identify as LGBTQ+ from around the South West. The survey is for autistic people who identify as LGBTQ+ and the people who may support them.

We would be grateful if you could please share this with your peers in your networks. We have also attached a QR code for easier access.

If you have any questions, please do not hesitate to contact me. My email address is sammyr@inclusion-glos.org.

[Click here to access the survey.](#)

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](#)!

WHAT'S NEW WITH THE YOUR VOICE PROJECT?

WRITTEN BY CODY GINGELL

LOGO CHANGE

BEFORE



AFTER



We have changed the logo at Your Voice as well as the colours to make it more modern. We are also in the middle of changing the website to include lots of helpful resources for people with disabilities.

We have also set up a newsletter on Mailchimp for people to get the latest Your Voice News.



Have your say on what is important to disabled people in Gloucestershire

The research team will be doing two exciting research studies this autumn.



1. Our biannual (every 2 years) survey of disabled people's main concerns and worries. Is money a concern for you? Benefits? Accessing healthcare? Work? Or something else?
2. A study looking at what gets in the way of disabled people using free or low-cost counselling, including NHS Talking Therapies. This will involve completing an interview.



If you are a disabled person (this includes people with mental health conditions, long term illnesses and neurodiversity) and you might like to find out more or take part in one of these research studies please get in touch with us.



research@inclusion-glos.org or



01452 234003

New Mindfulness Courses

In June and July Tammie and Petra delivered our newly created inclusive Mindfulness sessions in Leonard Cheshire House, Cheltenham and The Spring Centre, Quedgeley. The residents of LCH benefited from 5 weekly sessions and all seemed to very much enjoy it. They have requested for us to return and deliver more! The Spring Day centre for children and young adults were also very positive about the 3 taster sessions and we hope to be returning to them in the future.

We will continue to deliver these mindfulness sessions from September with various other partner organisations. If anyone would like us to run a short session in the office, we can tailor to suit time available. Contact Petra or Tammie for more details.



Spring Centre attendees enjoying a Mindfulness Session

Ebb and Flow Project

The Forest of Dean hub have been working with John Slater. John is a local artist that we have teamed up with for our latest project to work with him on his Ebb and Flow exhibition. The sessions are based around arts and crafts with an emphasis on literature and poetry. We have been creating salmon and boats incorporating poetry onto the creations which the members have put together and they're starting to look great! The theme is around rivers and the flow of nature along the rivers.



Once finished they will be displayed at The George in Newnham which will be open to the public. Details of events can be found [here](#).

MHELO News

MHELO (Mental Health Engagement Led Opportunities) continues to represent those with mental ill health by expert by experience members. Recent activities have included, reviewing the Mental Health Supported Housing Strategy, completed earlier in the year by Inclusion Gloucestershire. Discussions around how mental health can be affected by those identifying in the lesbian, gay, bi-sexual, transgender, queer/questioning, intersex, asexual, plus (LGBTQIA+) groups. We have been asking for volunteers to have a voice at the speak up group in September. The survey completed by the Community Mental Health Transformation Team in Inclusion Gloucestershire about lived experiences of LGBTQIA+ will be presented at the next Clinical Programming Group Meeting in September.

Work is in progress for the next MHELO newsletter due to be published in October, which we will not leave any spoilers for at this time. The group wanted to review Community activities that welcome those with mental ill health they have chosen activities that help with the tips listed in the recently updated self-care tool kit, activities to promote wellbeing, such as going out enjoying nature or mindfulness activities. A group away day is planned to review the benefits of spending time together as a group is planned for early September. Cirencester wellbeing day was on 15th August in the Abbey Grounds where we found out what is available in the South Cotswolds area. The Churn project run some great groups and activities.