

Volunteer & Advocacy NEWSLETTER

Issue 3 2024

Dramatic Change has joined Advocacy!



Meet the Team



Rosanna



Tammie



Tim



Nirvana



Petra











Jon

From left to right: Project Manager: **Rosanna** - Project Workers: **Tammie** and **Tim** -
Drama Co-ordinators: **Nirvana**, **Petra**, **Rosanna** - Film Co-ordinators: **Petra** and **Jon**.

A D V O C A C Y D R A M A

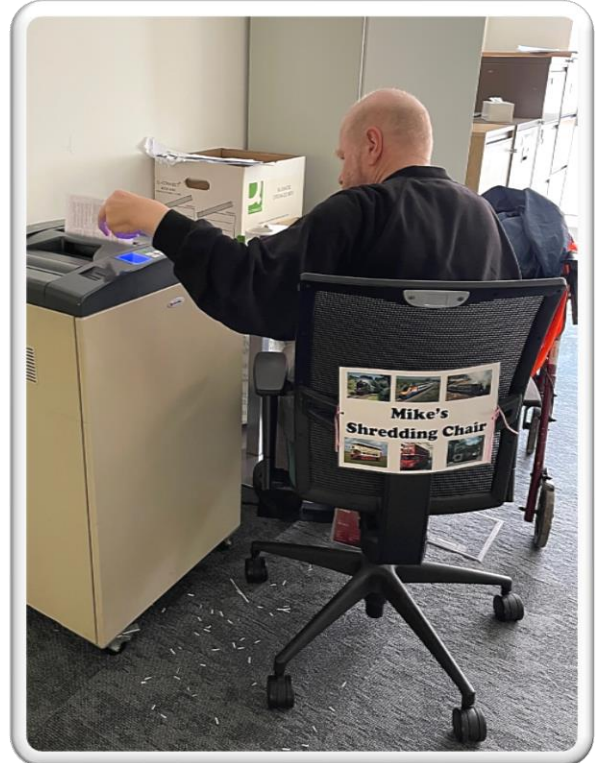
Dramatic Change as part of the Advocacy offer: **‘Nothing About Us, Without Us.’**

-  We have joined Advocacy with shared aims of accessing Advocacy through Speak Up and Drama groups.
-  We have new courses that are running such as Drama, Film Production, Mindfulness and Content Creating.
- By bringing Advocacy and Drama together...**
-  Members not only learn new skills in Drama Production, but also speak about issues that are affecting them and increase their sense of wellbeing.
-  Our latest Advocacy focussed course, Content Creators, started with a Speak Up group around neurodivergence and sexuality. This group was a great success with positive feedback from members about feeling safe to speak about topics important to them.
-  We are hoping to do future Speak Up groups with follow up sessions exploring topics as well as building confidence in self-advocacy and drama skills.
-  Gloucester Drama Group are currently planning a production based around the topic of ‘social media’.
-  To find out more about our courses:
<https://www.inclusiongloucestershire.co.uk/engagement/dramatic-change-courses/>
-  Contact Drama@inclusion-glos.org if you would like to join or know more about any of our courses.

Front page photo: Drama members in the Gloucester Drama Group (creating a still image of a party!)



Meet Our Longest Serving Volunteer!



Hello, I'm Mike.

I've been volunteering at Inclusion Gloucestershire for 5 years.

My job is to do the shredding which is very important because it helps Inclusion Gloucestershire make sure people's private information is kept safe and it also helps keep the office tidy.

I'm a rail enthusiast. The SR Birmingham RC Class 33 (also known as a Crompton) is my favourite diesel locomotive because I like the sound of their engine.

I like to watch motorsports, especially the Grand Prix and I also enjoy test-match cricket. I also like the winter Olympics, particularly the ice-hockey, ski-jumping, the luge, tobogganing and bob sleigh. I enjoy watching the Tour de France too!

Volunteer Equality

Role Adjustments for Inclusivity



For us at Inclusion, it's vitally important that if you want to volunteer with us that we make that process as easy as possible. That means that the application process should not be a barrier to taking that first step.

Did you know, that if you want to apply, but the forms are a barrier for you, we're happy to talk to you, meet you, or chat by email first. We also have volunteers that offer their time to help with paperwork.

We will do our best to see if we can make the role work for both you and Inclusion Gloucestershire, but if things don't quite match up, we will aim to help by signposting you, to help you to find a match that is right for you or keep you in mind until the right role comes along.

We want your experience of volunteering to be a positive one.

Reasonable adjustments might include:

- ❖ Clear, simple and repeated explanations that can be shown, written or spoken.
- ❖ Alternative areas to work in which are quieter, or opportunities to work remotely.
- ❖ Adaptations such as installing a ramp; or other adjustments to office furniture or equipment.
- ❖ Changes to work pattern, such as more frequent, shorter breaks, flexible hours, or role share arrangements.

This list is by no means exhaustive.

Phone us: 01452 234003, email us: amandae@inclusion-glos.org ask a friend, or apply through the link on our website:

<https://www.inclusiongloucestershire.co.uk/volunteer-with-us/>



‘Thank you Jake’, from the Your Voice team

Jake started as a volunteer on the Your Voice project in June 2024, as the project was looking to improve its website. Jake immediately got to work providing useful feedback on how the website could be improved, from his perspective, as an Expert by Experience. This feedback and feedback from others has been reflected in the updates we have made or are planning to make to the website.

Jake has also found lots of accessible resources, supporting a key project aim to create a place where people from across the South West can come to find accessible Health and Social Care resources.

When we were looking for ‘signposts’ to share on our website, following our ‘Your Autistic Voice Matters’ conference, Jake found the details for the different County Council employment support services from across the South West. His research now forms part of downloadable resource that can be found here: yourvoicenetwork.org/your-autistic-voice-matters.html

Jake always embraces every task assigned to him and we know Jake will continue to make a fantastic contribution.

Thank you, Jake.

Partnership Boards and How They Can Help You

By: Elisabeth Wall



Information sharing for those with lived experience:

Learning Disability Partnership Board:

It is open to anyone with lived experience of a learning disability, their paid or family carers, and professionals who support the community. Details of the meeting can be found on the website:

<https://www.inclusiongloucestershire.co.uk/engagement/learning-disability-partnership-board/> or by emailing: partnershipboards@inclusion-glos.org

The Board meets every two months at Kingfisher Treasure Seekers, 52 Westgate Street, Gloucester, GL1 2NF and the next meeting is: 25th of November 11:00am – 13:00pm.

Autism Partnership Board:

Works together to ensure that all autistic people, families and friends in Gloucestershire are understood. Their next meetings are 3rd of December 2024 (in person), and 4th of March 2025 (online). For more information, contact: neurodiversity@gloucestershire.gov.uk

Physical Disability & Sensory Impairment (PDSI) Partnership Board:

The next meeting is 10th of December 11:00am – 12:30pm via Zoom and is open to all those who have, or support with Physical Disabilities & Sensory Impairment issues. Email: partnershipboards@inclusion-glos.org

Support for Unpaid Carers in the Community:

Sitting within the Carers Partnership Board:- The Carers Response Group

A friendly, welcoming group of carers and professionals who meet online every two months to discuss the challenges faced by Carers and explore solutions. Anyone with lived experience of being an unpaid carer and can work together to improve local support, are welcome to attend. The next meeting is the 9th of January 2025 at 11:00am. To register interest, and receive a Teams link, email: carers@peopleplus.co.uk

Mental Health & Wellbeing Partnership Board:

A place of guidance for those needing mental health and wellbeing services. To join the mailing list email Nadine Blewitt: nadine.blewitt@gloucestershire.gov.uk

[Gloucestershire's Partnership Boards | Gloucestershire County Council](#)

Advocacy Admin

Help with Pip



PIP or Personal Independence Payment is a benefit that has replaced the Disability Living Allowance for people between 16 and pension age. It can help those with extra living costs if they have either a long term physical or mental health condition, disability or have difficulty carrying out certain tasks every day including mobilising due to their condition. Below are some handy tips on applying for PIP:

1. The Personal Independence Payment application form can often appear to be difficult to fill in with questions that appear to be the same but worded in slightly different ways.
2. There are approximately 64 pages.
3. There is no set amount of time for a response, on average it can take up to 20 weeks, but this can vary depending on the circumstances.
4. Unfortunately, there are no shortcuts or easy options, and it is not means tested.
5. An applicant would need to base their answers on a day where the conditions were the most severe.
6. All medical documentation needs to be available; this includes: medical evidence documentation, medication names and prescriptions showing dosage and frequency.
7. Information about any mobility aids, home adaptations or care that you receive.
8. After the assessment, you can ask for copy of the assessor's report in writing.
9. If you are unhappy with the decision letter you can appeal it within 30 days of the date through an independent tribunal.

We offer help to support with your PIP application.

To find out more contact Faye: faye@inclusion-glos.org or (m) 07525 848514.



If you are a mental health expert by experience, why not share your experiences with us? By giving back in this way, you can improve services for others and yourself. We are looking for volunteers, and we need you!

Apply here: <https://www.inclusiongloucestershire.co.uk/volunteer-with-us/> or contact Lisa: lisah@inclusion-glos.org for more information on the benefits of volunteering and details of how to become part of our friendly, empowering team.

Research Shows...

Do you want to feel
accomplished,
appreciated,
uplifted?

volunteering gives

a positive outlook
self-esteem
the chance to work on a cause
bigger than oneself
a sense of purpose

COULD YOU VOLUNTEER WITH MHELO?

The Research Is In...

empathy
gratitude
happy
satisfied
joy
mental health
physical health
positive
compassion

volunteering gives...

fulfillment & connectedness
belonging
with people of similar interests
doing things together

MHELO

Disabilities Employment Support Help to Find Work

Forwards Employment Service

Forwards is a 1:1 service that works with people with disabling barriers to help them to find employment.

Do the following apply to you:

- 🧩 Ready and keen to move into work.
- 🧩 Not currently in employment, education and training.
- 🧩 Have a disabling barrier and would like help to find work.

You or a member of your support circle can refer you into the service by phoning: 01452 425776

Or you can fill in a short referral form on the following link and someone will aim to contact you within 3-5 days:

<https://www.gloucestershire.gov.uk/council-and-democracy/grow-gloucestershire/employment-and-skills-hub/employment-skills-hub-referral-form/>

If you would like more information about the employment service contact Amanda who is our Volunteer Co-ordinator &



Employment Adviser at Forwards. You can email her on amandae@inclusion-glos.org or phone 07525 848116.

Ethan's Places To Go



My recommendation in this newsletter is keeping well by swimming.

Every week I go for a swim, as it's relaxing and can help you to feel well.

At the Pulse in Dursley, there's lots of parking and swimming is £3 per person (concessions) and £5 adults (no concessions).

When the school children are back at school, Tuesday and Friday are the quieter times.

The Pulse has accessible toilets, but not a café, so for something to eat afterwards I recommend

the Bank Café, at 80 Parsonage Street, Dursley for its cakes! This is a small, listed café, however, Leaf and Ground, Dursley Road, GL11 6PP, is fully accessible and bright and spacious if you are in the area.



The Pulse,
Dursley,
GL11 4BS.

Other recommended swimming locations include:



GL1 Leisure Centre,
Gloucester, GL1 1DT.



Sandford Parks Lido,
Cheltenham, GL53 7PU.

Happy swimming!

Speak Up Update!

Our last speak up event on the topic of neurodivergence and sexuality was a huge success with 12 people attending and 1 volunteer supporting on the day.

A number of issues were raised and realising that more time was needed to share opinions, it was agreed to do it again on 12th November 2024 at 10am.

If you'd like to have your say, please join us at our next Speak Up Group. Details of our upcoming Speak Up Groups can be found across our social media platforms.

We are keen to develop our partnerships and encourage ideas for future Speak Up Groups. If you would like to take part or find out more information, please contact us: advocacy@inclusion-glos.org or call us: 01452 234003 and ask to speak to Faye.



Just for Fun - Advocacy Wordsearch

Can you find 14 words that are important to our Advocacy work:

- Information
- Guidance
- Signposting
- Communication
- Referrals
- Support
- Express
- Views
- Opinions
- SpeakUp
- Drama
- Policy
- Work Together
- Confidential

R	C	M	L	N	S	Q	N	R	M	R	T	O	K	T
M	E	F	T	D	L	B	E	O	H	U	O	O	R	F
D	O	E	X	F	A	I	W	T	I	Y	J	O	I	F
R	R	O	P	O	R	Q	S	N	R	C	P	L	V	I
A	S	A	Q	R	R	A	L	E	C	P	L	S	N	U
L	R	E	M	M	E	Z	E	M	U	I	D	F	I	Z
H	Z	T	J	A	F	L	T	S	N	C	O	Q	M	X
D	S	X	K	L	E	M	T	G	P	R	C	B	W	C
M	R	X	C	K	R	H	E	S	M	T	X	Q	Z	D
X	G	E	U	G	E	O	R	A	H	M	Q	E	F	F
S	I	G	N	P	O	S	T	I	N	G	L	B	B	T
Q	E	C	N	A	D	I	U	G	P	A	W	P	J	L
Y	Y	E	H	X	O	P	U	K	A	E	P	S	K	I
S	D	L	J	N	K	F	O	L	M	T	D	U	O	T
C	O	M	M	U	N	I	C	A	T	I	O	N	B	E

Answers on the back page.

Useful Contacts



PALs - 0800 0151 548

Patient Advice and Liaison Service



Victim Support - 0808 281 0112



POhWER - 0300 456 2370

Advocacy Services Gloucestershire



CAB – 0808 189 6280

Citizens Advice Bureau



CASA - 01452 317460

Community Autism Support & Advice



GL Communities - 01452 505544

Advice & Resource Centre / Matson – Gloucester



GGLC - 07942383275

Gloucestershire Gay & Lesbian Community



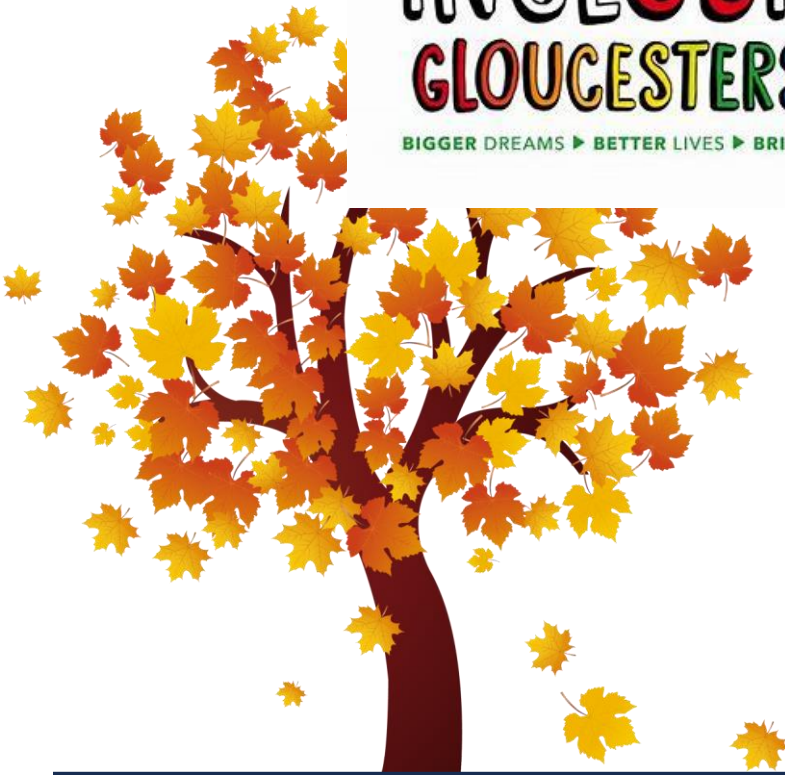
Gloucestershire Service Directory - for care, support, places and people: <https://www.yourcircle.org.uk/>

If you would like to use our advocacy service and share an important issue that we might be able to help you with, please contact our Advocacy team:

advocacy@inclusion-glos.org / t) 01452 234003.

INCLUSION GLOUCESTERSHIRE

BIGGER DREAMS ► BETTER LIVES ► BRIGHTER FUTURES



With acknowledgement and thanks to our Advocacy teams Partners:

Access Social Care, Building Circles, Cheltenham Borough Homes, Gloucestershire Constabulary, Gloucestershire University, Leonard Cheshire, National Star College, Novalis Trust and Severn Wye Warm and Well.

Follow us!

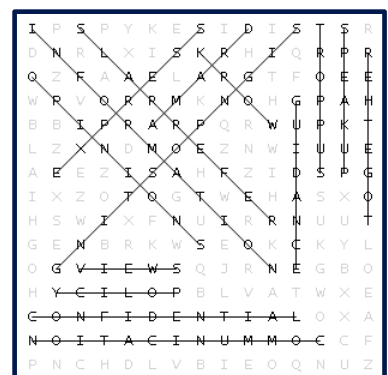
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[Instagram](#)



www.inclusiongloucestershire.co.uk/



Wordsearch Answers