

# INCLUSION GLOUCESTERSHIRE

BIGGER DREAMS ► BETTER LIVES ► BRIGHTER FUTURES

## Winter 2024 Newsletter



## A message from our CEO, Vicci

Welcome to our Winter Newsletter, full of some of the many things that we are looking forward to in 2024! To guide the work that we do, Inclusion Gloucestershire have a Three Year Strategy. It runs from 2022-2025, so we are more than halfway through, and our Trustees have reviewed the Strategy and updated some of the words and aims to make them bolder and more ambitious. We feel this matches the work we have been doing and how strongly we feel about inclusion and empowering people who face disabling barriers. You can read our Strategy [here](#).

We have also published our Annual Report for 2022-23, which captures the work that we did last year and the impact it made. Take a look [here](#).

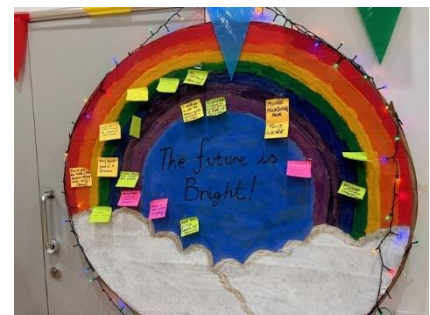
As always, we welcome your thoughts and ideas on the work that we do!

Vicci



## Advocacy Funding Continues

We are delighted to have been successful in securing a further 3 and a half years of funding from the National Lottery Community Fund to continue providing non statutory advocacy in Gloucestershire. Our advocacy will be delivered through group advocacy, 1 to 1 advocacy, mentoring, and our drama group, and this new round of funding starts in April 2024. If you would like more information or to be added to our waiting list for new referrals please contact [info@inclusion-glos.org](mailto:info@inclusion-glos.org). To mark the last 3 years of work carried out we held a Wizard of Oz themed celebration event in January and we were thrilled to welcome over 70 guests who have been involved in our projects so far. Take a look at the pictures on the right!



# The Mental Health Housing Project

The project commenced in December 2023 and will provide the Mental Health Housing Strategy for Gloucestershire by April 2024. A Co-produced and delivered programme of conversations is taking place with mental health housing clients, housing officers, support workers and carers. Conversations are led by our experts by experience, Millie and Kayleigh, and data is captured by Lorna who coordinates the events.

A network of stakeholders and practitioners are supporting the team to enable the research to be captured. This research will inform development of a tailored strategy for Gloucestershire. It is a challenging task to deliver in a short time. A challenge that is so far being achieved to plan by the team.

## 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/>

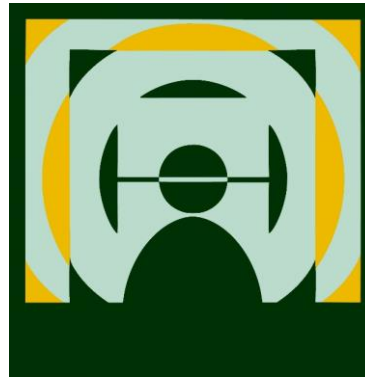
Hover and click on the icons below to:

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Follow us on YouTube  YouTube



**Life in the MiND** is a new project and podcast sharing resources and personal experiences of neurodivergence.

We successfully recorded our first podcast in December at Music works in Gloucester and have our second recording this Month. We are excited to share our podcast with you all. Please follow our social media and watch this space for our podcast release at the end of January!

## Contact us:

- *Would you like to be a guest on our podcast?*
- *Do you have resources that we can share?*
- *Would you like to share your own experience?*
- *Are you an organisation that would like to connect?*

**Email:** [Podcast@inclusion-glos.org](mailto:Podcast@inclusion-glos.org)

**call:** 01452 234003



## Follow us:

**Instagram:** @life.inthemind

**Tiktok:** @life.inthemind

**Facebook.com/Life.inthemindpage**



# Inclusion Hubs

2023 closed with a series of exciting, festive events. Christmas parties, a winter party and a trip to the Pantomime in Cheltenham provided a fitting close to a busy and activity filled year. The Gloucester Hub's Christmas party provided a fitting finale to the singing activities members had been enjoying. Family and friends were treated to a series of festive and popular songs that were well received. Plans, coproduced with our members are already in place for the start of 2024 and include a chair painting challenge for the Forest of Dean Hub, to take pride of place in the forthcoming Wyldwood Fringe Festival. The Women's Wellbeing Hub have already hosted a local community menopause workshop this year and they are looking forward to a literature-based series of events to highlight behaviours and responses. The success of Hubs is a reflection of the passion and commitment of our Coordinators, experts by experience and our members, who all go the extra mile.

## Planned Hub Closures

### Cheltenham:

- Thursday 28<sup>th</sup> February
- Thursday 28<sup>th</sup> March
- Thursday 4<sup>th</sup> April

# 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](#)!



# Fundraising Superstars

A huge thank you to the following organisations who have fundraised or made donations to us in the last quarter:

Coventry Building Society  
Pate's Grammar School  
Disability Grants



Donations help us to deliver our work and always keep it free for disabled people to access. Fundraising also helps us to spread the word about our projects, so that more people can get involved and we can raise awareness of disabling barriers.

We are looking for more Fundraising Superstars! Perhaps you could nominate us to be your business's Charity of the Year, maybe you'd like to do a fundraising run, or you might be thinking of making a donation in someone's name as a gift for the person who has everything! Please talk to our CEO, Vicci to find out more – [vicciL@inclusion-glos.org](mailto:vicciL@inclusion-glos.org)



The Your Voice team have been working hard on producing the 5<sup>th</sup> episode of their podcast 'The Power in Your Voice'. In the latest episode they talk about what Christmas is like when you have a disability, and what challenges there can be for some people with a learning disability in the festive period. There is a lot to enjoy and fun to be had, but some people find Christmas overwhelming or lonely and painful for reasons you might not have considered. However, this is not a difficult listen as Kayleigh and Cody keep things light hearted and if you listen all the way through you will be in for a treat at the end!

We would love to know what you think of the podcast and if you have any ideas or suggestions for us, so please get in touch at [yourvoice@inclusion-glos.org](mailto:yourvoice@inclusion-glos.org) with any comments.

Here are the episode topics so far:

1. Making meetings accessible for people with a learning disability
2. Learning Disability Week
3. Women and body image
4. Being Neurodiverse
5. Christmas with a disability

You can listen in two ways, on Spotify <https://open.spotify.com/show/6JssipaAsVpVafwe7jPkPg>

Or on You Tube where you can use subtitles if needed: [https://www.youtube.com/@YourVoice\\_sw\\_selfadvocacy/playlists](https://www.youtube.com/@YourVoice_sw_selfadvocacy/playlists)

# News from the Research Team

In December, the research team worked with the NIHR (National Institute for Health and Care Research) to recruit and train a group of Research Champions. A Research Champion is someone who promotes research within their community so that people understand how it is relevant to their lives and how they can be a participant if they want to. For example, if a specific community is known to have a high prevalence of diabetes, then a Research Champion may share information about diabetes research and how people can be a participant in any current studies about it.

The NIHR Research Champion programme has focused on recruiting people from communities where they are less likely to take part in research for various reasons. We worked with the Women's Wellbeing group that Zareen and Sana (from Inclusion Gloucestershire) run at the Friendship café and recruited 8 Muslim women and young people from their networks who completed Research Champion training at the end of last year.

The training was a great success and the participants especially enjoyed the creative, fun activities that Tamsin and Sarah from the NIHR shared to engage people and get them interested and talking about research. The group already had a wealth of knowledge that will really benefit them in the Research Champion role, and it was especially inspiring to have such intelligent and insightful young people involved and enthusiastic about research. We hope to support the group going forward to put into practice what they have learnt.