

SEPTEMBER 2021



NEWSLETTER

INCLUSION
GLOUCESTERSHIRE
BIGGER DREAMS • BETTER LIVES • BRIGHTER FUTURES



Hello, this is our monthly newsletter

This newsletter is to keep in touch, and for people to share what is going on in their areas.

We are a network for Self advocacy and Speak Up groups and people with Learning Disabilities and autistic people in the South West.

Network Meetings



We had our August meeting over Zoom.

We had 2 self-advocates come and 5 people representing self-advocacy organisations

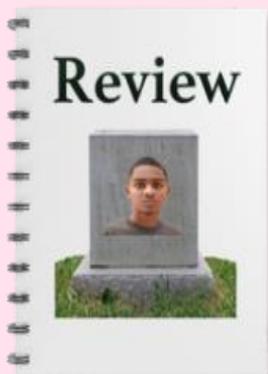
SWAN showed us a presentation about their self advocacy project Be Heard in South Gloucestershire.

The project gives people a chance to do new things and join peer advocacy groups. The groups give people a chance to learn new skills and gain confidence



We talked about LeDeR. This is a national program to try and stop people with learning disabilities and autistic people dying early.

LeDeR is learning about people's lives and deaths so that we can make healthcare better for people to live longer.



September

8



Our next meeting

Our Next meeting is on the 8th September

We have a new time 12.30 -2.00pm

Healthy Cornwall Champs will be talking about their FRESH course (friendships relationships and sexual health).

We will be talking about housing and living independently

The zoom details are

<https://us02web.zoom.us/j/81674802458?pwd=eHFWaVZDTCthc09vRHFNaJArbjRuUT09>

Spotlight on Cornwall People first

Here at Cornwall People First we've been very busy over the last few months.

Over the last year we've offered lots of phone and video support but we're starting to focus more on meeting up in person again now.

We've been running monthly Walk and Talk groups for the last few years. These have been a great way to meet outside in groups of 6 during lockdown. As well as discovering new walks and getting out in nature together, we've found they're a great place for one to one support, as well as wider group discussions, peer support and friendship. A few self advocates have really enjoyed bringing cameras along and taking some beautiful photos.

These groups have been great for confidence building and we now have some strong self advocates who are volunteering to help us to set up new Peer Support Groups across the county. We're also about to restart our Speak Up groups after a break over the pandemic.

Alongside our outreach work we've been making Easy Read guides to the lockdown rules throughout the pandemic. This has lead to us setting up an Easy Read service which has been



NHS Showcase

We are inviting you to join us for two free Zoom events.

You can find out about what is going well for people with a learning disability and autistic people across the South West.

The events will take place on Tuesday 14th September and Wednesday 22nd September between 10am and 1pm

The events are for people with a learning disability, autistic people, parents, carers, and professionals who want to know more about the good work happening.

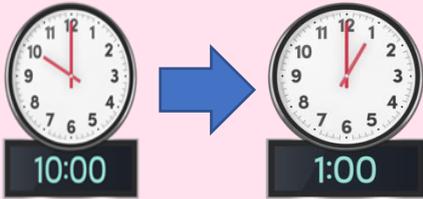
The events will show different ways the NHS has worked with people with learning disabilities, autistic people, local government, carers and families to make things better.

During the events there will be different workshop sessions about different projects and ideas and about people's stories of change. There will also be a chance to ask questions at the end of the day.

To book a place, click here:

<https://events.skillsforcare.org.uk/skillsforcare/1229/home>

or contact yourvoice@inclusion-glos.org
or phone (07590) 809353



Here are some dates for your diary

September



Thursday 5th September 2021
Autism Group Meeting
6.00pm-7.00pm



Wednesday 8th September 2021
Network Meeting
12.30pm-2.00pm



Tuesday 14th September 2021
NHS Showcase Event
10.00am -1.00pm



Wednesday 22nd September 2021
NHS Showcase Event
10.00am -1.00pm



Tuesday 28th September 2021
Coffee and Chat
10.30am -11.30am

October



Thursday 7 October 2021
Autism Group Meeting
6.00pm-7.00pm

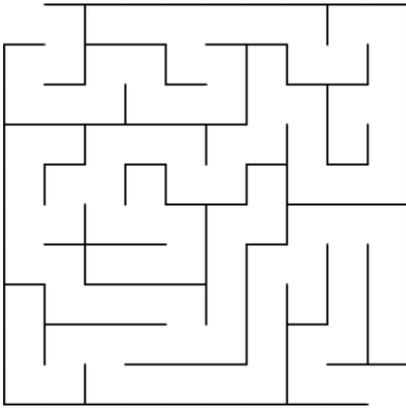


Wednesday 13th October 2021
Network Meeting
12.30pm-2.00pm



Tuesday 25th September 2021
Coffee and Chat
10.30am -11.30am

Maze



Can you help the squirrel collect the nuts and seeds



This Month's recipe for a lovely apple crumble

Ingredients:

- 3 large cooking apples
- 3 tbsp caster sugar
- 3 tbsp water
- 125g plain white flour
- 75g butter
- 25g brown sugar
- 50g porridge oats



Method:

1. Peel, core and slice the cooking apples and put them in the bottom of an oven proof dish
2. Sprinkle with caster sugar and water
3. Mix the flour, butter, and brown sugar until they are like breadcrumbs
4. Stir in the oats and put the mixture on top of the apples
5. Bake at 190'C/Gas mark 5 for 40 to 45 mins
6. Allow to cool slightly and serve with custard, cream, or vanilla ice-cream



Song of the month – Emily is listening to I Used to Care by Louyah



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