

OCTOBER 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 area.

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

Network Meetings



We had our September meeting over Zoom. We had 8 people from 3 different organisations from around the region join in.



Healthy Cornwall CHAMPS talked about FRESH (friendships relationships and sexual health) Project. We learned about good and bad relationships, consent, and the right to say no.

Our next network meeting



Our Next meeting is the 13th October
At our usual time 12.30 -2.00pm

We want to talk about what happened at Cawston Park and how things could be improved so this does not happen again.

We will also be talking about issues around housing and living independently.

Join us!



The zoom details are
<https://us02web.zoom.us/j/81674802458?pwd=eHFWaVZDTc09vRHFNa0RbjRjUT09>



Your Voice Network Website

Over the last few months we have been working on our new website and now it is ready to share with you. The website is www.yourvoicenetwork.org

This is where we will put our meeting agendas, minutes, and any useful presentations from our meetings so that the other groups in our network can share them.

We will also have our diary so you can see at a glance what meeting and events are coming up

Our newsletter will now be every 3 months not every month. Our next newsletter will be in January.



Save the Date

Here are some dates for your diary

October

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

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

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

November

Thursday 4th November 2021
Autism Group Meeting
6.00pm-7.00pm

Wednesday 10th November 2021
Network Meeting
12.30pm-2.00pm

Tuesday 30th November 2021
Coffee and Chat
10.30am -11.30am





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Can You Solve these picture clues?

This Month's recipe for pumpkin soup

Ingredients:

- large pumpkin or butternut squash
- 2 large onions
- 4 cloves of garlic, or to your own taste
- water (to cover the pumpkin)
- milk (as needed)
- salt and pepper



Method:

1. Wash whole pumpkin and cut into pieces.
2. Peel the onions and cut in half. Prepare the garlic cloves by peeling and roughly chopping.
3. Put all into a large pan and almost cover with water. Boil till the pumpkin is soft.
4. Cool and remove the skin and discard.
5. Blend together with a hand blender
6. To serve, thin with milk, or with milk and water and reheat.



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