

2022

The Include Choir – what's it all about?



The Champions Group have decided it is about time we explained about The Include Choir.



You see, it's much more than just a choir.



It is somewhere where people with and without learning disabilities or communication needs can sing and come together as a community with one voice.



The Include Choir uses Makaton signing, pictures and objects to help make sure everyone understands and is included.



We hope that teaching people, including support staff, about Makaton and inclusive communication will help more people with learning disabilities to be included.



As well as being a place to learn, The Include Choir is a great place to have fun and feel good.

Songs about things that matter



We express ourselves by writing songs about things that matter to us – from the changing seasons to the Mental Capacity Act!



We like to write songs about important things, to help people understand and remember them. The [Kind Communication Song](#) explains what we mean by inclusive communication.



We share songs on YouTube every week (you can subscribe [here](#))

In My World



Other songs, like [In My World](#), by choir member Louise and her Mum, help create a world where everyone is included through beautiful music.



We wrote songs during the Pandemic to help us understand how to keep safe too. One of our favourites is the [Tissue Song](#).



I'm a Believer

But we also sing some all time classics too. [I'm a Believer](#) always gets us dancing!

Everyone can come and join in



We invite people to come and join us at The Include Choir, to share some songs and learn some signs – this is called a 'Big Sing'.



Big Sings happen once a term – we have invited many choirs and groups – we have even had a Big Sing with the Mayor!



We perform at events too.



People always talk about the joy that The Include Choir brings to an event.



We sing at community events local to Redhill, like Merstham Fête or Run Reigate.



We also sing and run workshops at conferences to help health social care or advocacy staff understand and remember the importance of inclusive communication and the Mental Capacity Act.



Wherever and whatever we sing, it's always a lot of fun. **Come and join in**, wherever you are!

How to join the Include Choir



The Include choir meets every Wednesday at 7.30pm to 9pm at Hatchlands Primary School Redhill RH1 6AT



But we are not only meeting in person. Because of the lockdown, we learned to use Facebook Live and Zoom!



And now we still run The Include Choir on Zoom – so you can join wherever you are! (just email info@include.org)



We also run Facebook Live practice sessions on Sunday nights which anyone can join for free. People join us from as far away as Scotland!

[Click to join The Include Choir Online](#)



Why not join us? In person or online, we'd love to meet you. Just email info@include.org for more information.