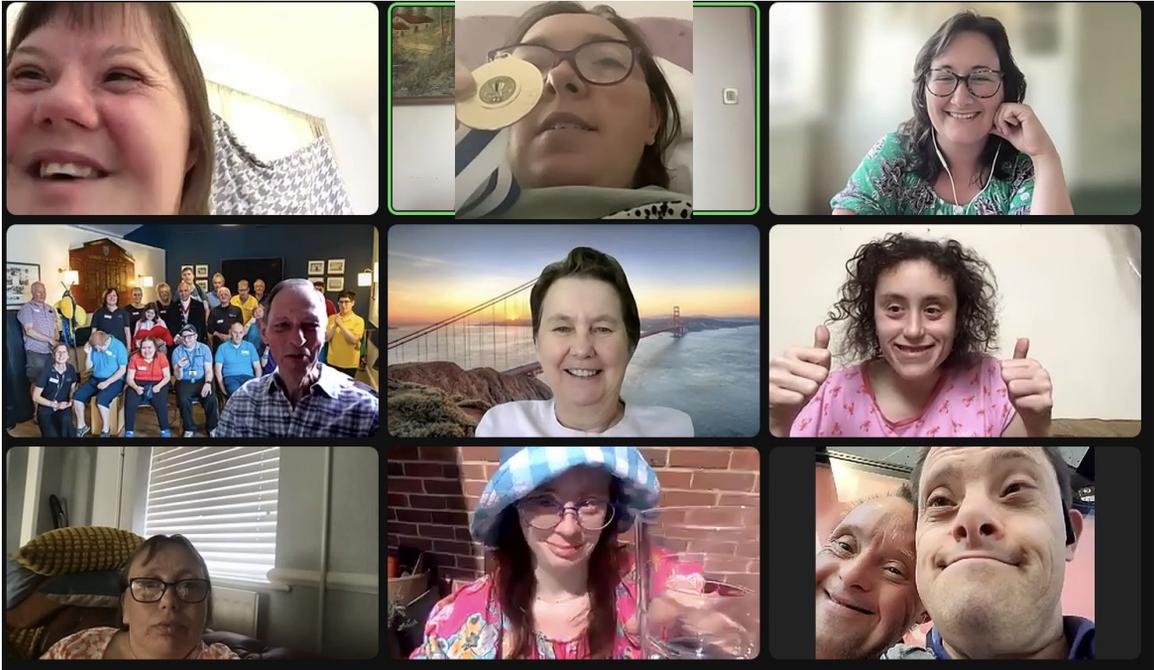
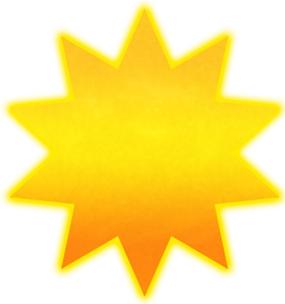




Include Summer Newsletter



Hannah E., Ellie, Claudia, Sue
(from Epsom Choir) Emily,
, Graeme, Amelia, Louise,
Sarah, Philip and Simon
joined us for the
2024 summer Virtual Tea
break.



In case you missed it

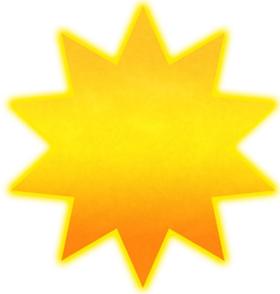


We hope
you had a great
Summer holiday!





What did we talk about?



We **asked everyone** about **their summer** and any **summer holidays**. This year, lots of people are going away in September!



Louise has **been poorly** this summer but she is **now feeling better**. **Louise** is going to Seal Bay, in September, with her family!



Philip and **Simon** are also going on **holiday**, in **September**, to **Rockley Park**. Philip and Simon will **have fun swimming** and **dancing**!



Hannah went to **Brighton** by **train** with her personal assistant. In Brighton, **Hannah** had fun going to the **marine** and to the **arcade**. **Hannah** is also going with her family to a **spa hotel** in **September**.



Ellie went on a fun road trip with her family. Ellie really enjoyed spending time with her nephew **Zachi**.



Graeme also went on a road trip to **Norway**. Graeme drove for **15 days!**



Sue went to **Hayling Island** and stayed at an all inclusive **hotel**. At the hotel, Sue could help herself to food anytime she wanted to, go **swimming**, have a **massage** and go to the **cinema!**



Claudia has been spending time with her family in **Portugal**.



Emily has also been spending time with her family. **Emily and her daughters** have been to lots of days out! They also had lots of fun swimming in a river!



Sarah had her holiday in May. Sarah went to **Benidorm in Spain!**

This summer, **Sarah** has been working. **Sarah** also ran a 50 meters race and came 3rd!



Amelia has been working, doing some gardening and dancing!

Amelia is going to Paris with her family.



Alix also went on holiday to **France** with her family!

Have people watched the Olympic Games?

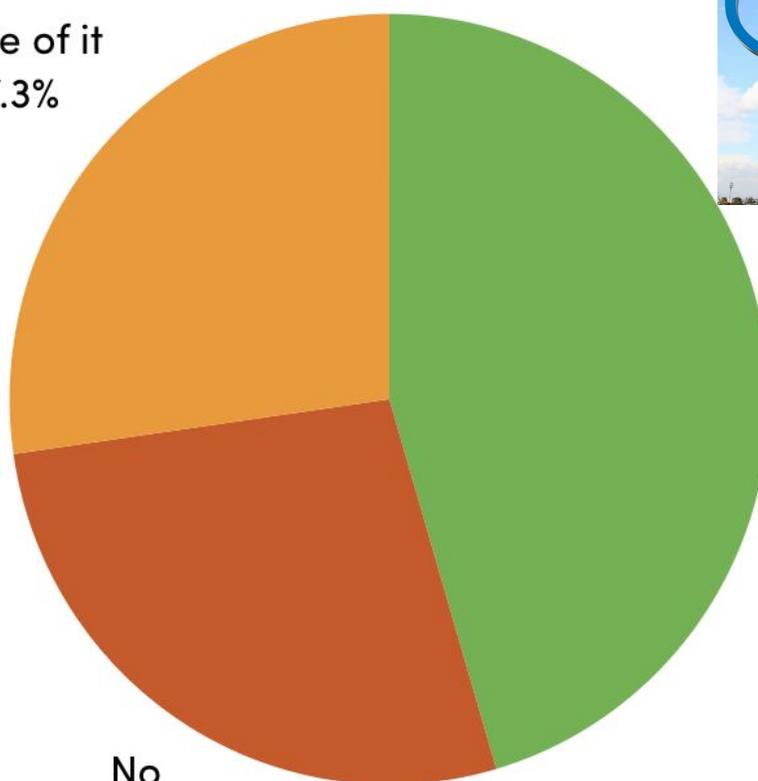
We asked everyone

Did you watch the Olympic games?

Most people did !



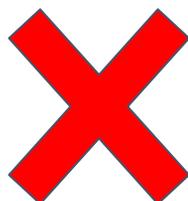
Some of it
27.3%



yes
45.5%



No
27.3%

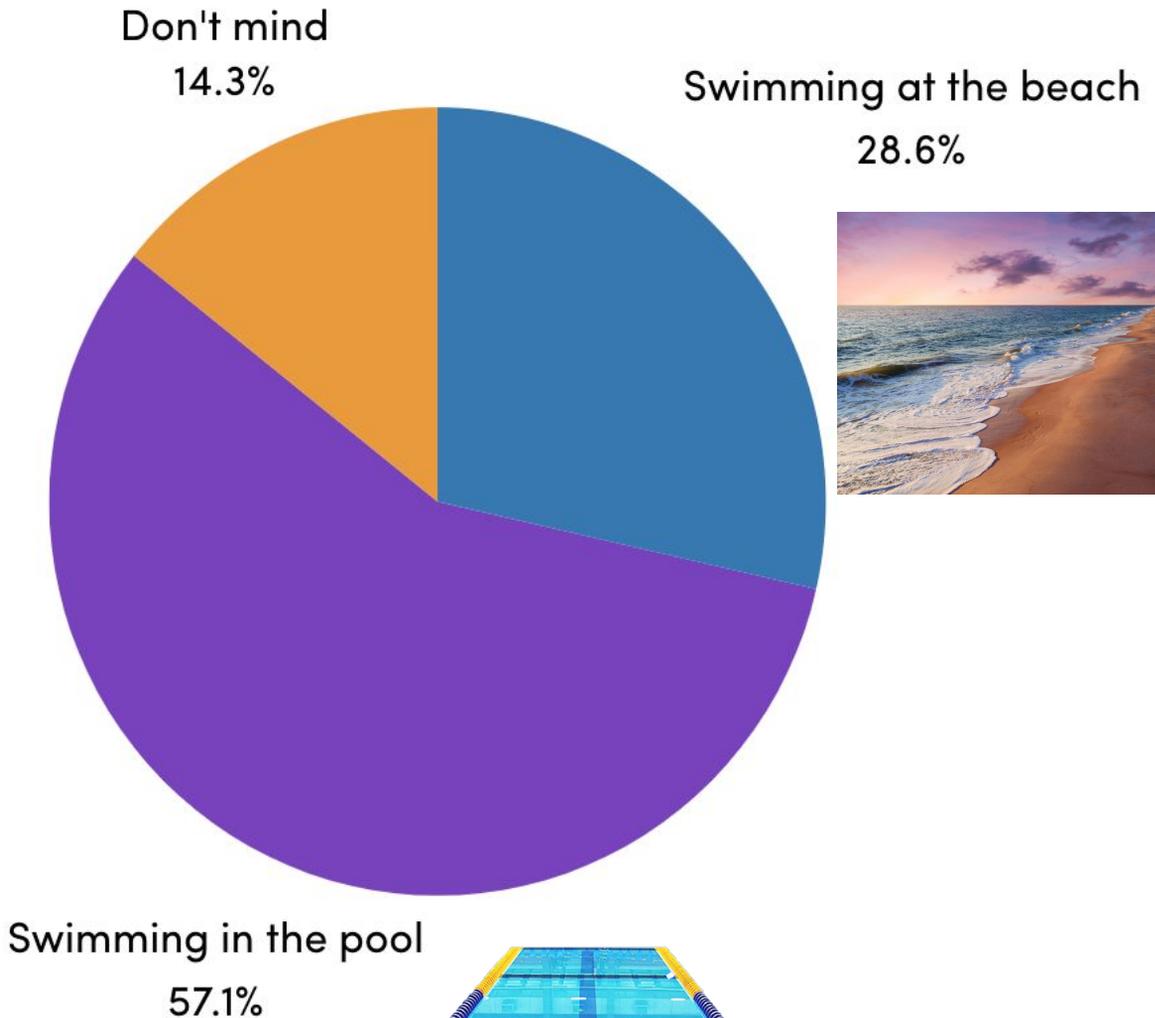


Do you prefer to swim on the beach or in the pool?

We also asked everyone

Do you prefer swimming at the beach or in the pool?

Most people prefer swimming in the pool !



We'll see you in September!



To check when **sessions restart** – please remember to **check** the **Calendar Page** on the **website**.



If you are **stuck**, you can **email** **info@include.org**.



Include wishes you a **great summer!**



We look forward to seeing you soon in **September!**



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