



About Stroll and Sign with Include



Stroll and Sign is **free** and usually **happens** on **weekend days**.



People come to **walk, socialise** and **practice Makaton** in **nature**.



We **go** to **different places** in the **countryside** or to **parks** in **town**.



Some places in nature are unfortunately **not wheelchair accessible** and you will need to be able to walk with or without support on **uneven ground**.



We make **some walks wheelchair accessible** - **always check before booking**.

Learn about inclusive communication in nature



During our **walks**, we **stop** and **sign things we see**. This is **great** to **practice** and **learn new** Makaton **signs**.



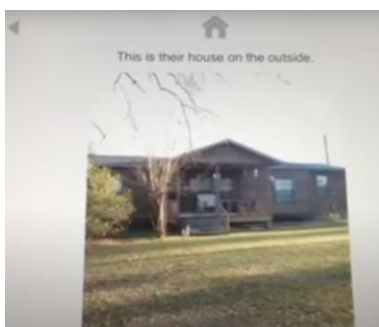
We **take photos** or **videos** to **help people learn** and **remember** the **signs**.



We **use** the **photos** and **videos** to **make** a **Chat Book**. The **Chat Book** **explains** what we **did on** the **walk with words, pictures** and **videos** - and teaches some signs.



Everybody helps to **make** the **Chat Books**, **using** an **app** called **Pictello**.



People with **communication difficulties** **use** the **Chat Book** to **tell others** about the **walk!**

Walking in nature is good for your health!



Stroll and Sign can help people feel good!



Walking in nature is good for people's minds and bodies!

Walking in nature can help people feel calm and happy!



Stroll and Sign helps people to see their friends and make new friends too!



People say that **Stroll and Sign** is fun!
Having fun is also very good for people's health!

How to join the Include Stroll and Sign?



Anyone can **join** our **free** Include **Stroll and Sign** walks.



You do **not need** to be a **member** to **join Stroll and Sign**.



Check our **website** at www.include.org to **know** the **date** of the **next Include Stroll and Sign**.



To **join** the **next Stroll and Sign**, just **email** info@include.org or call **07918470190** (remember to **check if** the **next walk** is **accessible**).



Please tell us if you know a **good location** where **you'd like Include** to **do** a **Stroll and Sign**.