



Include Spring Newsletter



Martin, Hannah E., Ellie, Giles Claudia, Sue (from Epsom Choir), ,Amelia, Sarah J., David, Jan, Josh, Holy, Alix and Sarah W. joined us online for the 2025 Spring and Easter Tea Break.



In case you missed it

We hope you had a lovely Spring and Easter Break!





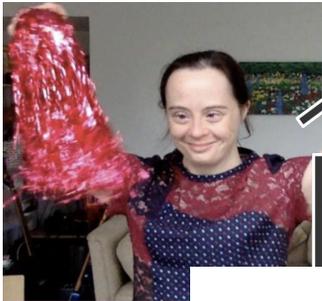
What did we talk about?



We **asked everyone** about **their spring and Easter break**.



Jan spent some **time going** to his **local pub**. Jan said there **wasn't much to do where he lives**, but he **enjoyed the break**.



Hannah worked on some of the bank holidays, but she still **managed to have fun** during the break. Hannah had **fun baking and cooking** from scratch.

Hannah also **enjoyed meeting a friend** for lunch and going back home to see her family.



Martin spent some time **helping his mum** to **take the carpet out**, at home. The **bath overflowed**, and they **had to fix the carpet!**

Martin also **really enjoyed watching a show** at the Belfry shopping center.





David went to the **theater** with his **family**. On good friday, **David** **enjoyed** the performance of **Handel's Messiah**, at the **Royal Albert Hall**.



Holy also went to **watch a show** in London. **Holy's best part** of the Easter break was **going** on an **Easter egg hunt**.



Alix also **enjoyed** an **Easter Egg hunt** with her **family**. Alix **went** up to **Yorkshire** to **spend time** with her **mum** and **brother**. The **best part** of Alix's Easter break was to **spend time with family**.



Josh went to **Norwich** for a **fun meerkat experience**. Josh **enjoyed feeding live mealworms to the meerkats** and **watching the seals**.





Sarah J. went on a cruise with her mum and aunt to Norway. In Norway, Sarah saw the fields and the Northern lights. The weather was sunny but really cold!



Sue visited Northumberlandia with a good friend. Northumberlandia is a huge land sculpture in the shape of a lady. People can walk through the park and see the different parts of the sculpture.



Sarah W. went to Disneyland in Florida. She had fun going on rides but it was really warm! To make the most of her trip, Sarah applied for a Disability Access Service pass (DAS pass). This pass let her skip the lines as a fair change (reasonable adjustment) for her disability. After coming back from Disneyland, Sarah had an Easter party at home!



During the break, **Amelia went to Malta** for a **family holiday!** **Amelia** also had fun taking care of her **garden at home.**

Some people celebrated their birthdays during the break!



During the break, **Ellie went out for a meal with her family** to celebrate her **birthday.** **Ellie** really enjoyed spending time with her **nephew Zachi.**



Giles also **celebrated his birthday with family** during the break. **Giles** had fun watching the **Torvill and Dean ice-skating performance** at the **Wembley Arena.** Giles also **went on a seaside trip with his dad!**



Claudia also had an **early birthday** celebration with **friends.** During the break, Claudia **enjoyed spending more time** with her **partner** and her **two cats!**



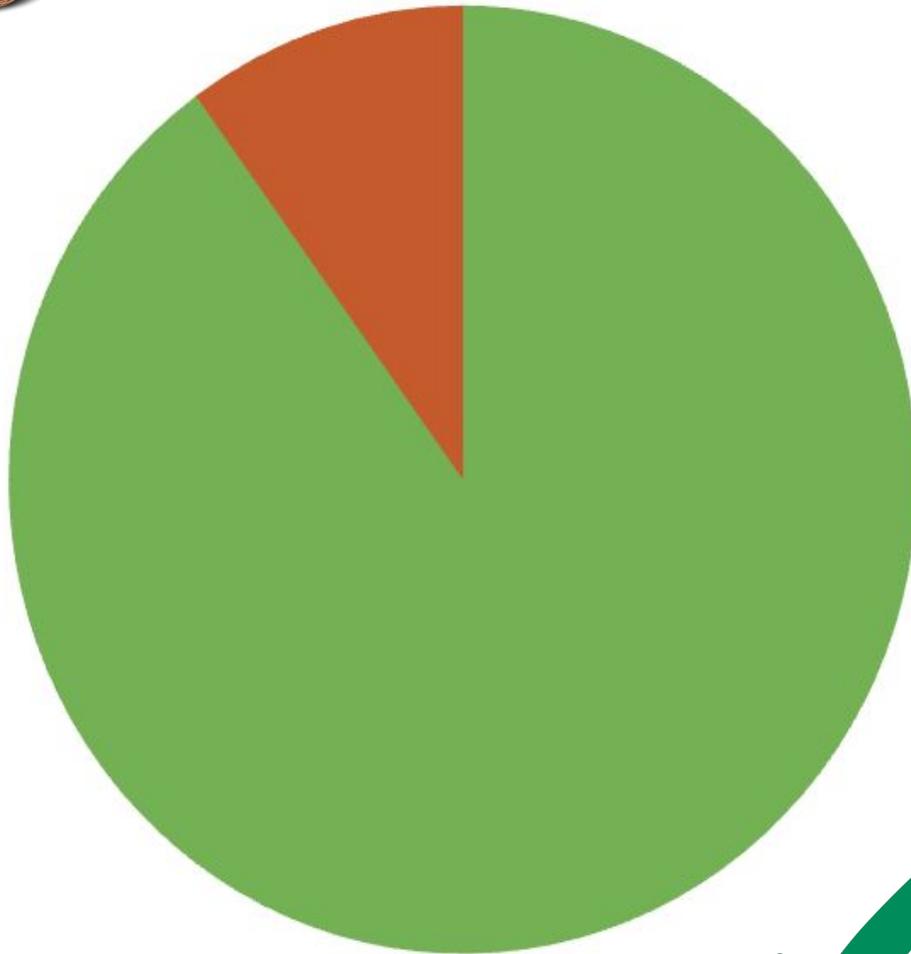
We asked everyone:



Do you celebrate Easter?



No
10%



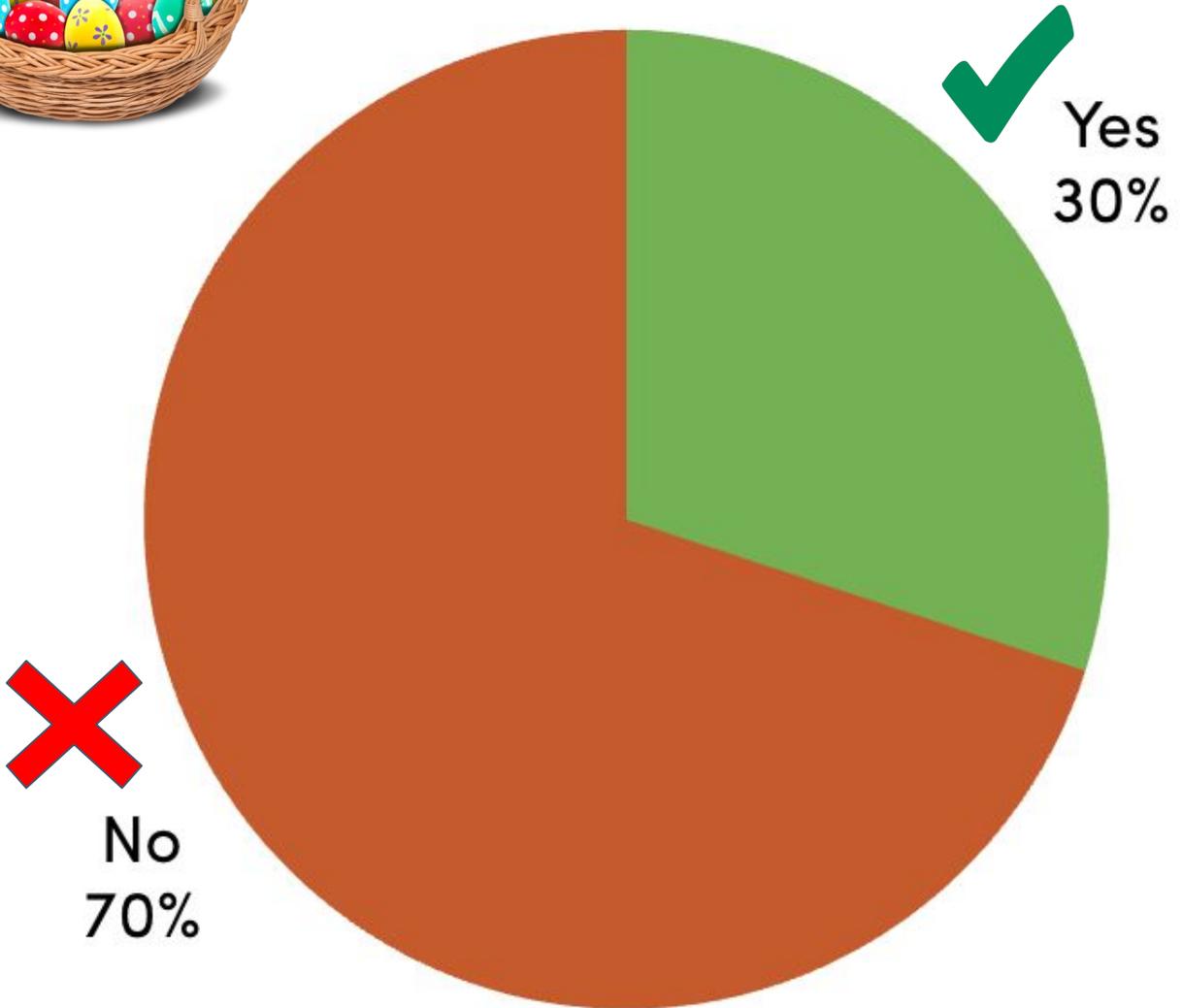
Yes
90%





We asked everyone:

Do you wait until Easter Sunday to eat a chocolate egg?





We **hope** you all had a good **Easter break** and **bank holiday weekend**.



Include will have lots of events in **June**.



Please **check your emails**. We **sent an email** with all the **event dates**.



You can also **check all event dates** on **our website** at **www.include.org**. [Click here](#) to go to the Include Calendar page.



Please **email info@include.org** to **let us know** if you are **coming to any** of the events or performances.



If you are **stuck**, you **text or call 07918 470190**