

Volunteering and helping roles at include



Include is a **charity**. All **charities** want to **make** the **world** a **better** place.



[Include.org](https://include.org) wants to **help people** with **communication difficulties** to **feel happy**, **included**, and **empowered**. **Feeling empowered** means **feeling confident** and able to **make** your own decisions.



Include believes that **helping others** is a **great way** to **help people** feel **included**, **happier**, and more **confident**.



People with **communication difficulties** do not always **get** the **chance** to **help others**.



Include has **lots** of **different volunteering** and **helping roles** that **people** with **communication difficulties** can **do** to **help others**.



This **Easy Read** document will **tell you** all **about** the **different ways people** can **help others** at **Include**.

All about our members great help



All **Include members** can **help** during **choir rehearsals** and **performances**. To **help out**, all you need to do is **talk** with a **member** of **staff** or the **choir rep**.

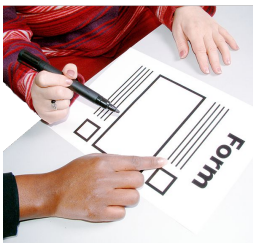


There are **lots** of **things** a **member** can **do** to **help**. For **example**, during choir rehearsals, **some members** **help** others **find** their **picture** on the **board** to **sign in**.



Member helpers can also **help** give out **props** or **letters** to **other members**.

Helping jobs that give members a chance to lead others



Include members can **choose** to **become** a **service rep**, a **lived experience trustee**, or part of the **Champions group**.



Choosing to **do any** of **these jobs** gives **members more power** and the **chance** to **develop leadership skills** and **feel empowered**.

Developing leadership skills means **learning** to **work with a team** and **become** a **leader**.



Feeling empowered means you **feel confident** to **speak up** and **make your own choices**.

Important helping jobs at Include

All about service reps

Include is **more** than **just** a **choir**. Include runs **different services**. **Include members** can **become representatives** of these **services**, or **service reps** for short. **Include members** can **become reps** for these **services**:

Champions



The **Champions** work on **inclusive projects** like **Easy Read documents**. They also **give advice** to **organisations** on ways they can **make services** more **inclusive**. A **speech therapist** helps the **group** **share** their **ideas** and **work together**.



The **Champions rep** **tells** other **members** **what** the **Champions** **are doing!**

Choirs



Include has **one** **choir** in **Redhill** and a **choir** in **Epsom**. **Each** **choir** has a **rep**.



The **Choir reps** have **important** **jobs** like **choosing** the **star** of the **month** and **keeping** a **list** of **everyone's** **birthdays**.

Stroll and Sign



Once a month, **Include** members can **join inclusive** **walks** in **nature**. During the walks, members **learn** **new** **Makaton signs**.



Our **Stroll and Sign rep** **tells** **others** **all** **about** the **next** **stroll** **and** **signs**.

All about the Champions group



The Champions group meet online and sometimes in person to help organisations make their services more inclusive.



All Champions have lived experience of communication difficulties. The Champions help organisations make inclusive resources for people with communication difficulties.



The Champions group also helps making Easy Read documents and training on inclusive communication.



A speech and language therapist runs the Champions group. The therapist uses communication tools and strategies to help members share their ideas and work together.



Using communication strategies helps members become more confident and develop their communication skills.



Working together on projects also helps members develop skills for work and learn about important topics like reasonable adjustments (fair changes).

All about our Lived Experience trustees



Include members with lived experience of communication differences can become lived experience trustees.



Lived experience trustees work together to help Include make important decisions.



Our lived experience trustees help Include stay true to its aims (goals). Include's goals are to help people with communication needs feel more confident, empowered and included.



For example, our lived experience trustees help Include make decisions about our services.



Lived experience trustees also make sure Include spends money on things that are important for members.



Helping Include make good decisions helps our lived experience trustees feel proud, more confident, and included! It also helps them develop leadership skills.

Becoming an Include volunteer



All charities need volunteers to help them run their services and keep their costs low. People volunteer to help others and to learn skills for work, school, or university.



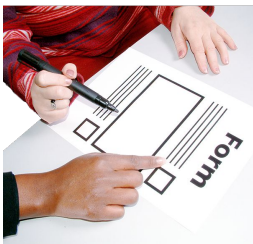
Volunteers do not get paid, but they have fun meeting new people and learn new skills.



Our volunteers make sure we always have someone to do the jobs needed to run our services. For example, volunteers help us prepare drinks and snacks at break times, during choir rehearsals.



Volunteers do not need to be Include members. All of our members can help Include but they are not official volunteers.



To become an official volunteer, people fill in a form and give references to check they are a good fit for Include.



People with support needs can also become official volunteers! Include has a supported volunteers programme to make sure everyone has the chance to help others and develop skills on the way.

All about supported volunteers



Include believes that **everyone deserves** the **chance to help others**.



Some autistic people and **people with learning disabilities** find it **hard to find volunteering jobs** because of **communication difficulties**.



Include uses speech therapy tools and **strategies** to **help people** with **communication needs** become **great volunteers**.



Include works with **supported volunteers** to **set goals** and **develop important skills** for them.



Some supported volunteers get **extra help** from a **speech therapist** to **make sure they get the support they need**.



Supported volunteers can **help** with **different things**. For example, **supported volunteers** can **help make** our **sign of the week** videos or **help at choir**.



Now you know all about Include's helping jobs and **volunteering** roles.

Do you **want** to **join us** or **learn more about volunteering** with us?



Just email info@include.org or **connect** on social media.

You **can** also **call us** on **07918470190**.



To **learn more** about the **ways helping others helps you**, read this Easy Read [here](#).



You can also **learn more** about Include's Champions group [here](#) and all about Stroll and Sign [here](#).



Find these Easy Reads and **others** on our website at www.include.org.



Beth F
(volunteer & Champion)