

Volunteering and helping roles at include



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



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**.

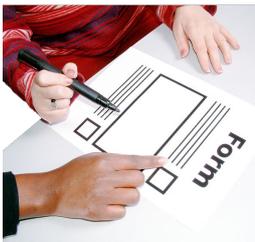


There are **lots of things** a **member can do to help**. For example, during choir rehearsals, **some members help others find their picture** on the board to sign in.



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

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**.



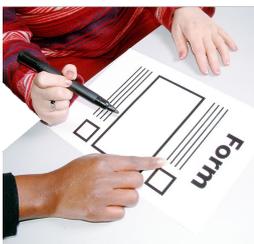
Volunteers do not get paid, but they have fun **meeting new people** and **learn new skills**.



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



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)