



Include Summer Newsletter



David, Jan, Giles, Sarah W, Joe, Lewis, Hannah, Marianne, Eli T, Ellie, Amelia, Harrison, Josh, Alix, Emily and Claudia joined the tea break. Philip and Simon joined the tea break from the bus station!

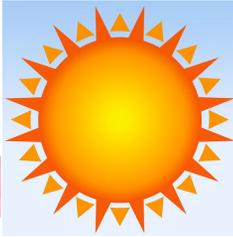
In case you missed it

**We hope
you had a lovely
Summer Break!**





What did we talk about?



We asked everyone about their **summer** break.

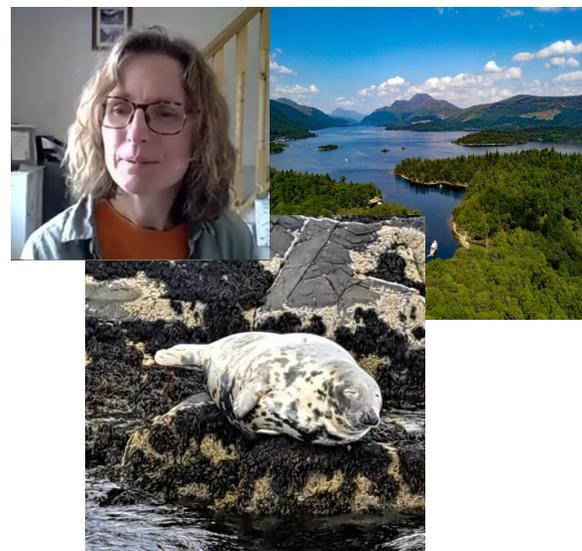
Jan had a **good summer**. He went on **holiday** to **Cromer** in **Norfolk**. **Jan** really **enjoyed eating out** with his **family** and **spending time** at the **hotel's Jacuzzi**.



David also went on a **seaside holiday** to **Portsmouth**. **David** really **enjoyed spending time** with his **family** and **going** on a **boat ride** down the **docks**.



Alix had a lovely holiday to **Scotland**. **Alix** went with her **family** to **Loch Lomond**, near **Glasgow**. Her **children** enjoyed **skimming stones** on the **lake**. **Alix** also went to the **Loch Ness lake**. **Alix** did not see the **Loch Ness monster**, but she saw a lovely **seal**!





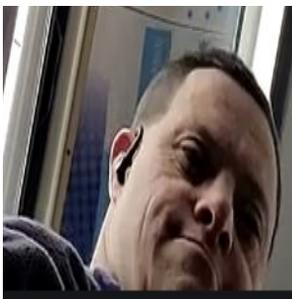
Ellie had a nice summer. Ellie **went on a road trip with her family.** Ellie is also **going to Darlington to see her sister and nephew Zachy!**



Josh also had a good summer. Josh **went to a summer festival.** He really **enjoyed dancing!**



Giles went on holiday to an activity center, and he **saw Joe there.** Giles was also **busy doing exercise!** Giles **moved places,** and he is **enjoying his new community.**



Philip also enjoyed going on holiday to Portugal with his family! It was **really hot** in Portugal but he **kept cool** in the **swimming pool!**

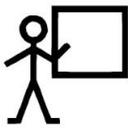


Simon is enjoying his summer with Philip! Simon and Philip are **going on holiday to Poole in September.**

Some people had a busy summer!



Amelia has **been** very **busy** during the summer. Amelia has been **doing artwork, dancing, drama and yoga**. Amelia is very **proud** that she **got a yoga award!** Amelia was also **busy learning Makaton to get her level 1 certificate!**



Emily has also **been** very **busy learning Makaton**. Emily has been **working very hard to get her Makaton tutor training qualification!** With the **Makaton tutor training, Emily** will be able to **teach Makaton to others!**



Eli T. has been **busy learning Makaton and writing songs** for Include. Eli also **enjoyed making artwork at home!** Eli is **looking forward to coming back to the Include Choir in September.**



Sarah had a **good summer**. Sarah has been **busy making Christmas boxes**. Sarah also **enjoyed going out for drinks on the warmer days.**

Some people had a relaxed summer at home!



Lewis had a **relaxing summer** break. **Lewis** enjoyed the **last Include choir** summer performance. **Lewis** also enjoyed **watching EastEnders**, during the break!



Harrison also had a **relaxing summer** at home. **Harrison** is enjoying **writing** on his **blog** and **spending time** with his **family**.



Hannah had a **restful summer** break, **recovering from a surgery**. **Hannah** removed her **tonsils** and had lots of **ice lollies** to help her **recover**. **Hannah** also enjoyed going to the **Paddington Bear** experience before her **surgery!**



Marianne has been **helping Hannah** recover from her **surgery**. **Marianne** is also **planning to go** to the **Shrek adventures** with Hannah!

Some people had a bit of a problem with water this summer!



Philip had a **good holiday** to **Portugal**. During the summer, **Philip's shower got broken**, and his **whole flat** got **soaked!** Luckily, **Philip's shower** and flat are **now fixed!**



Claudia enjoyed her **holiday** to **Tenerife** with her **sister**. On the last day of her holiday, the **waves** were **very strong** and they **could not get out** of the **water**. Luckily, they **managed** to **get out**, with a **bit** of **effort**. It's very **important** to **stay safe** on the **sea!**



We also had a celebrity-rich tea break!



Joe went to a **flowers show** in **Norfolk** and he **saw** the **king** and **queen** there! Over the summer, Jo also **enjoyed** doing **rock climbing** and **kayaking**.



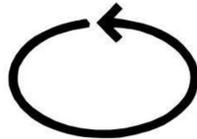
We asked everyone:



How do you like your ice cream?



Almost **half** of the **people liked** their **ice cream** on a **cone** and the **other half** on a **cup**! **Some people** liked **ice lollies** more than ice cream.



All of them



Ice-lollie
6.3%

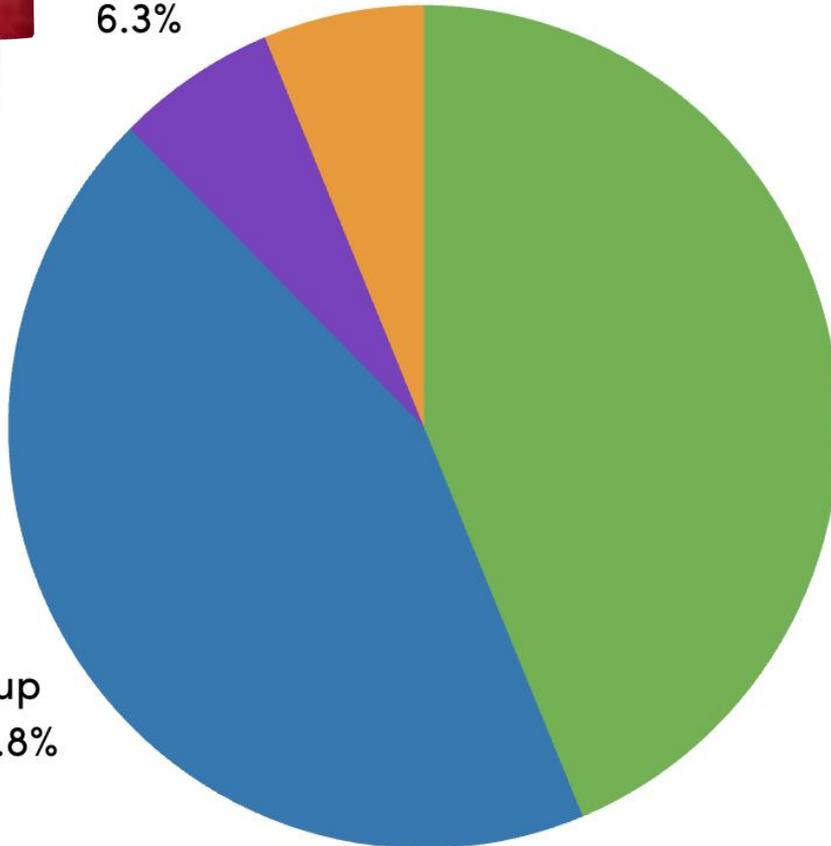
6.3%



Cone
43.8%



Cup
43.8%





We asked everyone:



What room are you in?



Most people were in their living room!



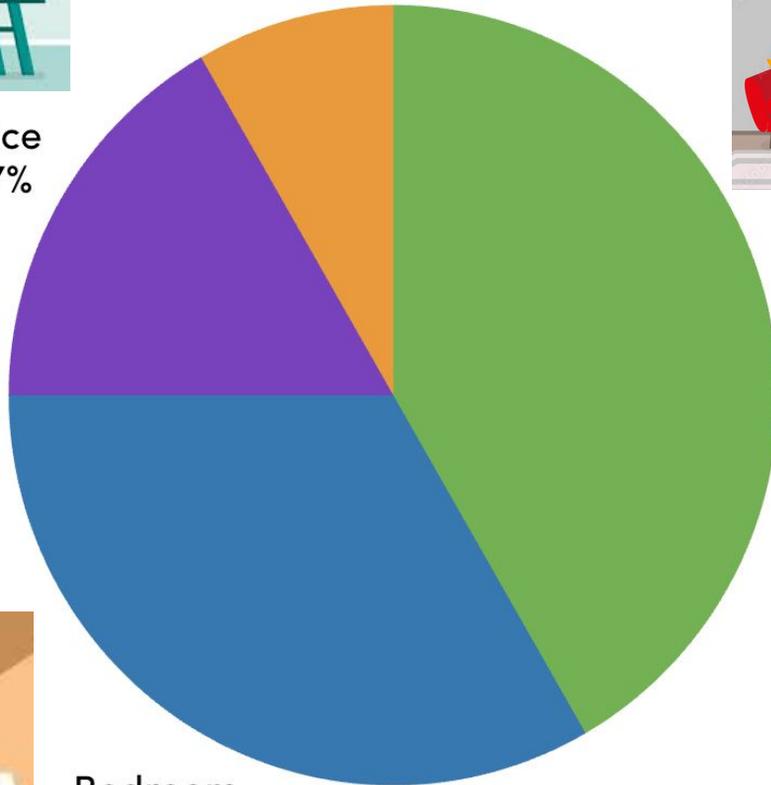
Office
16.7%



Den
8.3%



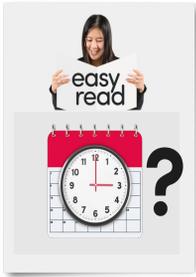
Living room
41.7%



Bedroom
33.3%



We hope you all had a good **Summer** break!



The **Include Choirs** are **almost back!** Please **check** your **emails!**



The **Epsom Choir** starts again on the **2nd September**.



The **Redhill Choir** starts again on the **3rd September**.



You can **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 **ask** us any **questions**. You can **also text or call 07918 470190**