

# Welcome to the include choir

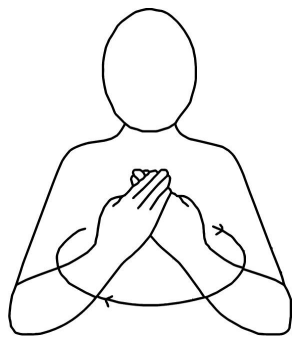


**Who will you sing hello to today?**

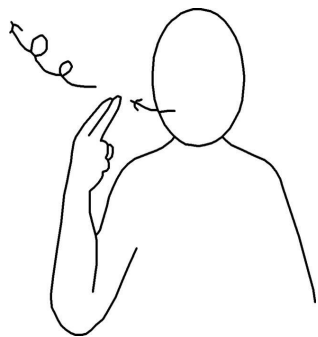


# Include Choir Hello Song

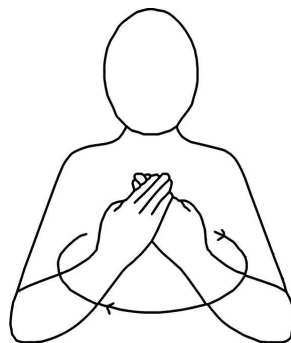




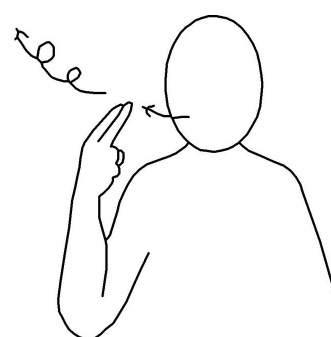
Include



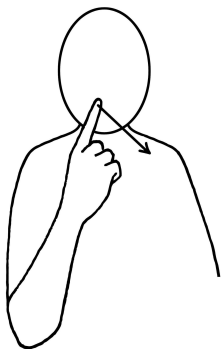
Choir



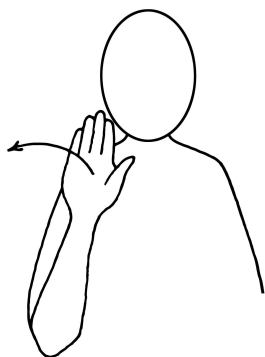
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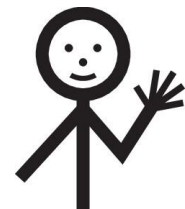
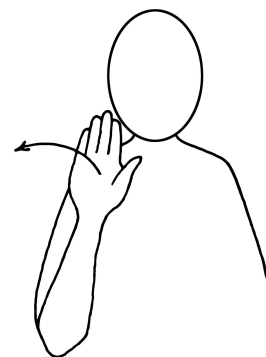
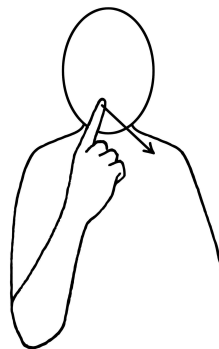
Choir

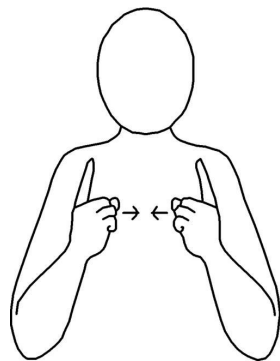
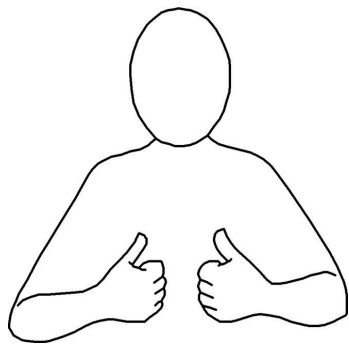
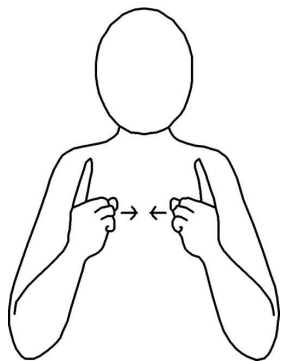
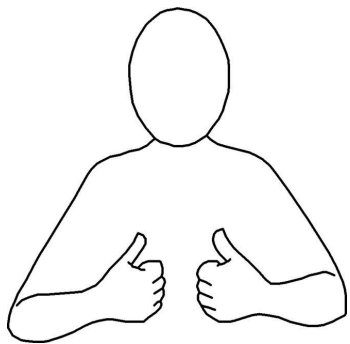


Says hello!

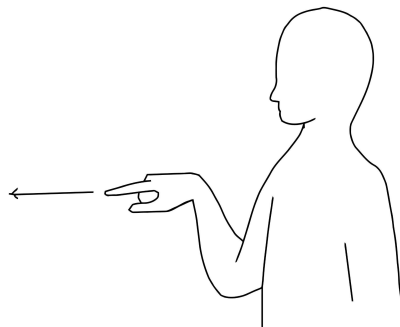
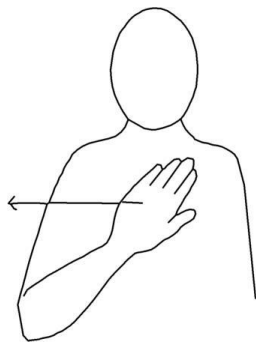
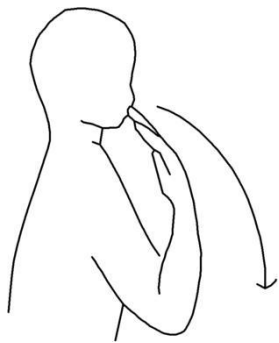


Says hello!





It's really good to meet you, really good to meet you

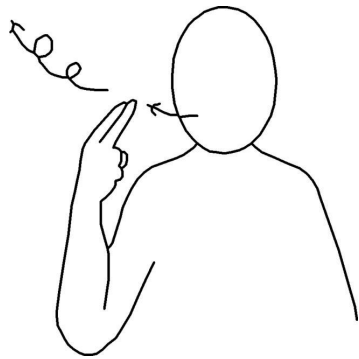


Please don't go, please don't go!

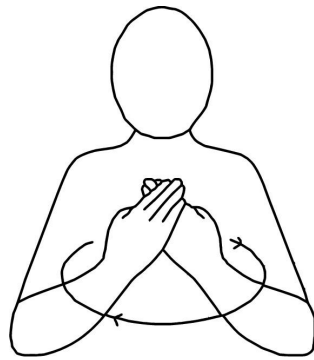




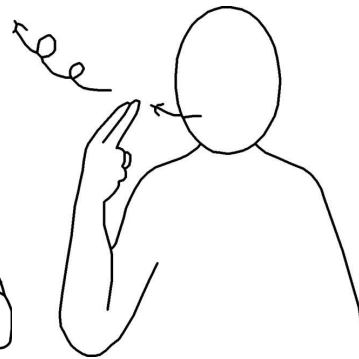
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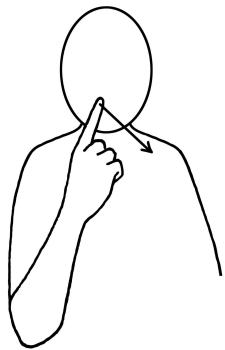
Choir



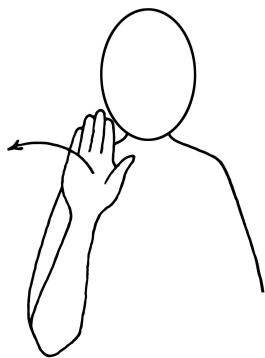
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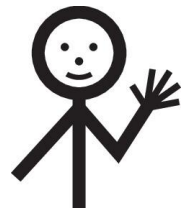
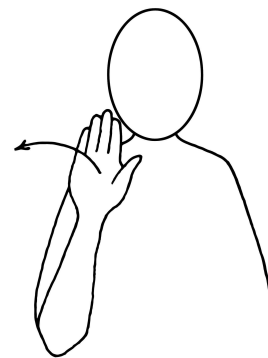
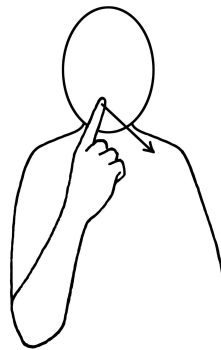
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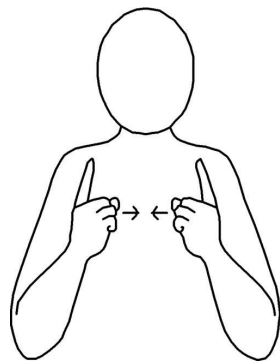
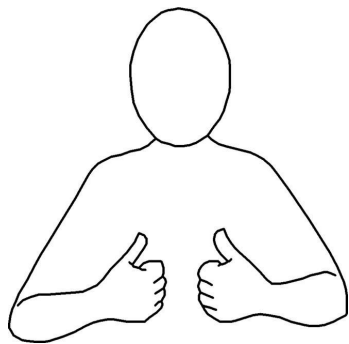
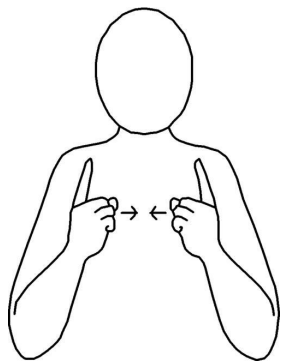
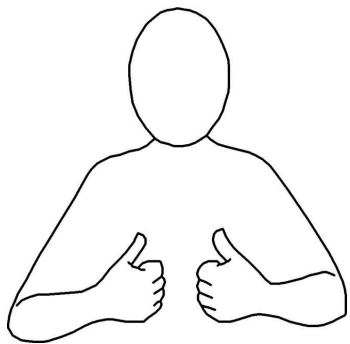


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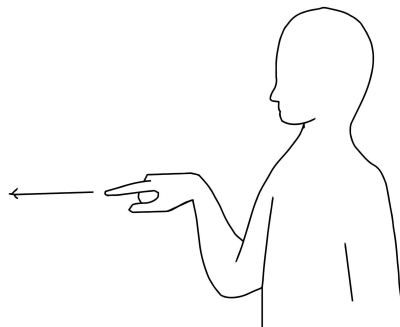
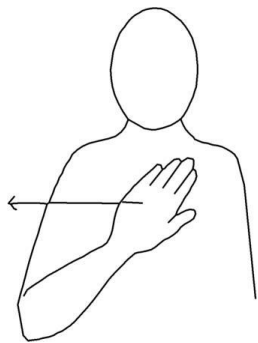
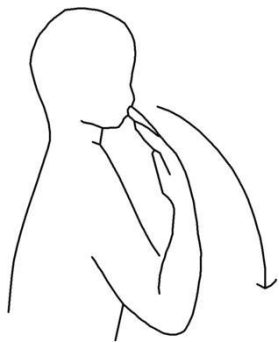


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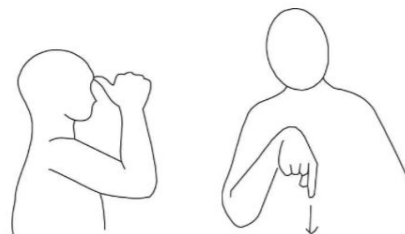




# Rules & Regs



Have you signed in? (repeat) It's important! (repeat)



If there's a fire (repeat) We'll know you're here! (repeat)



Tip of middle  
finger makes  
contact with  
body and  
makes repeat  
movement

2. Where's the toilet? (repeat)



Through the door there (repeat)



If there's a fire (repeat)

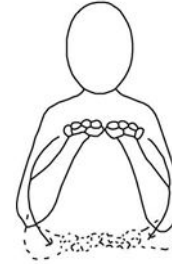


Go outside (repeat)





Direct signs at  
object or person  
being photographed



Little fingers  
and thumbs  
tucked in

3. Can we take a photo? (repeat) Put it on the website? (repeat)



If that's OK (repeat)



Tick the box (repeat)



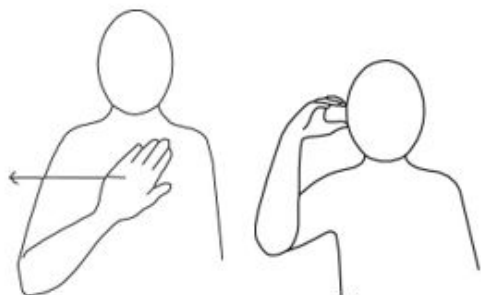


4. Please no talking (repeat)



Thumb tips maintain contact with chest. Hands make two short movements towards each other

That's what the break's for (repeat)

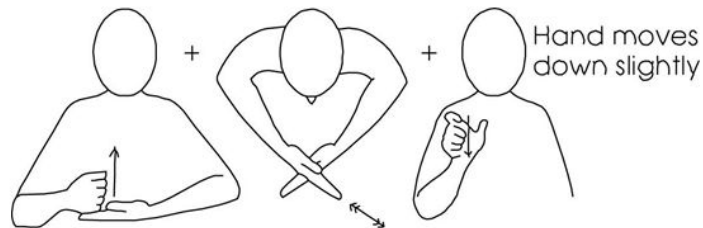
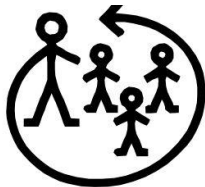


No phones (repeat)



Hand bends sharply from wrist

It's really rude (repeat)

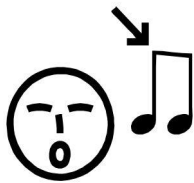


Repeated sawing movement  
on knuckles of other hand

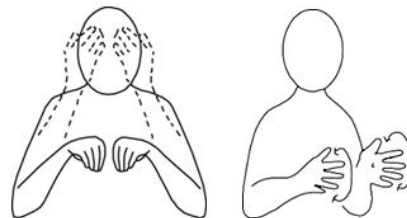
5. Support workers (repeat)



You're included (repeat)



Sing along (repeat)



Learn some signs



Tense hand  
Use both  
hands if very  
worried

6. If you're worried (repeat)



Tell a helper (repeat)



Most important (repeat)



Hand making  
small shaking  
movements

Have some fun (repeat)



Hand making  
small shaking  
movements

...we all have fun

# Warm Up Exercises



# Warm Up Songs



# the include choir agreement



We don't need no discrimination



We don't need no bullying



We are here to help each other



To have some fun  
- and have a si-i-ing





Hey, that's right

We're good at listening



You see the thing is –  
we're just here to sing



The Include Choir is here  
– so come and join in!



It's OK, we're all supportive



It's OK to take a break



It's OK to ask a question



We have tea and biscuits  
and sometimes ca-a-ake





Hey, that's right

Sometimes we have cake

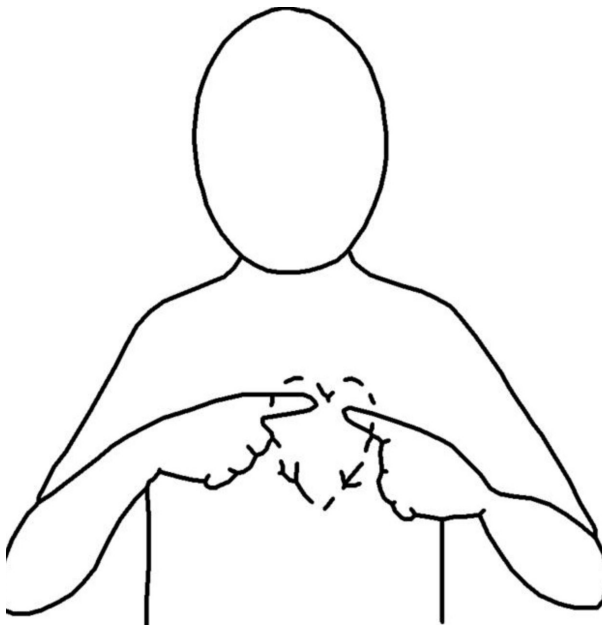
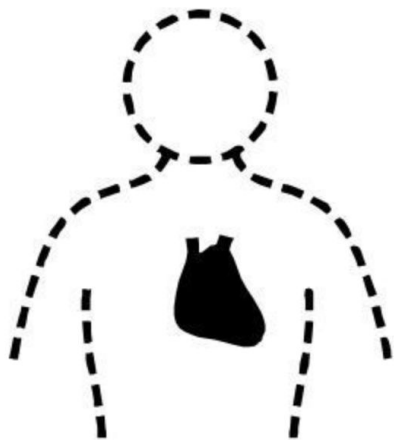


But the thing is –  
we're just here to sing



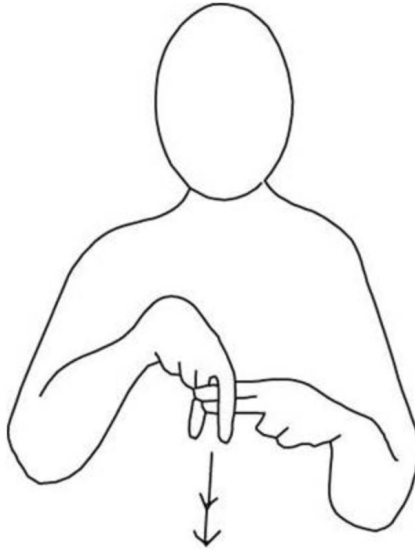
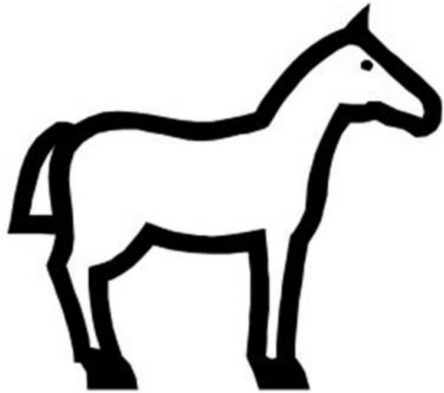
The Include Choir is here  
– so come and join in!

# Sign of the week

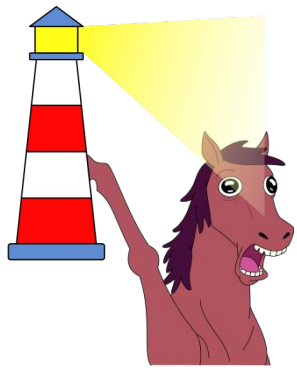


Heart

# Next Week's Sign of the Week



Horse



# You can't keep a Horse in a Lighthouse

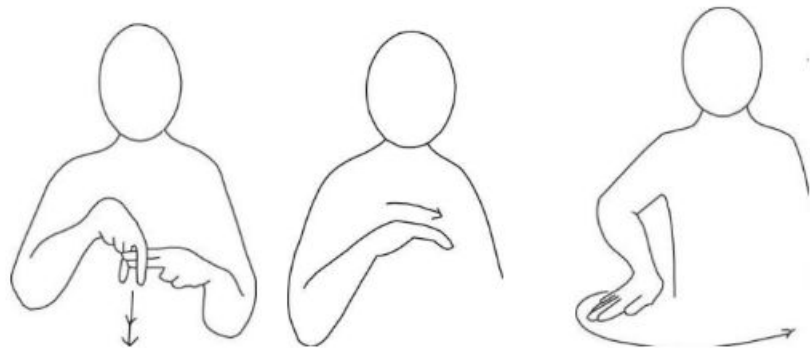


Twist at the wrist  
and flick open fingers  
go show flashing  
light Repeat

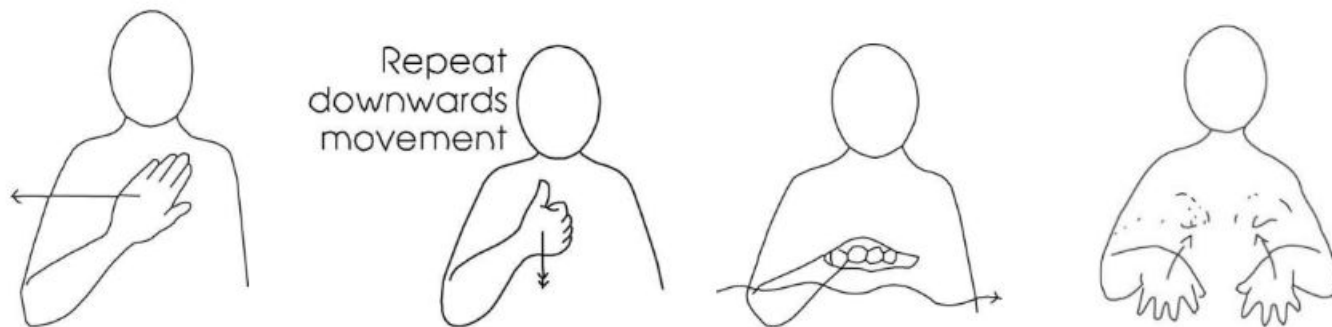
Oh you can't keep a horse in a lighthouse!



It isn't a place for old Ned



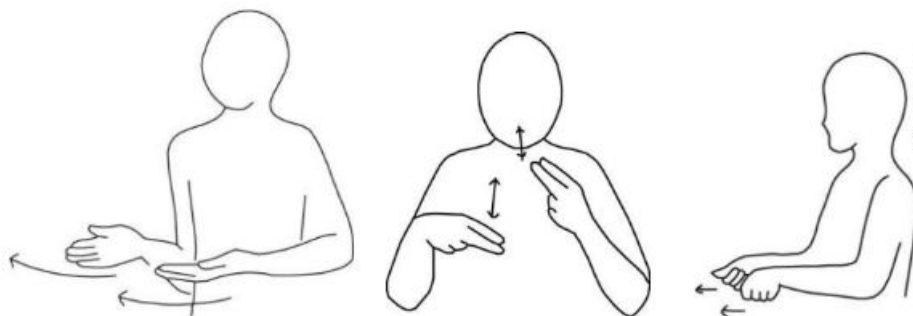
A horse's place is on dry land



He'll never keep healthy on sea-foam and sand



Oh you can keep a horse in the garage



Mime carrying tray  
as appropriate to its  
size and shape

If you bring him his meals on a tray



Twist at the wrist  
and flick open fingers  
go show flashing  
light Repeat

But you can't keep a horse in a lighthouse



Neigh,



neigh,



neigh...

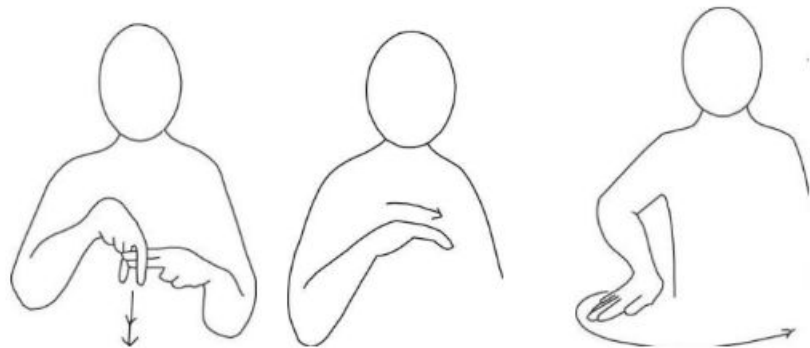


Twist at the wrist  
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light Repeat

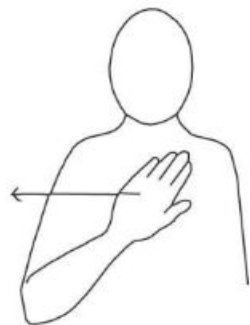
Oh you can't keep a horse in a lighthouse!



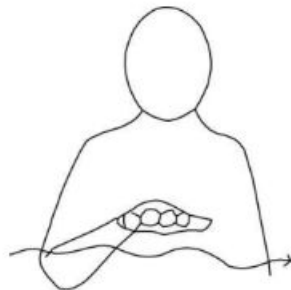
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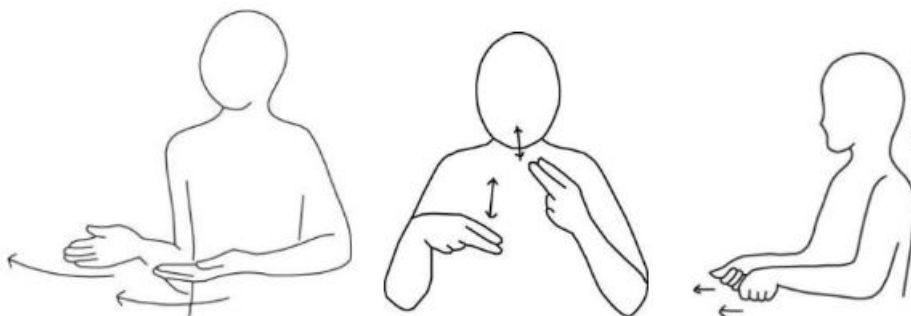
Repeat  
downwards  
movement



He'll never keep healthy on sea-foam and sand



Oh you can keep a horse in the garage



Mime carrying tray  
as appropriate to its  
size and shape

If you bring him his meals on a tray



Twist at the wrist  
and flick open fingers  
go show flashing  
light Repeat

But you can't keep a horse in a lighthouse



Neigh,

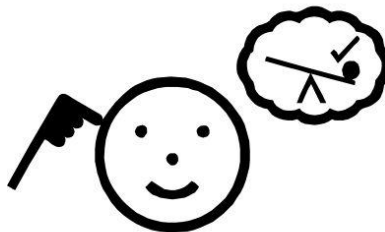
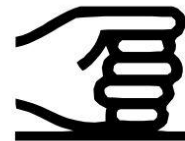
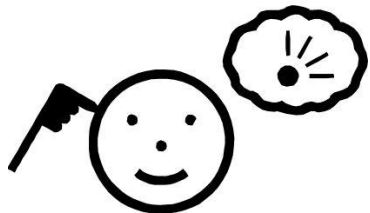


neigh,

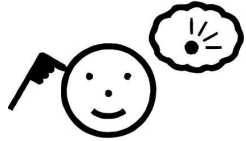


neigh...

# The Battle Hymn of the MCA



# Five Principles



## 1: I can make a decision

*Presumption of Capacity*



## 2: I get help to make a decision

*Reasonable Adjustments*



## 3: If I understand, it's up to me

*The right to make Unwise Decisions*



## 4: If I don't understand, choose what's best for me

*Best Interests*



## 5. Don't interfere more than you have to

*Least restrictive option*



Tap twice



1. Take time to get to know us,

Say hello and give your name



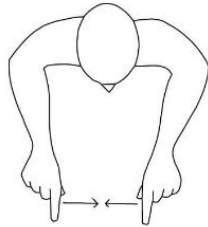
Middle finger moves up centre of chest

Don't think we have no feelings



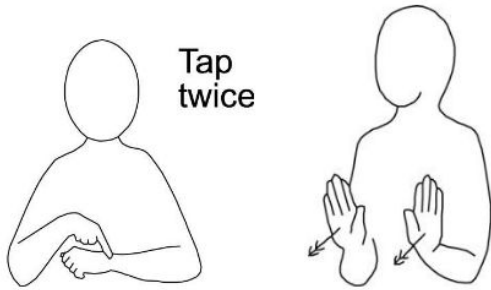
Hand moves down slightly. For plural repeat placing one next to the other

Repeat



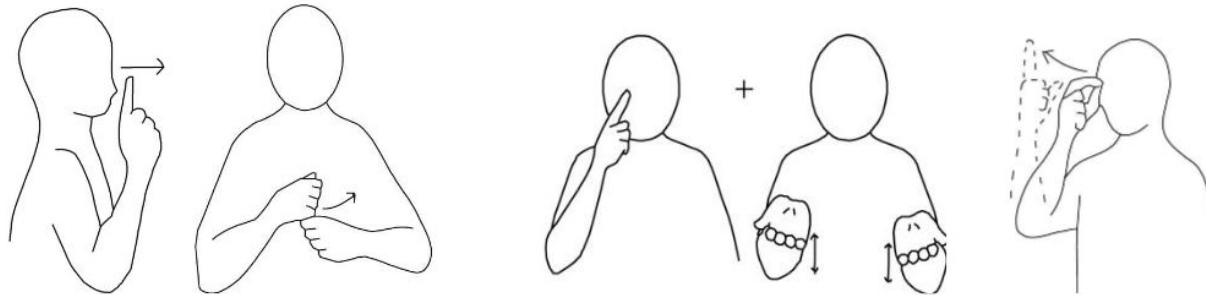
We are people just the same.





Tap  
twice

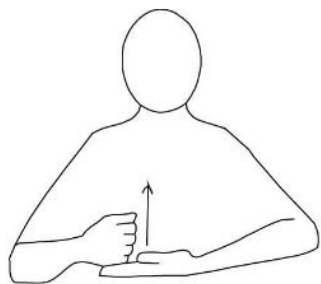
With a little time and patience



You will see what we can do .... When you assess capacity



# Chorus



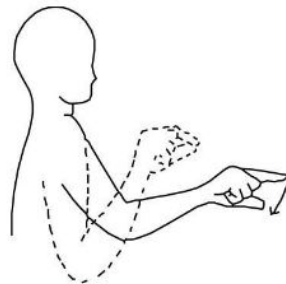
Help

us

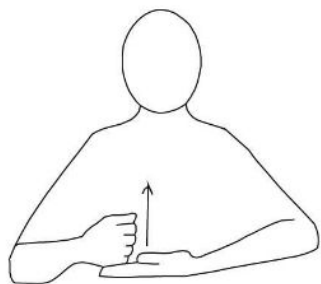
make



informed



decisions



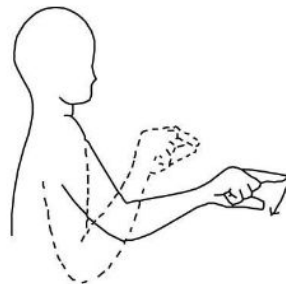
Help

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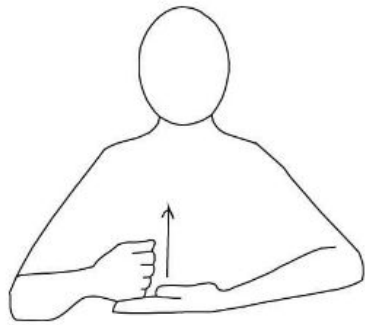


informed



decisions



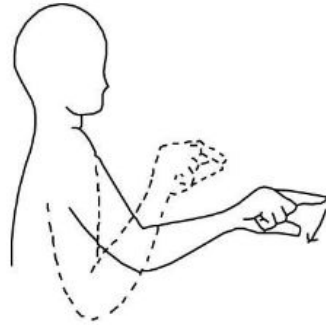


Help

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decisions



It's

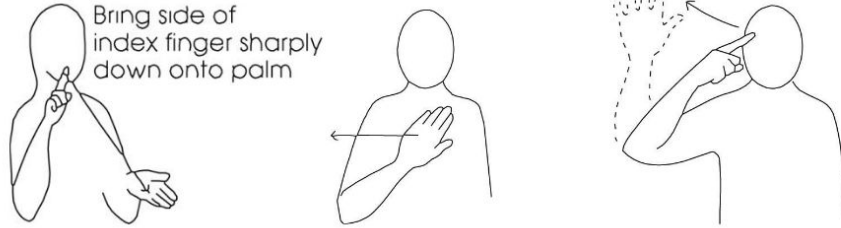
our



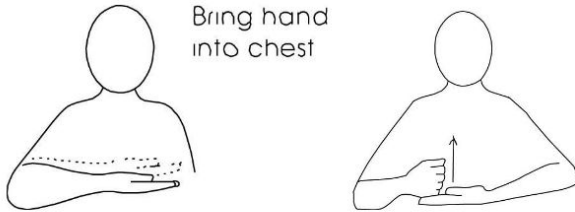
lives after all.



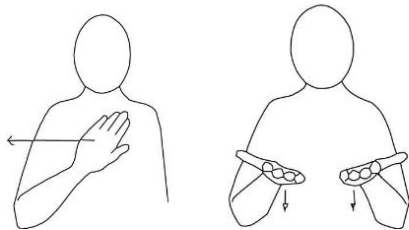
2.



It's the law! It's not a thing you can ignore or can forget

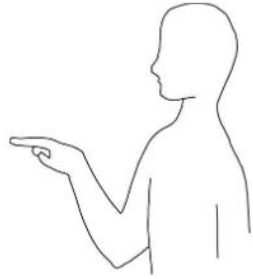
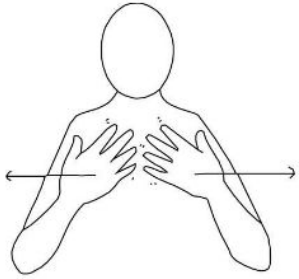


We've a right to get some help



Though we don't always get it yet.

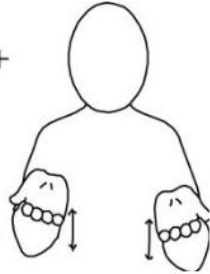




There are lots of things that you can do



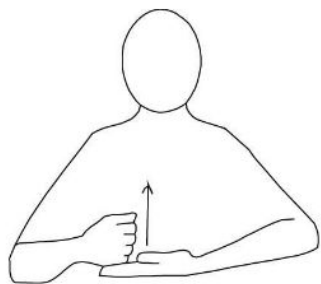
+



To help us understand .....When you assess capacity



# Chorus



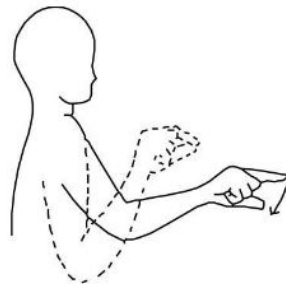
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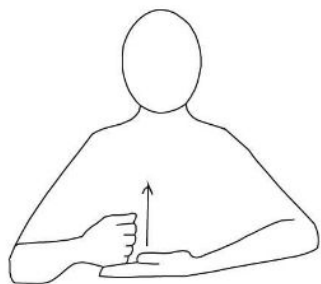
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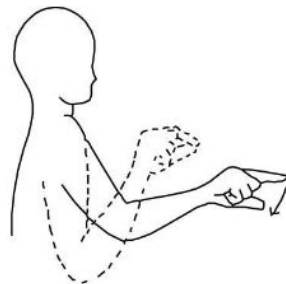
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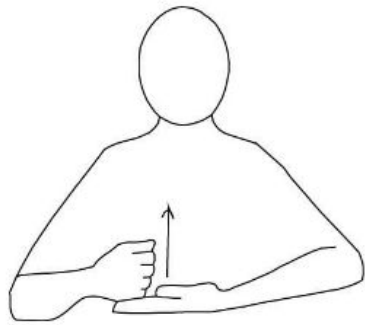


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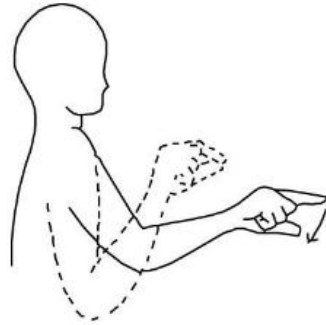


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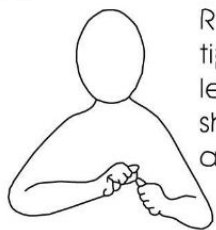
our



lives after all.



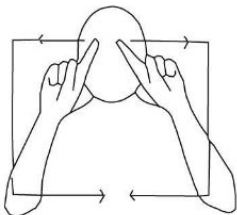
3.



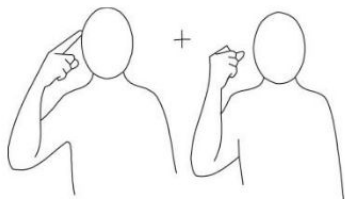
Right thumb tip brushes left thumb tip sharply forward and up



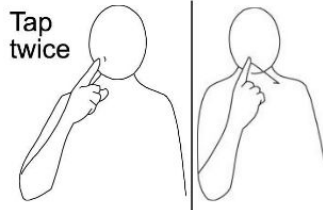
It is best if you can show us,



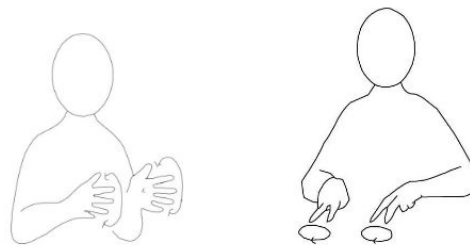
Pictures can be helpful too.



Remember to use

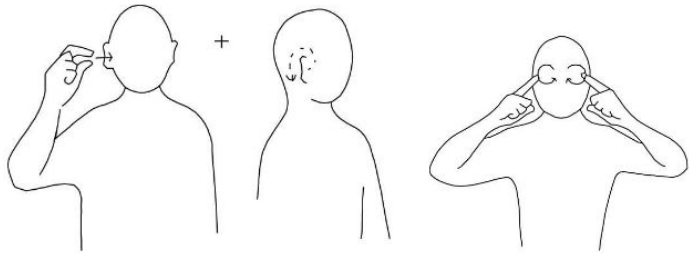


easy words,



Or signs or video

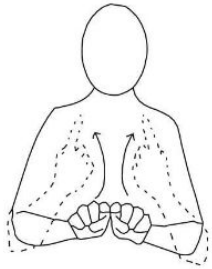




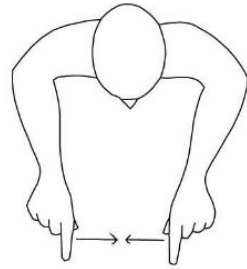
Hearing aids

or

glasses



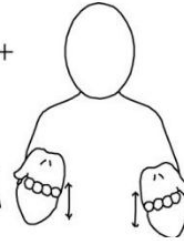
They will make a difference



too.... When you



+



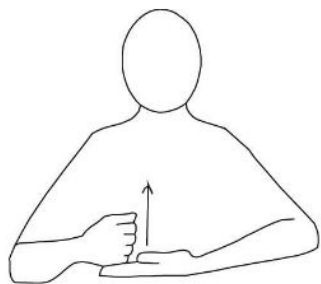
assess



capacity



# Chorus



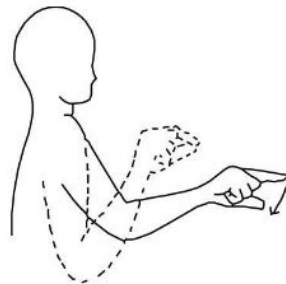
Help

us

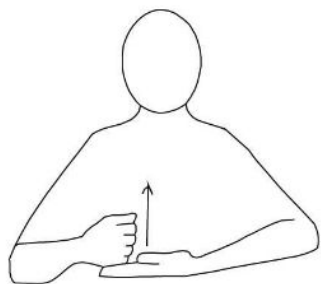
make



informed



decisions



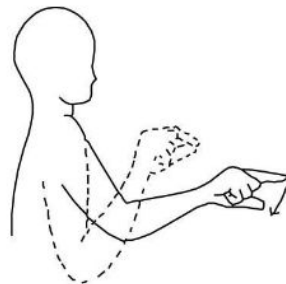
Help

us

make

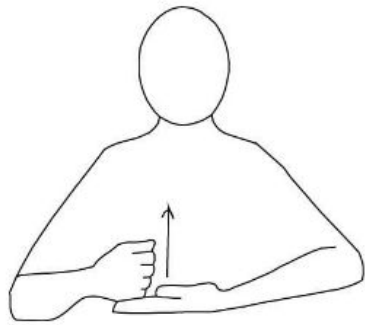


informed



decisions



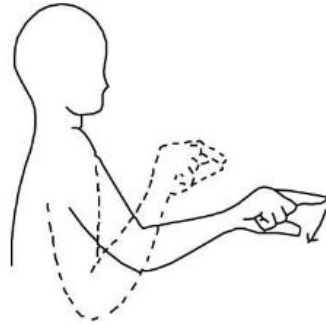


Help

us



make



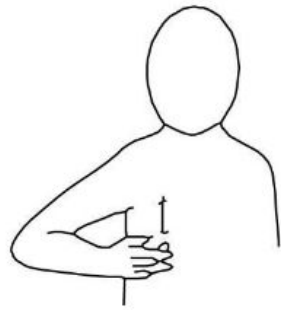
informed

decisions



It's

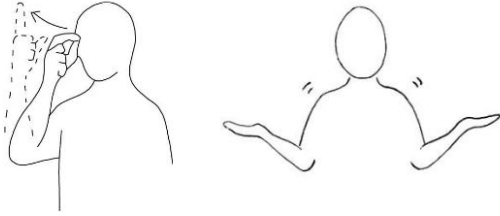
our



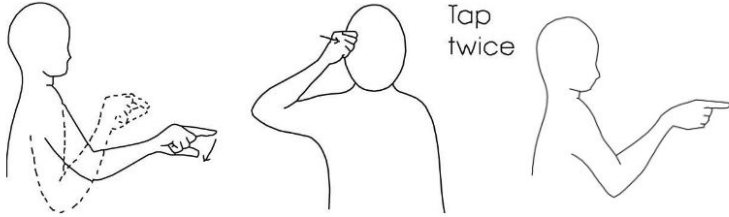
lives after all.



4.



If I understand, I don't care if

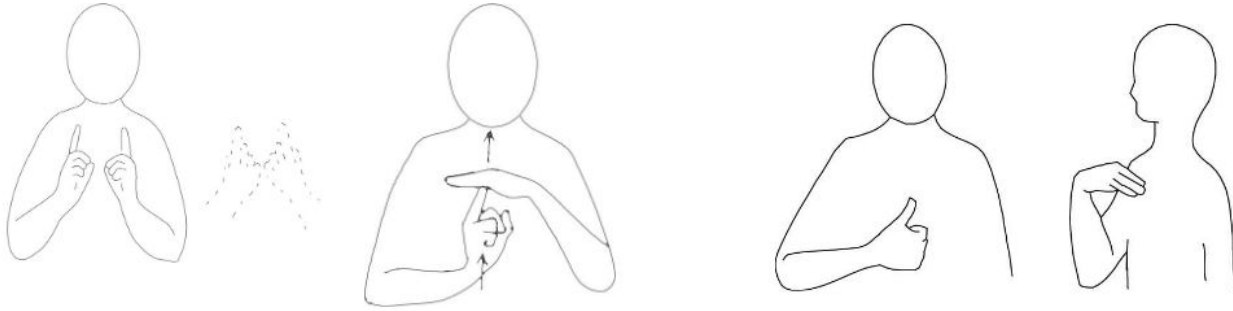


My choice seems unwise to you

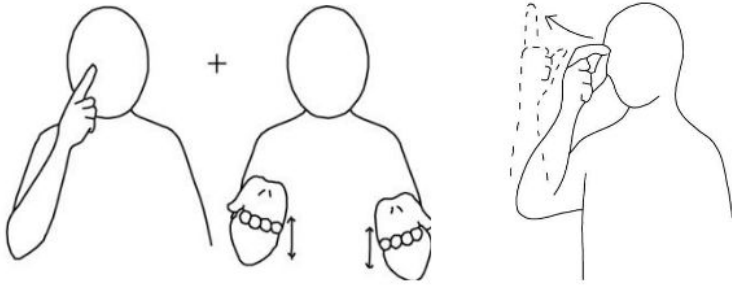


It's not all about avoiding risks But being happy too.





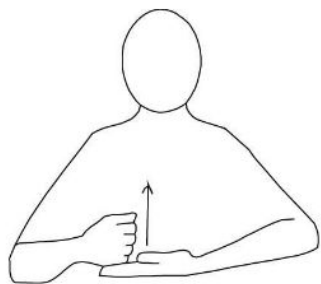
The thing that is important Is my choice is right for me



When you assess capacity



# Chorus



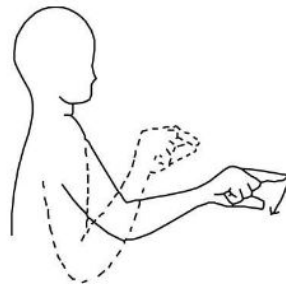
Help

us

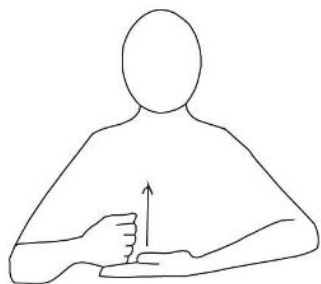
make



informed



decisions



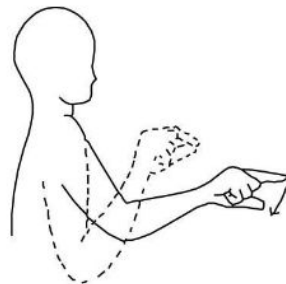
Help

us

make

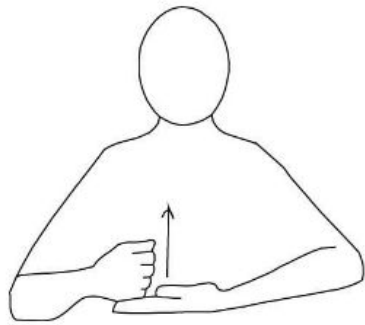


informed



decisions



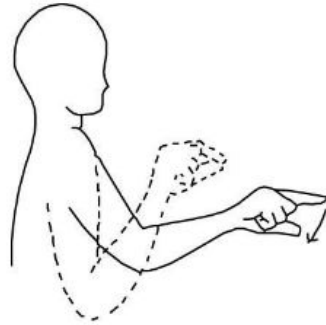


Help

us



make



informed

decisions



It's

our



lives after all.



5.

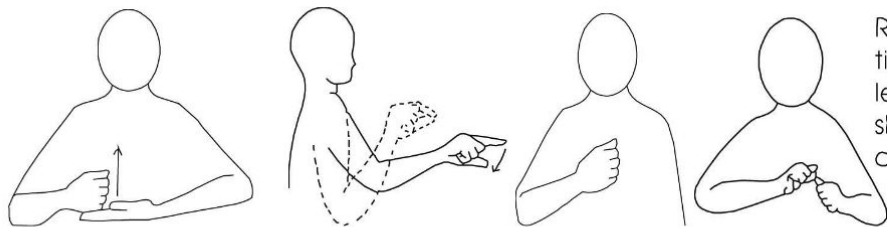


If I cannot understand



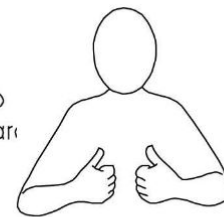
Right thumb  
tip brushes  
left thumb tip  
sharply forward  
and up

Talk to those who know me best



Right thumb  
tip brushes  
left thumb tip  
sharply forward  
and up

They will help you make a choice which is in my best

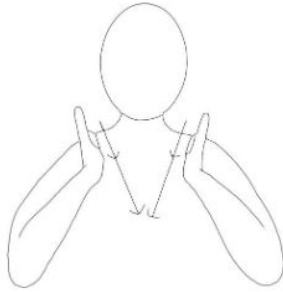


interest.

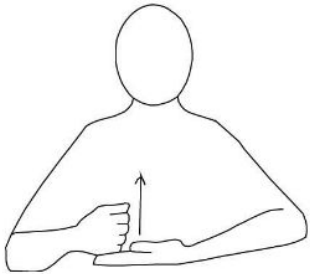




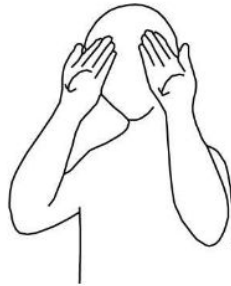
By interfering



less



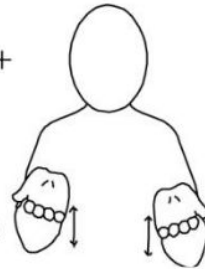
You help me keep my dignity ...



When you



+



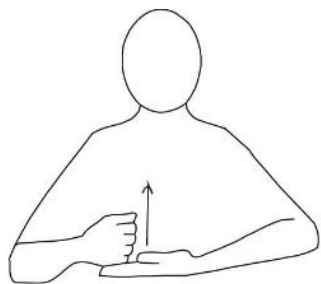
assess



capacity



# Chorus



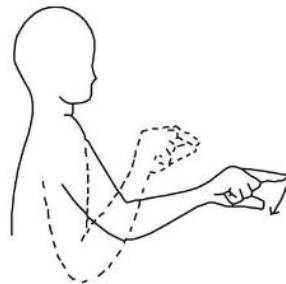
Help

us

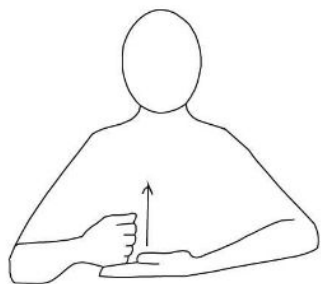
make



informed



decisions



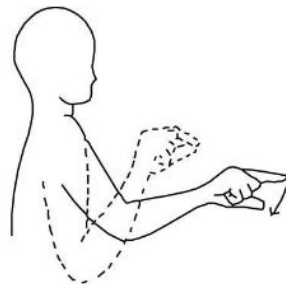
Help

us

make

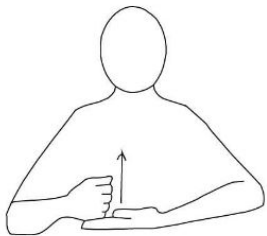


informed



decisions



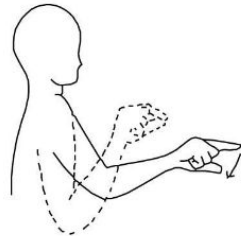


Help

us



make



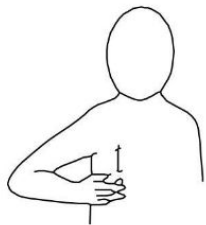
informed

decisions



It's

our



lives after all.



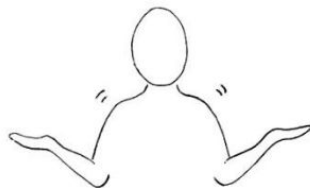
It's

our

....



lives ....



after all.



# Redhill Rising



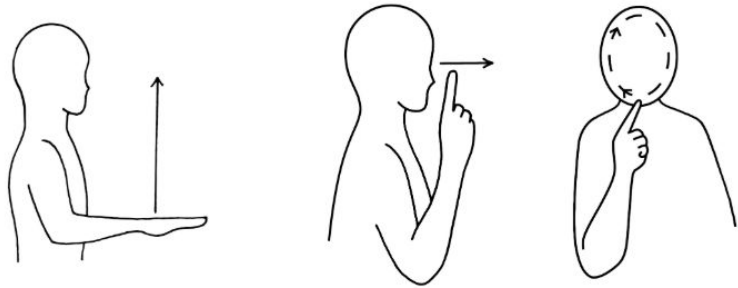
Redhill Rising



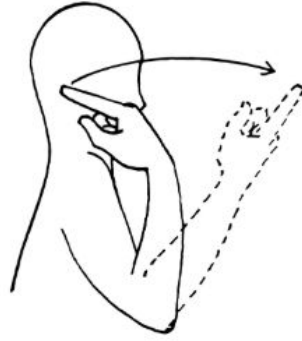
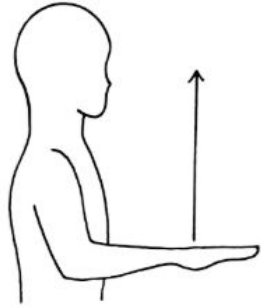
Music and lyrics by Dr Nikki Franklin  
Makaton translation by Include.org



We're rising, to a better place



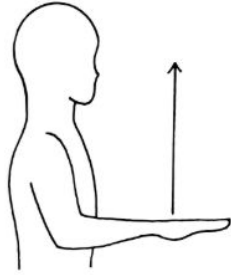
We're rising, can you see my face?



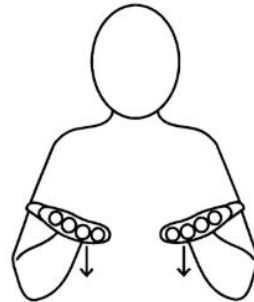
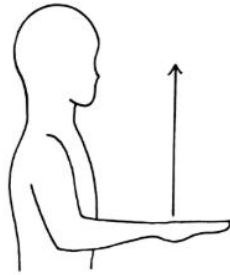
We're rising, to a better day



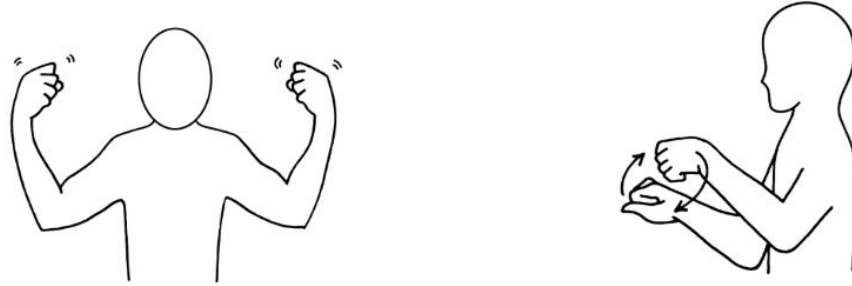
Listen to what we say, I tell you



We're rising, and we'll show you how

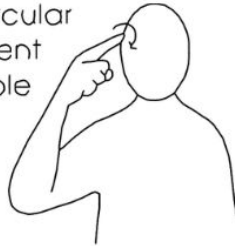


We're rising, 'cause our time is now



Gotta find the strength to make a change

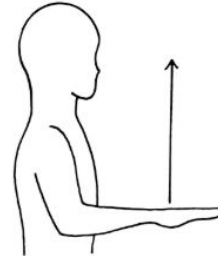
Small circular movement on temple



+



Hand strikes palm deliberately



And believe in what it takes...

To rise

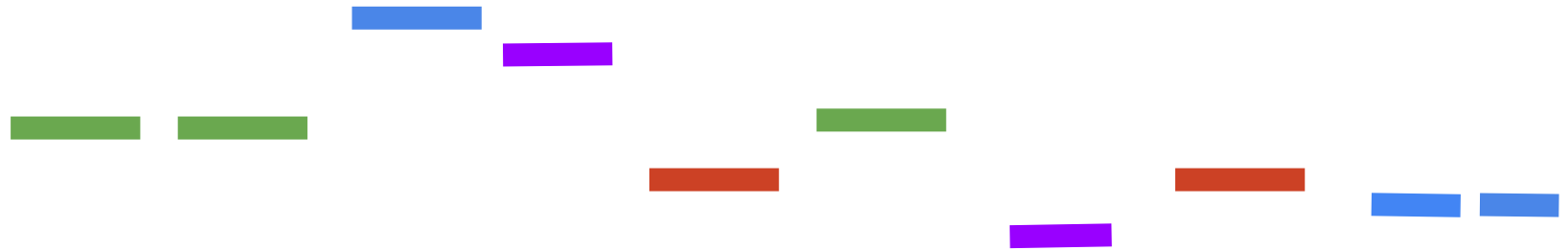
EVERYONE DESERVES THE CHANCE TO FLY

# WICKED

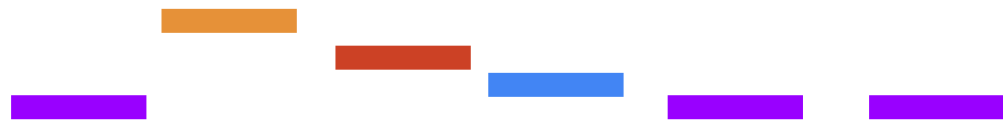


**Defying Gravity**

# Practice Run



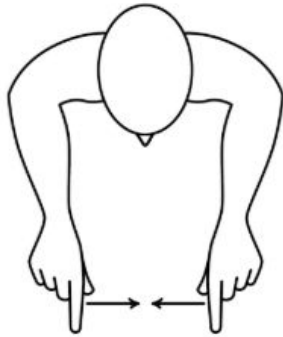
It's time to try de fy ing gra vity



And you won't bring me down...

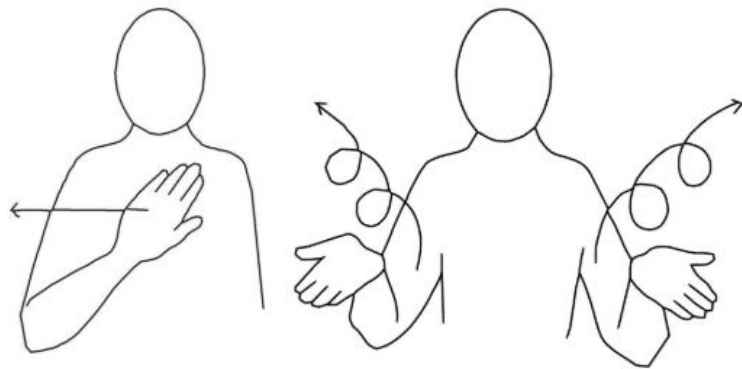


V1: Something has changed within me



Something is not the same





I'm through with playing by

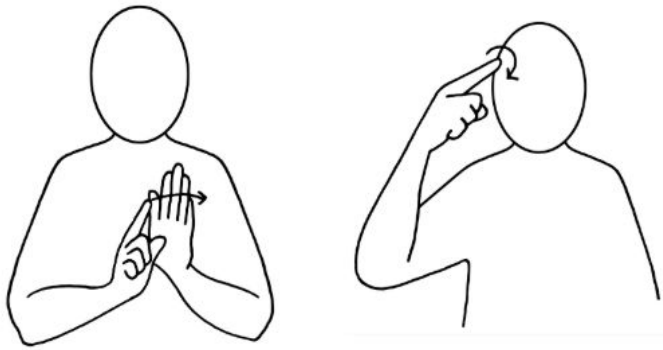


Hand moves  
down slightly.  
For plural  
repeat placing  
one next to  
the other



the rules of someone else's game





Too late for second guessing,

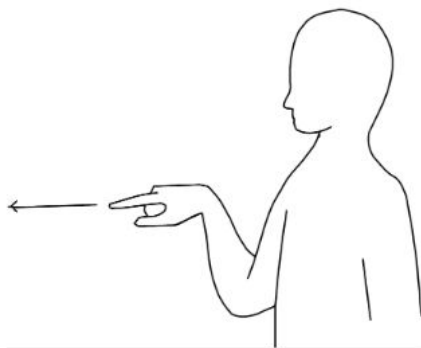


too late to go back to sleep

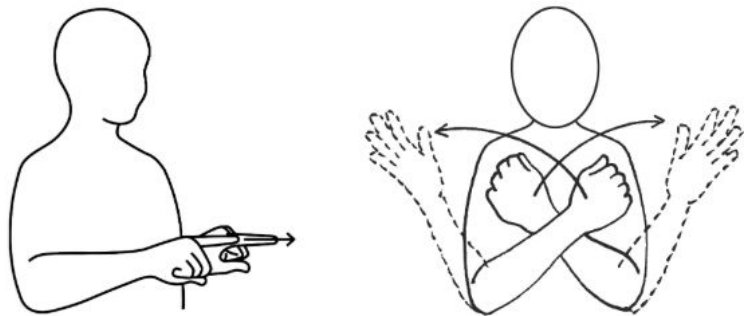




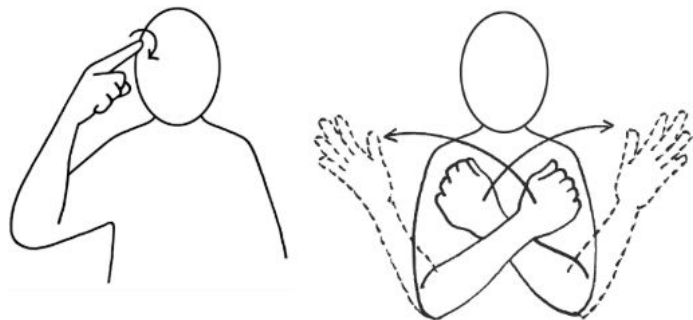
It's time to trust my instincts,



Chorus

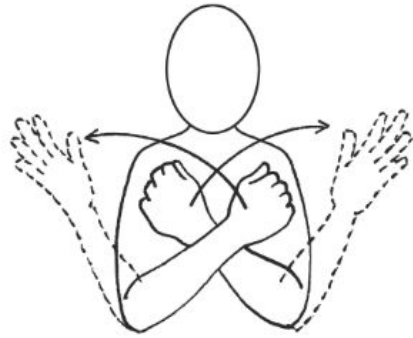
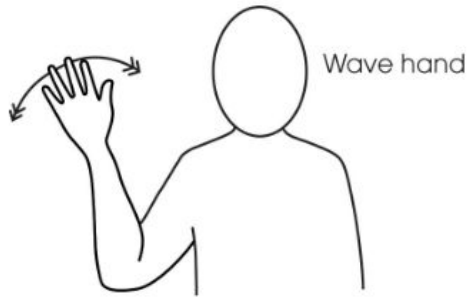


It's time to try defying gravity

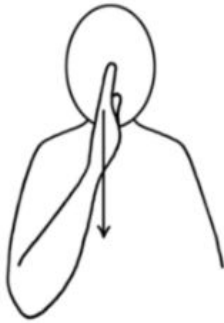


I think I'll try defying gravity



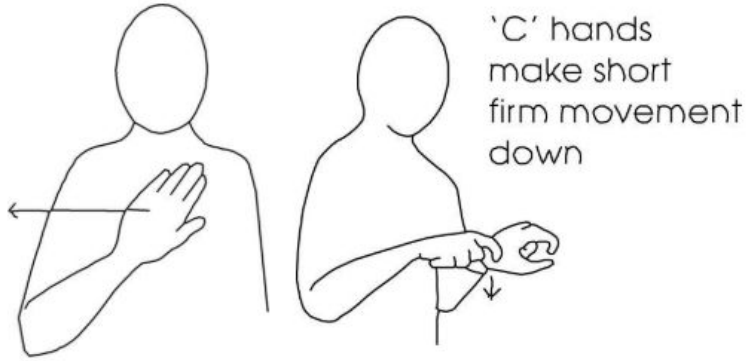


Kiss me goodbye, I'm defying gravity

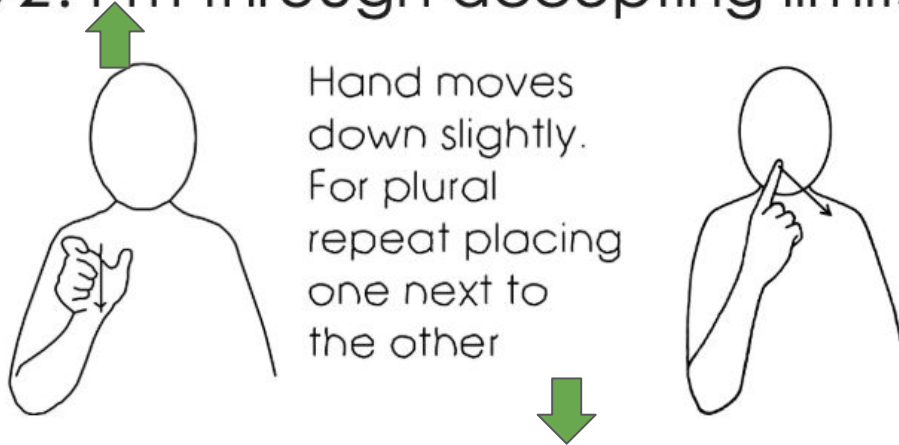


and you won't bring me down



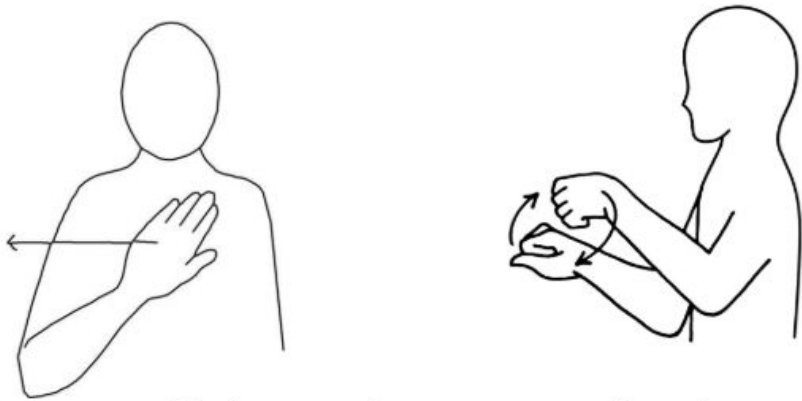


V2: I'm through accepting limits



'Cause someone says they're so





Some things I cannot change,

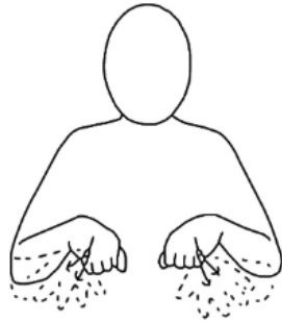


but till I try I'll never know





Too long I've been afraid

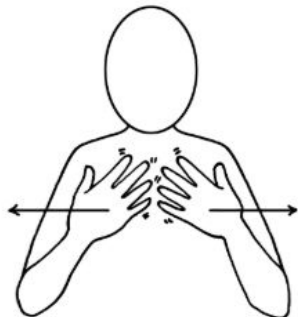


of losing love I guess I'd lost





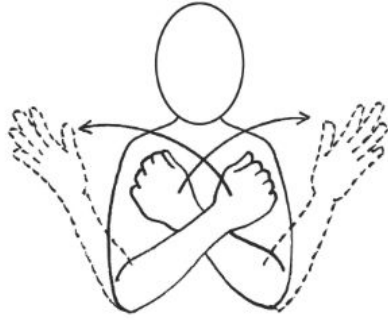
Well if that's love,



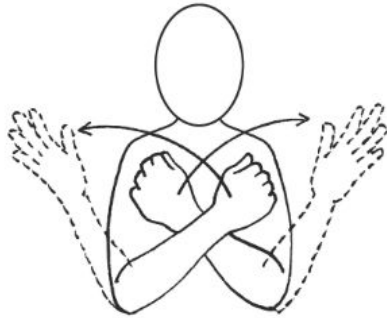
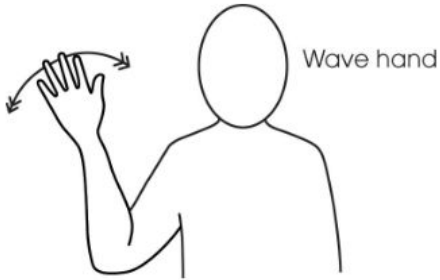
it comes at much too high a cost!



# Chorus

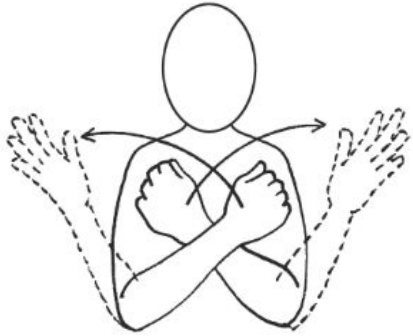


I'd sooner buy defying gravity



Kiss me goodbye, I'm defying gravity





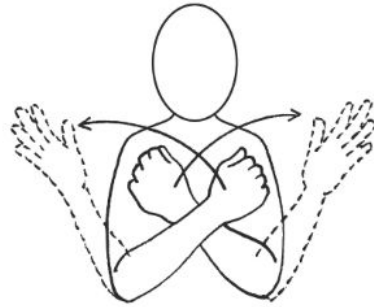
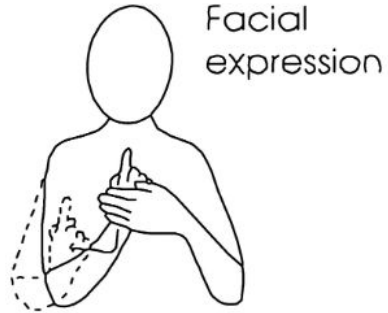
I think I'll try defying gravity



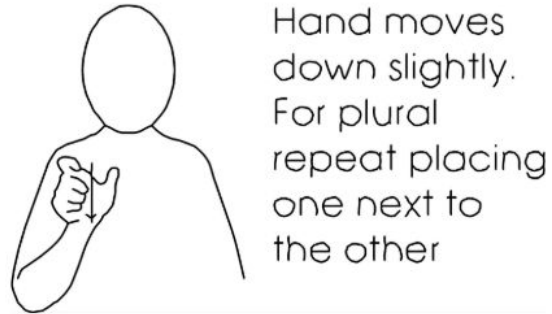
and you won't bring me down



## Middle 8



And if I'm flying solo, at least I'm flying free



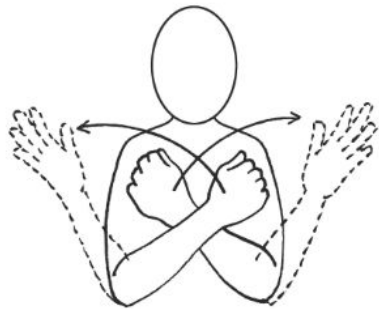
To those who'd ground me



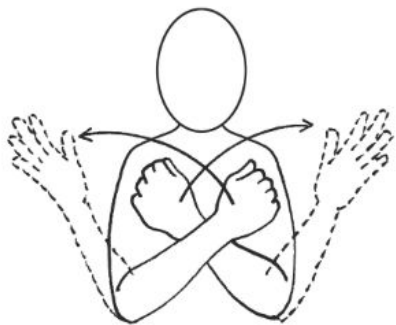


Take a message back from me...



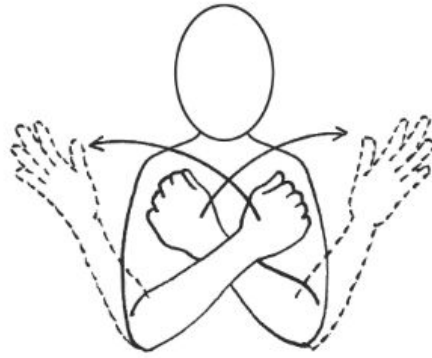
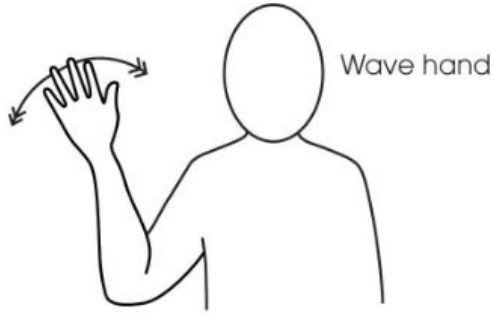


Tell them how I'm defying gravity



I'm flying high, defying gravity



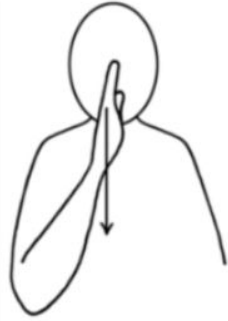


Kiss me goodbye, I'm defying gravity

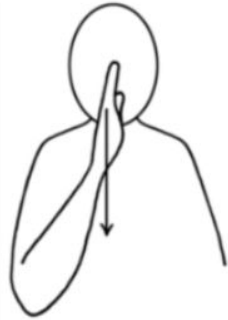


And you won't bring me down...



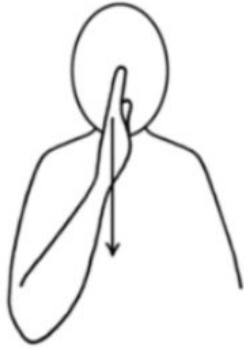


You won't bring me down...



You won't bring me down...





You won't bring me down...



**It must be love**

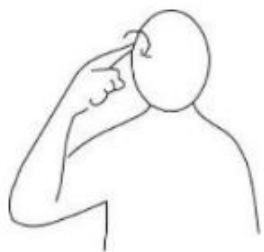




1. I



never



thought I'd



miss



you



Half as much



as I



do

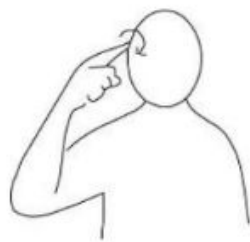




And I



never

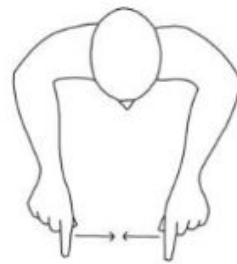


thought



I'd feel

Middle finger  
moves up  
centre of  
chest



this way



The way I



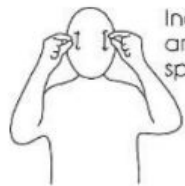
feel about

Middle finger  
moves up  
centre of  
chest

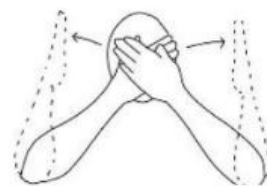


you





Index fingers  
and thumbs  
spring apart



As soon as I wake up every night, every day



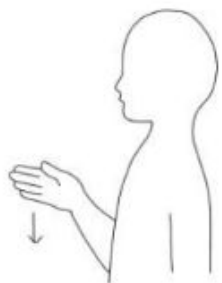
With flat palm,  
thumb on side  
of chest, hand  
moves down  
then forward.  
Repeat for  
needs



I know that it's you I need to take the blues away



Chorus



It must be love,

love,

love



It must be love,

love,

love





Nothing



more,



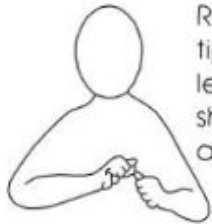
nothing



less



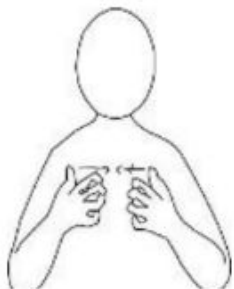
Love is



the best

Right thumb  
tip brushes  
left thumb tip  
sharply forward  
and up





2. How can it be that we can



Say so much without words





Bless



you and



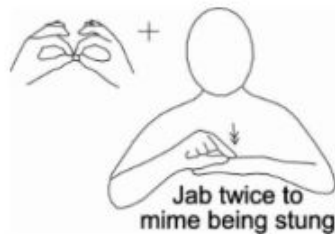
bless



me



Bless

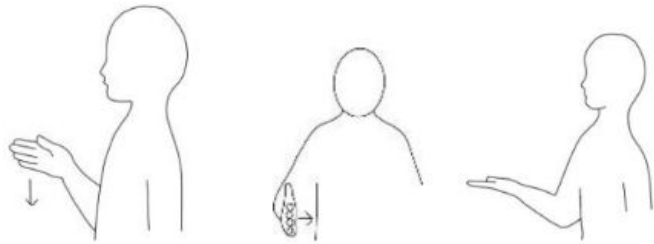


the bees



and the birds

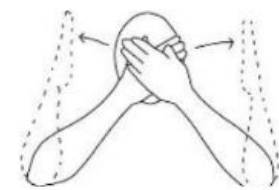




I've got to be near you



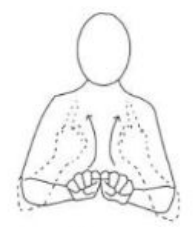
every night,



every day



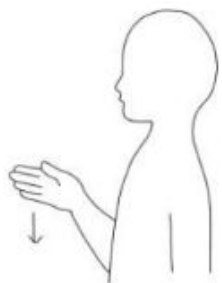
I couldn't be happy



any other way



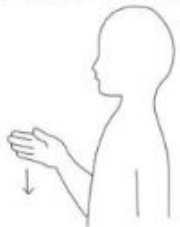
Chorus



It must be love,

love,

love



It must be love,

love,

love





Nothing



more,



nothing



less



Love is

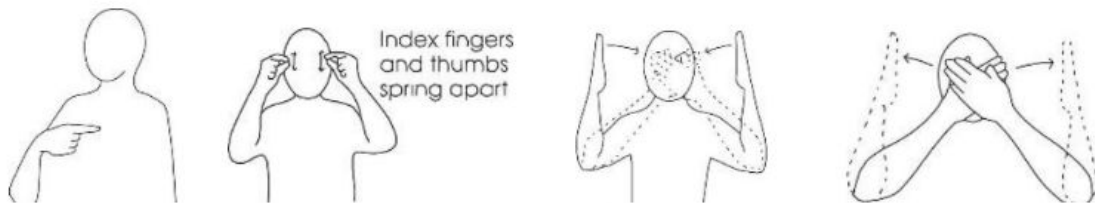


the best

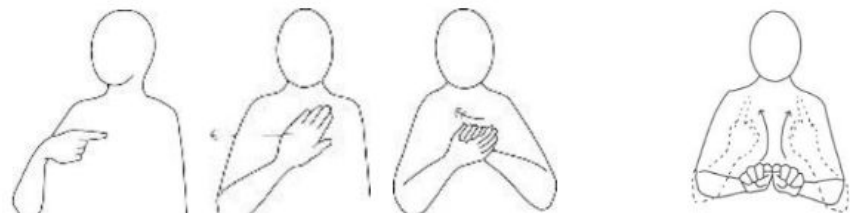
Right thumb  
tip brushes  
left thumb tip  
sharply forward  
and up



*instrumental*



As soon as I wake up every night, every day



I couldn't be happy any other way



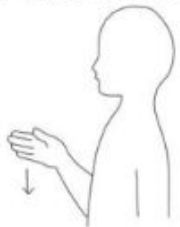
Chorus



It must be love,

love,

love



It must be love,

love,

love





Nothing



more,



nothing



less



Love is

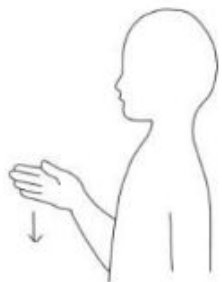


the best

Right thumb  
tip brushes  
left thumb tip  
sharply forward  
and up



Chorus



It must be love,

love,

love



It must be love,

love,

love





Nothing



more,



nothing



less



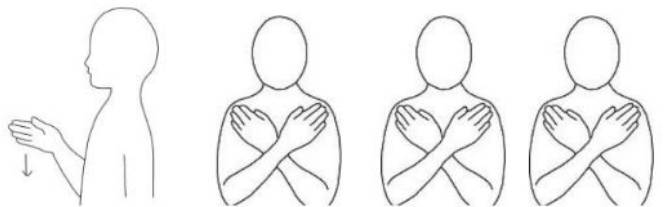
Love is



the best

Right thumb  
tip brushes  
left thumb tip  
sharply forward  
and up

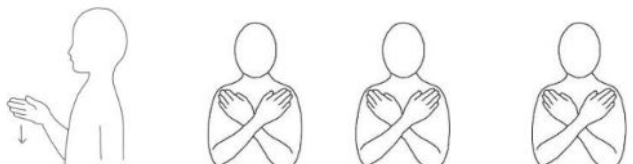




It must be love, love, love



It must be love, love, love



It must be love, love, love

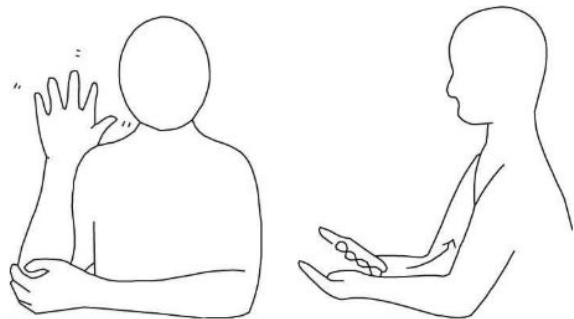


Love...

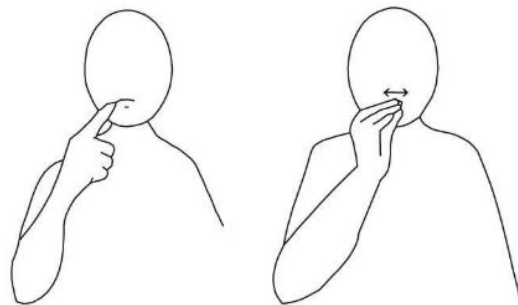


# What a Wonderful World

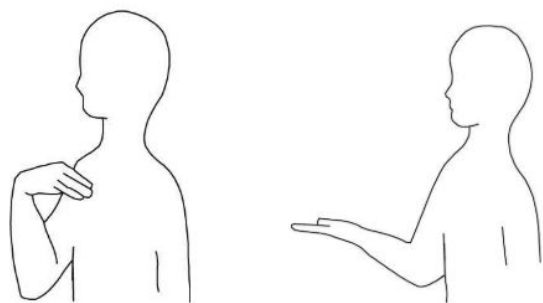




1. I see trees of green, red roses too,



I see them bloom,

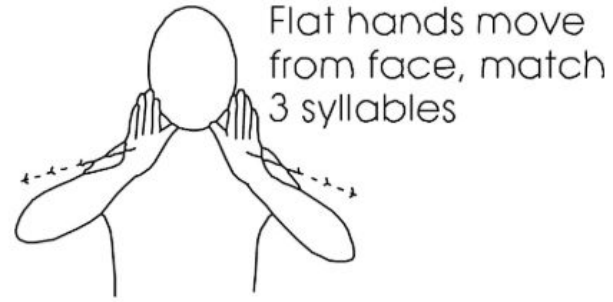
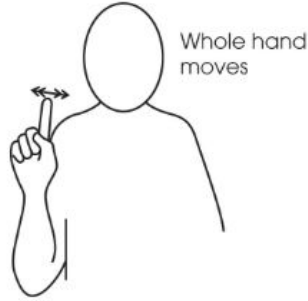


for me and you

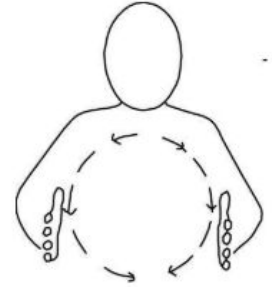




And I think to myself - What

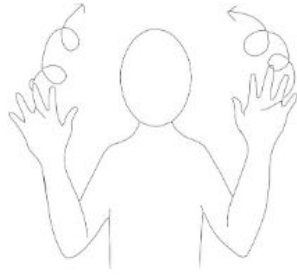
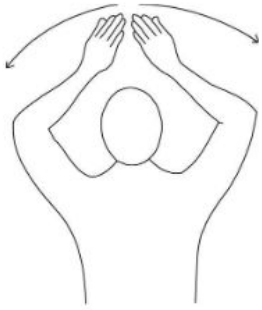


a wonderful



world.





2. I see

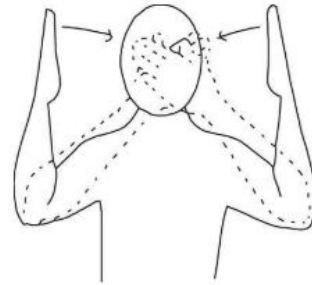
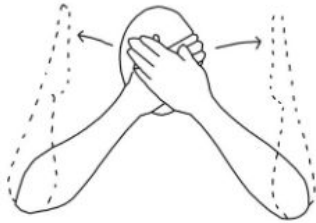
skies of

blue, and

clouds

of

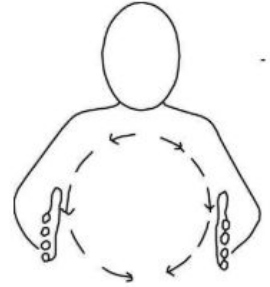
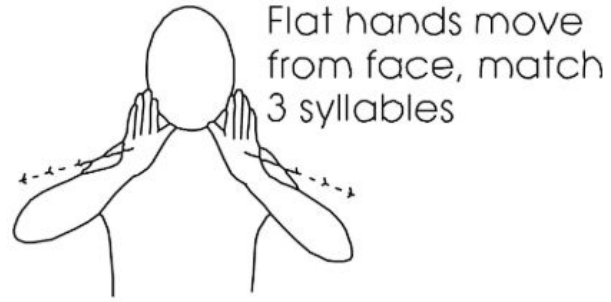
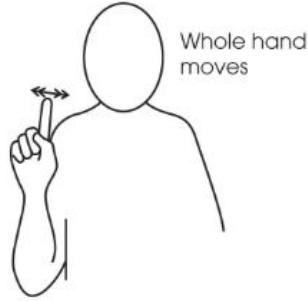
white,



The bright blessed day,

the dark sacred night





And I think to myself - What

a wonderful

world.





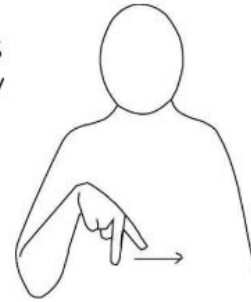
The colours of the rainbow, so pretty in the sky,



Index finger  
outlines face

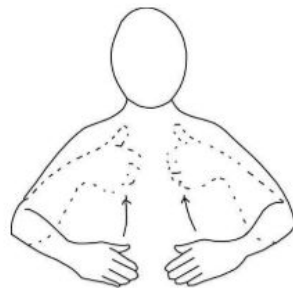
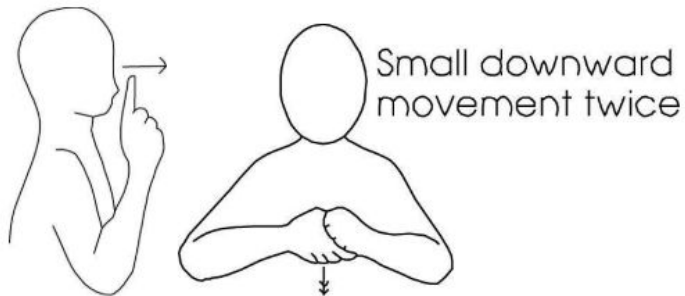


Hand moves  
down slightly

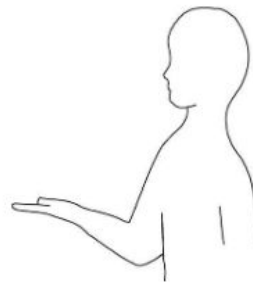


Are also on the faces of the people passing by.





I see friends shaking hands, sayin', "How do you do?"

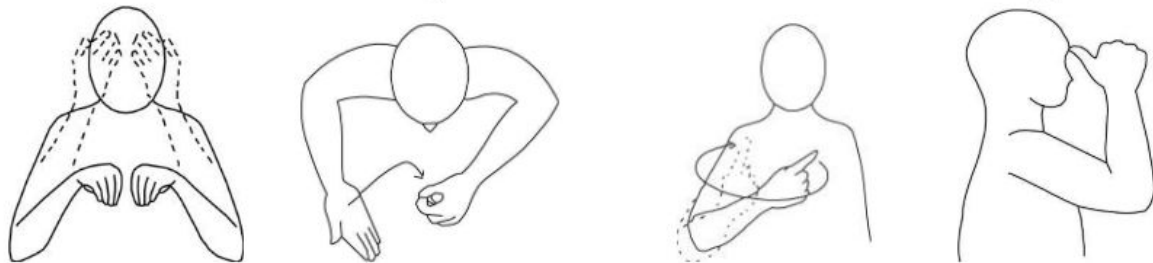


They're really sayin', "I love you."



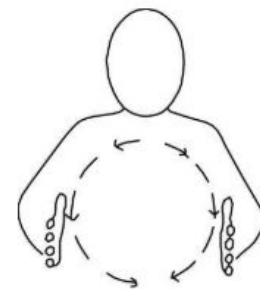
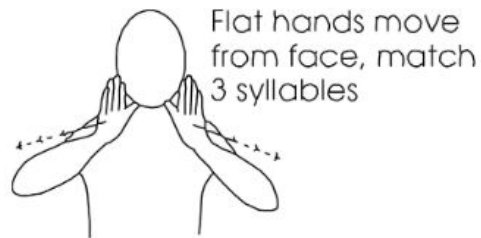
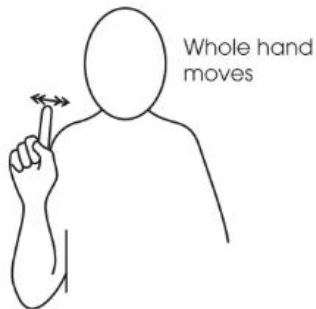


3. I hear babies cry, I watch them grow



They'll learn much more than we'll ever know





And I think to myself - What a wonderful world.

*(instrumental)*





The colours of the rainbow, so pretty in the sky,



Index finger outlines face

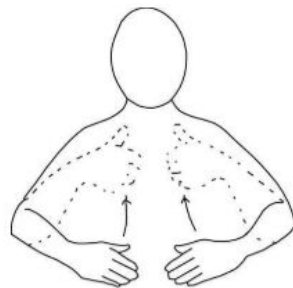
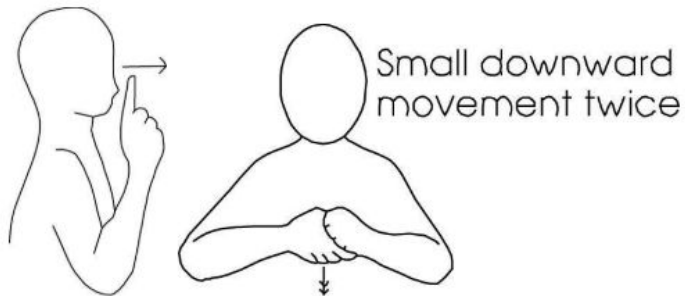


Hand moves down slightly

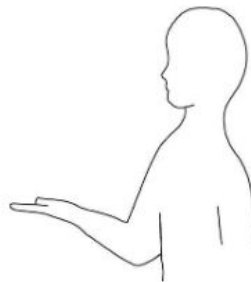


Are also on the faces of the people passing by.



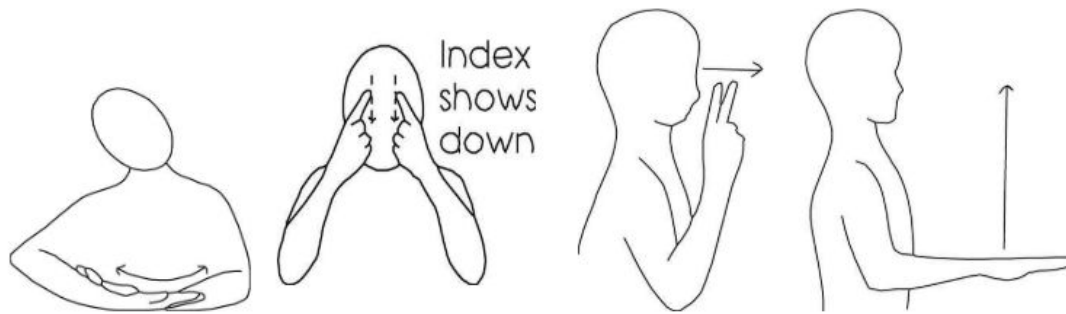


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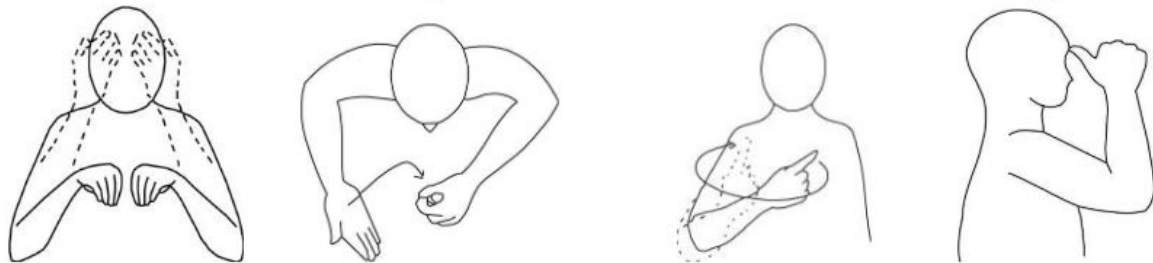


They're really sayin', "I love you."



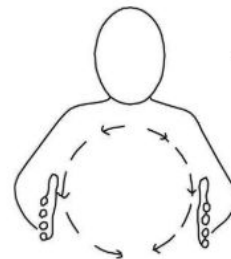
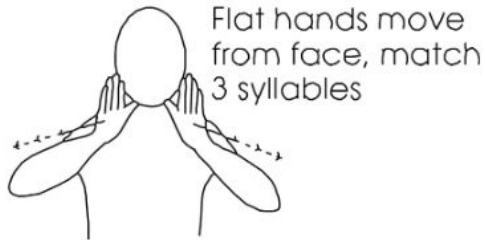
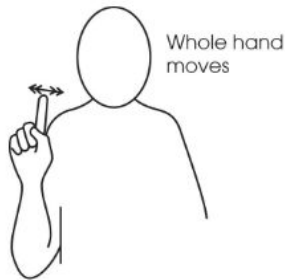


3. I hear babies cry, I watch them grow

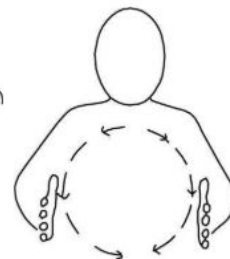
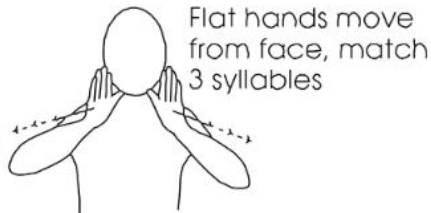
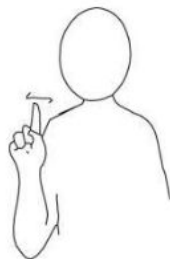


They'll learn much more than we'll ever know





And I think to myself - What a wonderful world.



*(Slow)*

Yes, I think to myself – what a won – der – ful world.



# News



# Surrey People's Group in the East

The next Surrey People's Group meeting in the East is on Friday 20 February at Woodhatch Place in Reigate.

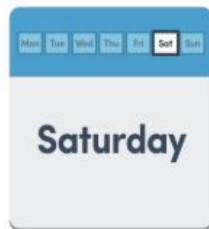
We will be finding out about Medii App, a free app that is designed to help people to be healthier. We will show you what it is, how to use it and where you can get it.

We will also be talking with Rivka from the Disability Commissioning team. She wants to find out what you think about housing. What is important to you and should be in the standards for supported living.

Make sure you **book for the meeting** so we know who is coming.

# Stroll and Sign - Saturday 21st February 2026

## St Johns, Redhill Common



Please join us for Stroll and Sign on **Saturday, 21st February** for a Stroll and Sign around **Redhill Common / St Johns**.



We will meet at **11am** outside Dunottar School, 36 High Trees Road, Reigate, RH2 7EL. We will finish at approximately **12.30pm**.



Free parking is available on The Chase and High Trees Road. Toilets are available at the **Garibaldi pub** which we will visit on our walk.



## Redhill Rising



Please join us on **Thursday April 16th** for a performance at The Belfry Shopping Centre, Redhill, **Station Rd, RH1 1ST**

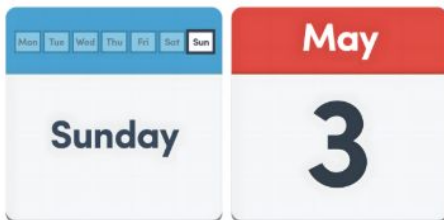


We will meet on the **lower ground floor** outside Superdrug at **10.30**. We will be singing from 11am.

**REDHILL RISING**  
FRANKLIN MUSIC



## Include Choir's 10th Birthday Tea!



Please join us on Sunday 3rd May for our 10th birthday **cake sale!** It will be held at **Brockham Green Church Hall, Brockham RH3 7JR.**



The cake sale will last from **2.30pm to 5pm.** Please let us know if you would like to make a cake for Include to sell.



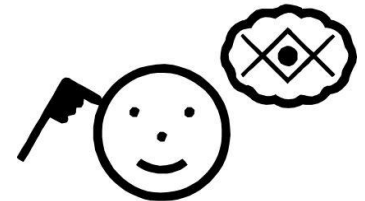
We will do a **short, fun performance** at **around 3.30pm**

# Birthdays

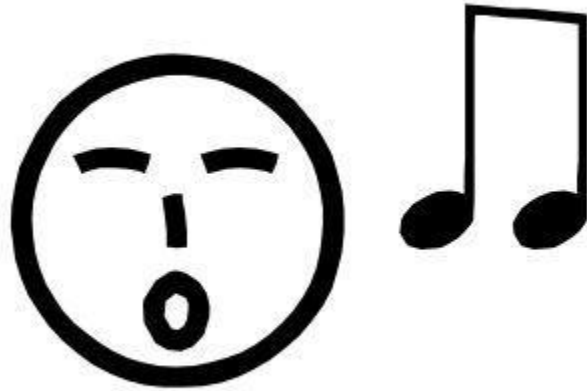


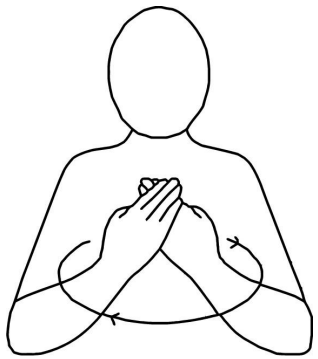
# Break

## & Sign of the Week Video

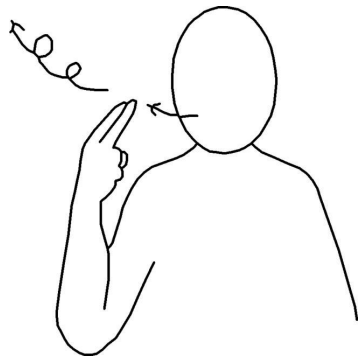


# Welcome Back!

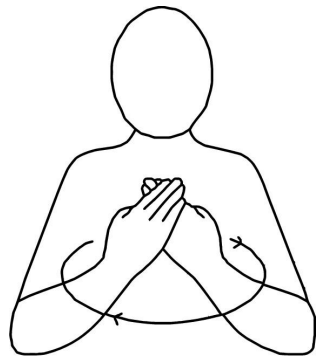




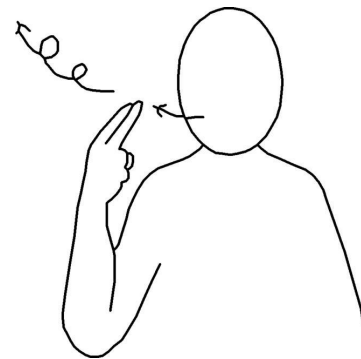
Include



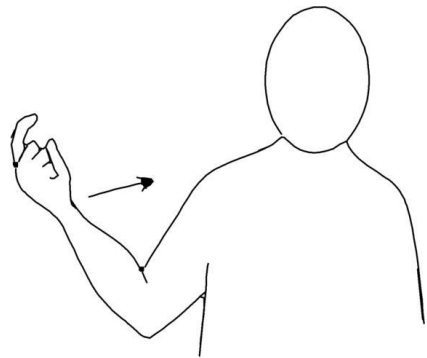
Choir



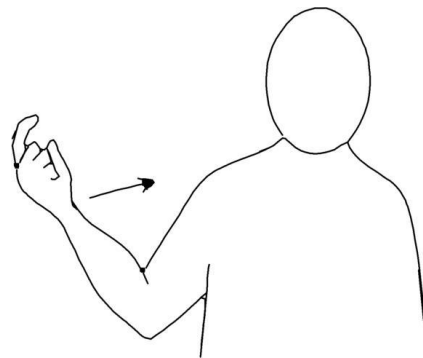
Include



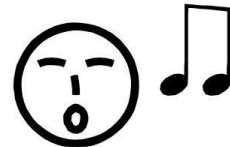
Choir

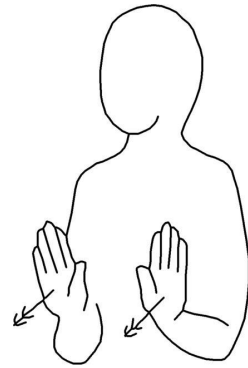
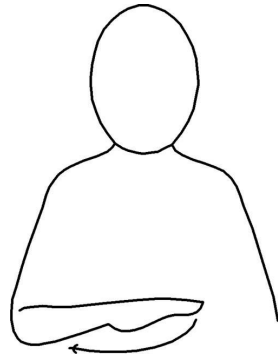
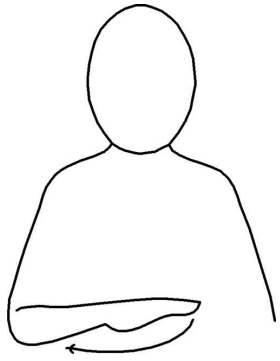


Come and sing!

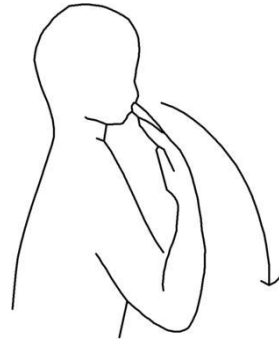
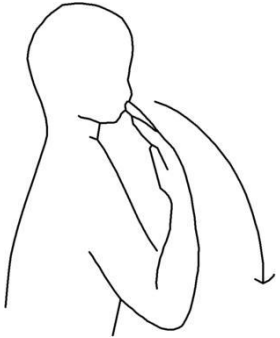


Come and sing!



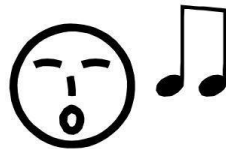


Everybody's waiting, everybody's waiting



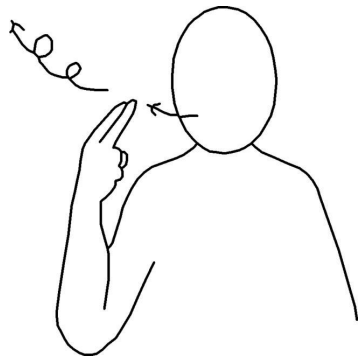
Please join in!

Please join in!

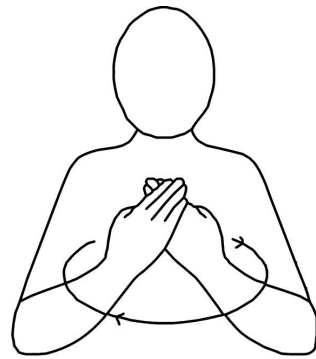




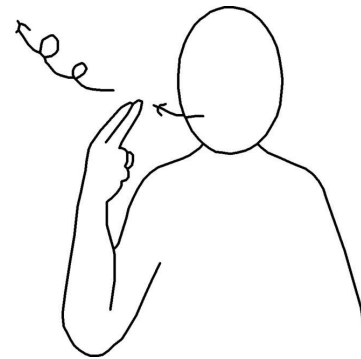
Include



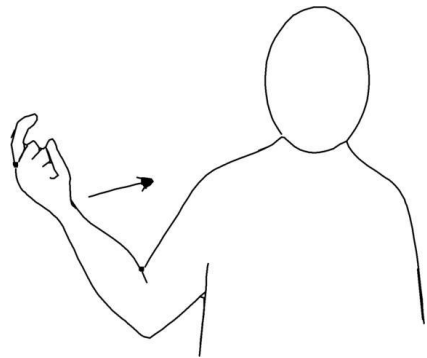
Choir



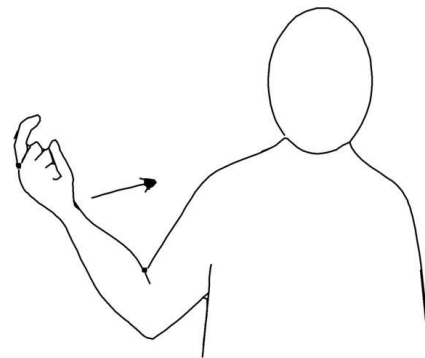
Include



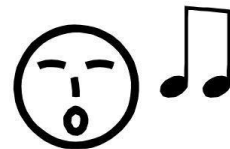
Choir

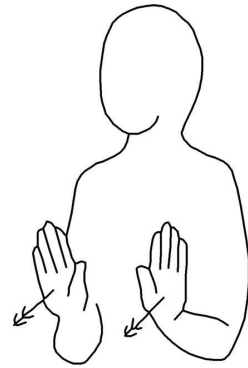
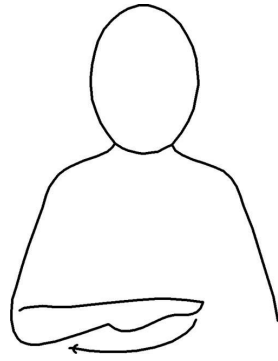
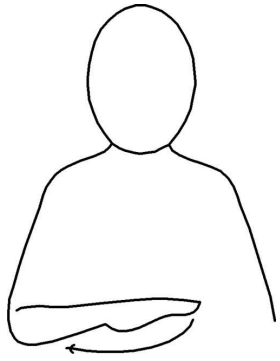


Come and sing!

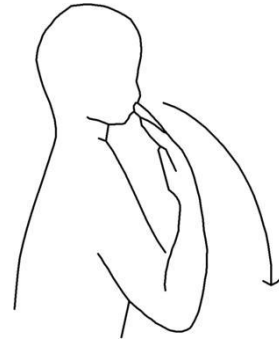
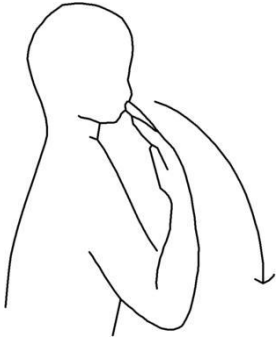


Come and sing!



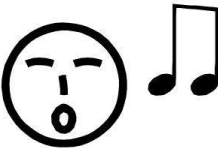


Everybody's waiting, everybody's waiting



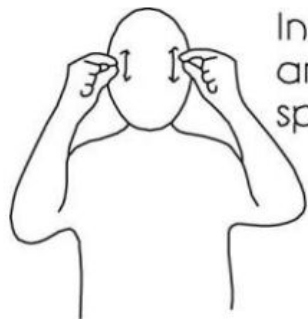
Please join in!

Please join in!



# Lovely Day



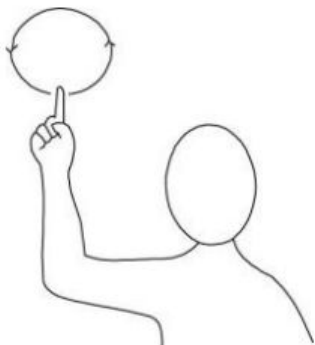


Index fingers  
and thumbs  
spring apart



Touch chest  
with fingertips

1. When I wake up in the morning, love



Position hand  
at appropriate  
part of body  
and shake  
hand

And the sunlight hurts my eyes





And something



without



Move finger  
forward  
with  
emphasis

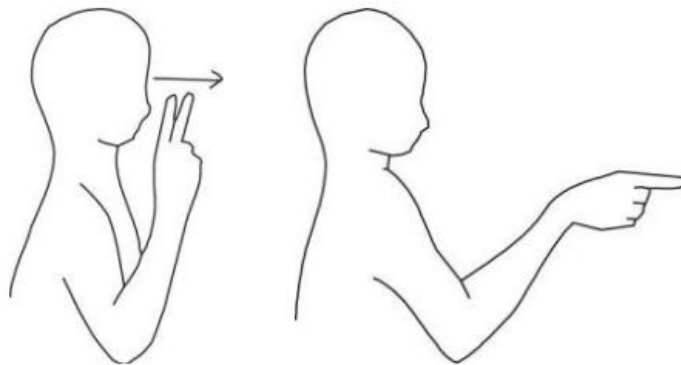
warning, love



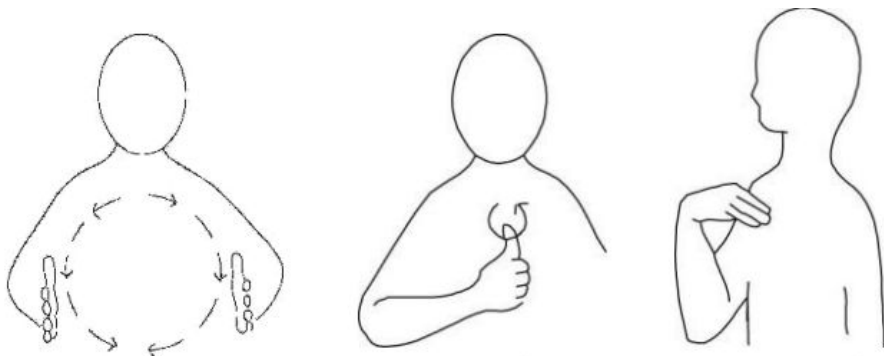
Tense hand  
Use both  
hands if very  
worried

Bears heavy on my mind



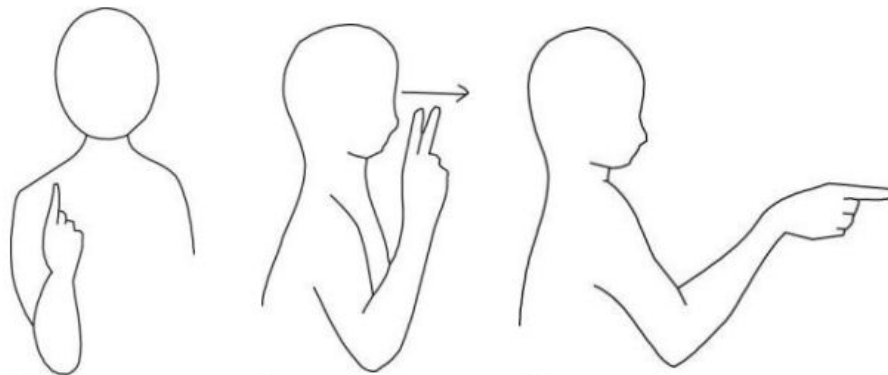


Then I look at you

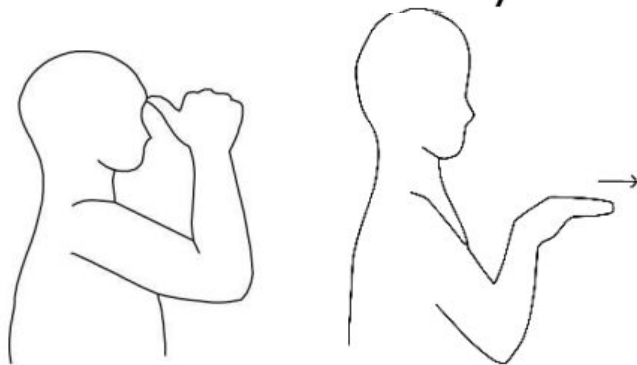


And the world's alright with me



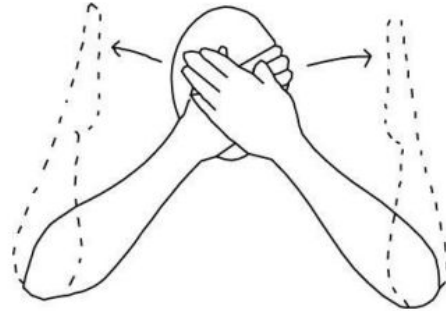


Just one look at you



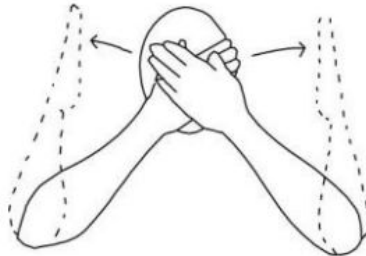
And I know it's gonna be





A lovely  
*(lovely day x 8)*

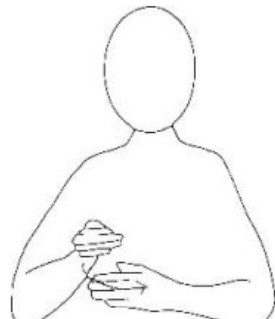
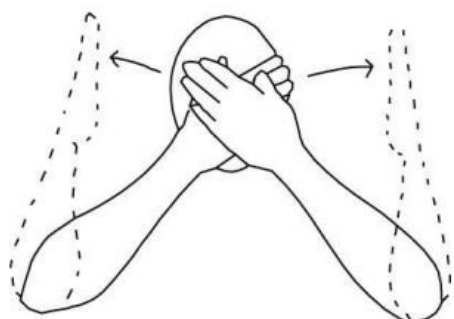
day



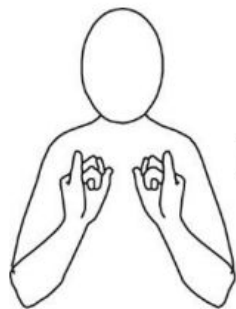
A lovely  
*(lovely day x 8)*

day





2. When the day that lies ahead of me



Repeat

Seems impossible to face



Very small  
circular  
movement



+

Hand moves  
down slightly



When someone else



instead of



me

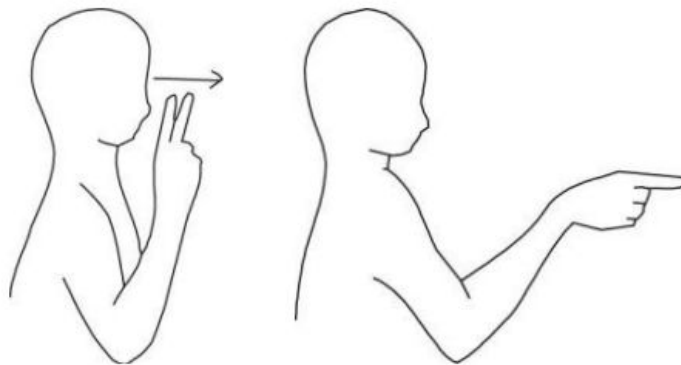


Always seems to know

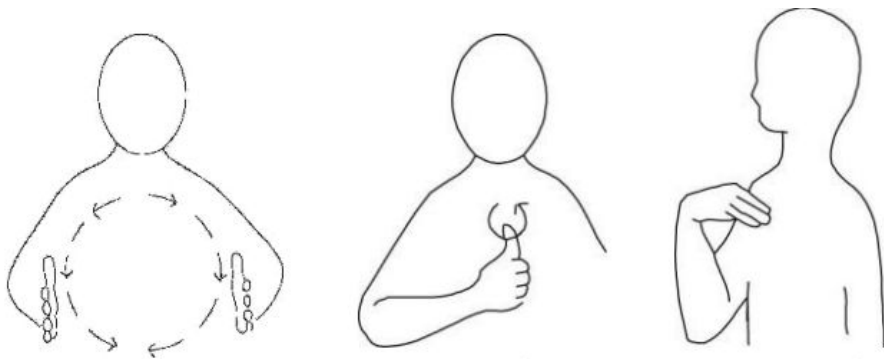


the way



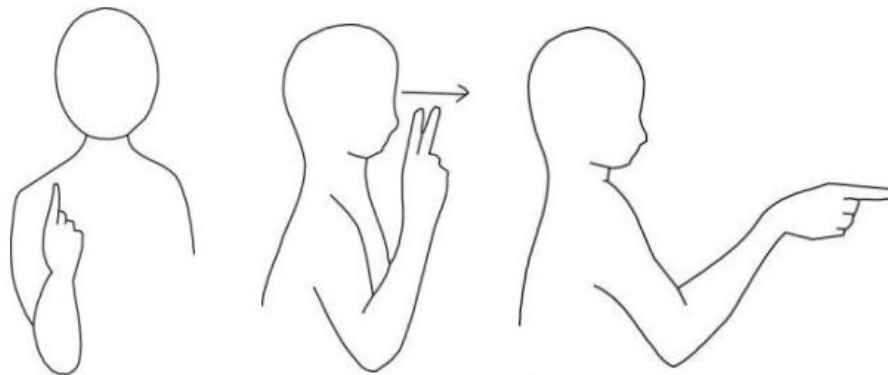


Then I look at you

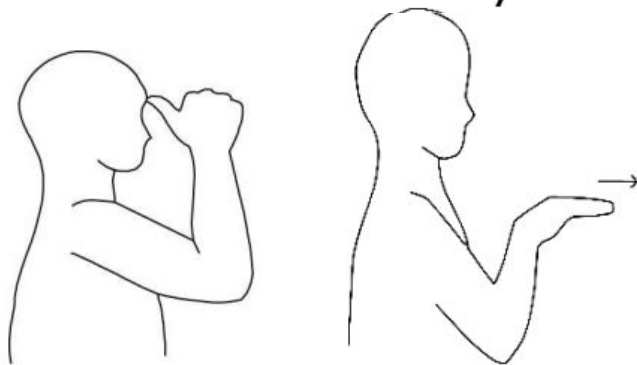


And the world's alright with me



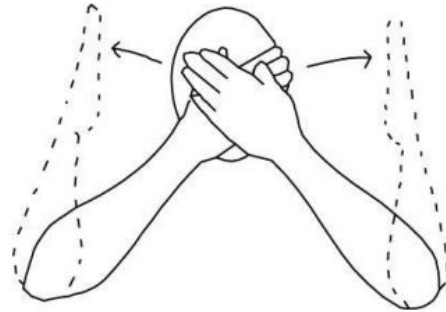


Just one look at you



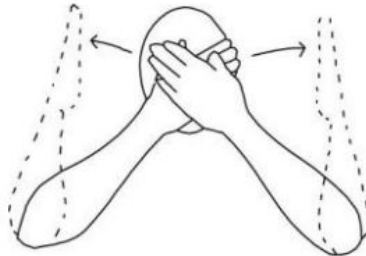
And I know it's gonna be





A lovely  
*(lovely day x 8)*

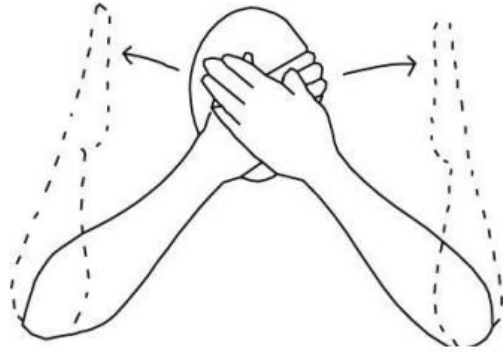
day



A lovely  
*(lovely day x 8)*

day





3. When the day that lies ahead of me



Repeat

Seems impossible to face

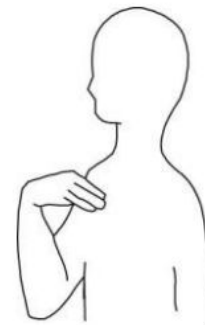


Very small  
circular  
movement



+

Hand moves  
down slightly



When someone else

instead of

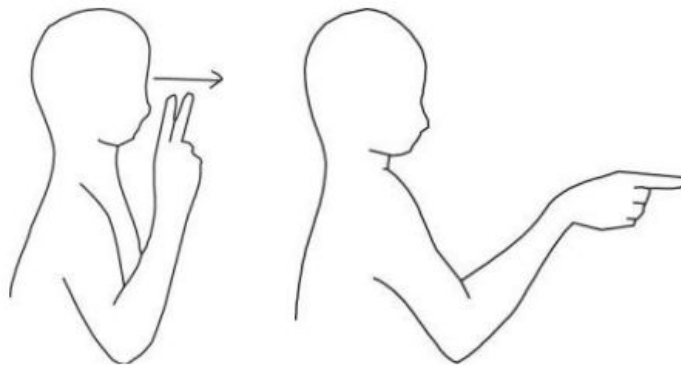
me



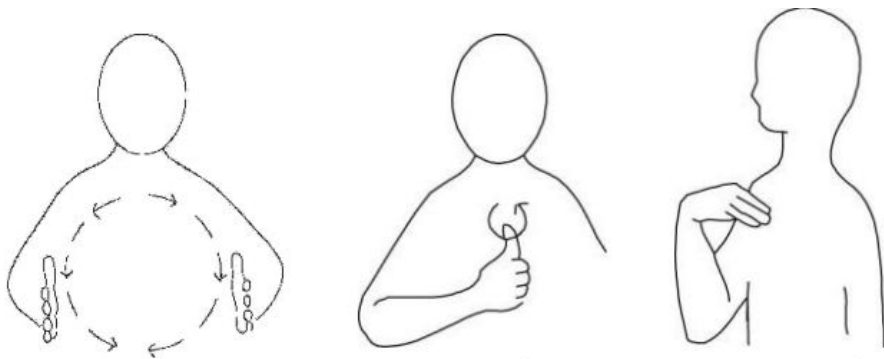
Always seems to know

the way



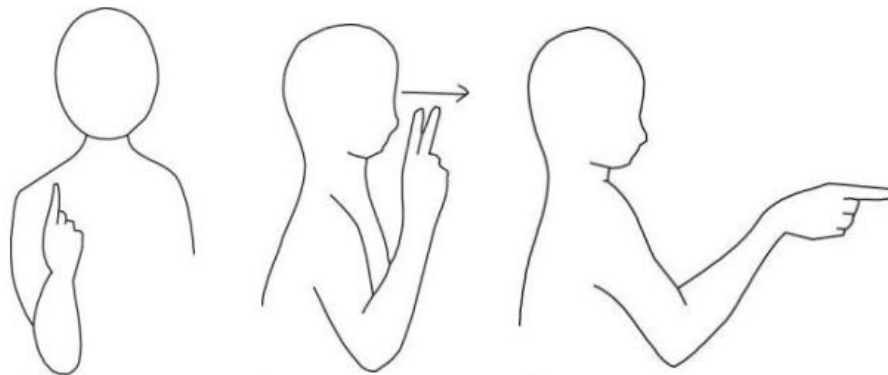


Then I look at you

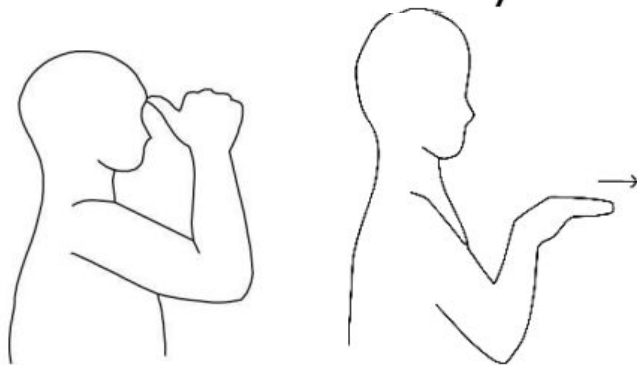


And the world's alright with me



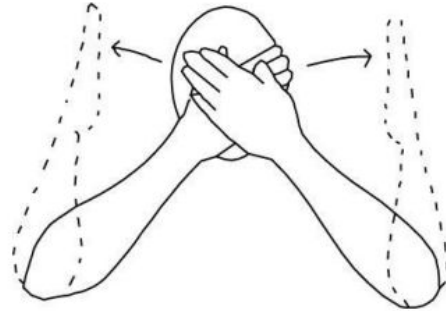


Just one look at you

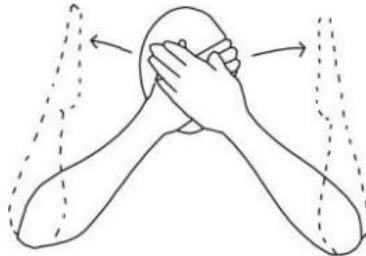


And I know it's gonna be





A lovely  
*(lovely day x 8)* day



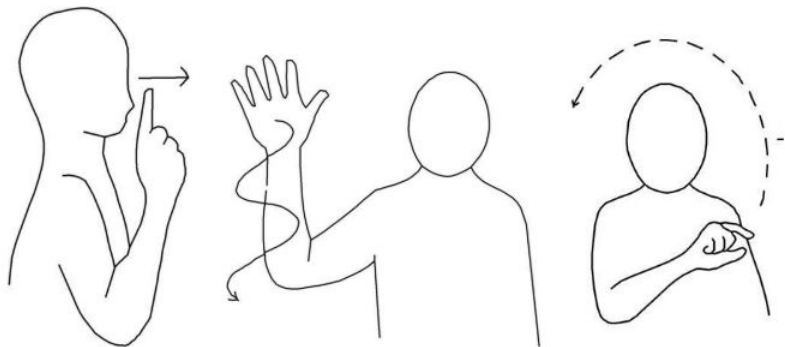
A lovely  
*(lovely day x 8)* day



# In My World



Verse 1

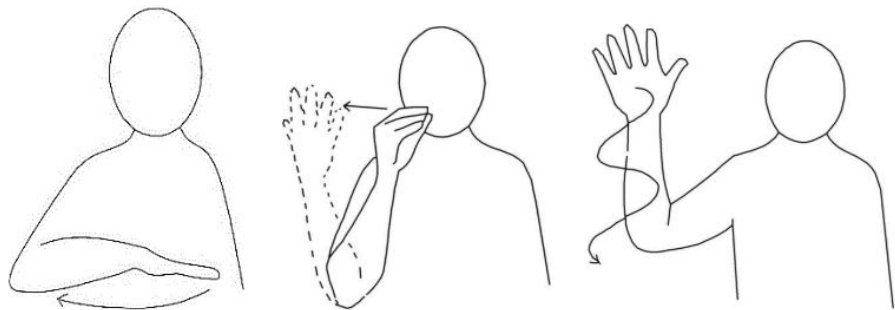


I see colours in the rainbow

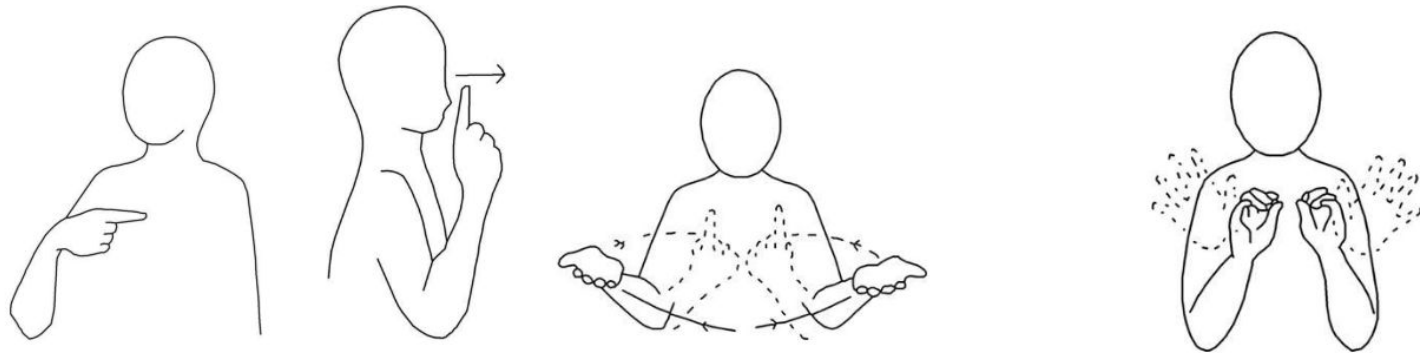


I see stars in the sky at night



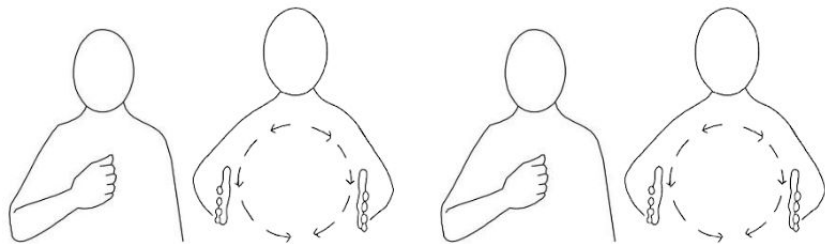


All the beautiful colours

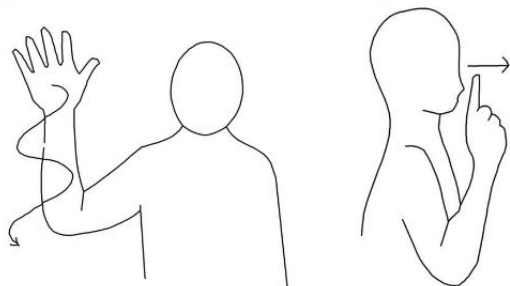


That I see make everything bright

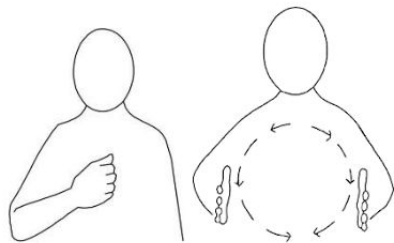




In my world, in my world



These are the colours that I see



In my world



Verse 2

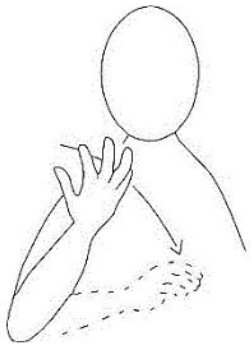


The blushing pink of the roses

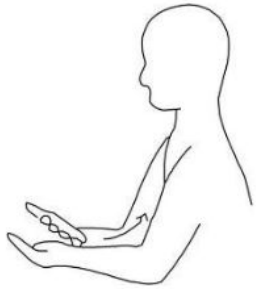


And the hazy blue of the sky



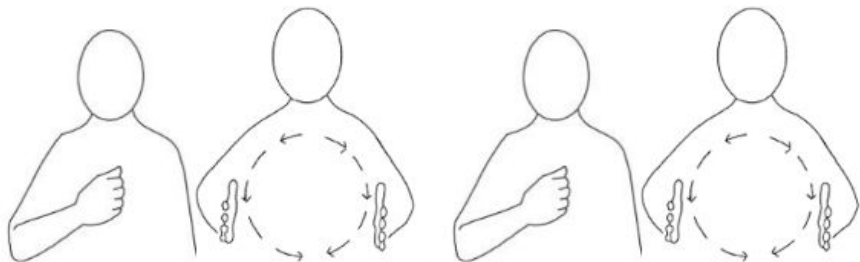


Sunsets over the calming sea

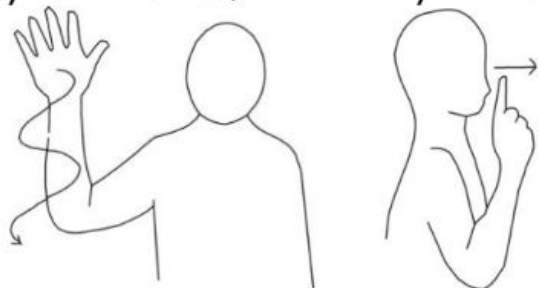


The green of the fields we're passing by

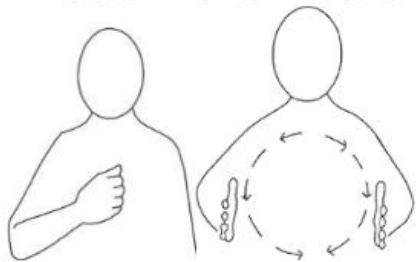




In my world, in my world



These are colours that I see



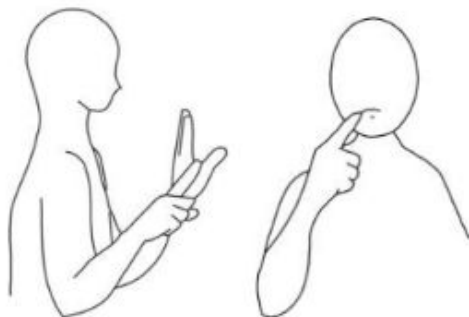
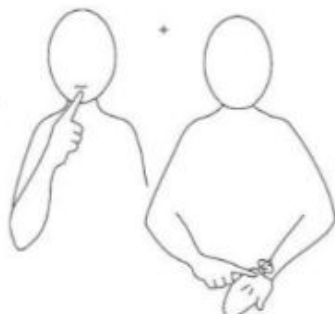
In my world



Middle



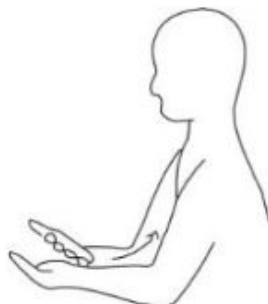
Squeeze orange at corner of mouth



Orange,

purple,

yellow and red



Pink and blue and green.





Hand moves  
down slightly.  
For plural  
repeat placing  
one next to  
the other



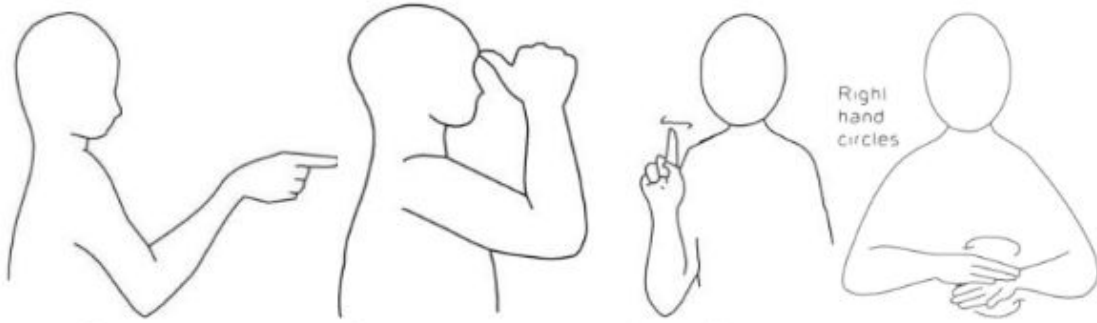
Some might

say

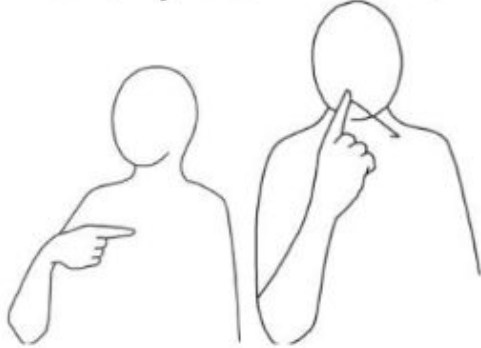


it's already been said





But. you know what I mean



When I say...



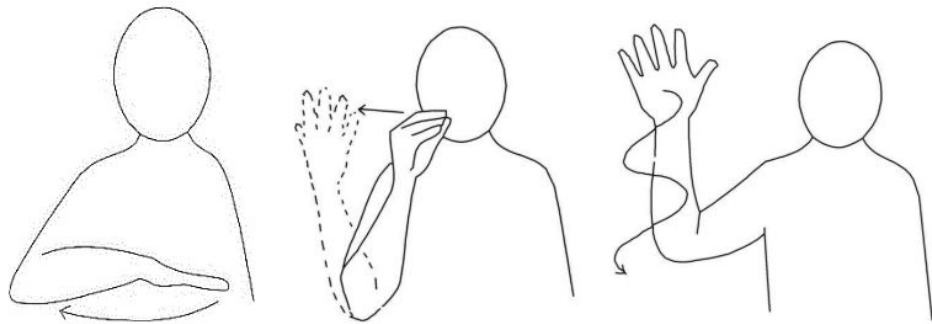


I see colours in the rainbows

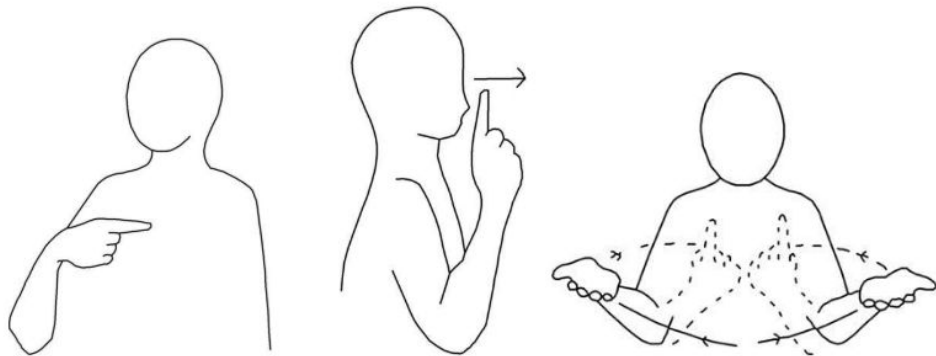


I see stars in the sky at night





All the beautiful colours

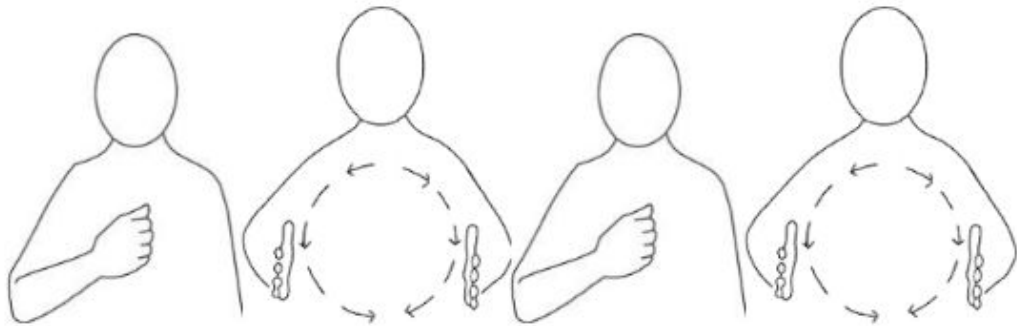


That I see make everything

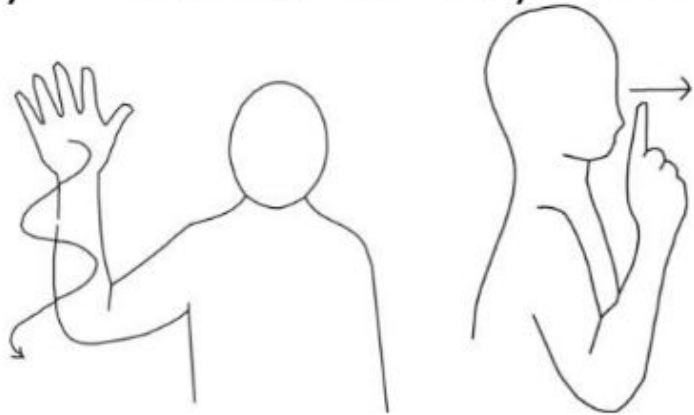


bright



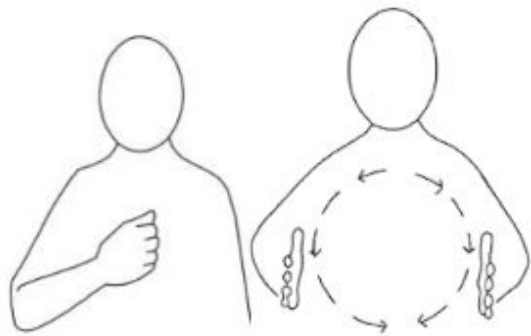


In my world, in my world

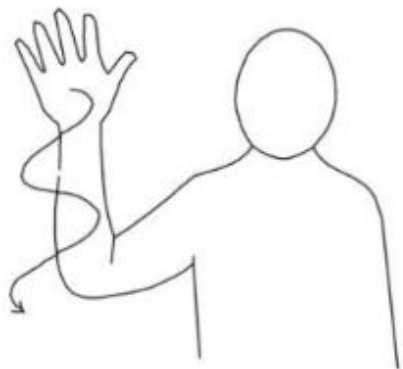


These are colours that I see





In my world

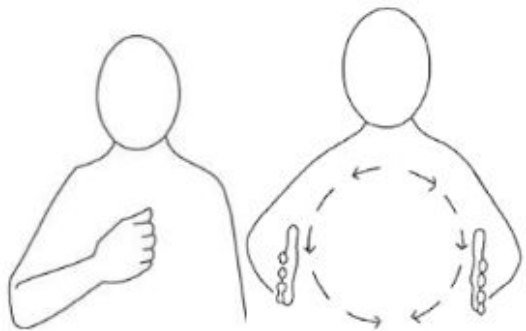


Right  
hand  
circles



That's what colours mean to me





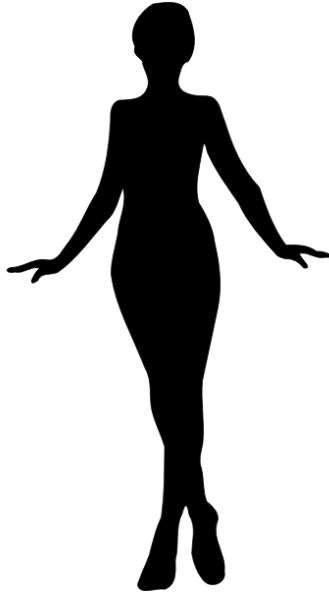
In my world,



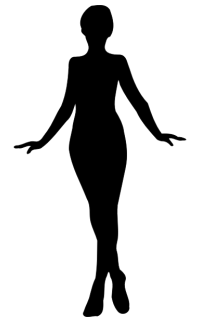
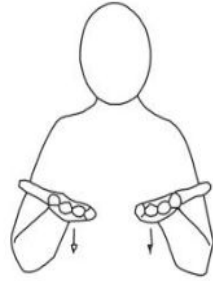
these are the colours.



# To Be A Woman



Verse 1

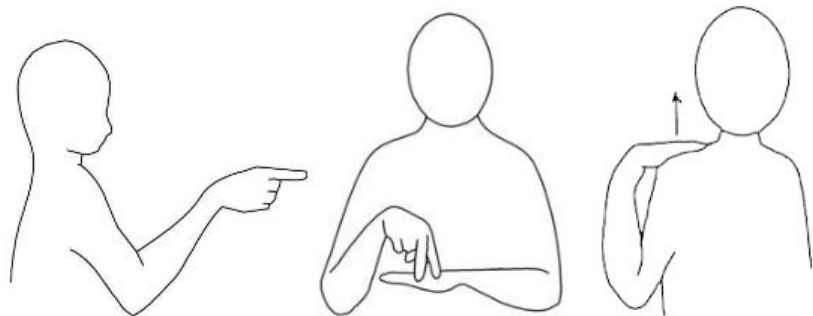


To be a Woman in these times, can be exciting and challenging

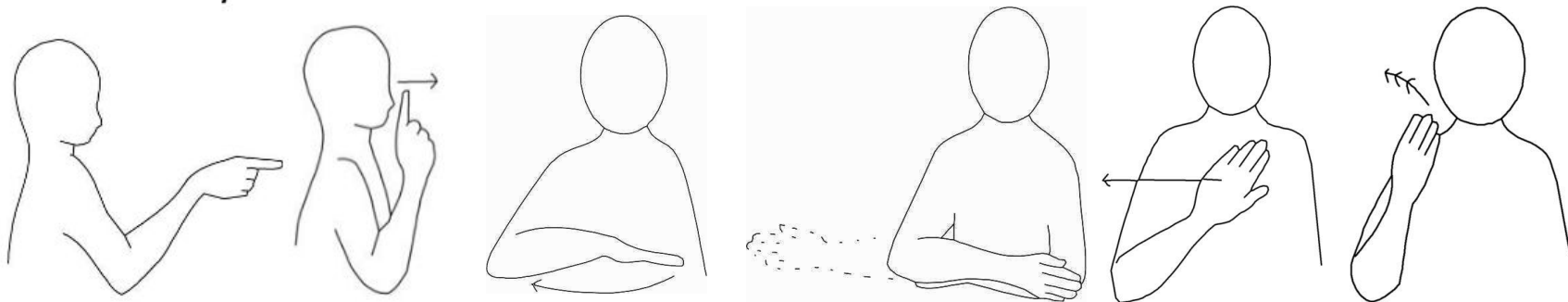
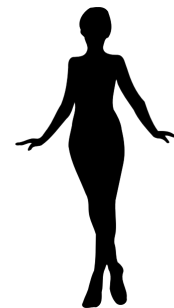


To be a Woman as you are, can be frightening, sometimes disparaging

Verse 2



But if you stand tall



You will find that all the doors will be open unlike before



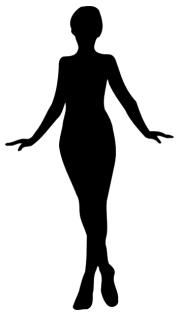
No



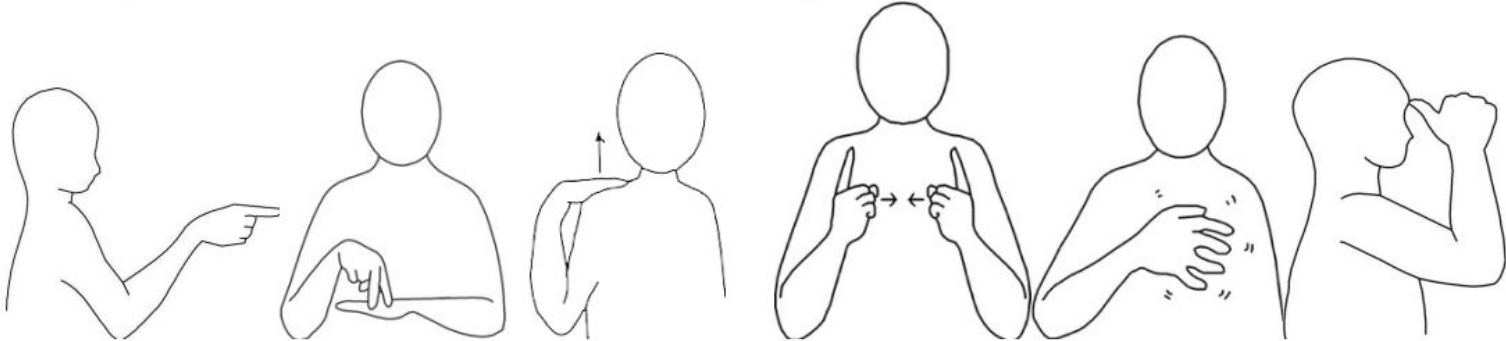
locks or shackles to hold you anymore



Verse 3

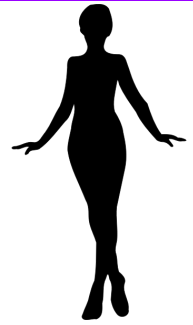
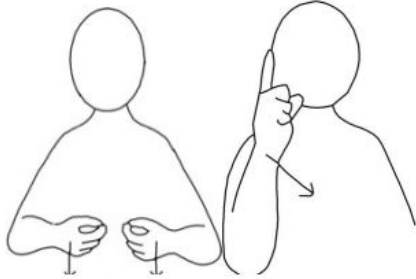


It's important to be heard and be respected in this brave new world

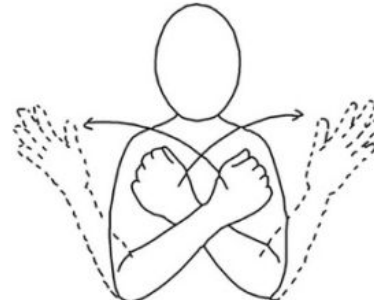
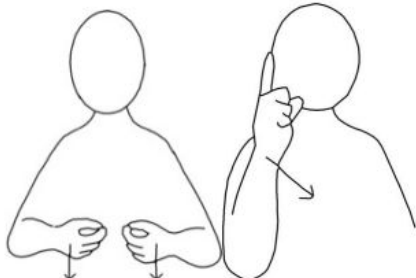


But if you stand tall you can face your fears, knowing through it all

Chorus

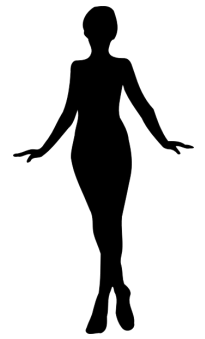
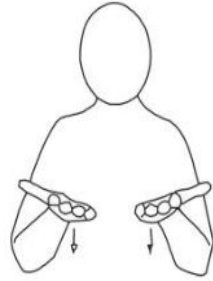


To be a Woman (x3) Is something to be proud of

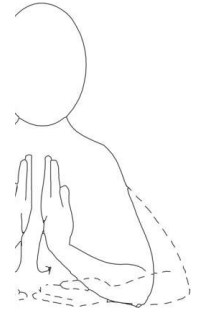


To be a Woman (x3) Is something to embrace

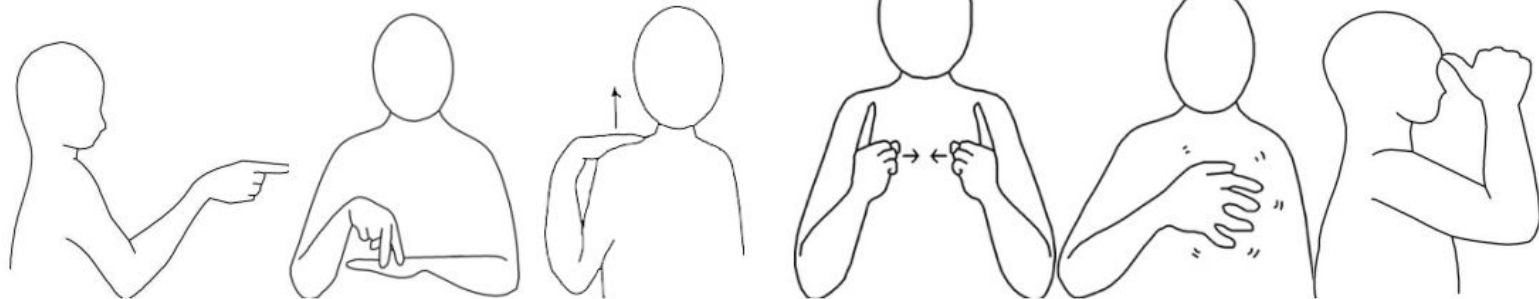
Verse 1



To be a Woman in these times, can be exciting and challenging

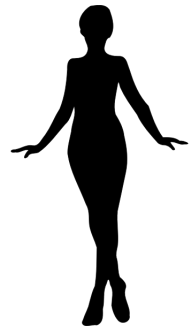
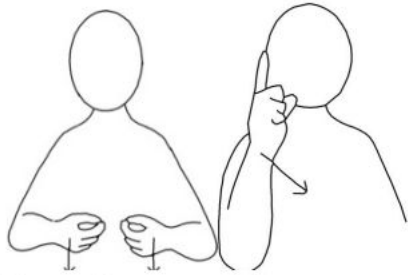


To be a Woman as you are, can be frightening, sometimes disparaging

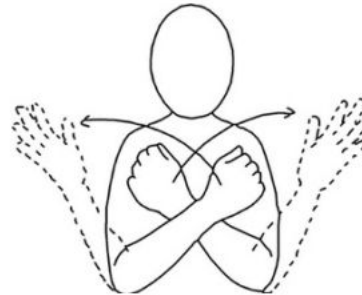
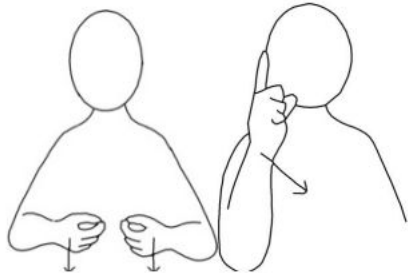


But if you stand tall you can face your fears, knowing through it all

Chorus



To be a Woman (x3) Is something to be proud of



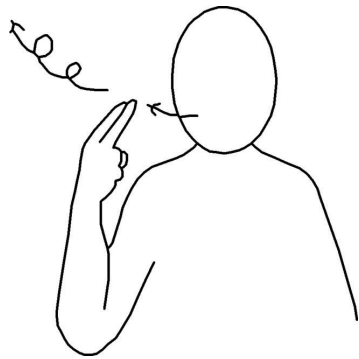
To be a Woman (x3) Is something to embrace

# Include Choir Goodbye Song





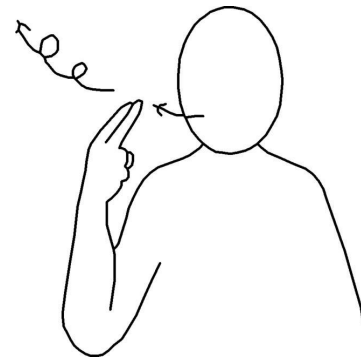
Include



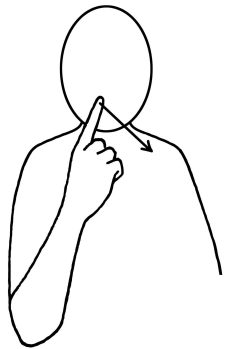
Choir



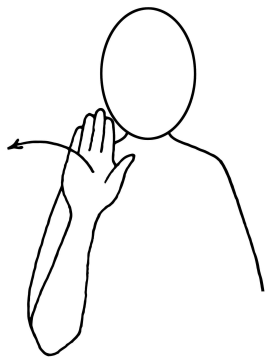
Include



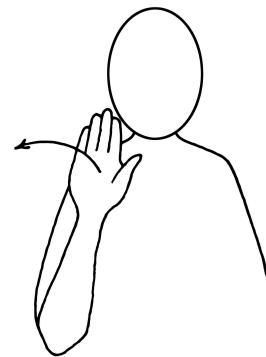
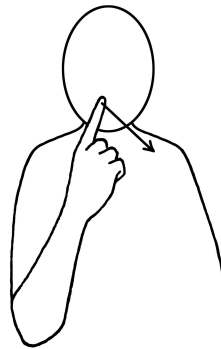
Choir

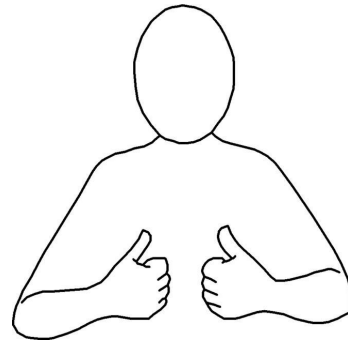
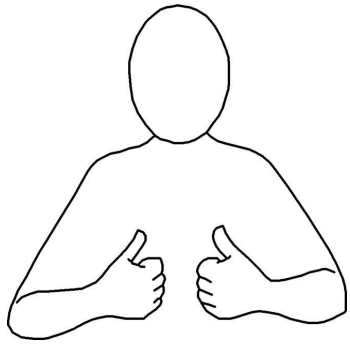


Says goodbye!

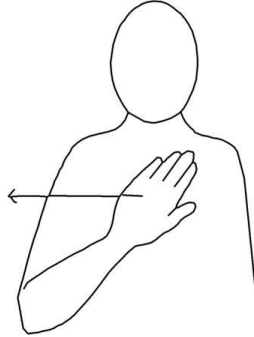
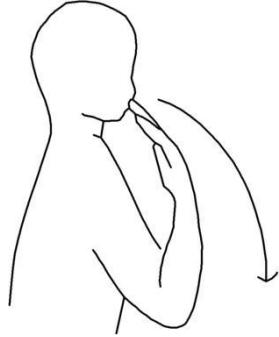


Says goodbye!





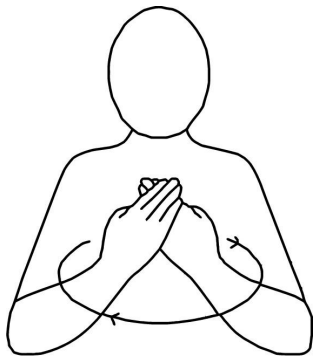
It was really good to see you, really good to see you



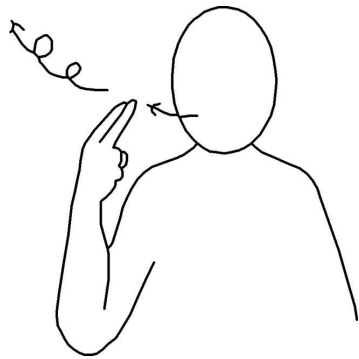
Index fingers  
shows tears trickling  
down cheeks

Please don't cry, please don't cry!





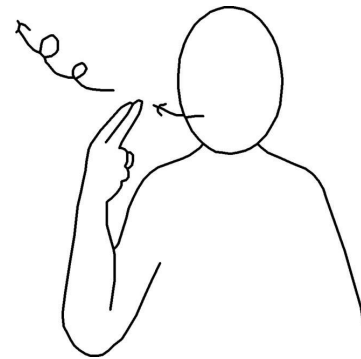
Include



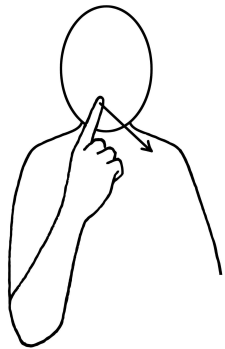
Choir



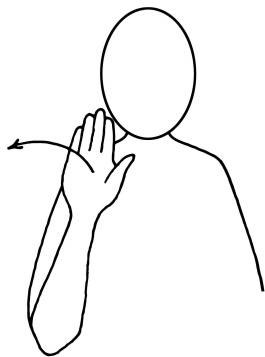
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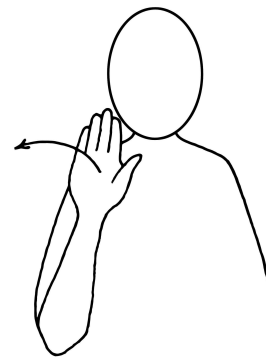
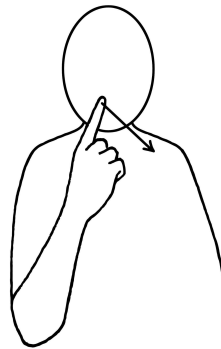
Choir

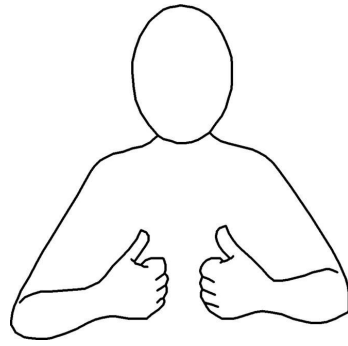
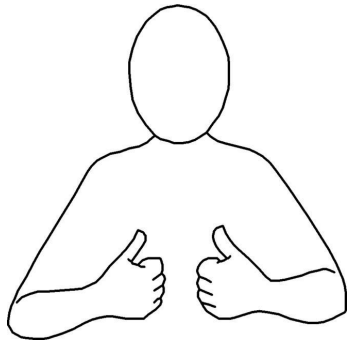


Says goodbye!

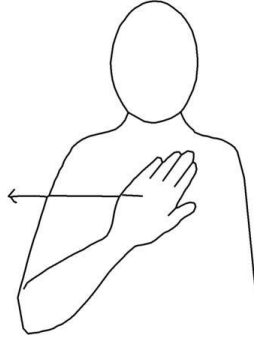
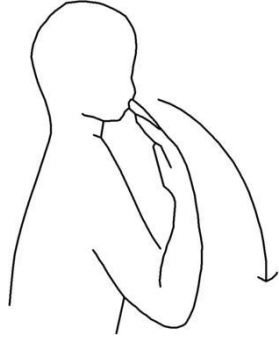


Says goodbye!





It was really good to see you, really good to see you



Index fingers  
shows tears trickling  
down cheeks

Please don't cry!





The **Include Choir Session has now finished**. Please **exit safely and quickly** so that we have time to pack up and tidy the church!



**Thank you  
and see you  
next week!**