

Welcome to the include choir

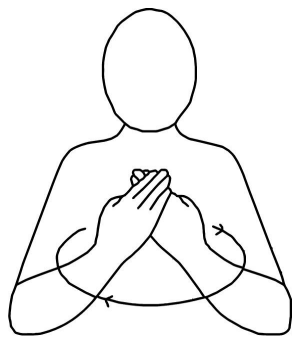


Who will you sing hello to today?

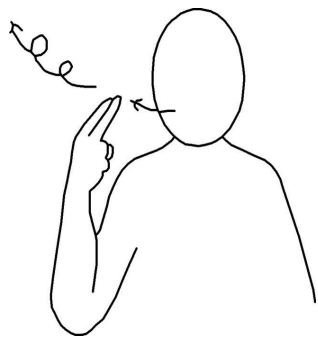


Include Choir Hello Song

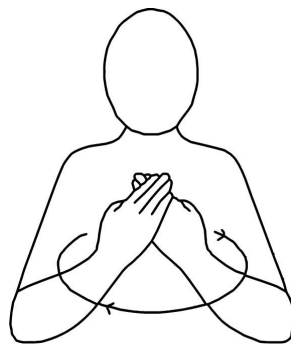




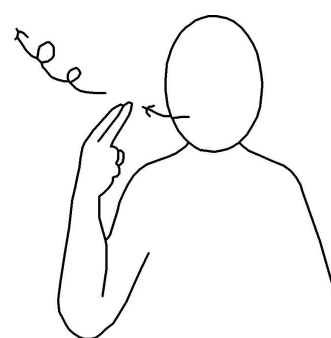
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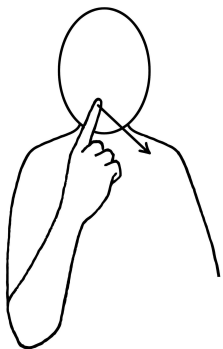
Choir



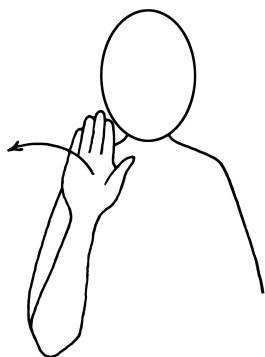
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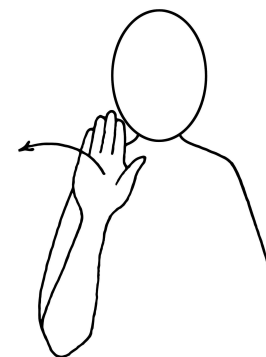
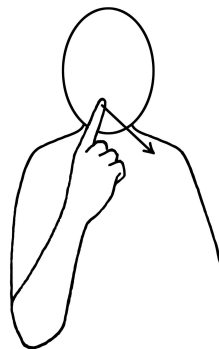
Choir

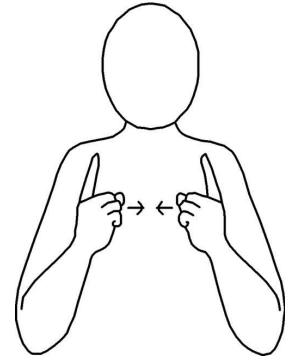
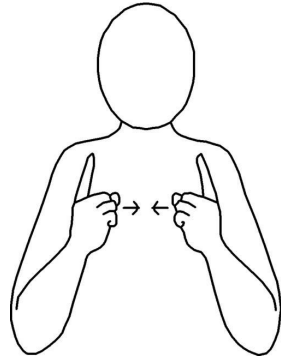
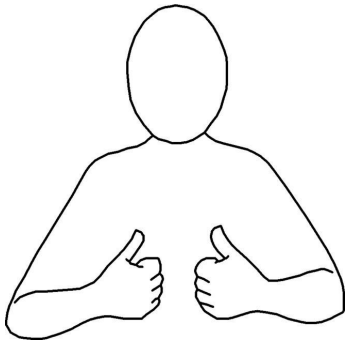


Says hello!

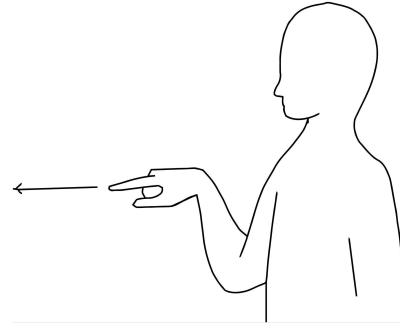
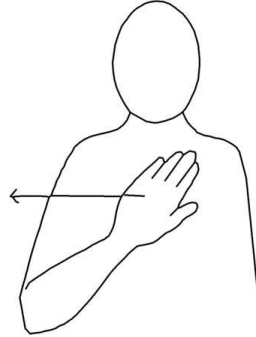
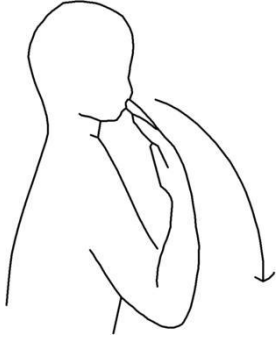


Says hello!





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

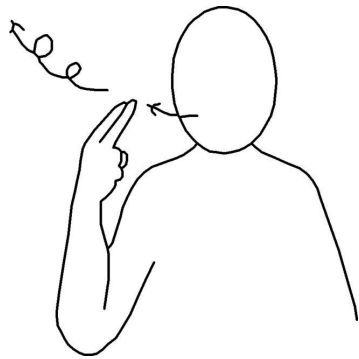


Please don't go, please don't go!

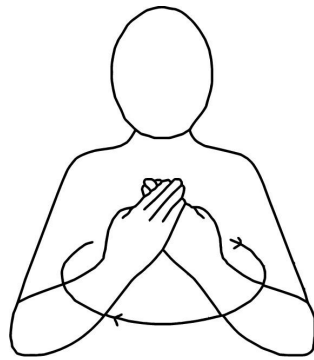




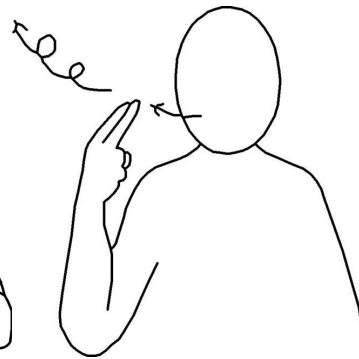
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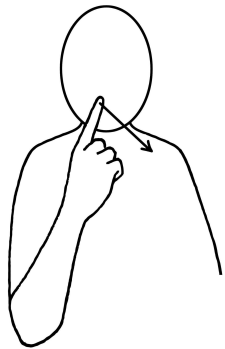
Choir



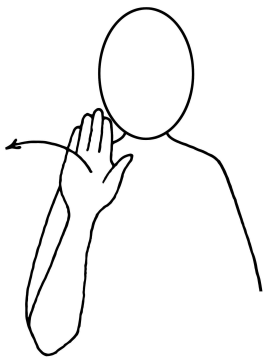
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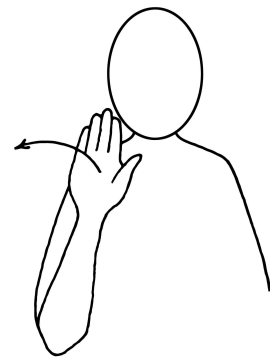
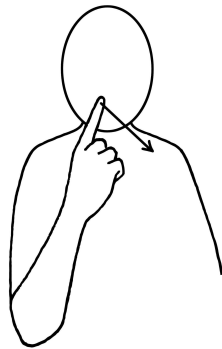
Choir

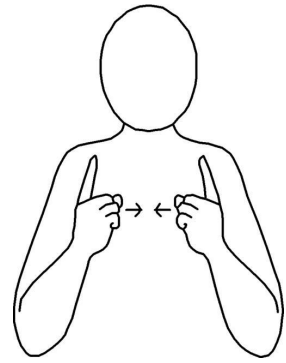
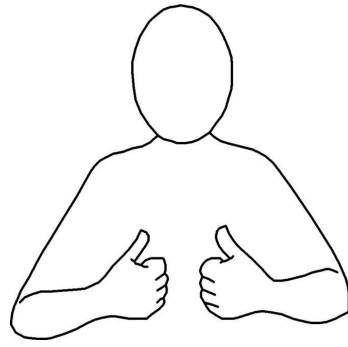
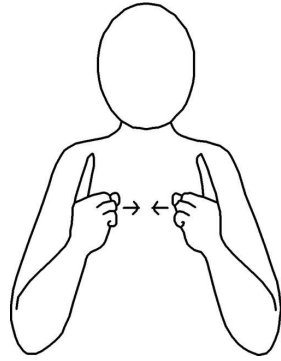
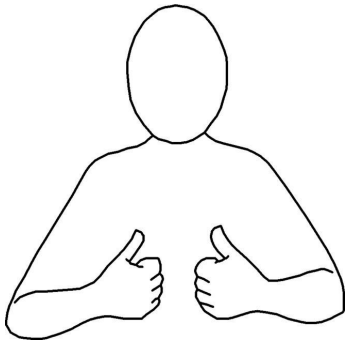


Says hello!

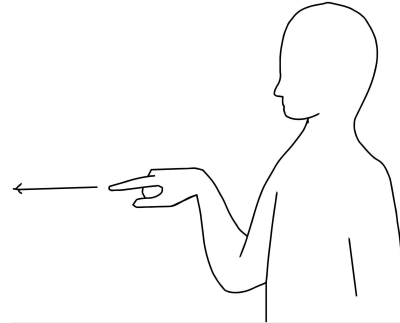
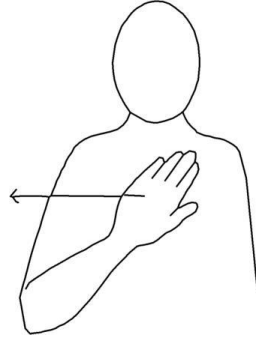
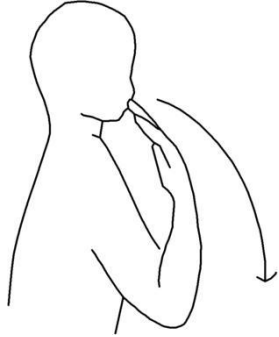


Says hello!





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



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

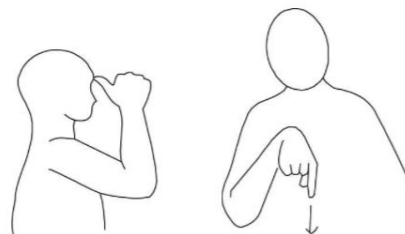




Rules & Regs



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)

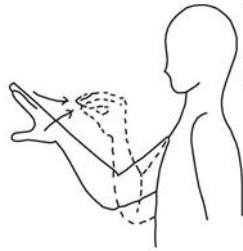


If there's a fire (repeat)

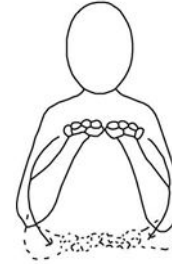


Go outside (repeat)





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)



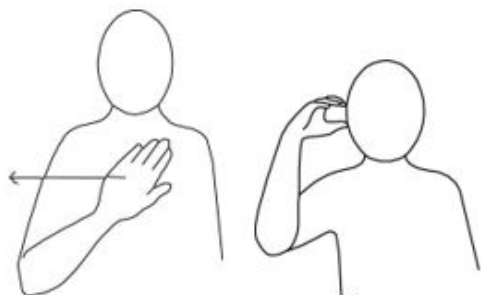


4. Please no talking (repeat)



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

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

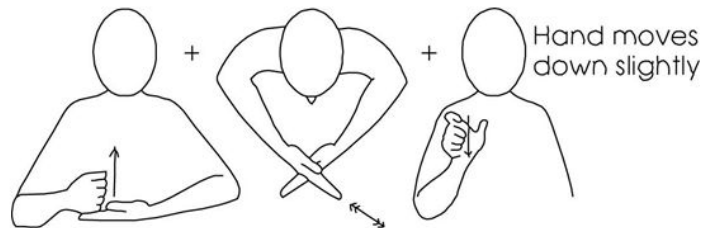
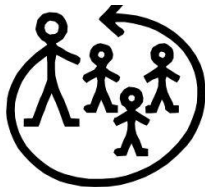


No phones (repeat)



Hand bends sharply from wrist

It's really rude (repeat)

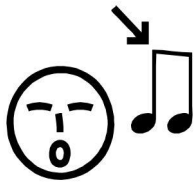


Repeated sawing movement
on knuckles of other hand

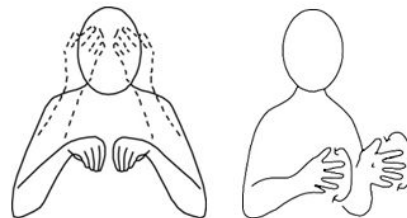
5. Support workers (repeat)



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)



Have some fun (repeat)

Hand making
small shaking
movements



...we all have fun



Hand making
small shaking
movements

Warm Up Exercises



Warm Up Songs



Pop a Little Pancake in the Pan



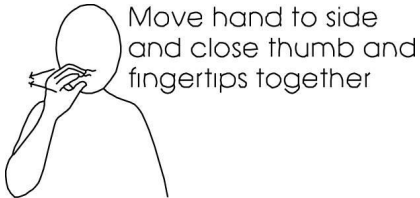
Chorus:

Pop a little pancake in the pan... x3
It's pancake for pudding today.



Shake on the sugar, shake shake shake... X3
It's pancake for pudding today.

Chorus:



Squeeze on the lemon, squeeze squeeze
squeeze... X3
It's pancake for pudding today.

Chorus:

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

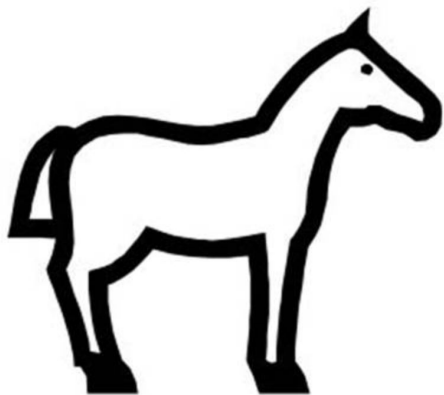


But the thing is –
we're just here to sing



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

Sign of the week



Horse

Next Week's Sign of the Week

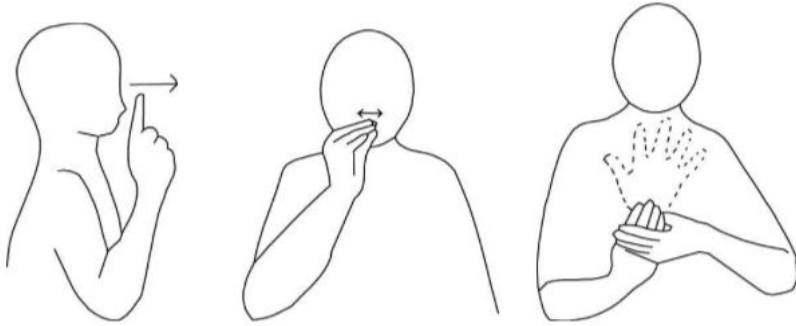


Spring

Spring Song



Verse 1

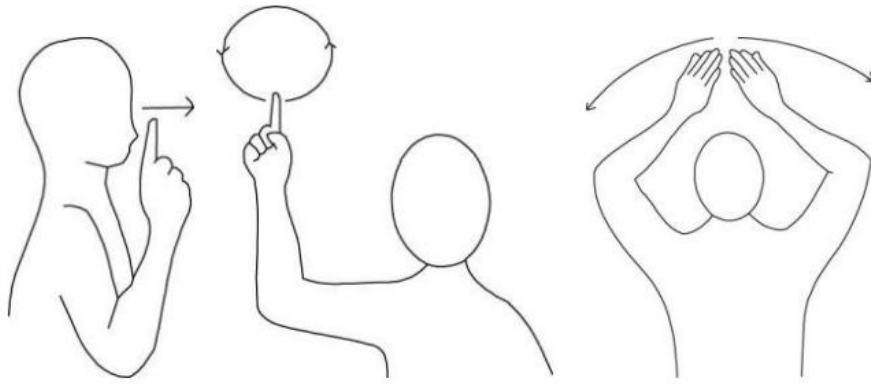


I see flowers in bloom,



Rainbows appearing through the gloom



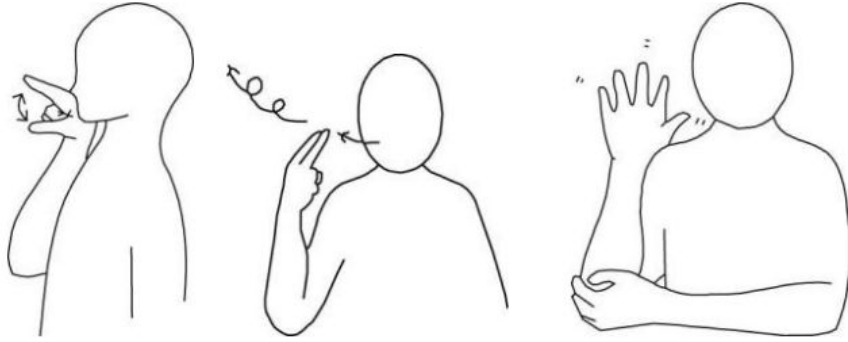


I see sunshine overhead

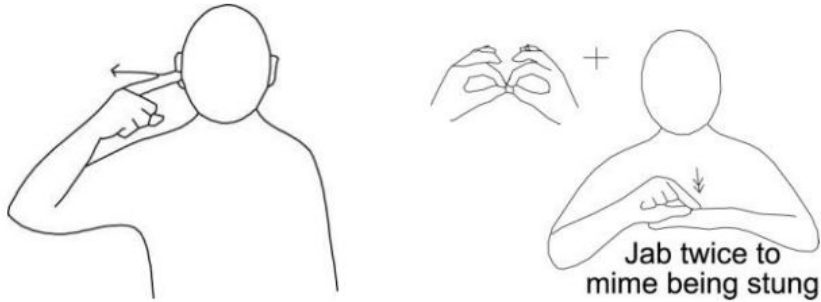


Spring is happening again.



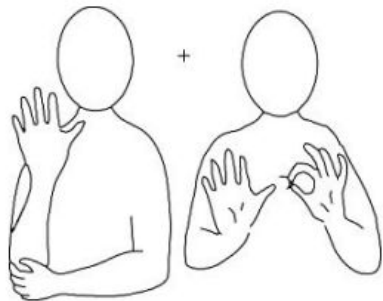
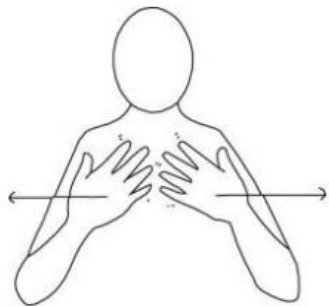


Birds sing in the trees



I can hear the buzzing of the bees





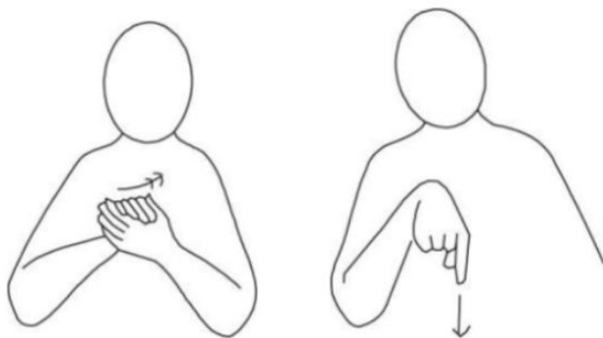
So many tiny leaves



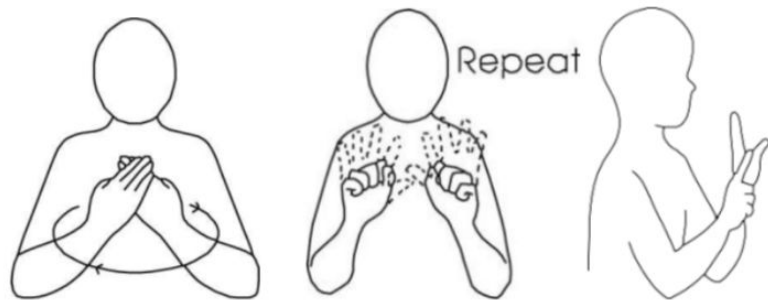
Spring is happening again.



chorus



And I'm happy to be here



Included in the magic of the year





Forget



pain and

Position hand
at appropriate
part of body
and shake
hand



forget

fear



Spring is here for us to share





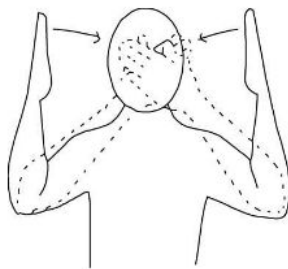
No

more



cold

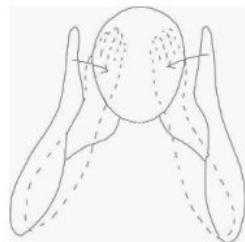
For cold food
make sign closer
to mouth



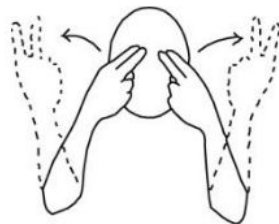
nights



I love the



evenings



full of light





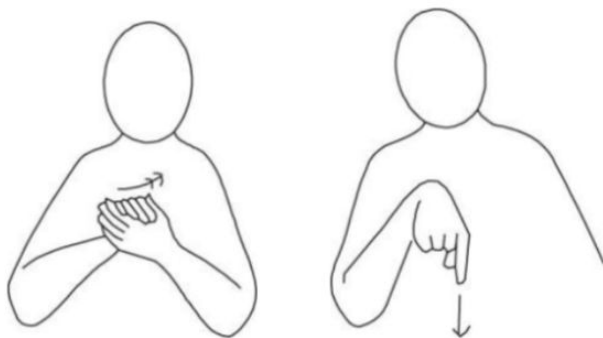
Together, we'll unite



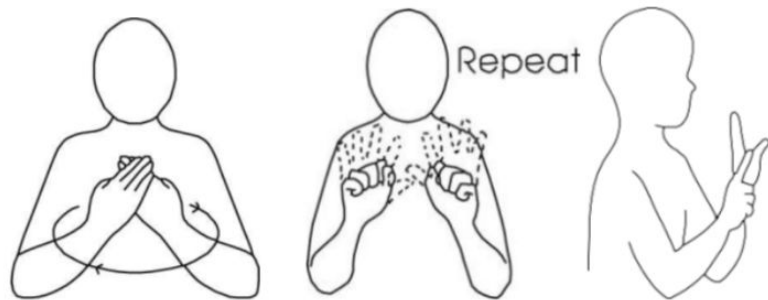
Now Spring is happening again



chorus



And I'm happy to be here



Included in the magic of the year





Forget



pain and

Position hand
at appropriate
part of body
and shake
hand

forget



fear



Spring is here for us to share



x 2



Redhill Rising



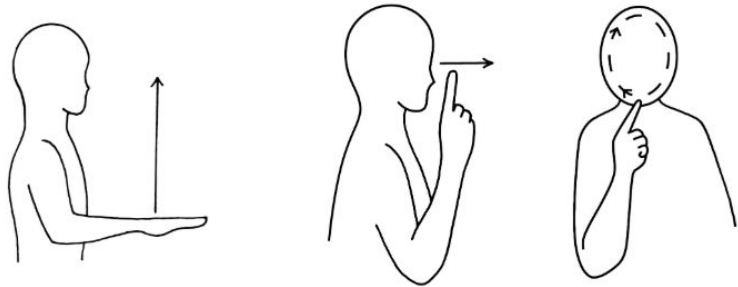
Redhill Rising



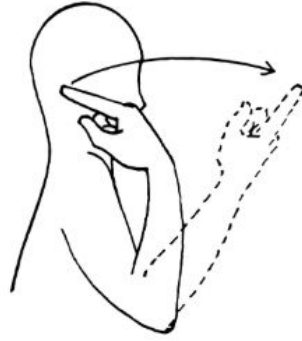
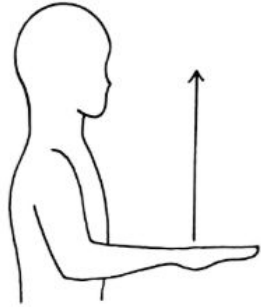
Music and lyrics by Dr Nikki Franklin
Makaton translation by Include.org



We're rising, to a better place



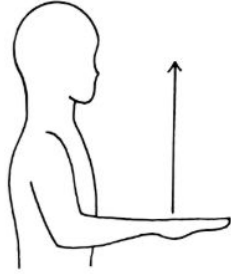
We're rising, can you see my face?



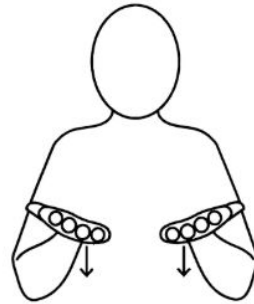
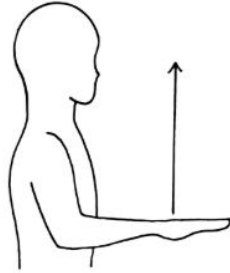
We're rising, to a better day



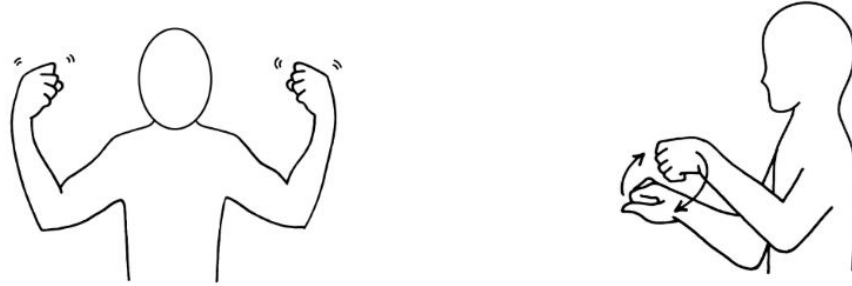
Listen to what we say, I tell you



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

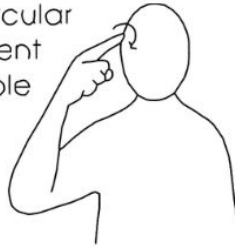


We're rising, 'cause our time is now



Gotta find the strength to make a change

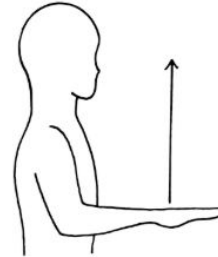
Small circular movement on temple



+



Hand strikes palm deliberately

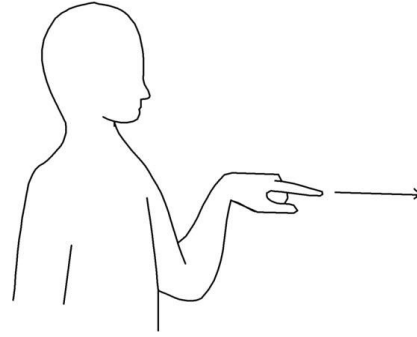
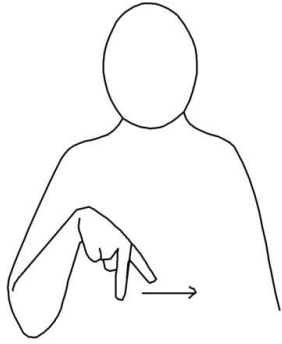


And believe in what it takes...

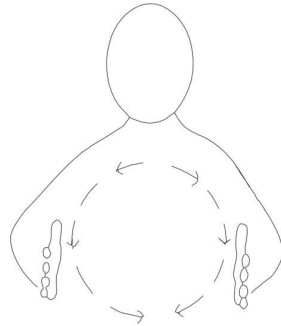
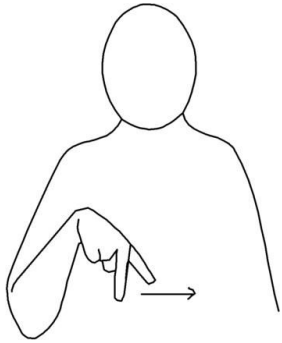
To rise

One more step along the road I go

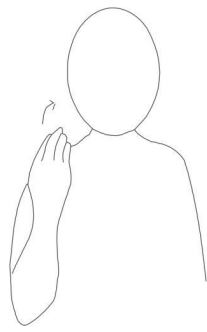




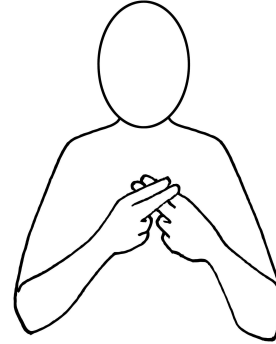
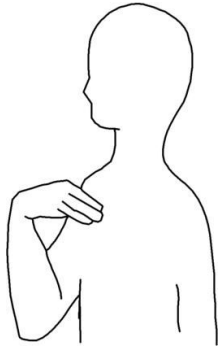
One More Step Along The Way I Go



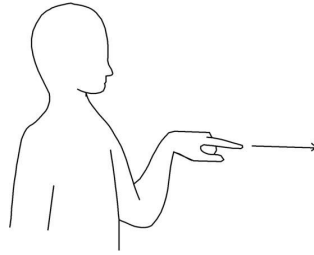
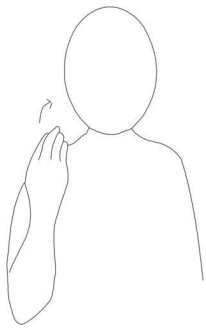
One More Step Along The World I Go



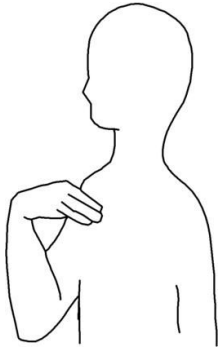
From The Old Things To The New



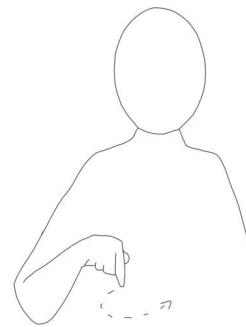
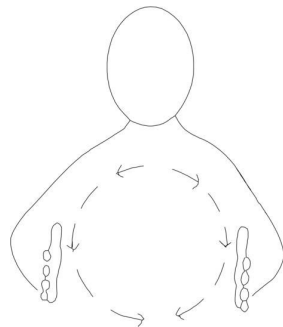
Keep Me Travelling Along With You.



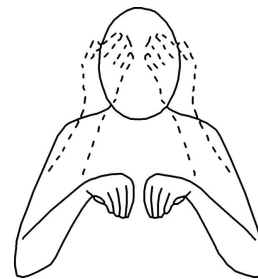
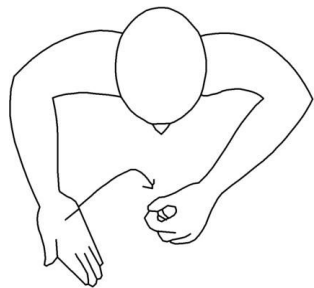
And It's From The Old I Travel To The New,



Keep Me Travelling Along With You



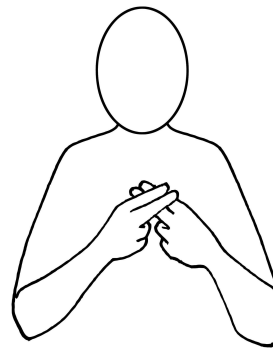
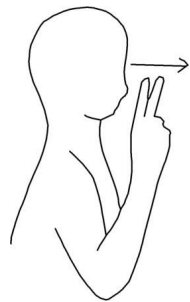
Round The Corner Of The World, I Turn



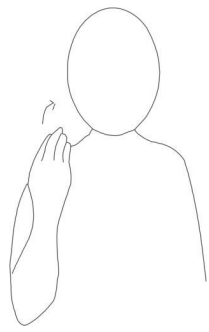
More And More About The World, I learn



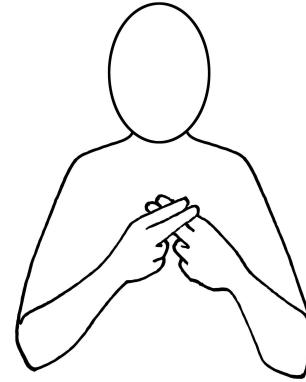
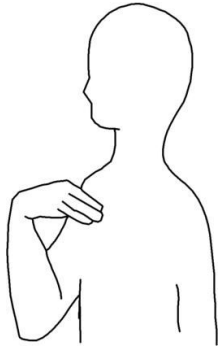
And The New Things That I See,



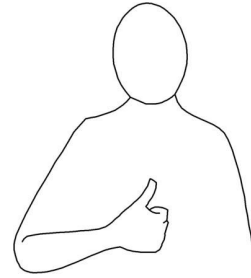
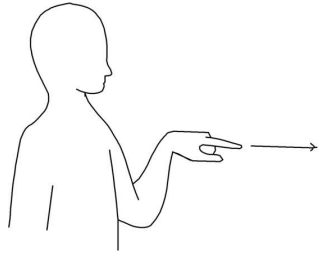
You'll Be Looking At Along With Me.



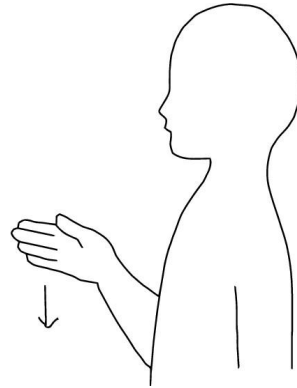
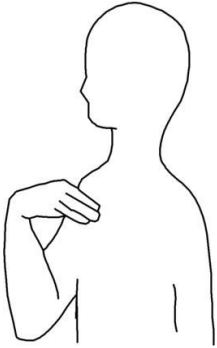
And It's From The Old Things To The New



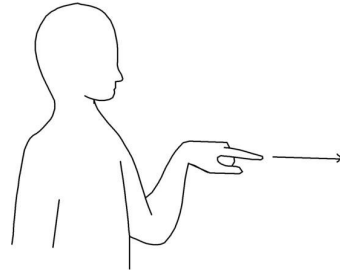
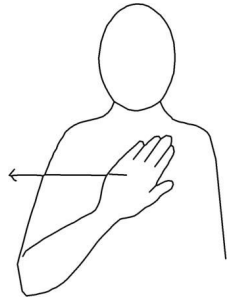
Keep Me Travelling Along With You.



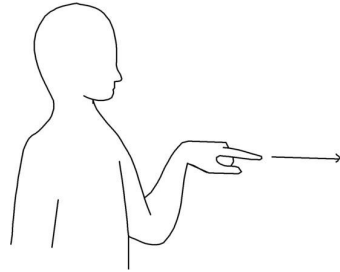
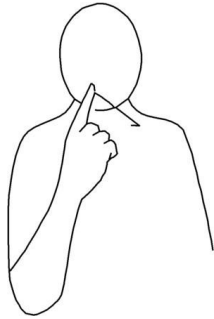
As I Travel Through The Bad And Good,



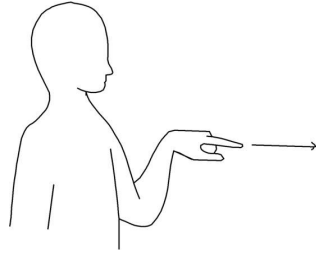
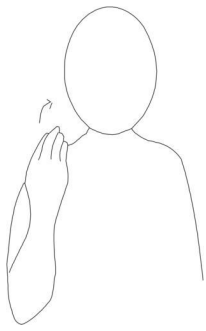
Keep Me Travelling The Way I Should



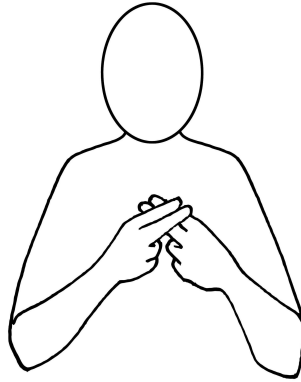
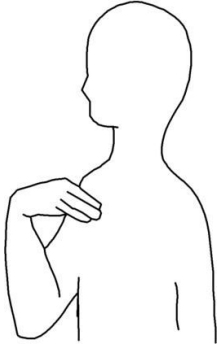
Where I See No Way To Go



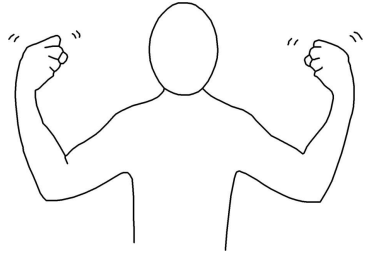
You'll Be Telling Me The Way I Know.



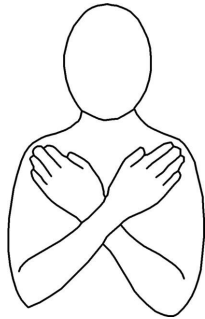
And It's From The Old I Travel To The New,



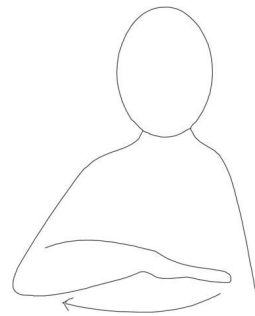
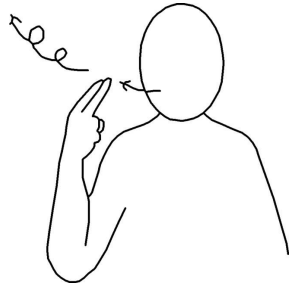
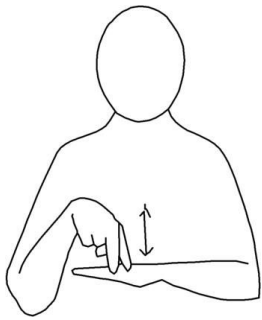
Keep Me Travelling Along With You



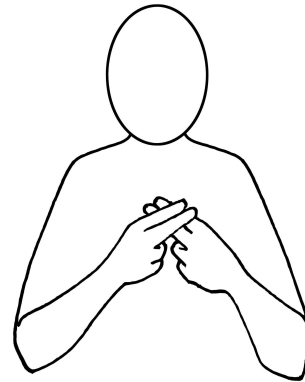
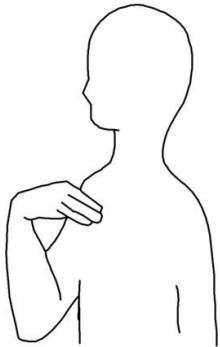
Give Me Courage When The World Is Rough



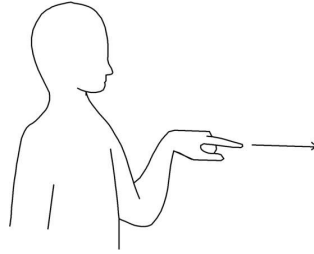
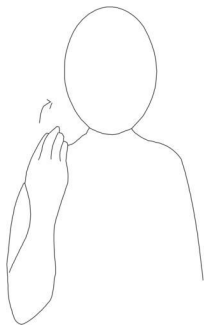
Keep Me Loving Though The World Is Tough



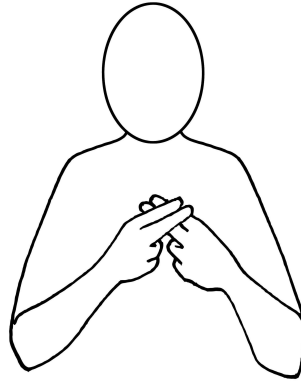
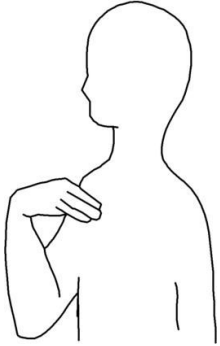
Leap And Sing In All I Do



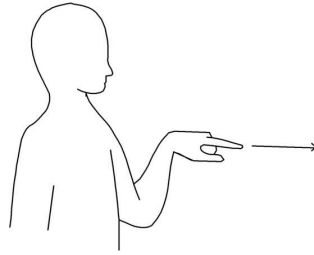
Keep Me Travelling Along With You.



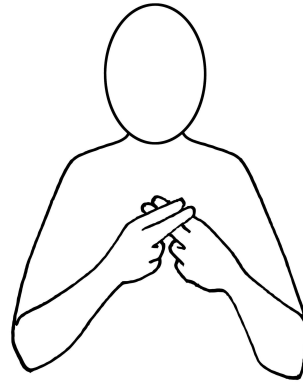
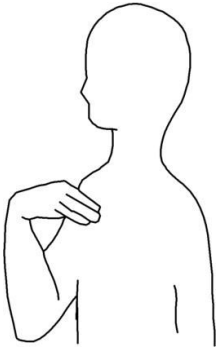
And It's From The Old I Travel To The New,



Keep Me Travelling Along With You



And It's From The Old I Travel To The New,

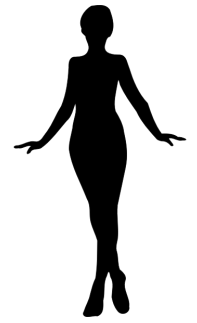
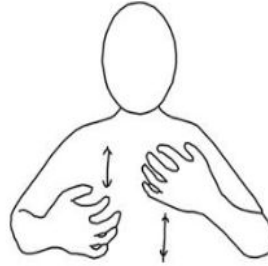
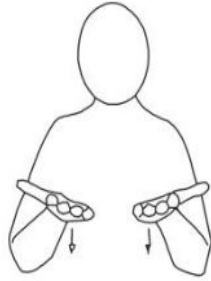


Keep Me Travelling Along With You

To Be A Woman



Verse 1

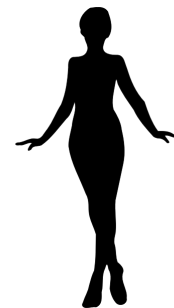
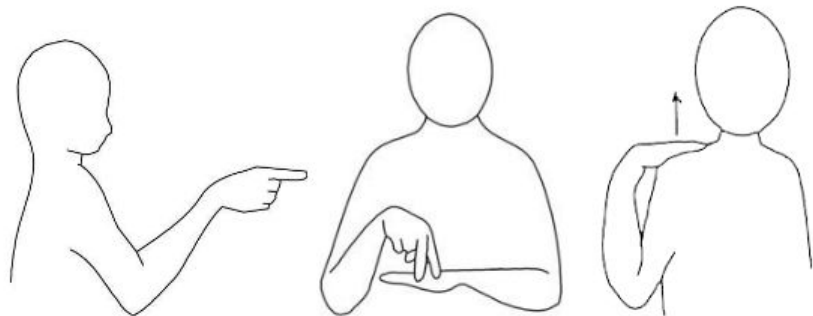


To be a Woman in these times, can be exciting and challenging

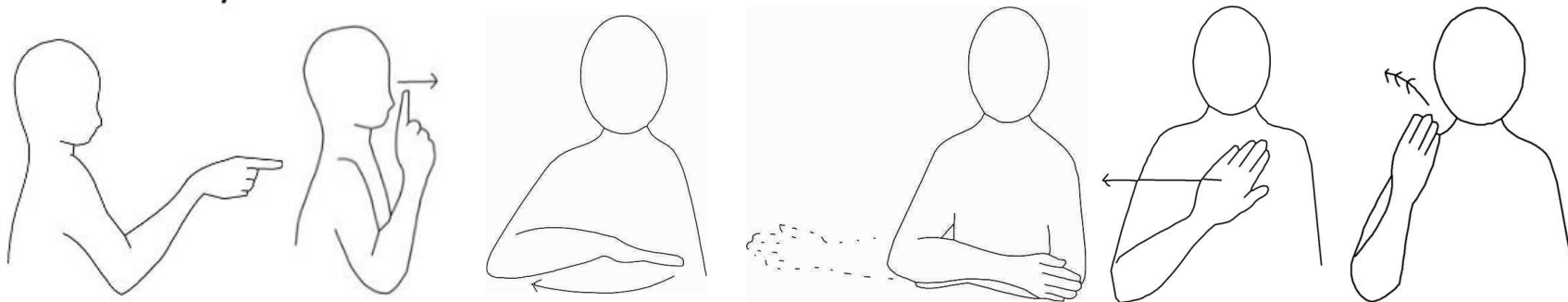


To be a Woman as you are, can be frightening, sometimes disparaging

Verse 2



But if you stand tall



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



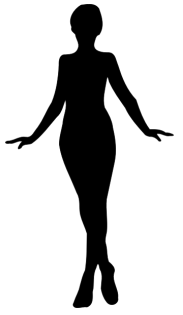
No



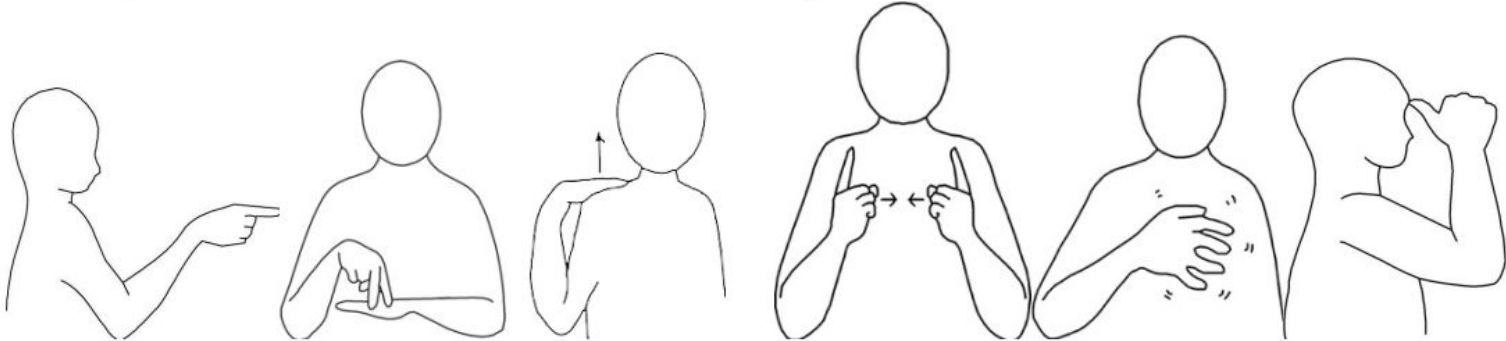
locks or shackles to hold you anymore



Verse 3

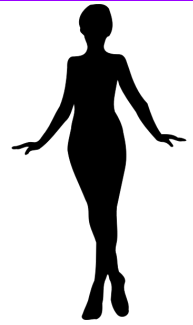
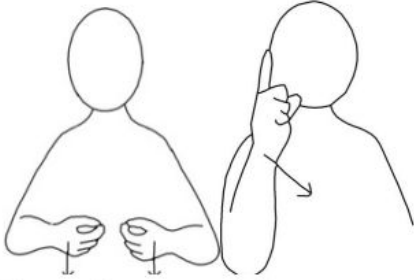


It's important to be heard and be respected in this brave new world

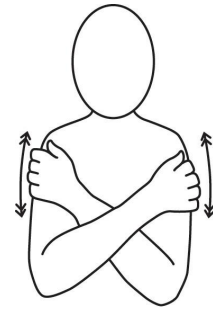
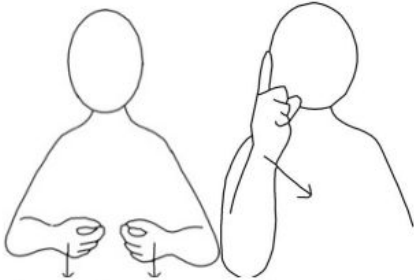


But if you stand tall you can face your fears, knowing through it all

Chorus

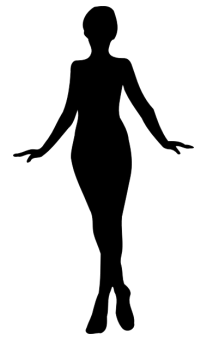
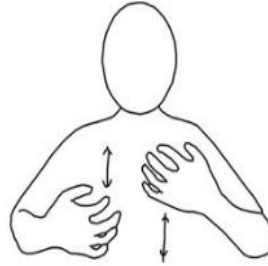
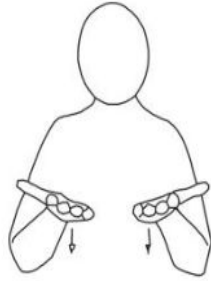


To be a Woman (x3) Is something to be proud of



To be a Woman (x3) Is something to embrace

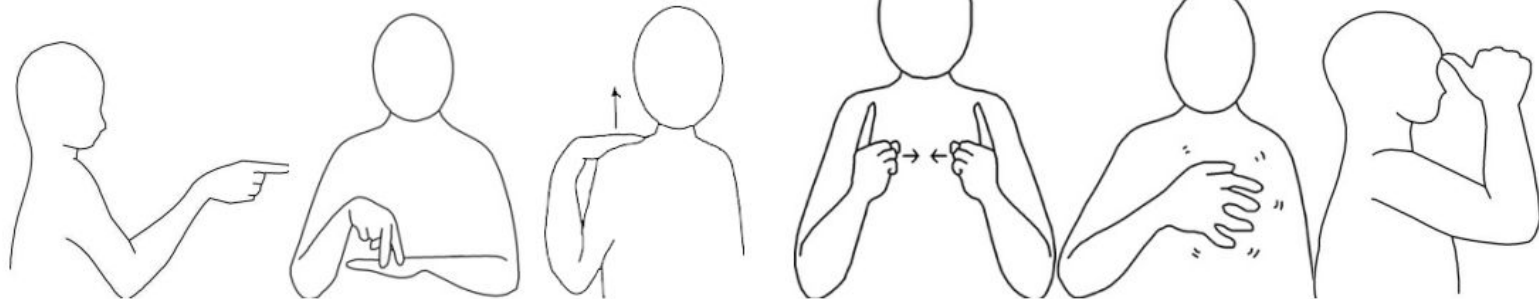
Verse 1



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

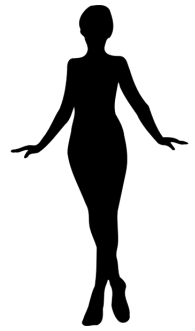
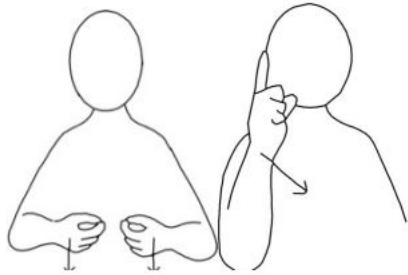


To be a Woman as you are, can be frightening, sometimes disparaging

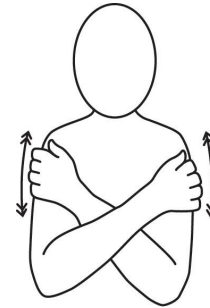
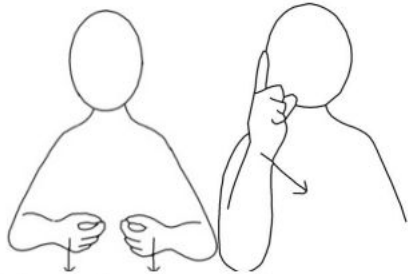


But if you stand tall you can face your fears, knowing through it all

Chorus



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



To be a Woman (x3) Is something to embrace

EVERYONE DESERVES THE CHANCE TO FLY

WICKED



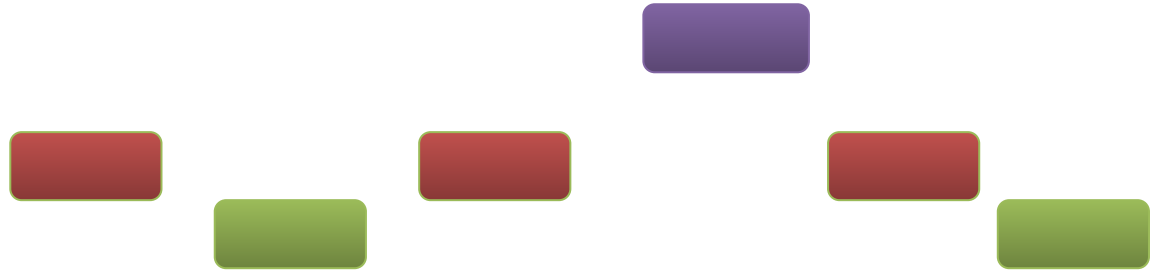
Defying Gravity



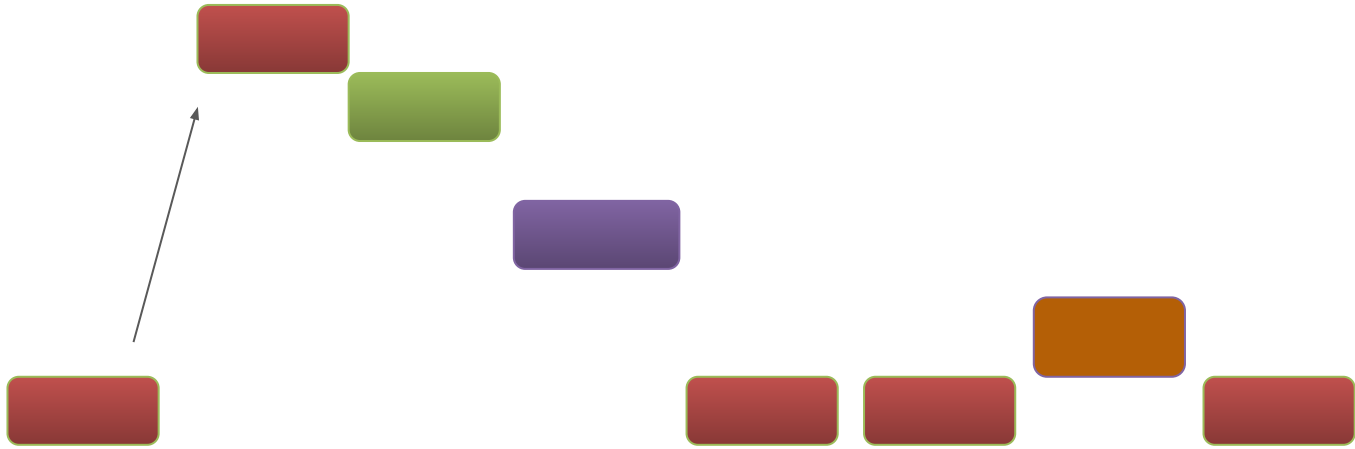
Something has changed with in me



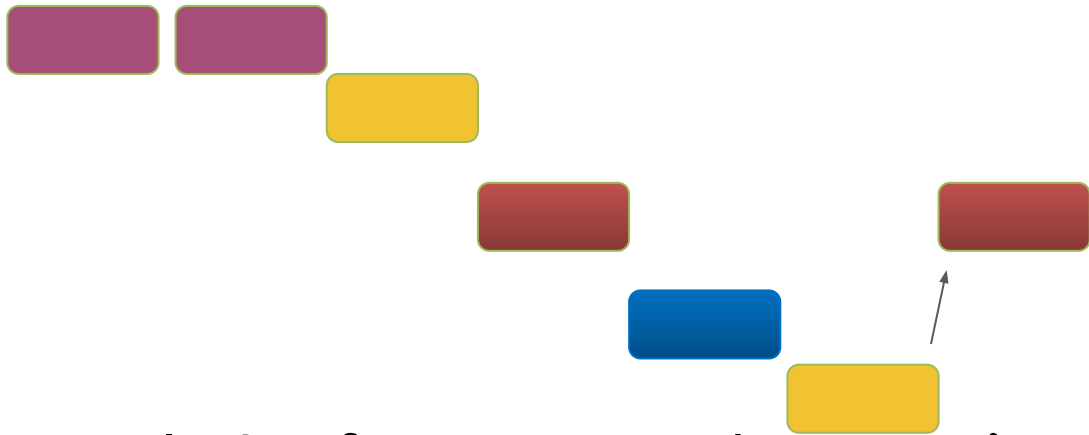
Something is not the same



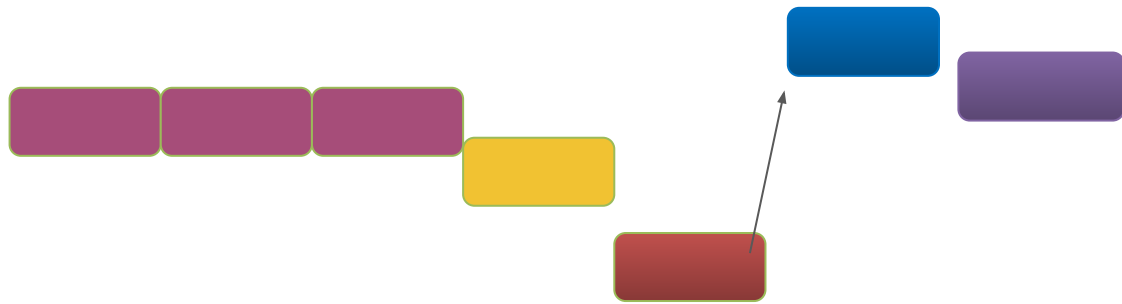
I'm through with playing by



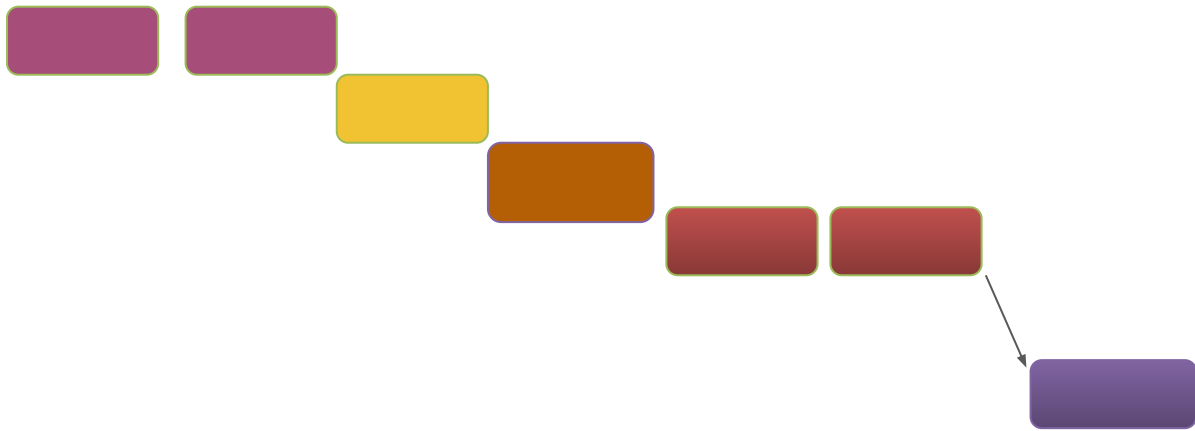
The rules of someone else's game



Too late for second guessing



Too late to go back to sleep

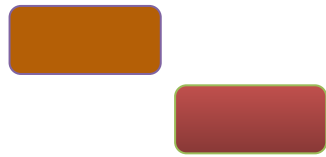


It's time to trust my instincts



Close my eyes...

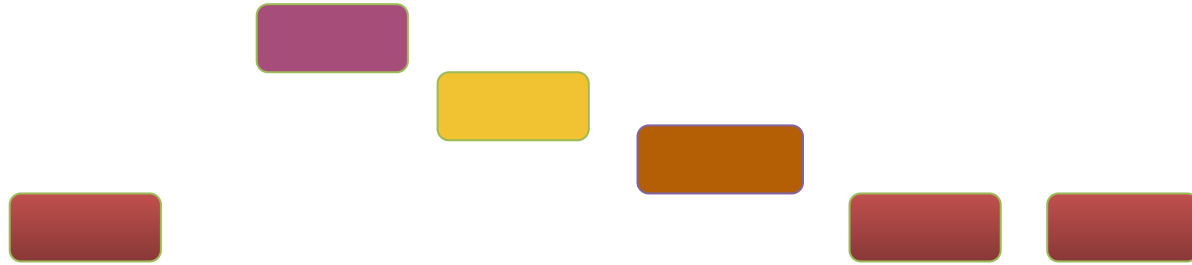
and leap....



It's time to try defying gravity

I think I'll try defying gravity

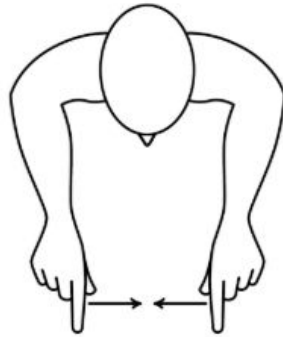
Kiss me goodbye, I'm defying gravity



And you won't bring me down

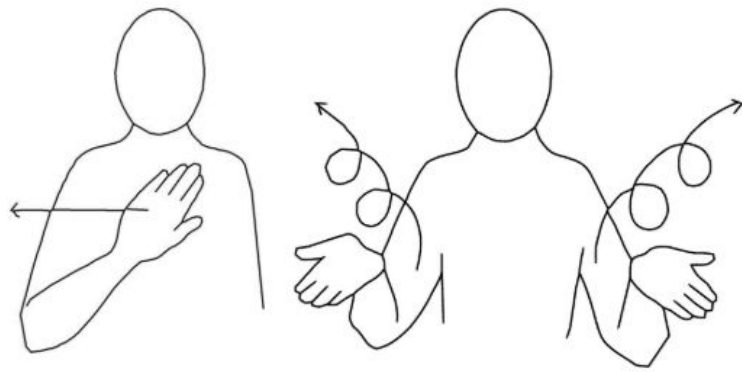


V1: Something has changed within me



Something is not the same





I'm through with playing by

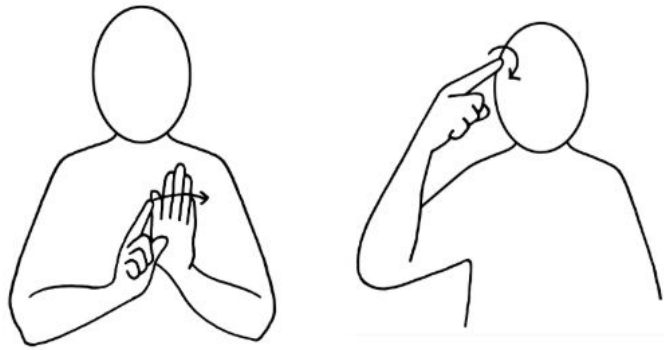


Hand moves
down slightly.
For plural
repeat placing
one next to
the other



the rules of someone else's game





Too late for second guessing,

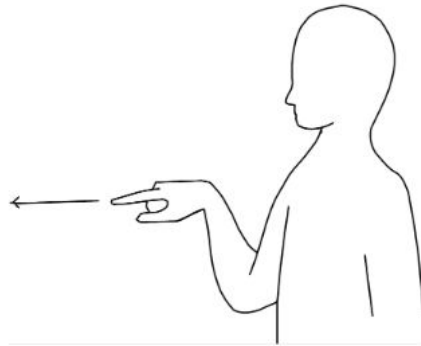


too late to go back to sleep

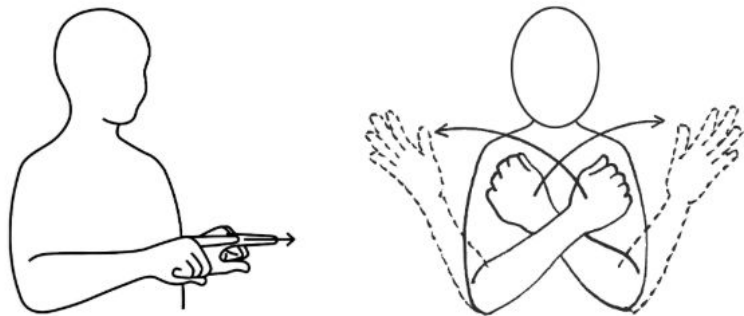




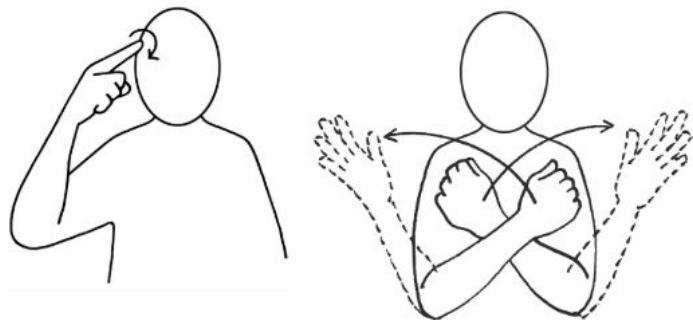
It's time to trust my instincts,



Chorus

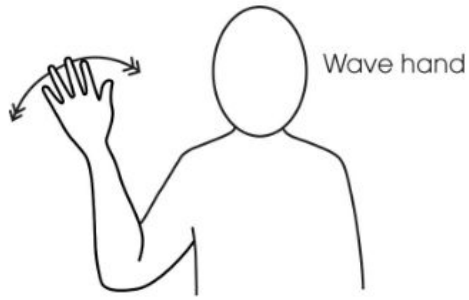


It's time to try defying gravity

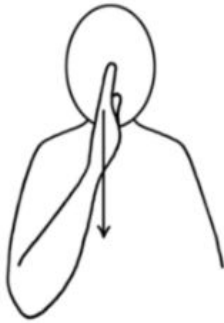


I think I'll try defying gravity



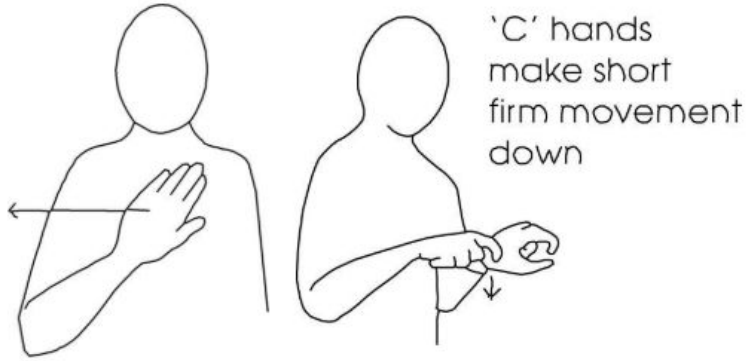


Kiss me goodbye, I'm defying gravity

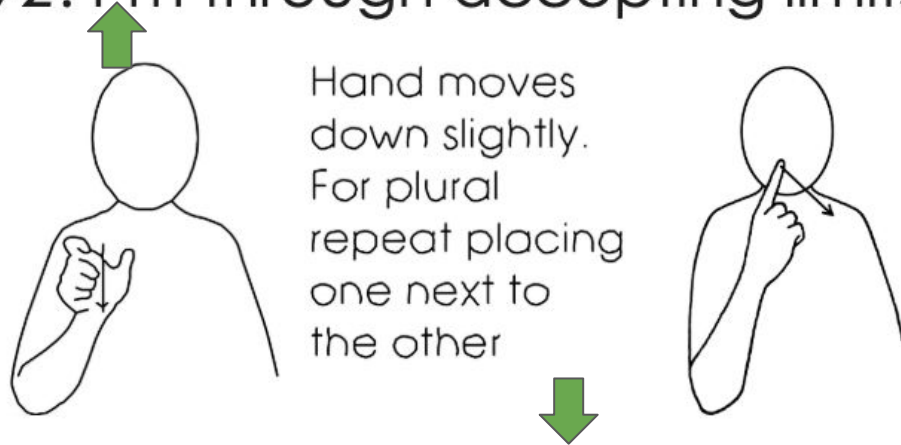


and you won't bring me down



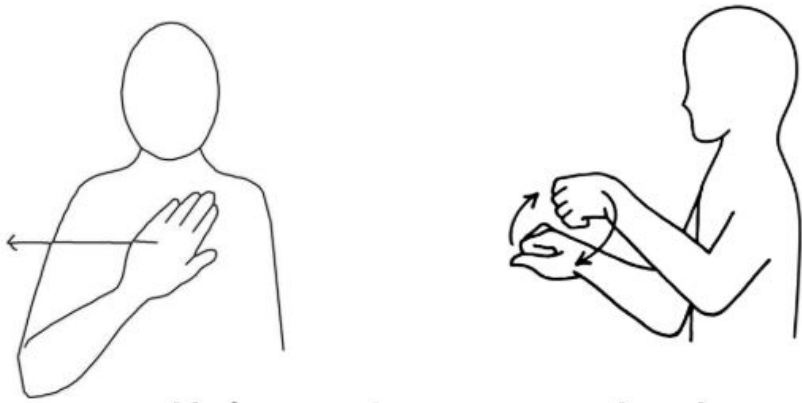


V2: I'm through accepting limits



'Cause someone says they're so





Some things I cannot change,

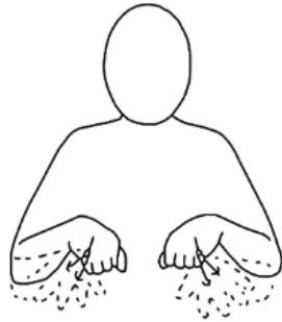


but till I try I'll never know





Too long I've been afraid



of losing love I guess I'd lost





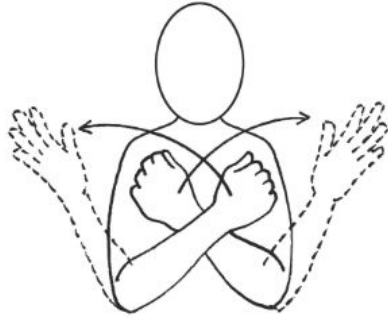
Well if that's love,



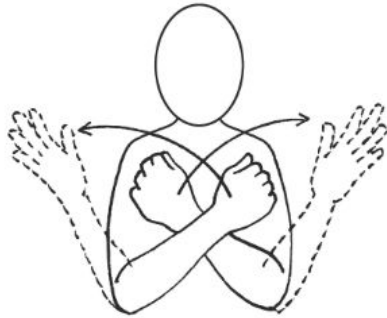
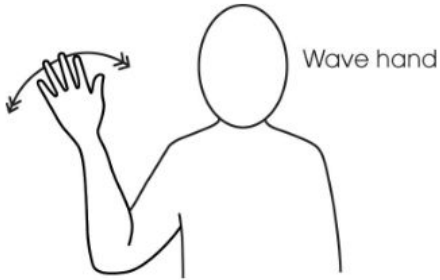
it comes at much too high a cost!



Chorus

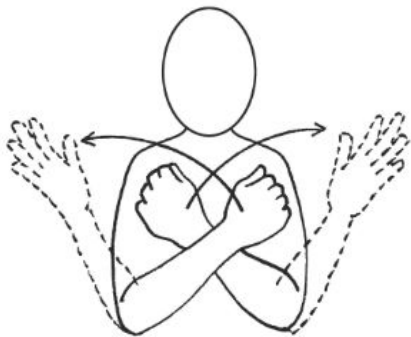


I'd sooner buy defying gravity



Kiss me goodbye, I'm defying gravity





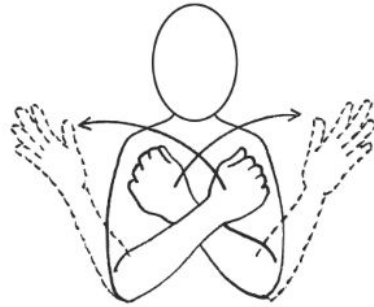
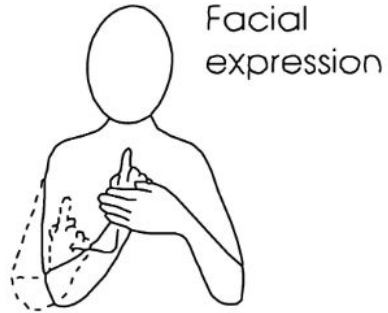
I think I'll try defying gravity



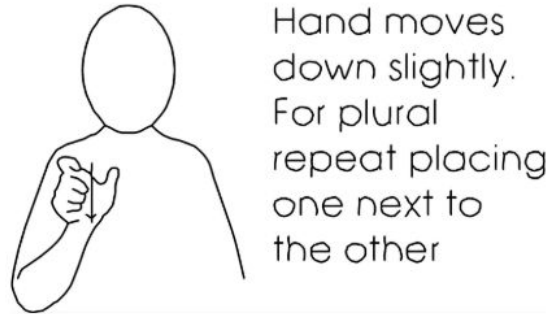
and you won't bring me down



Middle 8



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



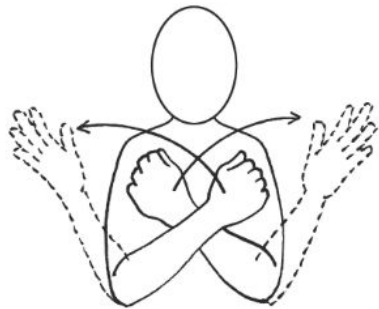
To those who'd ground me



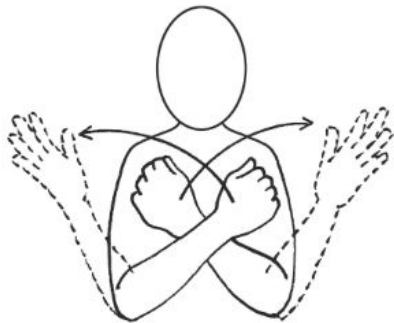


Take a message back from me...



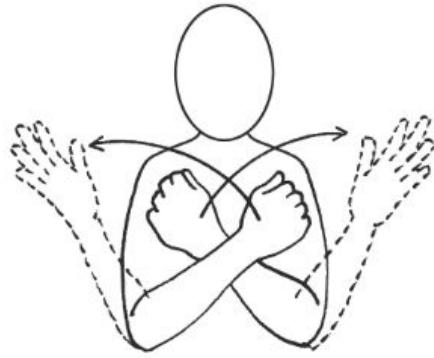
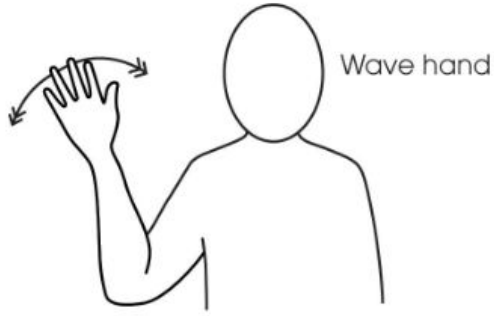


Tell them how I'm defying gravity



I'm flying high, defying gravity



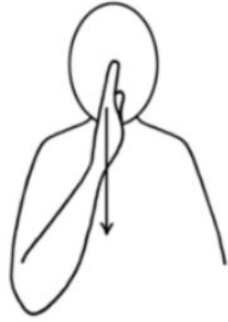


Kiss me goodbye, I'm defying gravity

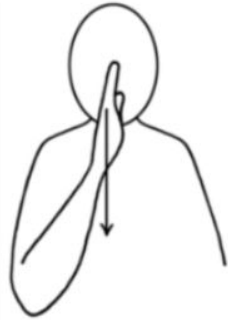


And you won't bring me down...



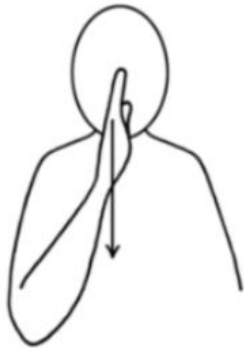


You won't bring me down...



You won't bring me down...





You won't bring me down...

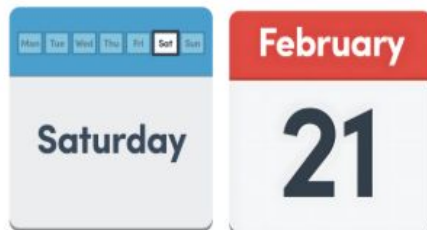


News



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**.

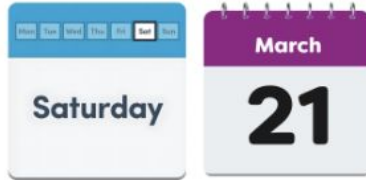


We will meet at **11am** outside Dunottar School, 36 High Trees Road, Reigate, RH2 7EL
We will finish at approximately **12.30pm**.



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.

Trefoil Guild Performance



Please join us on **Saturday 21st March** for a performance at the Trefoil Guild AGM!



We are meeting at **Woodhatch Community Centre**, Whitebeam Dr, **Reigate RH2 7LS** at **2.45pm**. We will sing from 3pm to 3.30pm.



Please **eat lunch before you come** and bring a bottle of water.



Please note that **car parking is limited**. You can park on nearby Hornbeam Road. The nearest bus stop is Hornbeam Road.



Redhill Rising



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

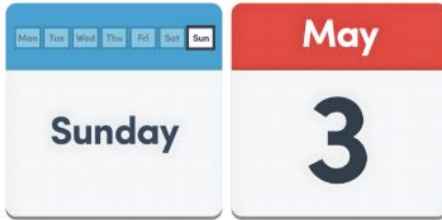


We will meet on the **lower ground floor** outside Superdrug at **10.30**. We will be singing from 11am.

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.



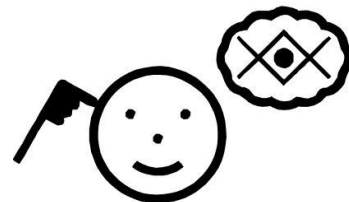
We will do a **short, fun performance** at **around 3.30pm**

Birthdays



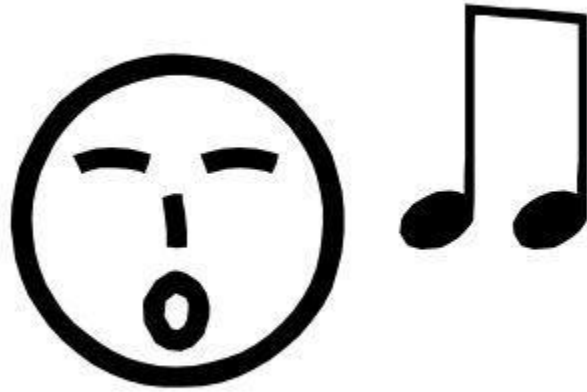
Break

& Sign of the Week Video



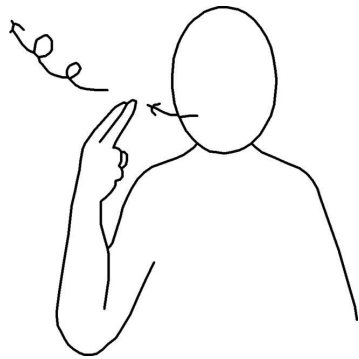
Who would like to help put the chairs away today?

Welcome Back!

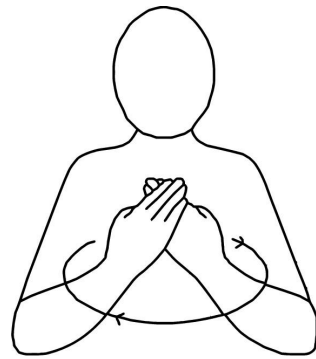




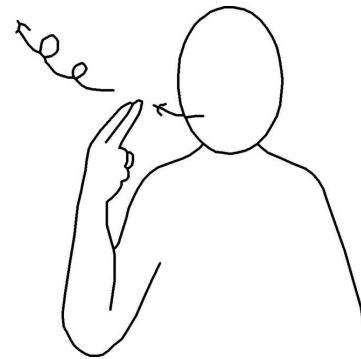
Include



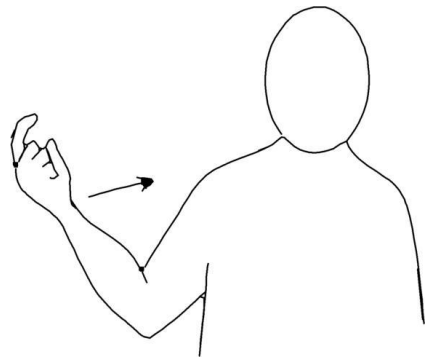
Choir



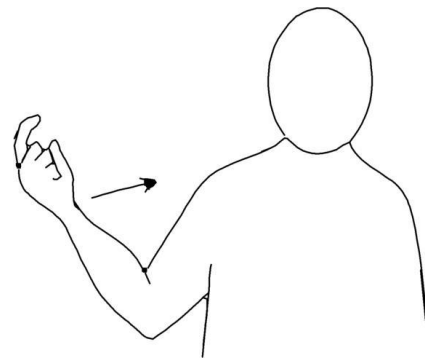
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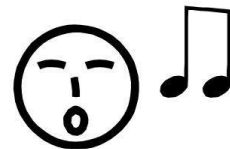
Choir

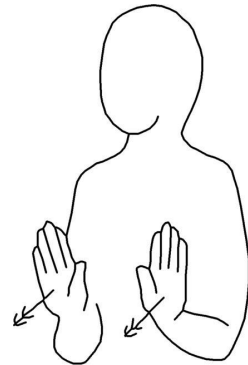
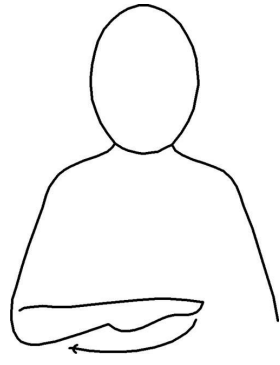
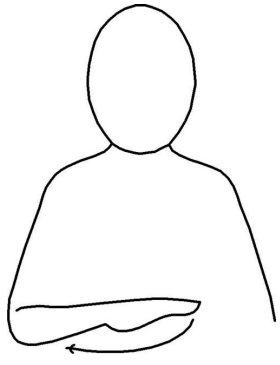


Come and sing!

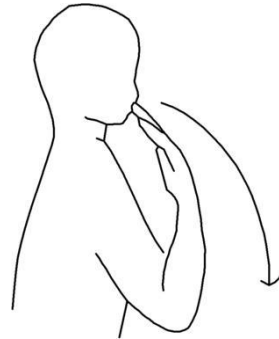
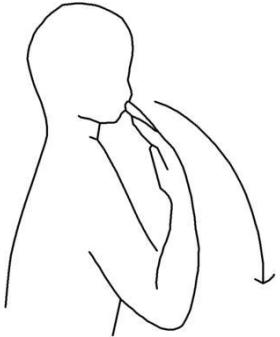


Come and sing!



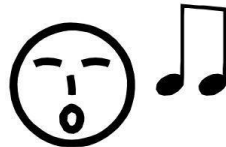


Everybody's waiting, everybody's waiting



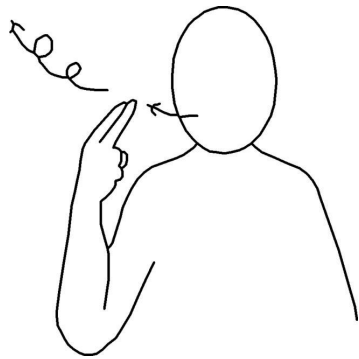
Please join in!

Please join in!

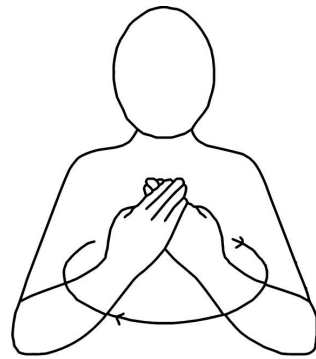




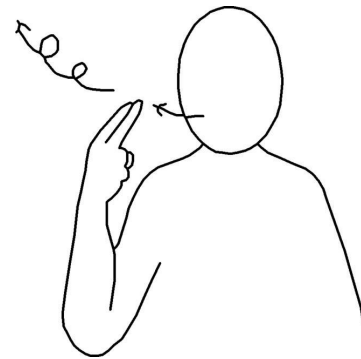
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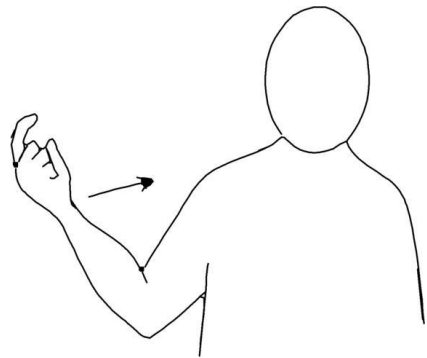
Choir



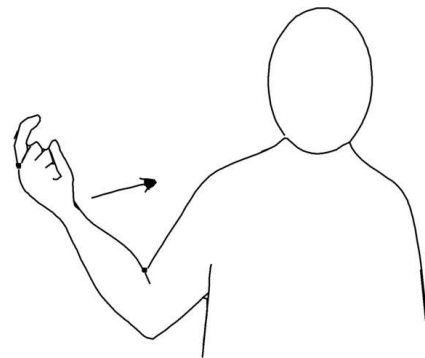
Include



Choir

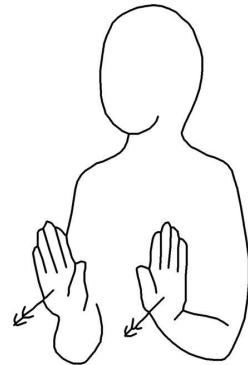
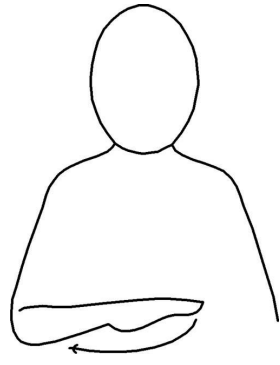
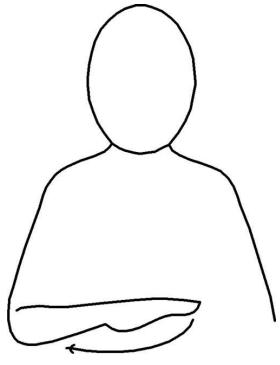


Come and sing!

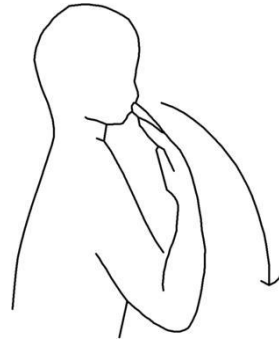
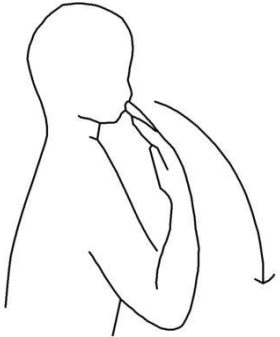


Come and sing!



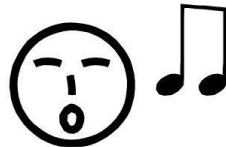


Everybody's waiting, everybody's waiting



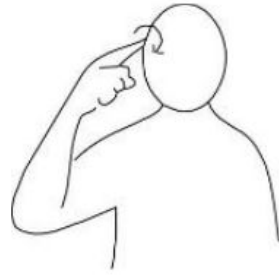
Please join in!

Please join in!



It must be love



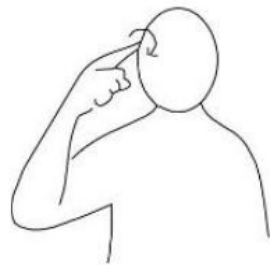


1. I never thought I'd love you



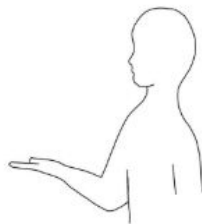
Just as much as I do





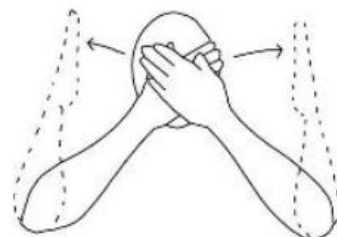
Middle finger
moves up
centre of
chest

And I never thought I'd feel this way

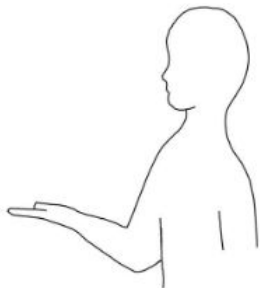


The way I feel about you





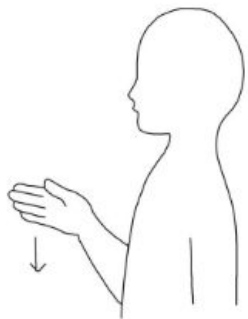
As soon as I wake up every night, every day



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



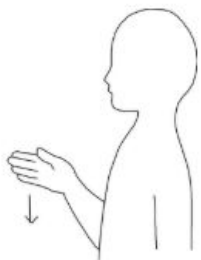
Chorus



It must be love,

love,

love



It must be love,

love,

love





Nothing



more,



nothing



less



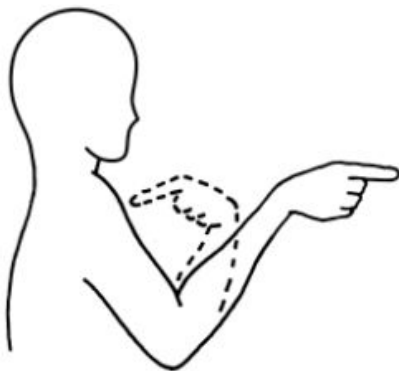
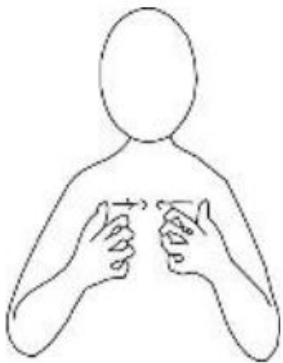
Love is



the best

Right thumb
tip brushes
left thumb tip
sharply forward
and up



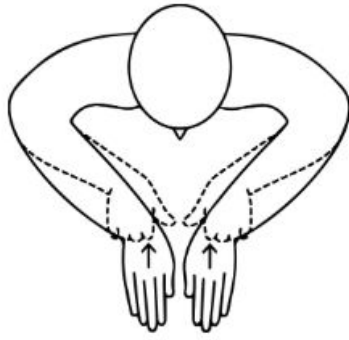


2. How can it be that we can



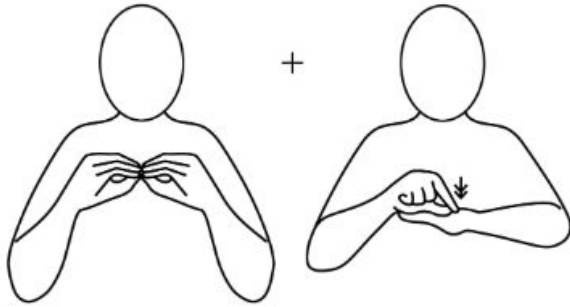
Say so much without words





Fingers draw back
into a fist. Both
fists make a small
hop forward

Bless you and bless me

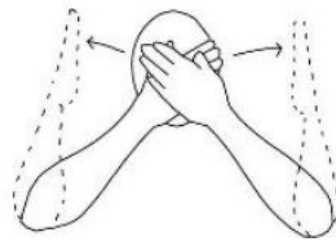
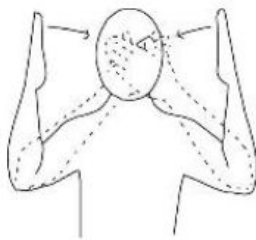
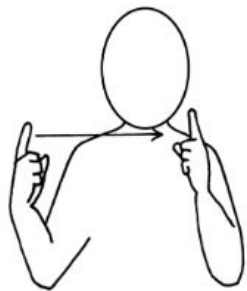
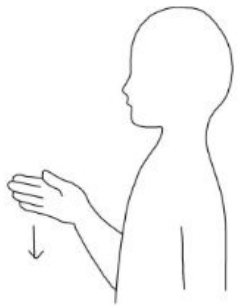


Bless the bees

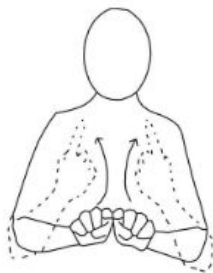


and the birds





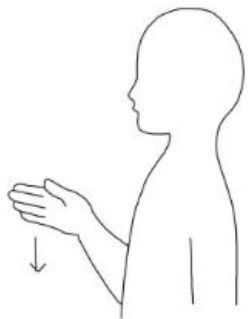
I've got to be near you every night, every day



I couldn't be happy any other way



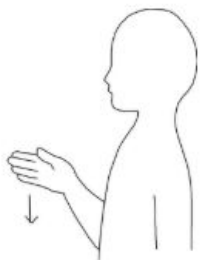
Chorus



It must be love,

love,

love



It must be love,

love,

love





Nothing



more,



nothing



less



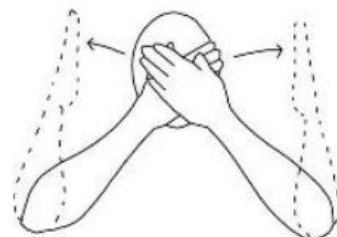
Love is



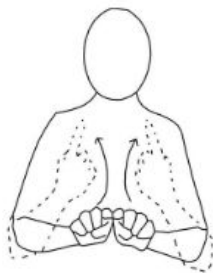
the best

Right thumb
tip brushes
left thumb tip
sharply forward
and up





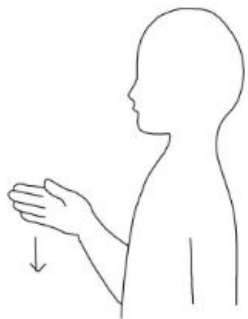
As soon as I wake up every night, every day



I couldn't be happy any other way



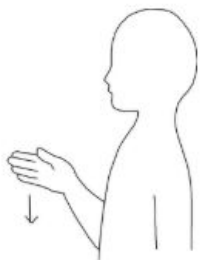
Chorus



It must be love,

love,

love



It must be love,

love,

love

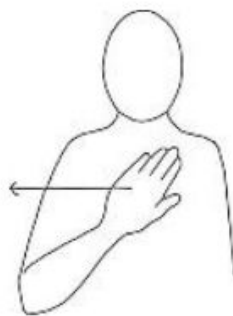




Nothing



more,



nothing



less



Love is

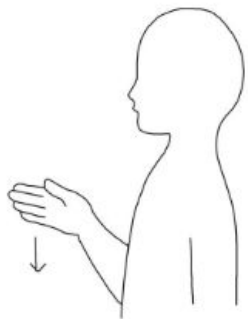


the best

Right thumb
tip brushes
left thumb tip
sharply forward
and up



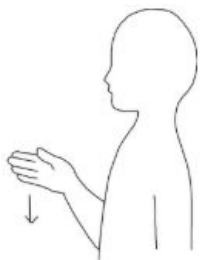
Chorus



It must be love,

love,

love



It must be love,

love,

love





Nothing



more,



nothing



less



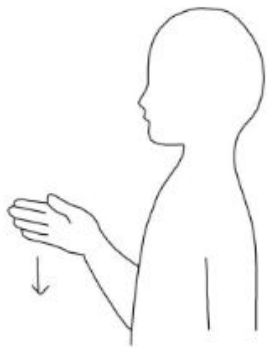
Love is



the best

Right thumb
tip brushes
left thumb tip
sharply forward
and up

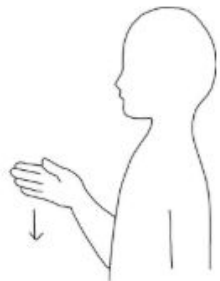




It must be love,

love,

love

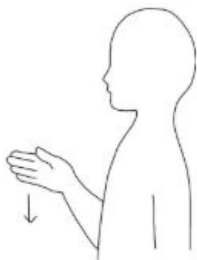


It must be love,

love,

love





It must be love,



love,



love

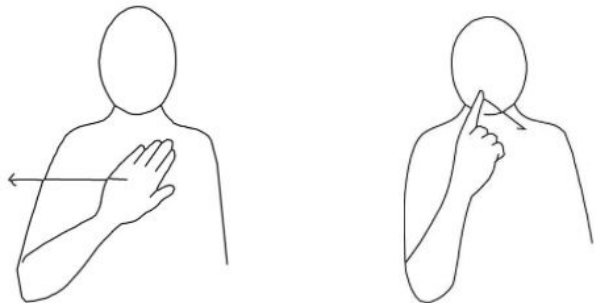


Love...



Make your own kind of music



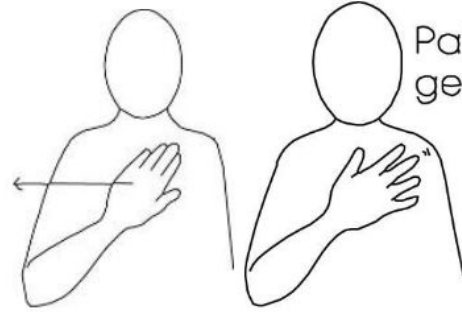


1. Nobody can tell ya'



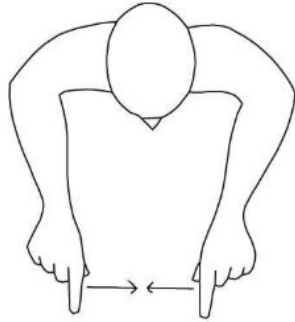
There's only one song worth singin'





Pat chest
gently

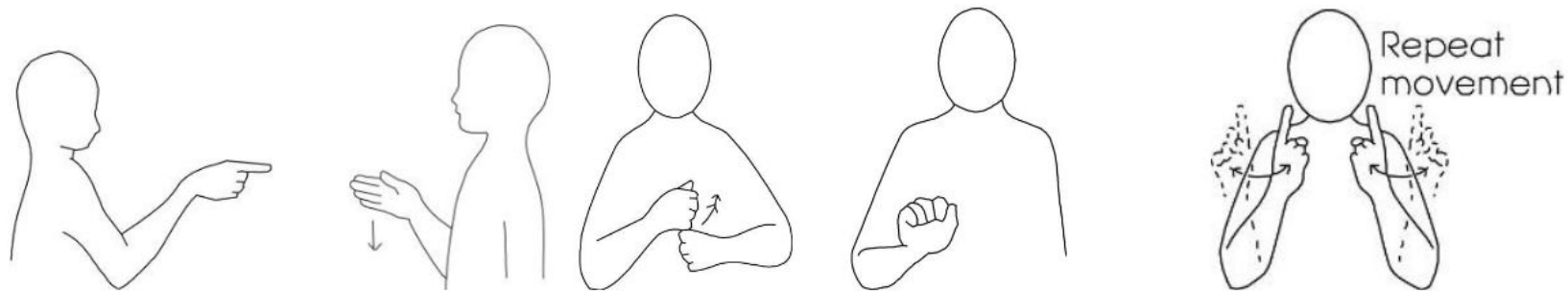
They may try and sell ya', 'Cos it hangs them up



To see someone like you



Chorus

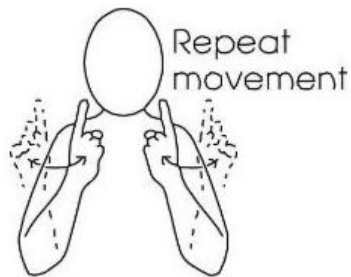


But you've gotta make your own kind of music

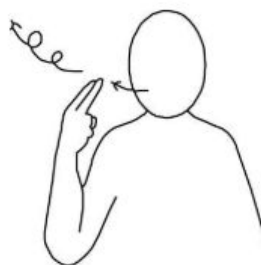
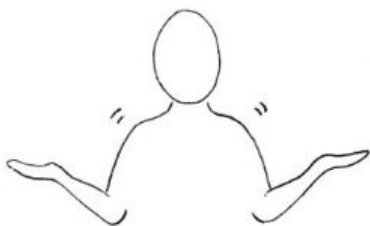


Sing your own special song





Make your own kind of music

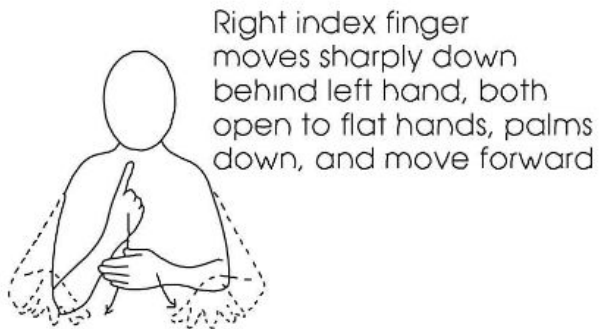


Even if nobody else sings along

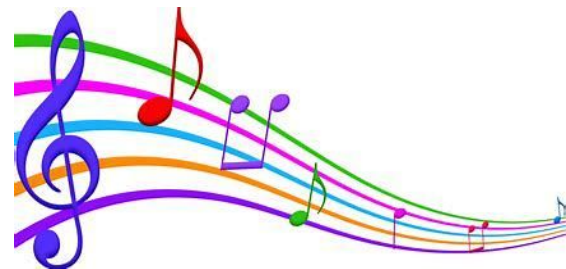




2. You're gonna be nowhere,



The loneliest kind of lonely





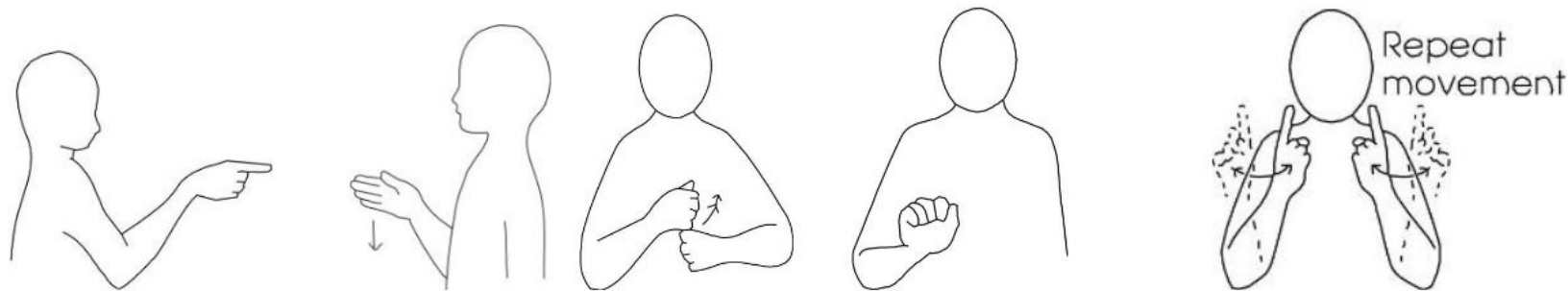
It may be rough goin'



Just to do your thing's the hardest thing to do



Chorus

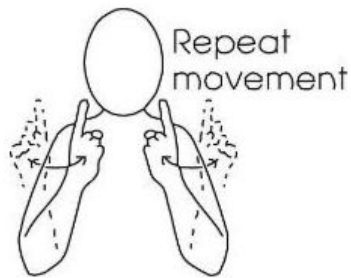


But you've gotta make your own kind of music

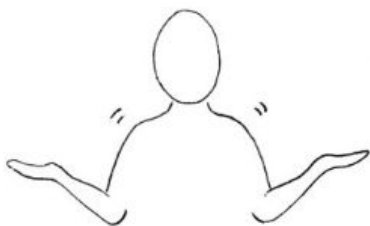


Sing your own special song



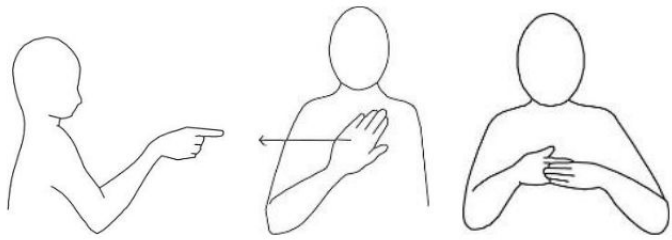


Make your own kind of music

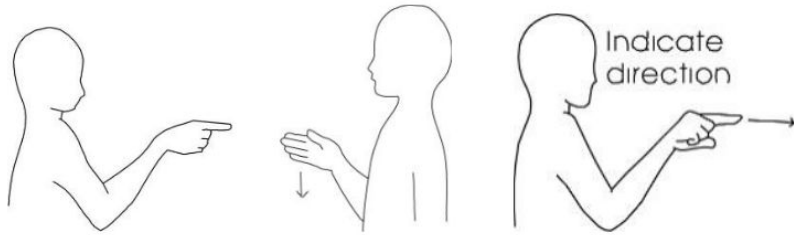


Even if nobody else sings along

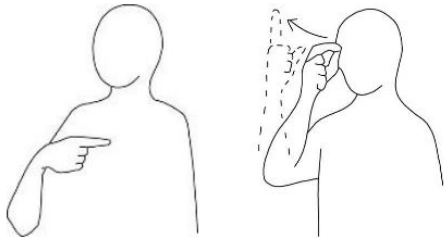




So if you cannot take my hand



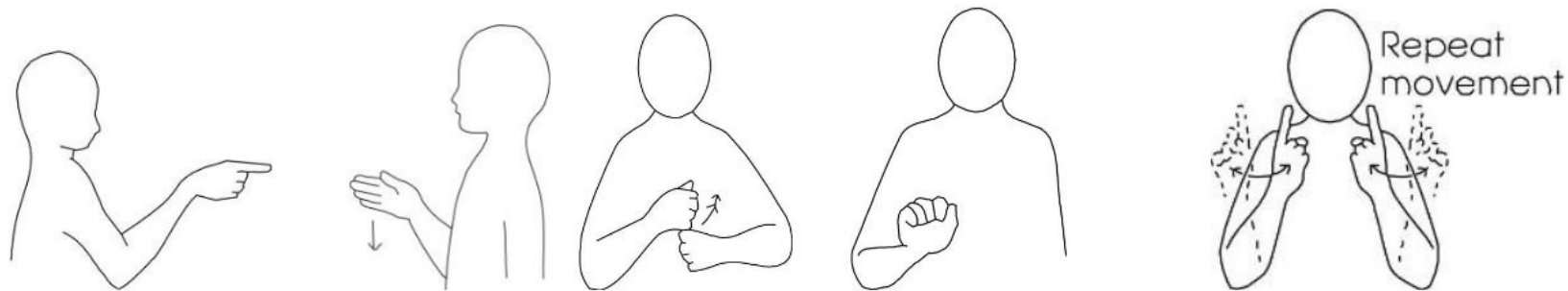
And if you must be goin'



I will understand



Chorus

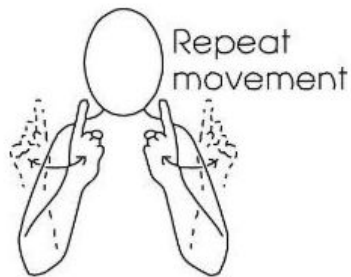


But you've gotta make your own kind of music

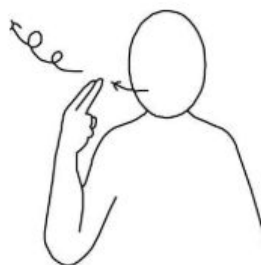
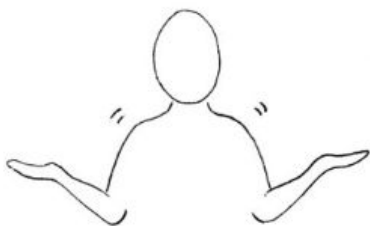


Sing your own special song





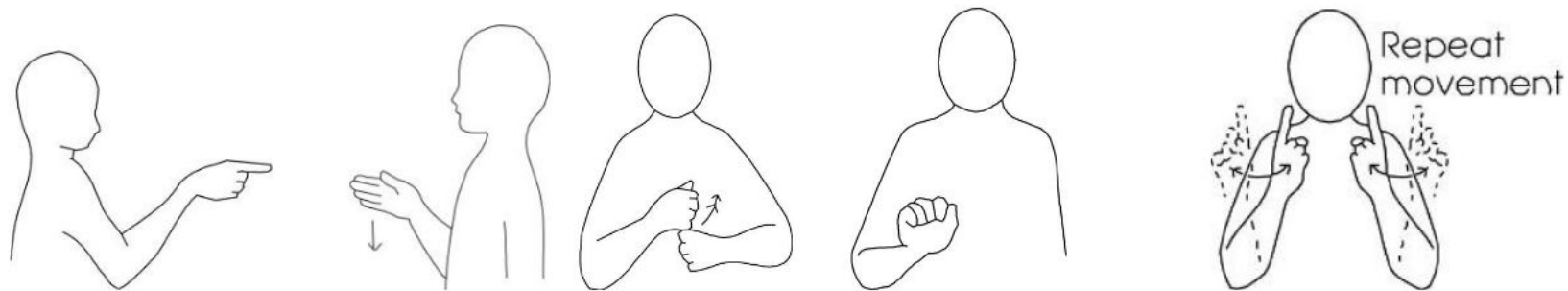
Make your own kind of music



Even if nobody else sings along



Chorus

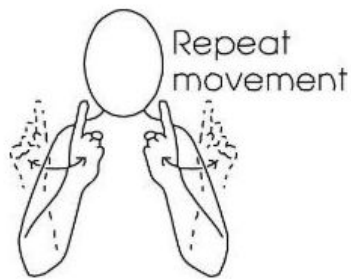
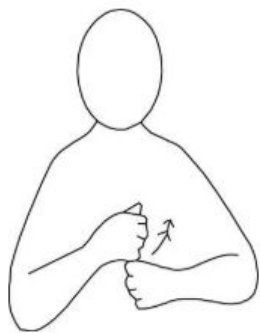


But you've gotta make your own kind of music

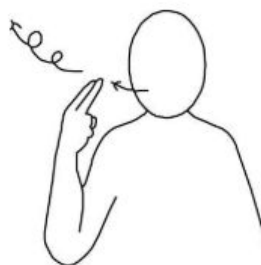
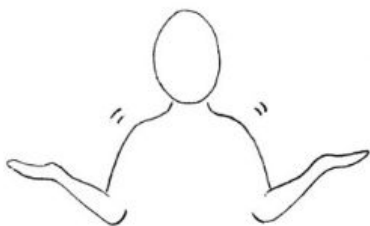


Sing your own special song



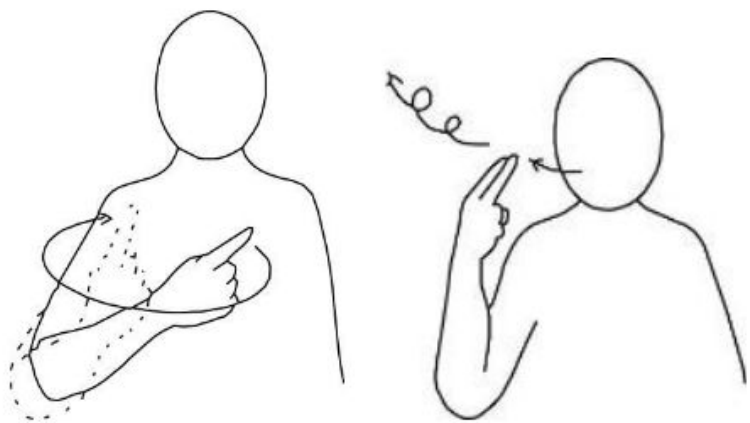


Make your own kind of music

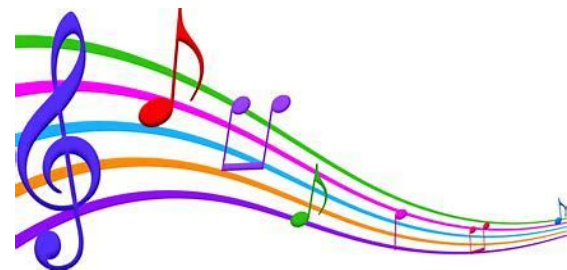


Even if nobody else sings along



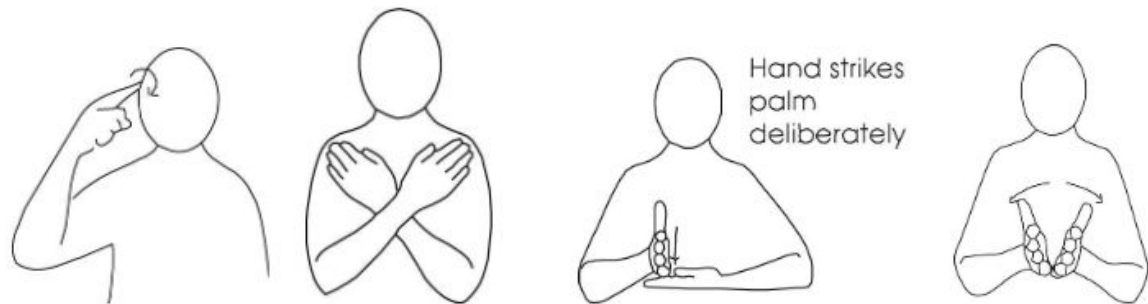


We're gonna Sing!

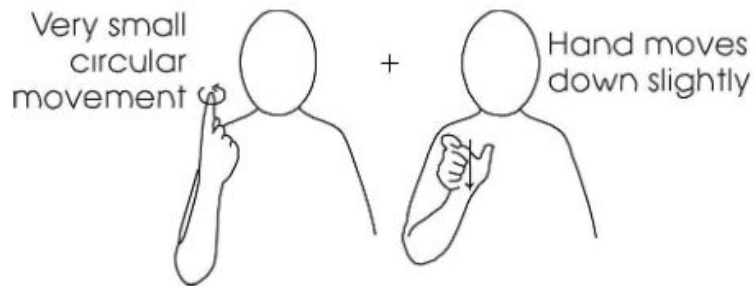


I'm a Believer





I thought love was only true in fairy tales



Meant for someone else but not for me.



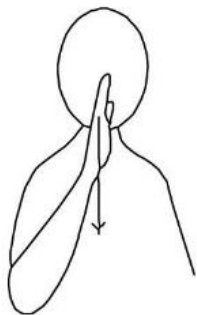


Hands move firmly forward slightly to the left and head turns away. Facial expression important



Flat hand in front of face, moves forward and down

Oh, love was out to get me. That's the way it seems



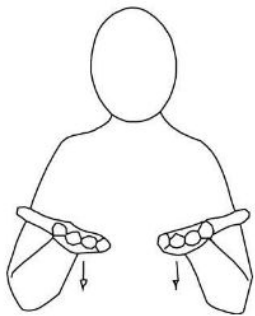
Disappointment haunted all my dreams.



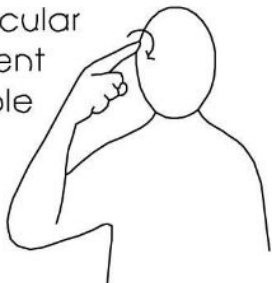


Index finger
outlines face

Then I saw her face



Small circular
movement
on temple



+



Hand strikes
palm
deliberately

Now

I'm a

believer.





Not a



trace



of doubt in



my mind.

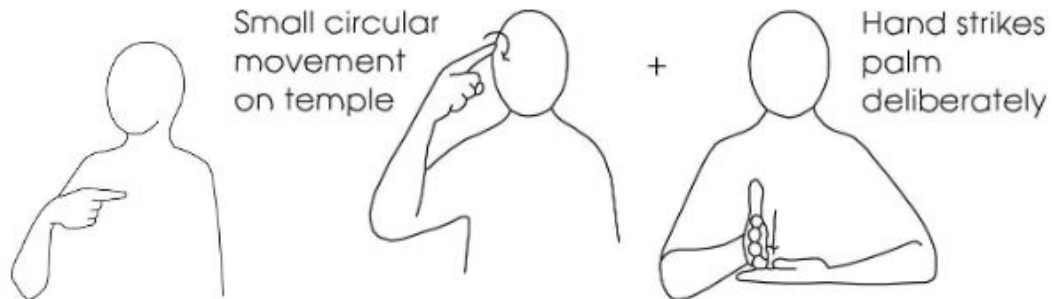


I'm in

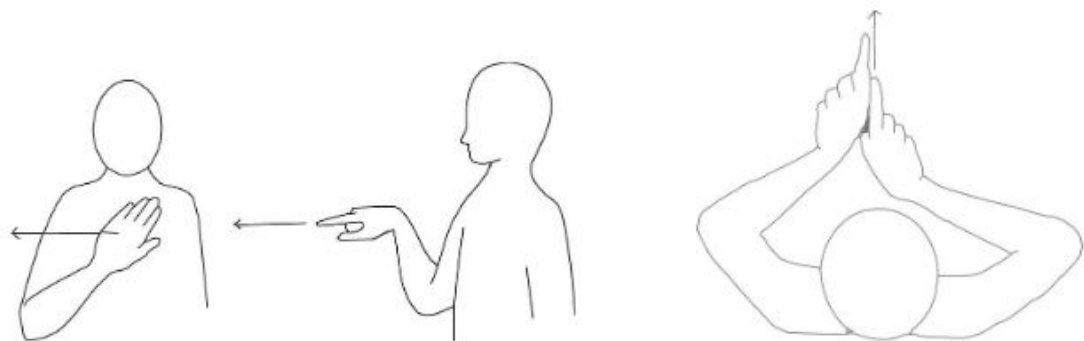


love (oooh)





I'm a believer,



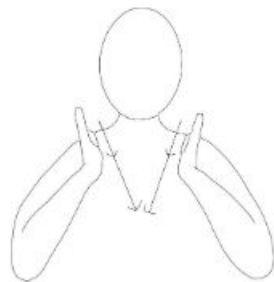
I couldn't leave her if I tried





V2.1 thought

love was more or less a given thing



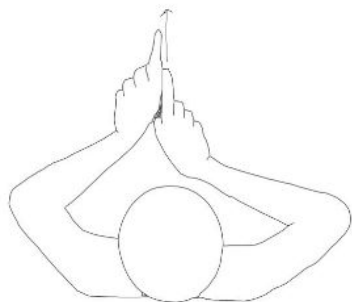
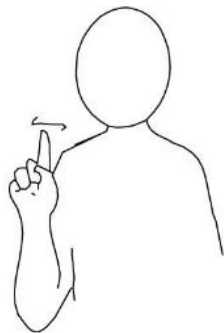
Seems the more

I gave

the less

I got.



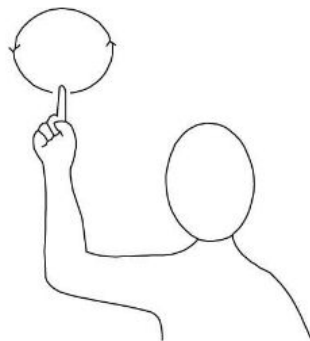


Position hand
at appropriate
part of body
and shake
hand

Oh, what's the use in trying - All you get is pain



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



When I needed

sunshine

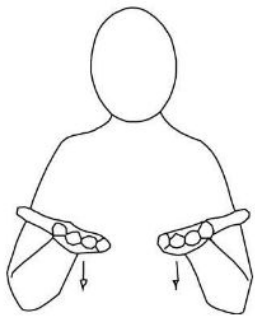
I got rain



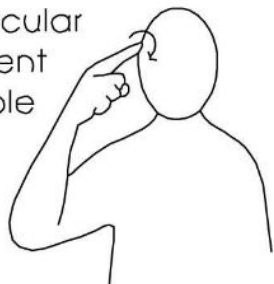


Index finger
outlines face

Then I saw her face



Small circular
movement
on temple



+



Hand strikes
palm
deliberately

Now

I'm a

believer.





Not a



trace



of doubt in



my mind.

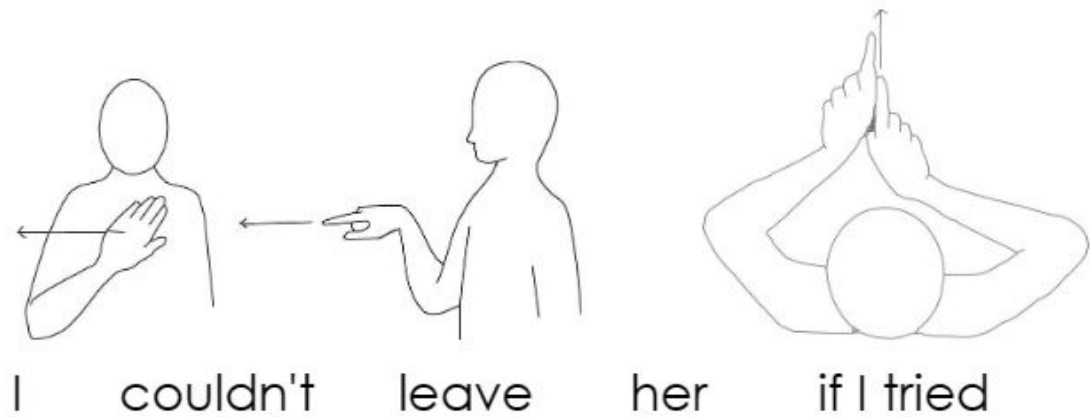
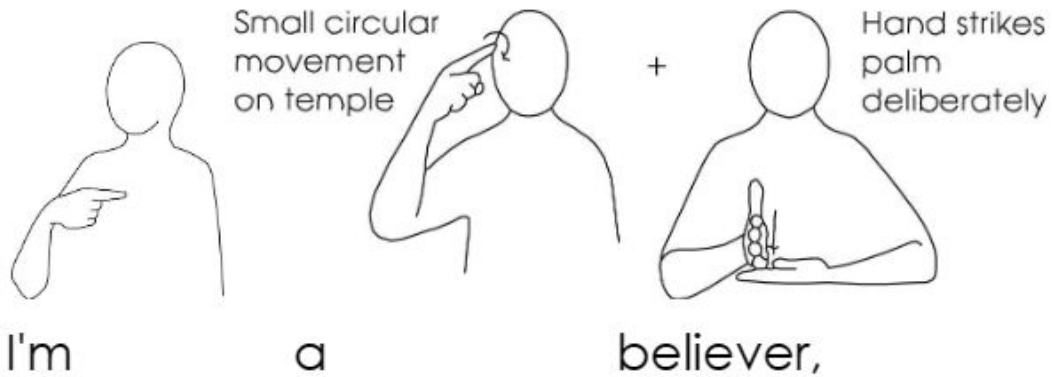


I'm in



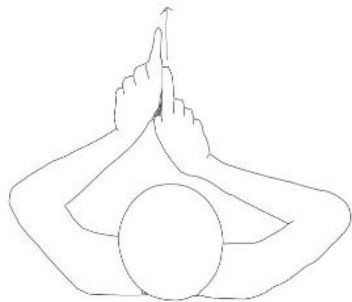
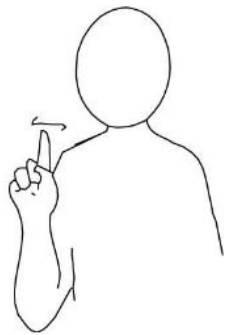
love (oooh)





instrumental



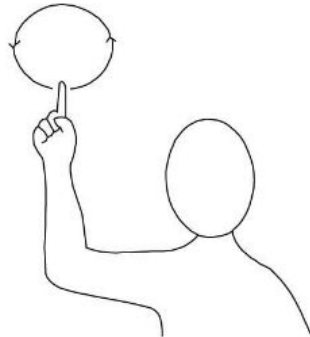


Position hand
at appropriate
part of body
and shake
hand

Oh, what's the use in trying - All you get is pain



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

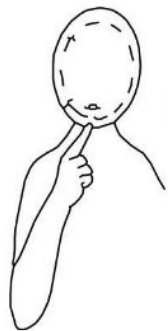


When I needed

sunshine

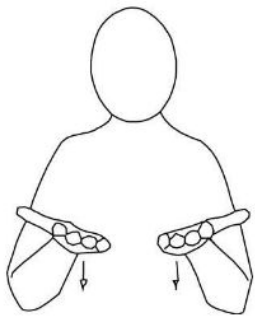
I got rain



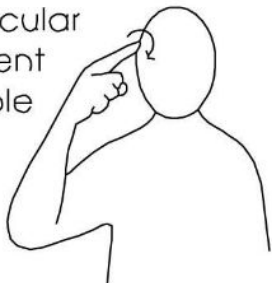


Index finger
outlines face

Then I saw her face



Small circular
movement
on temple



+



Hand strikes
palm
deliberately

Now

I'm a

believer.





Not a



trace



of doubt in



my mind.

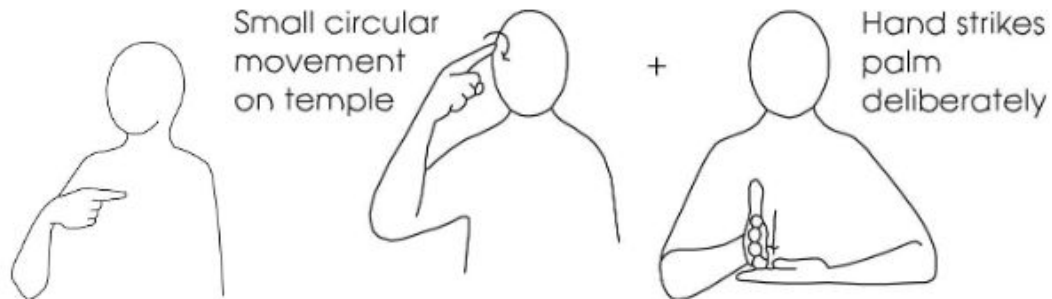


I'm in

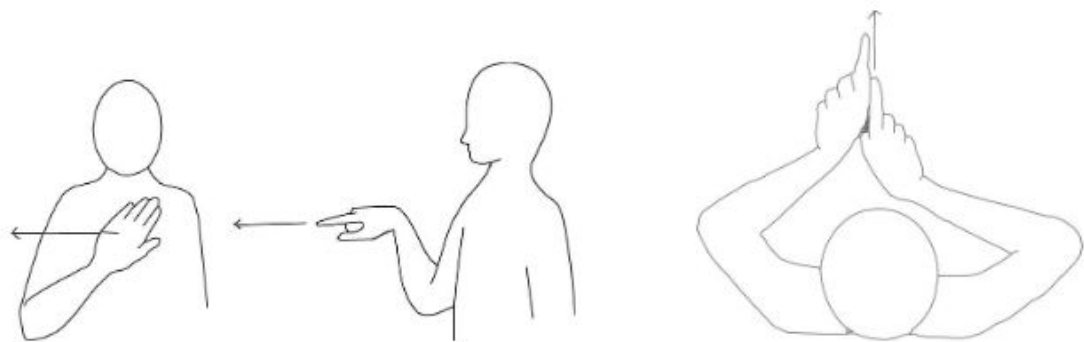


love (oooh)





I'm a believer,



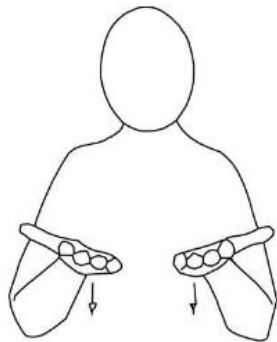
I couldn't leave her if I tried



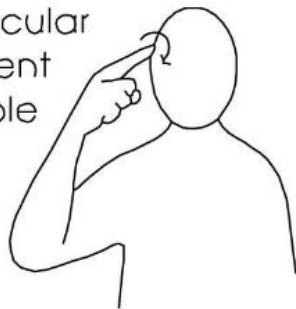


Index finger
outlines face

Yes I saw her face



Small circular
movement
on temple



+



Hand strikes
palm
deliberately

Now

I'm a

believer.





Not a



trace



of doubt in



my mind.

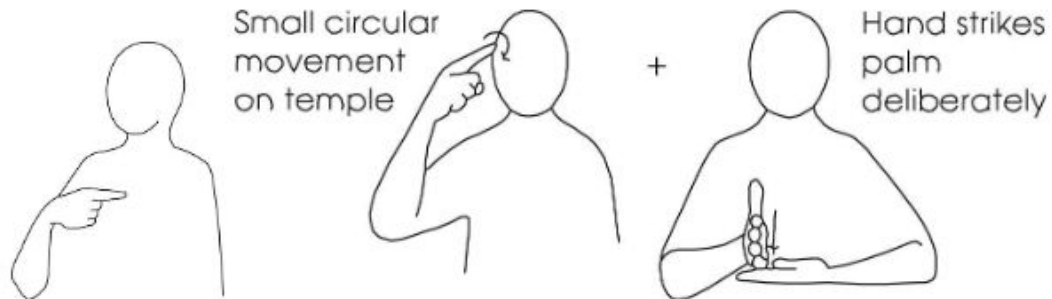


I'm in

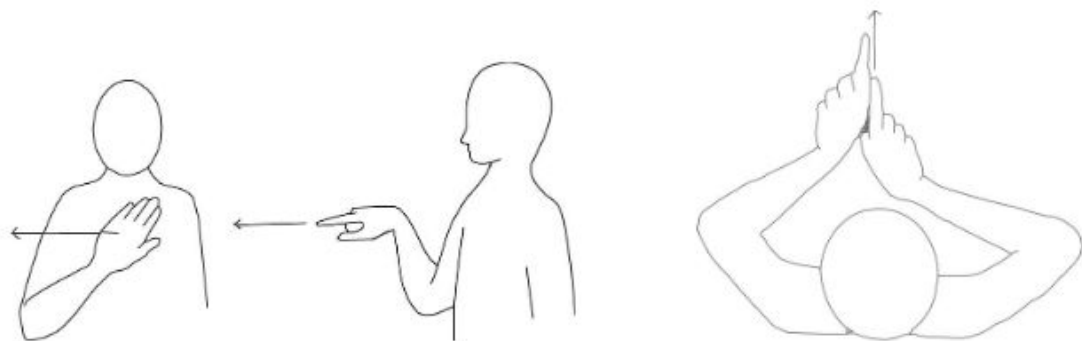


love (oooh)





I'm a believer,



I couldn't leave her if I tried





Index finger
outlines face

Then I saw her face!!!

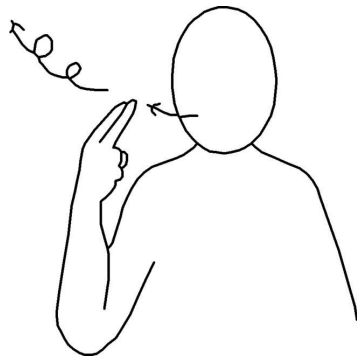


Include Choir Goodbye Song





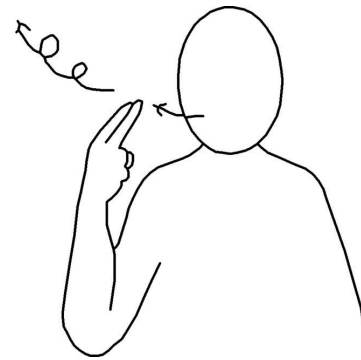
Include



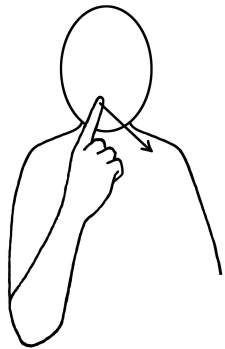
Choir



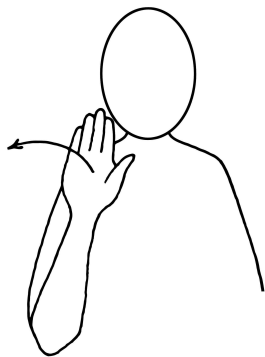
Include



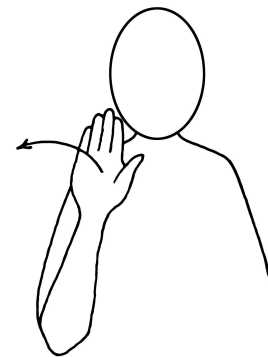
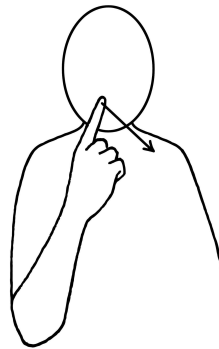
Choir

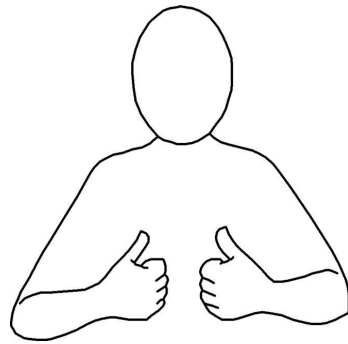
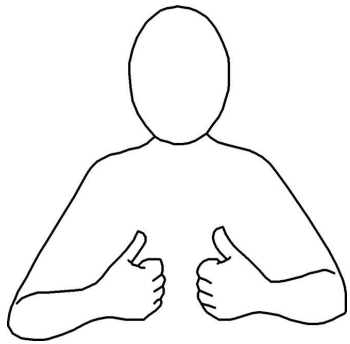


Says goodbye!

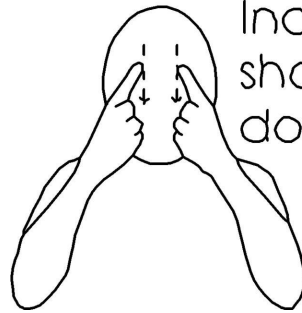
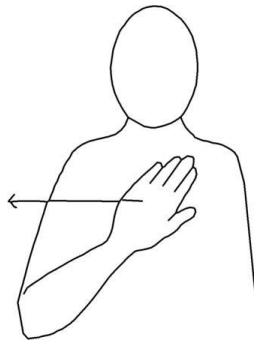
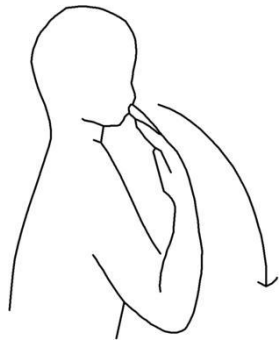


Says goodbye!





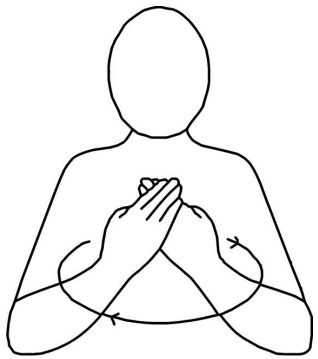
It was really good to see you, really good to see you



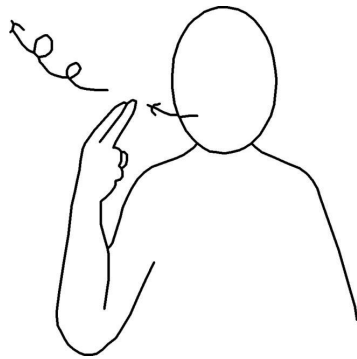
Index fingers
shows tears trickling
down cheeks

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





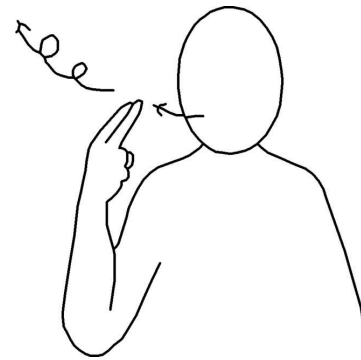
Include



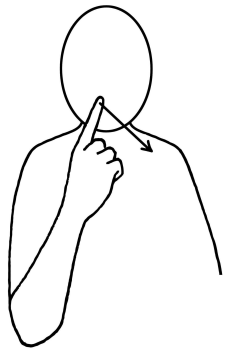
Choir



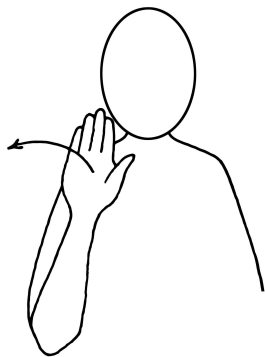
Include



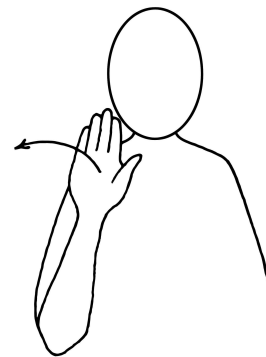
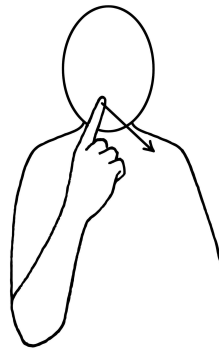
Choir

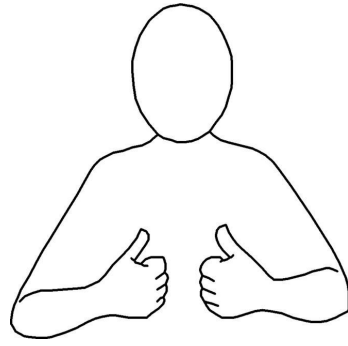
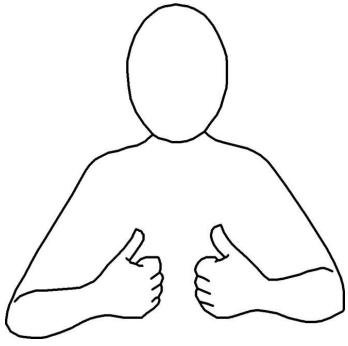


Says goodbye!

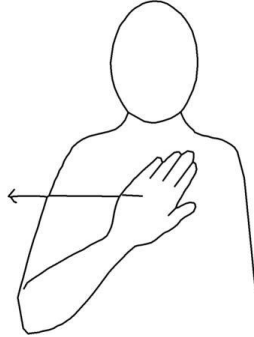
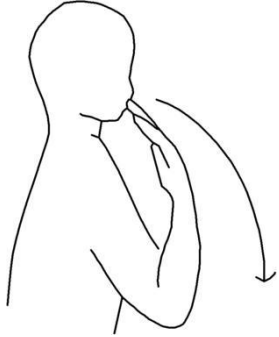


Says goodbye!





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



Index fingers
shows tears trickling
down cheeks

Please don't cry!





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!**