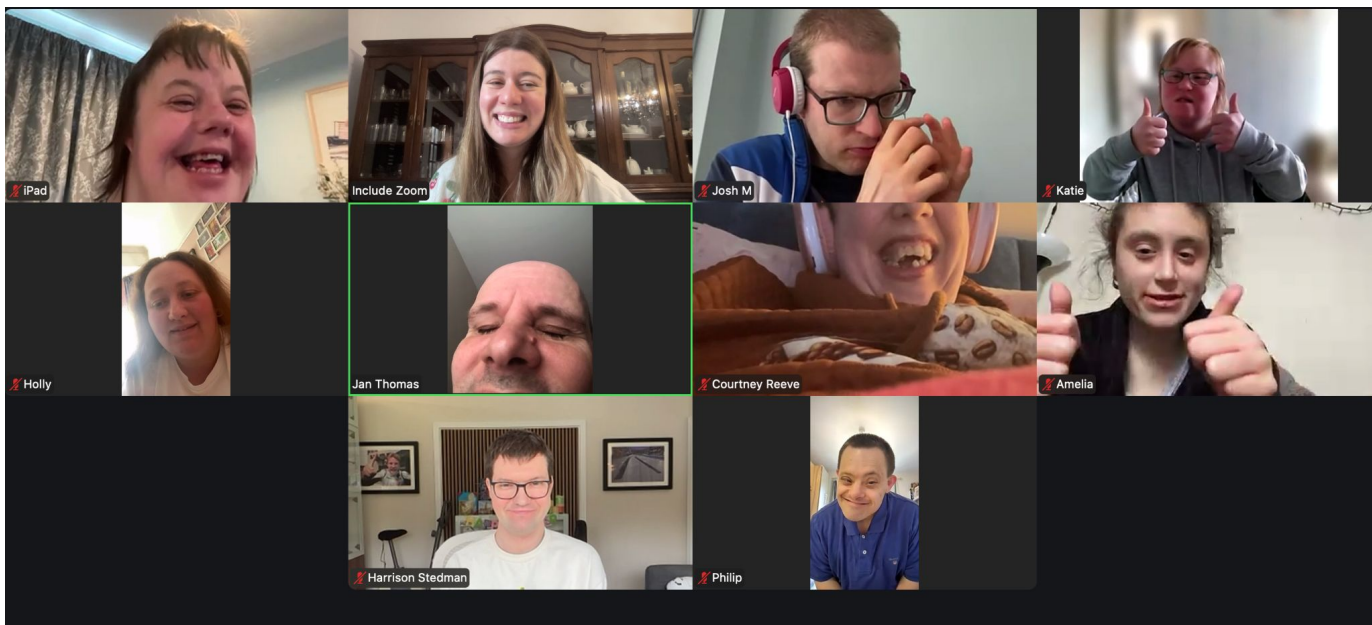
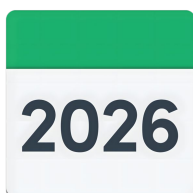




Include.org Spring Newsletter



Jan, Amelia, Katy, Holly, Ellie, Philip, Josh, Harrison, Courtney and Claudia joined the 2026 Spring Virtual Tea break.



In case you missed it

**We hope
you had a lovely
Spring and Easter Break!**



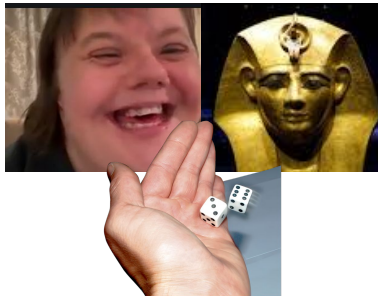
What did we talk about?



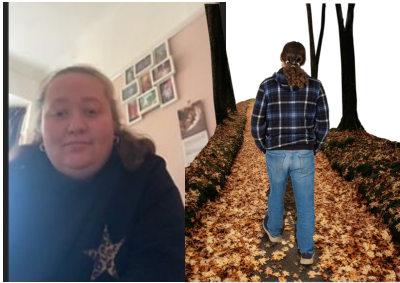
We **asked everyone about** their **Easter** or **Spring break**.



Jan had a **lovely time visiting family** and **friends**. Jan **enjoyed eating out** and **staying over night** at his **sister's house**.



Ellie also **enjoyed spending time** with **family**. Ellie's **sister**, **mum** and **nephew Zachy** came over to see her. Ellie had a **lovely time playing games** with her **nephew Zachy**. Ellie also **went** to an **Egyptian exhibition** with her **family**.



Holly had a **nice time** over the Easter and spring break. For Holly, the **best part** of the break was to **go out** for **walks** in **nature** and to **eat lovely chocolate eggs**.



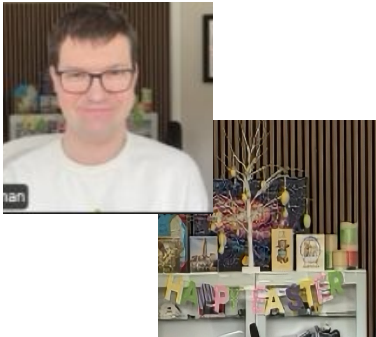
Amelia also had a **nice break** with **family**. For Amelia, the **best part** of the break was to have **time off work** and **going** on an **Easter egg hunt**. Amelia got a **total** of **10** Easter eggs!



Katy spent Easter at **home with** her **family**. For **Katy**, the **best part** of the break was **eating chocolate** and **going** on a **train trip**!



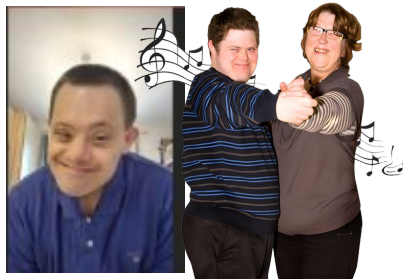
Courtney had a lovely break in her **new flat**! Last month, Courtney **started living on her own** for the **first time**. Courtney **enjoyed having** some **friends sleeping over** at her **new place**. To celebrate Easter, Courtney **went over** to her **dad's house**.



Harrison also had a **nice break** with his family. Harrison had **family over** for Easter. During the break, Harrison **carried on practicing** his **shooting** and got his **best shooting score** to **date**!



Josh also had a **lovely break**. The **best part** of the break was **going to** the **Paddington bear experience** with his **family**!



Philip had a **great break**. Philip **went to his parents house for a week**. Philip really **enjoyed going** to a **party** and **seeing friends**. Philip **did not have** too **much chocolate**. Philip is **trying to lose** some **weight**.



Claudia **spent** her **break** in **Portugal**. The **best part** of her break was **spending time** with her **sister** and **recording songs** with a **friend**!



Are you still working on your New Years resolutions?



We asked everyone

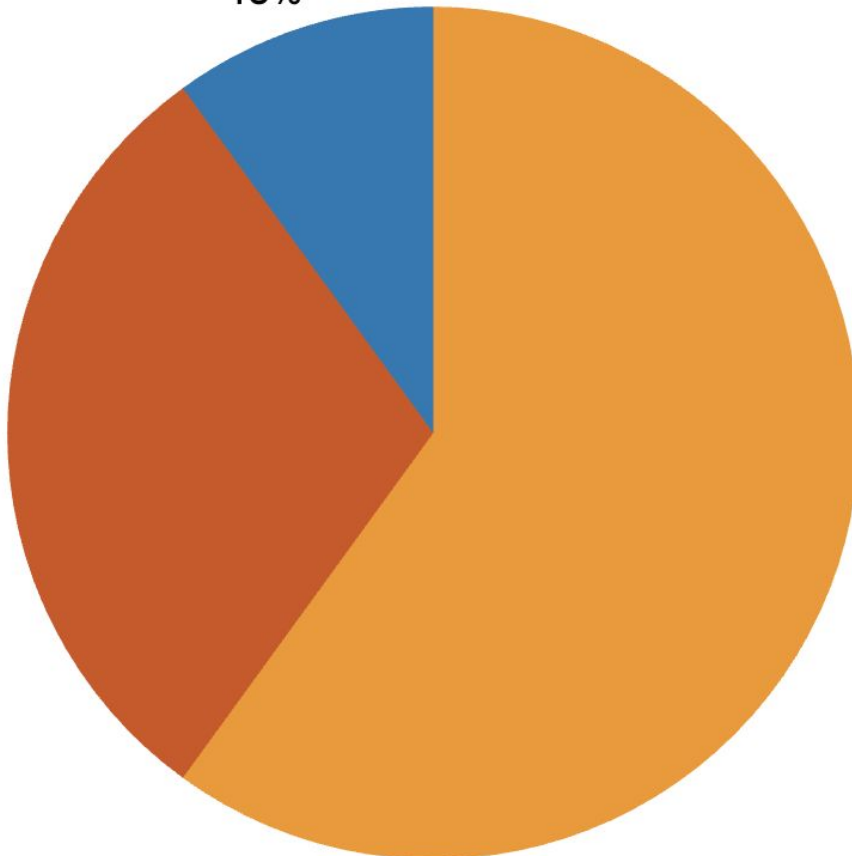
Are you still working on your New Year's resolutions?

Most people still did!

I did not have a
New Years
Resolution
10%



no
30%



yes
60%



Is chocolate your favourite Easter treat?



We asked everyone

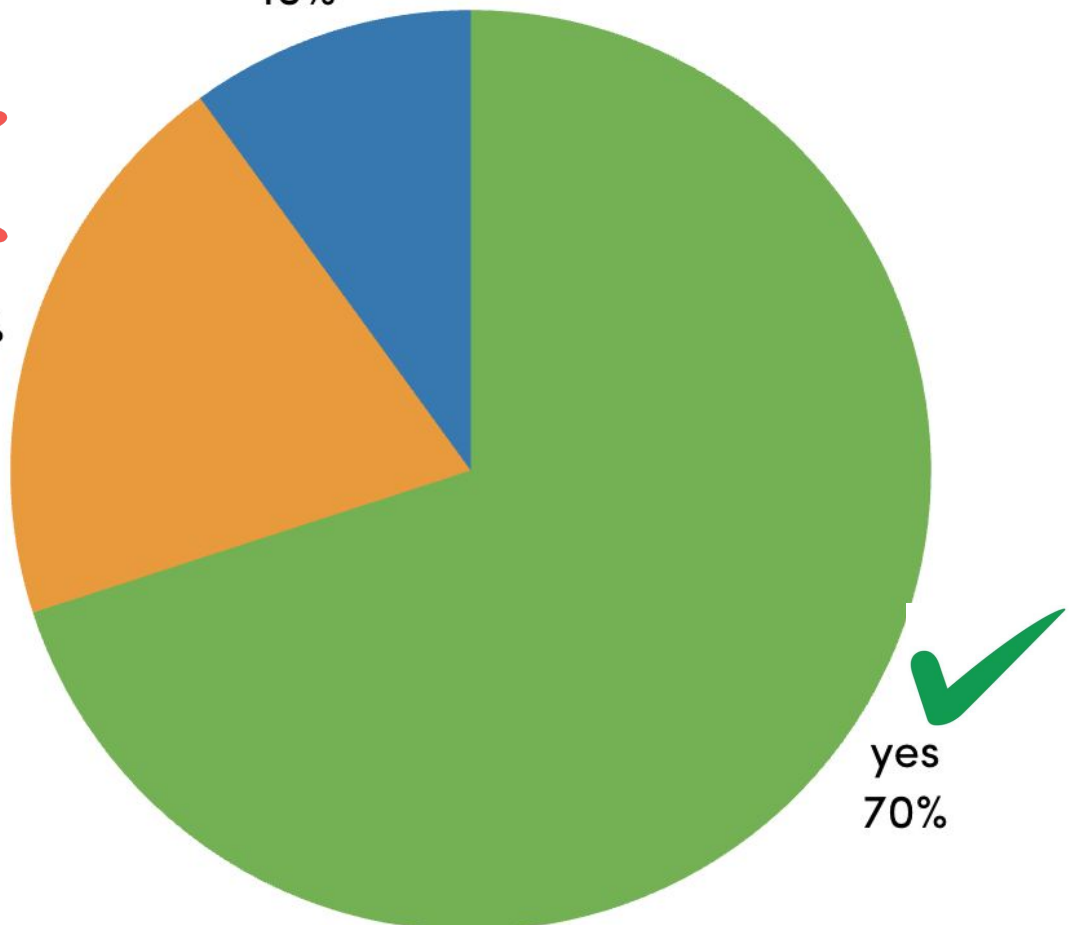
Is chocolate your favourite Easter treat?

Most people said chocolate was their favourite Easter treat!



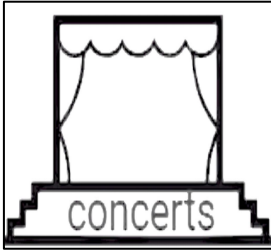
I like all
Easter treats
10%

X
no
20%



✓
yes
70%

What's On



We already **have lots** of requests for us to **perform** during the summer term!



We will be **adding** these to the **calendar** and **sending out accessible letters**.

Please **tell us if you can come** to **events as early as possible** – it really helps us.

You can **check** the **Calendar Page** on the **website**.

If you are **stuck**, you can **email** **info@include.org** - but try not to call or message Alix.



@include.org



@includetube



@include_org



@include-org



www.include.org

We look forward to seeing you soon!

Reminder of the 'Zoom Rules'



1. Be **kind** and **respectful**



2. **Listen** to each other



3. **Take** it in **turns** to talk



4. Go on **mute** when you are not talking **especially** if there is **background noise!**



5. **Unmute** yourself when **you want** to **talk**



6. Have a **drink** with **you**



7. Try and be **on time**



8. Say **goodbye** when it is time to go

If you need some **help** getting on to **Zoom**– please ask somebody around you, email **info@include.org** or ring **07918 470190**.