

Welcome to the include choir

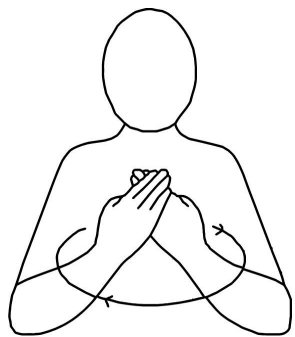


Who will you sing hello to today?

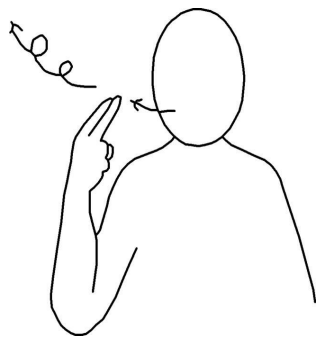


Include Choir Hello Song

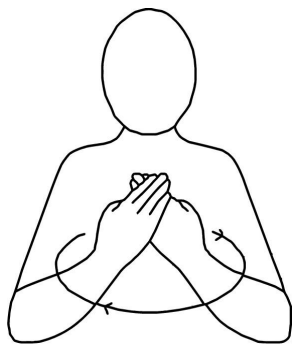




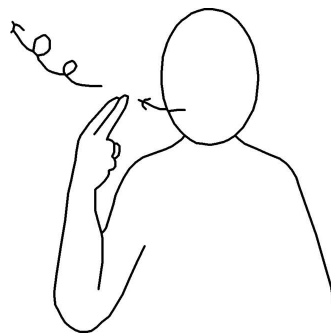
Include



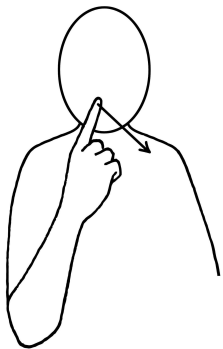
Choir



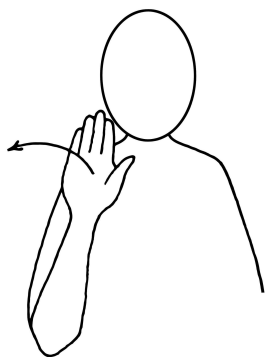
Include



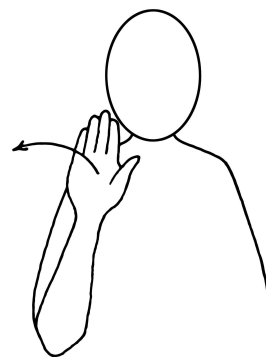
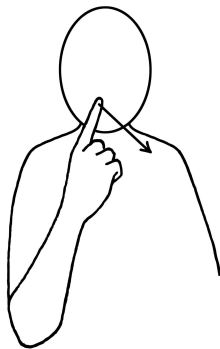
Choir

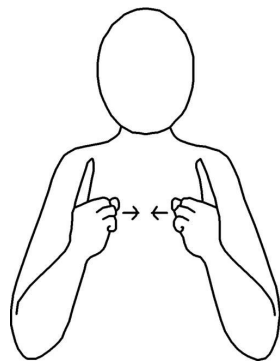
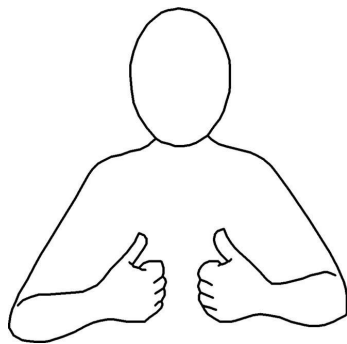
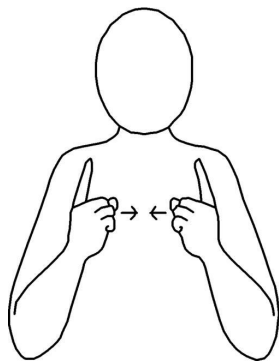
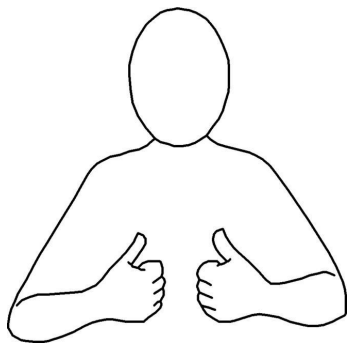


Says hello!

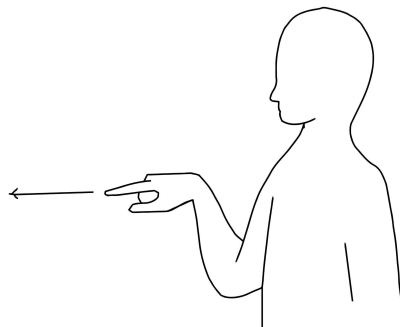
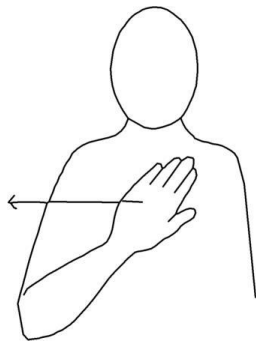
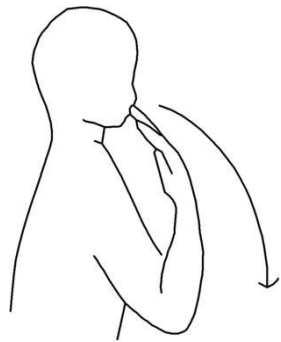


Says hello!



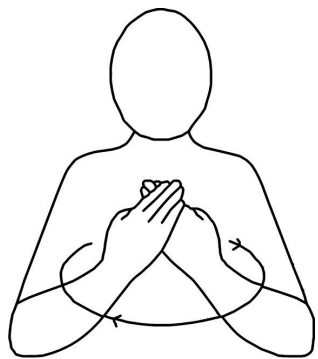


It's really good to meet you, really good to meet you

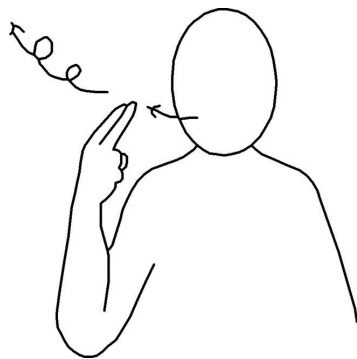


Please don't go, please don't go!

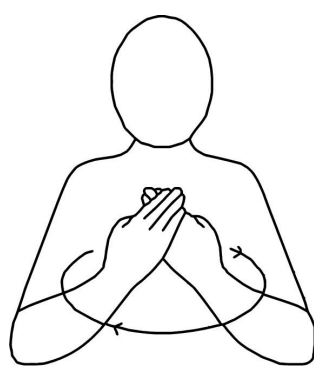




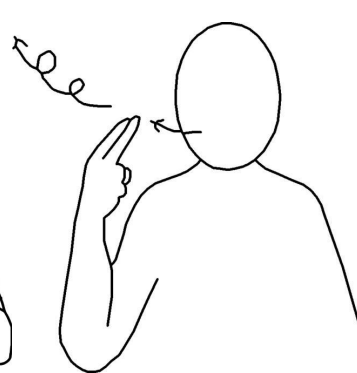
Include



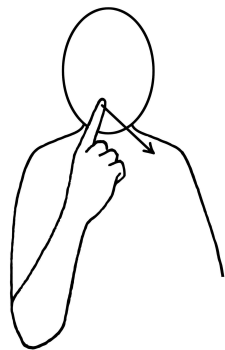
Choir



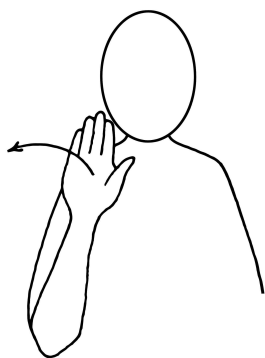
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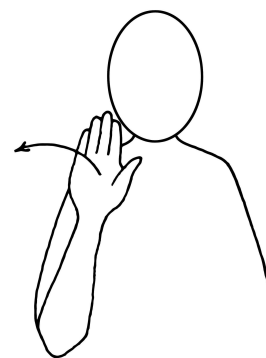
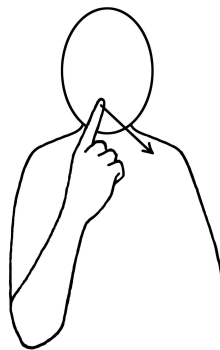
Choir

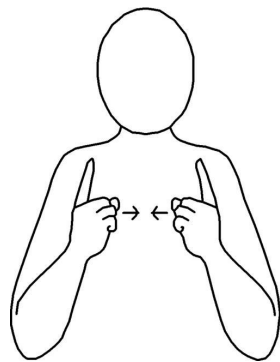
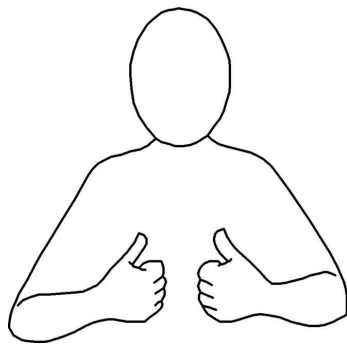
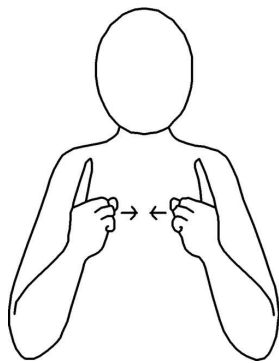
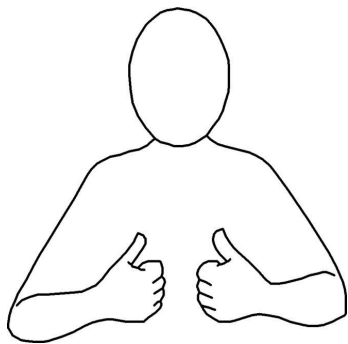


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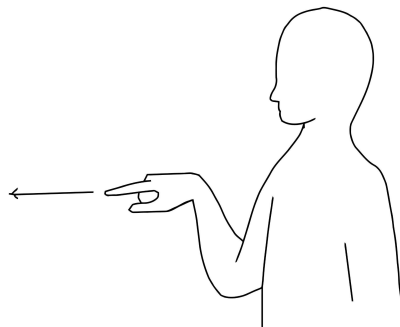
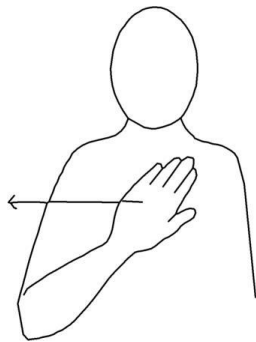
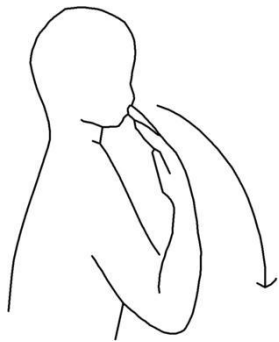


Says hello!





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



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

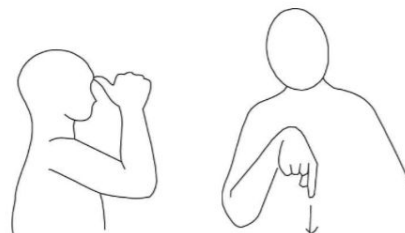




Rules & Regs



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)

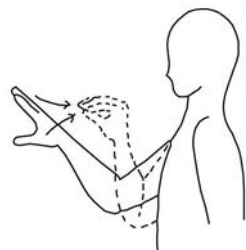


If there's a fire (repeat)

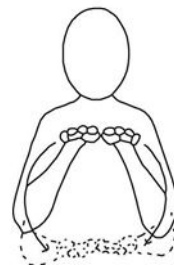


Go outside (repeat)





Direct signs at
object or person
being photographed

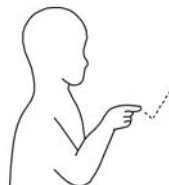


Little fingers
and thumbs
tucked in

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)

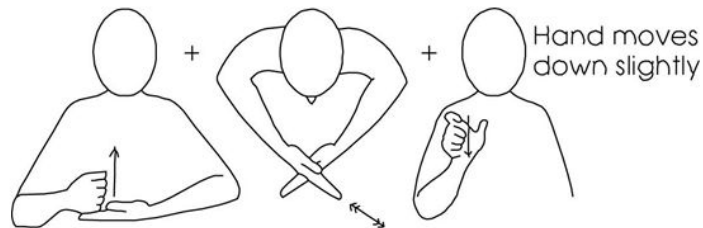
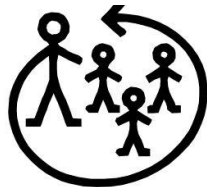


No phones (repeat)



Hand bends sharply from wrist

It's really rude (repeat)

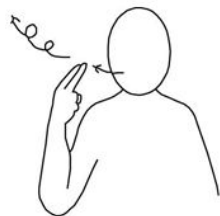
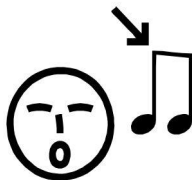


Repeated sawing movement on knuckles of other hand

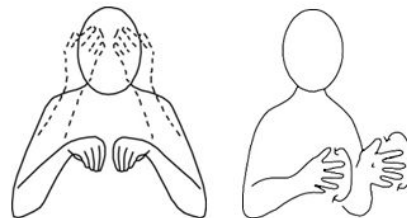
5. Support workers (repeat)



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)



Hand making
small shaking
movements

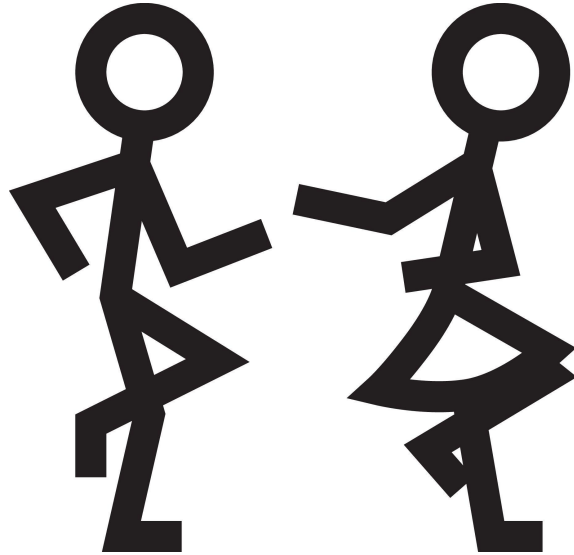
Have some fun (repeat)



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

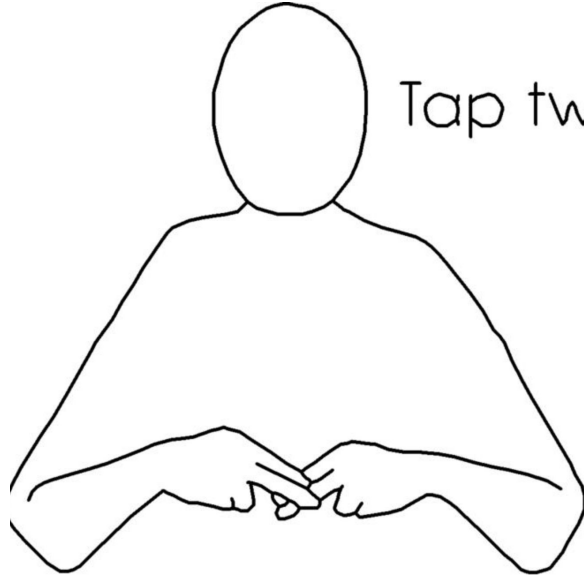


But the thing is –
we're just here to sing



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

Sign of the week

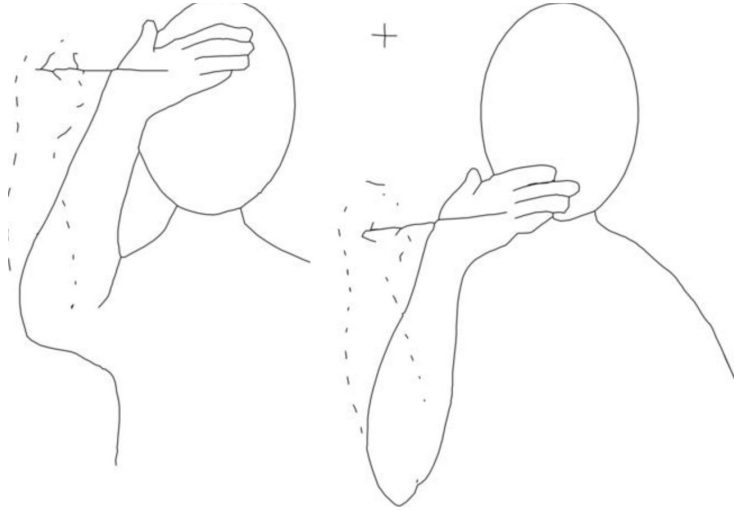
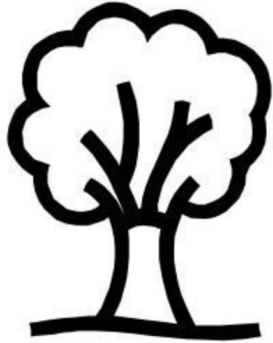


Tap twice

Father



Next Week's Sign of the Week

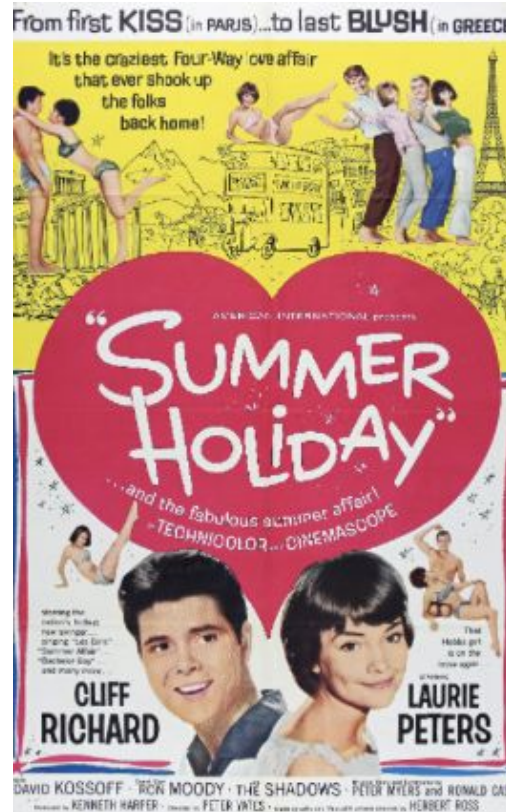


Summer

**We film our Sign Of
The Week Song!**

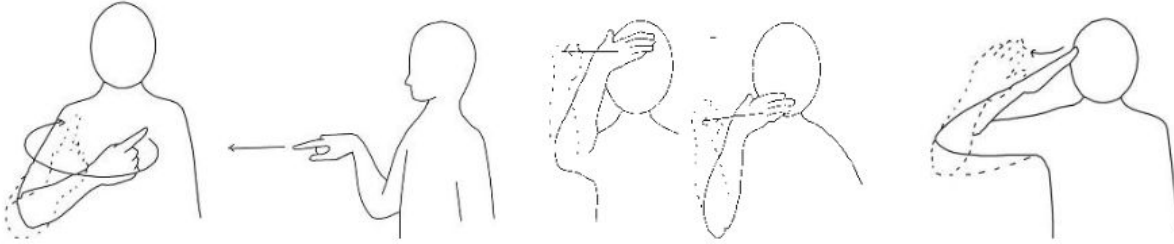
**Please wear a red
sticker and move
to the side if you
do not want to be
in the video!**

Summer Holiday

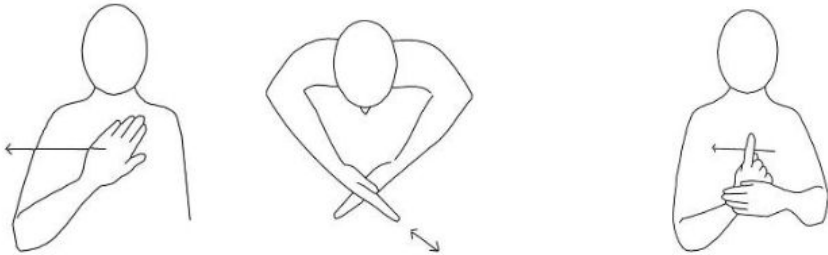


Summer Holiday

<http://www.mldb.org/>



We're all going on a summer holiday



No more working for a week or two

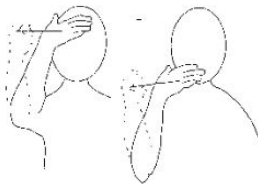




Hand makes
small outward
circular
movements
at side of
face



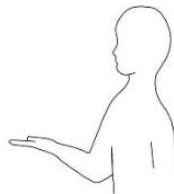
Hand making
small shaking
movements



Fun and laughter on our summer holiday



Tense hand
Use both
hands if very
worried

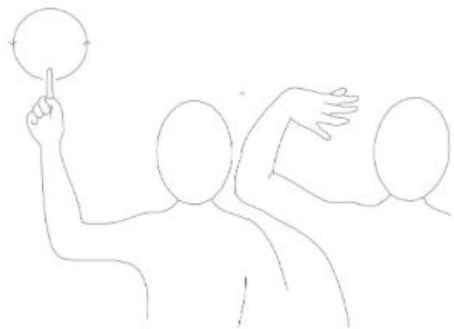
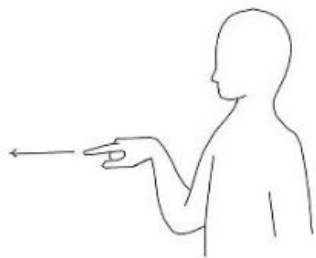


No more worries for me or you

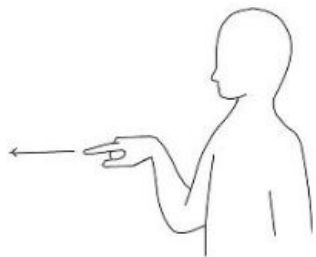


For a week or two





We're going where the sun shines brightly



We're going where the sea is blue





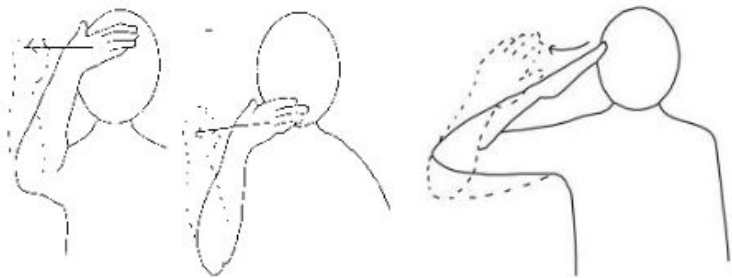
We've seen it in the movies



Hand strikes
palm
deliberately

Now let's see if it's true





Everybody has a summer holiday

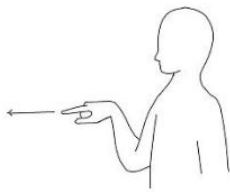


Doing things they always wanted to

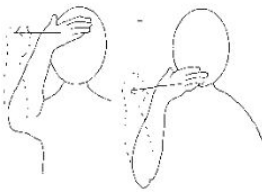




So we're



going



on a

summer



holiday



To make

our dreams

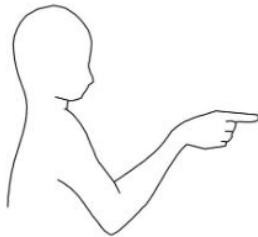
come true

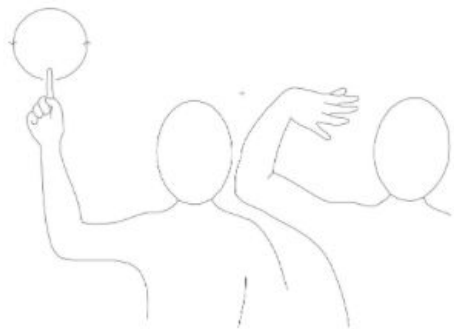
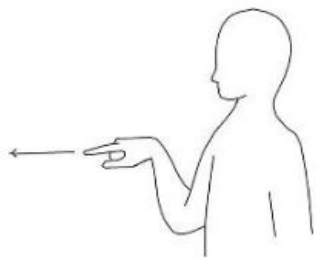


Hand strikes
palm
deliberately

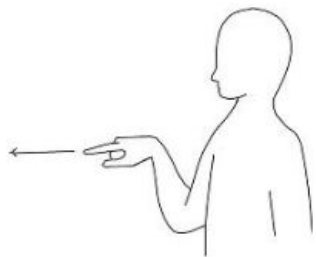


For me and you





We're going where the sun shines brightly



We're going where the sea is blue





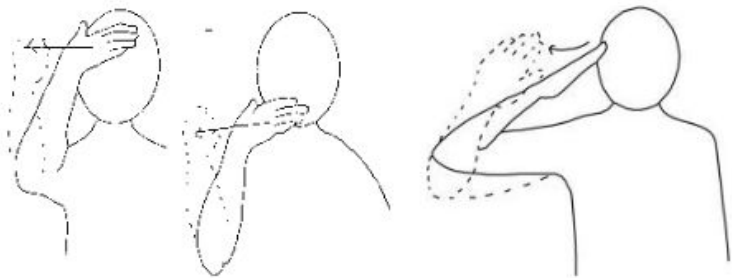
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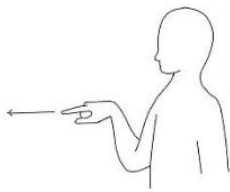


Doing things they always wanted to

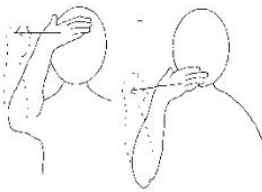




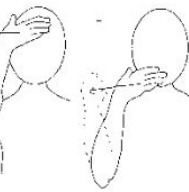
So we're



going



on a



summer



holiday



To make



our dreams

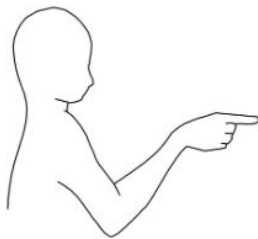


come true

Hand strikes
palm
deliberately



For me and you



Mmm, mmm

Mmm, mmm

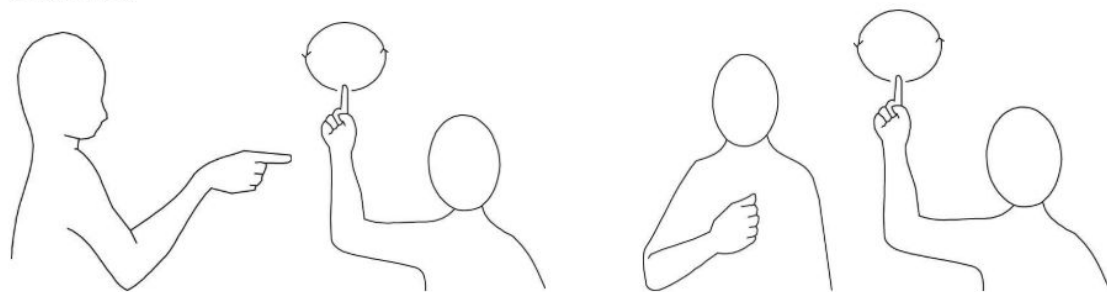
Mmm, mmm



You are my sunshine



Chorus



You are my sunshine, my only sunshine

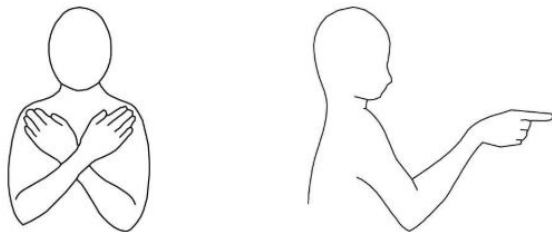


You make me happy, when skies are grey

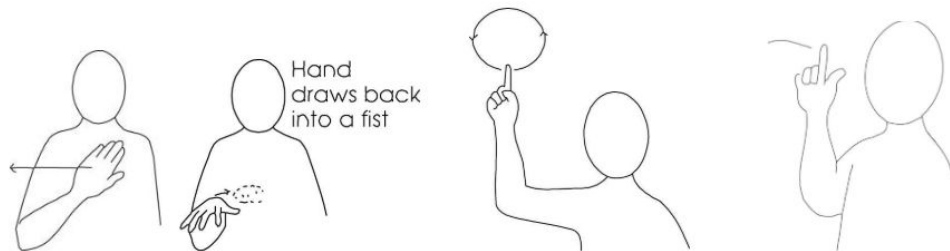




You'll never know dear,



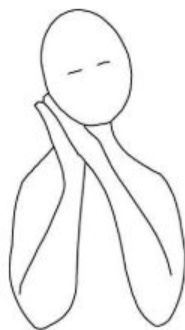
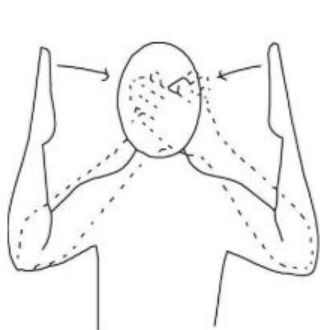
How much I love you



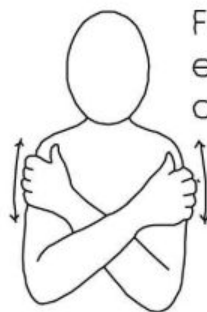
Please don't take my sunshine away



V1



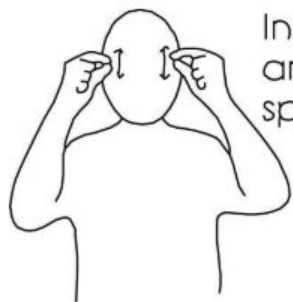
The other night dear, as I lay sleeping



Facial
expression
as appropriate

I dreamed I held you in my arms





Index fingers
and thumbs
spring apart



Hand moves
quickly to mouth
- lightly taps lips
with fingers twice

When I awoke dear, I was mistaken

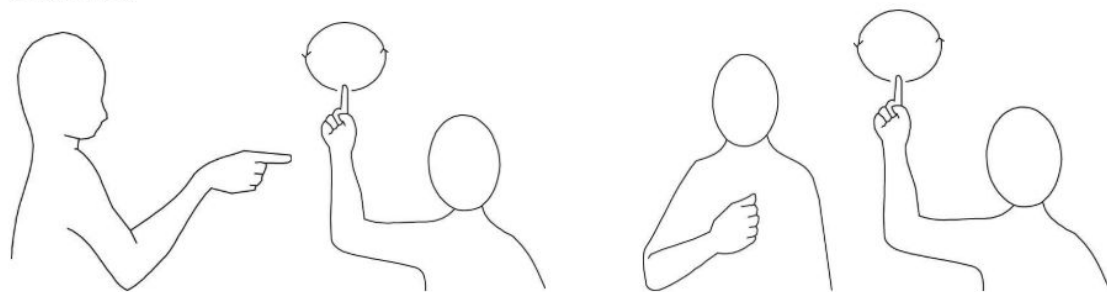


Index fingers
shows tears trickling
down cheeks

And I hung my head and cried



Chorus



You are my sunshine, my only sunshine

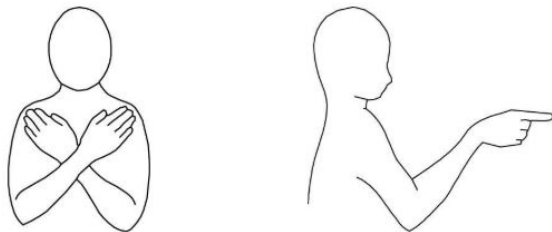


You make me happy, when skies are grey

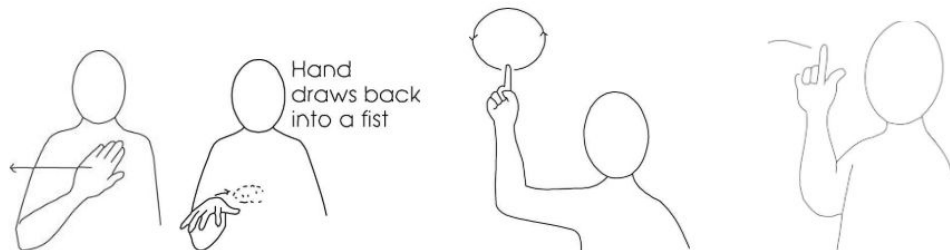




You'll never know dear,



How much I love you

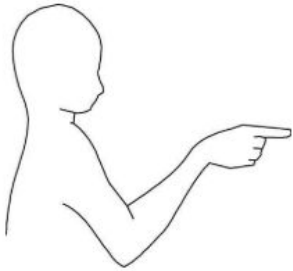


Please don't take my sunshine away

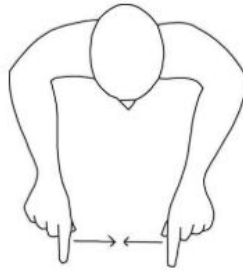




2. I'll always love you, and make you happy



'C' hands
make short
firm movement
down

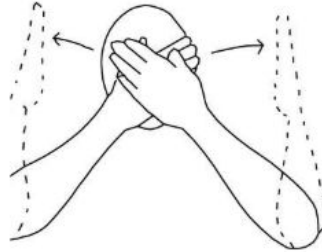
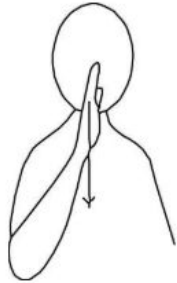
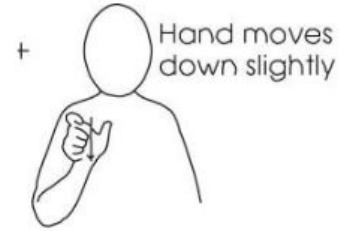


If you will only stay the same





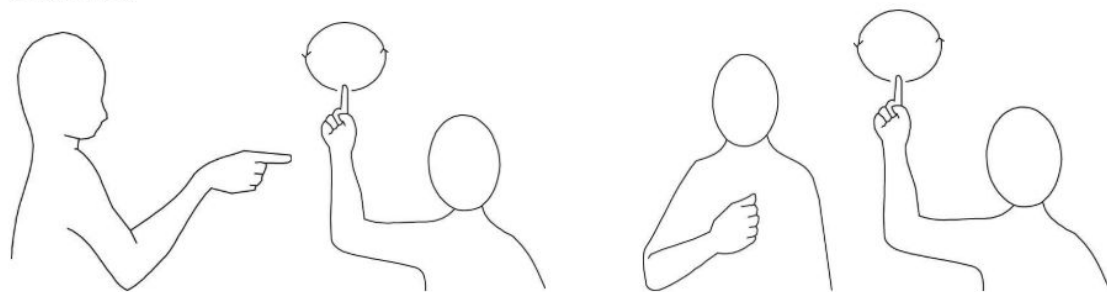
But if you leave me to love another



You'll regret it all some day



Chorus



You are my sunshine, my only sunshine

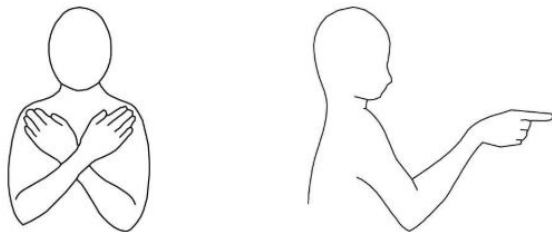


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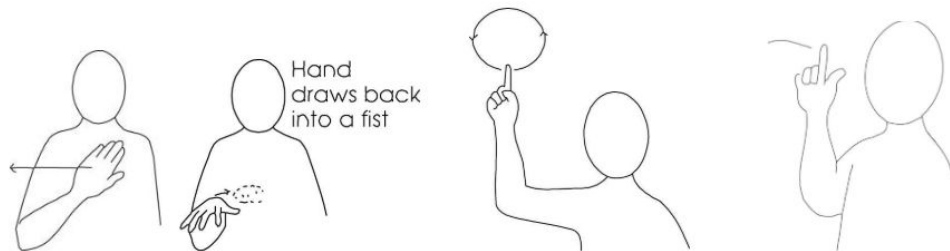




You'll never know dear,



How much I love you

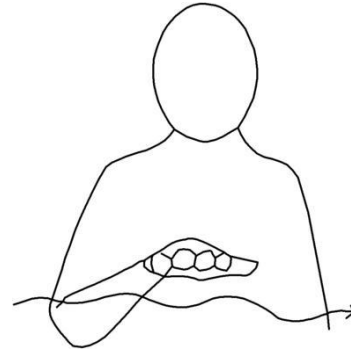
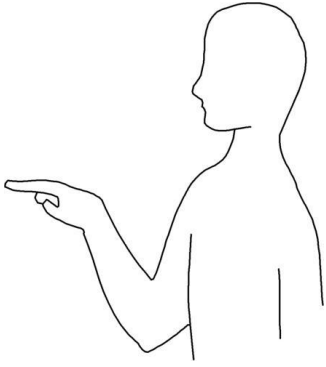


Please don't take my sunshine away

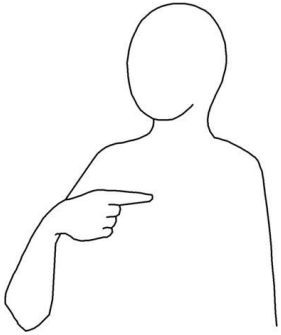


Count On Me





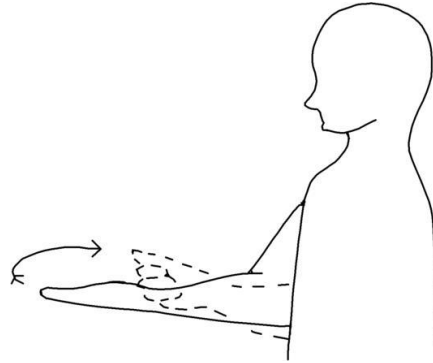
If you ever find yourself stuck in the middle of the sea



I'll

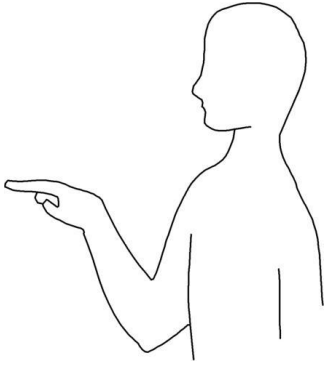


sail the world

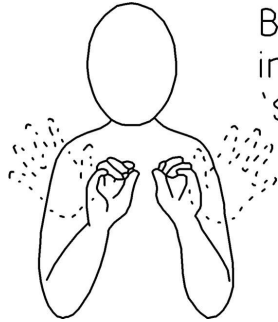
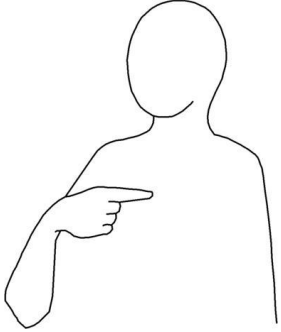


to find you





If you ever find yourself lost in the dark you can't see



Bunched hands
in front of body
'spring open'

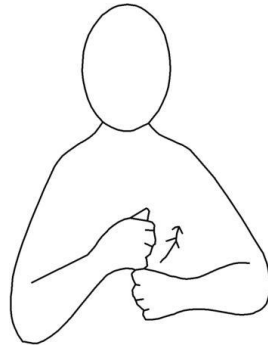


I'll be

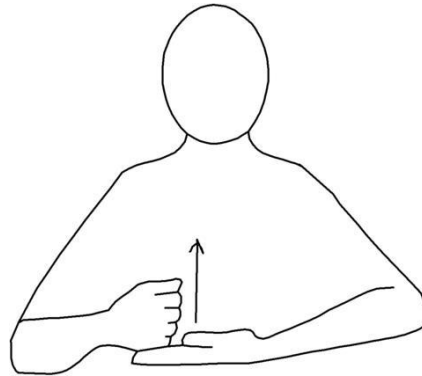
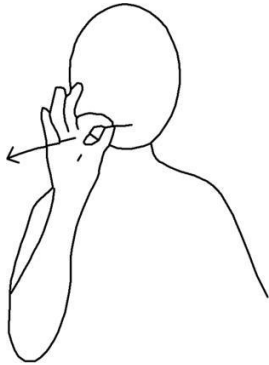
the light

to guide you



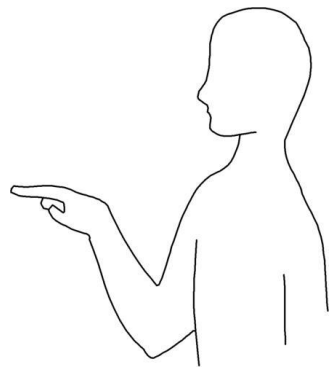


We find out what we're made of



When we are called to help our friends in need



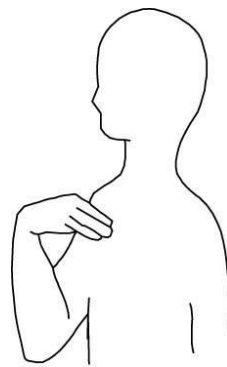


You can

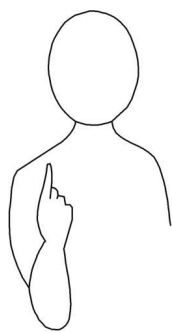


Hand strikes
palm
deliberately

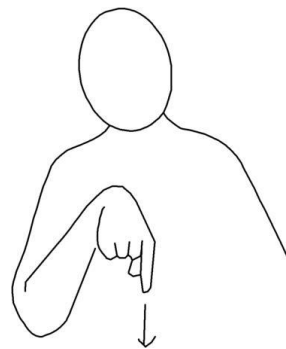
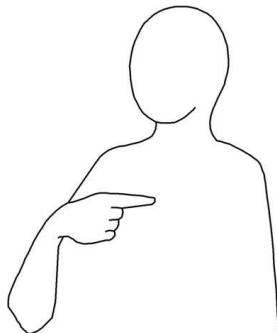
count on



me



Like 1, 2, 3,

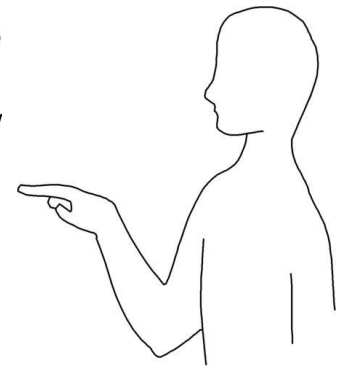


I'll be there

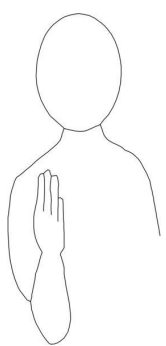




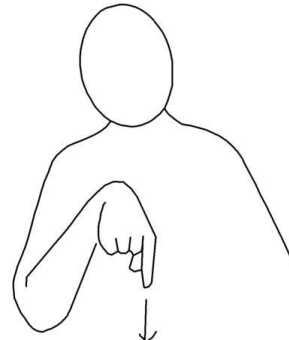
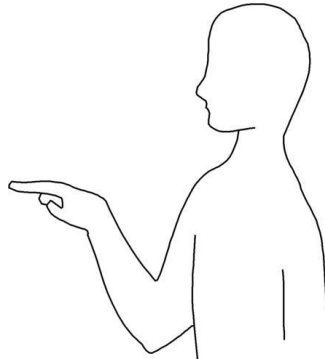
Hand strikes
palm
deliberately



And I know when I need it I can count on you

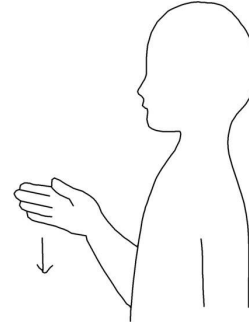


Like 4, 3, 2,



you'll be there

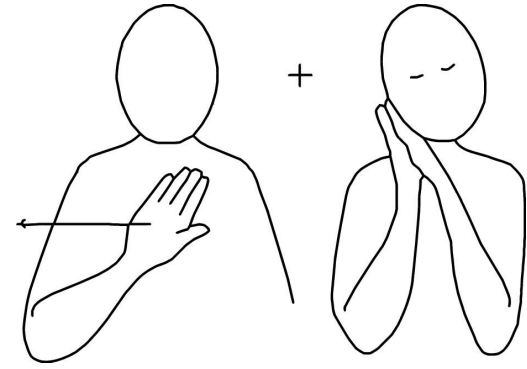
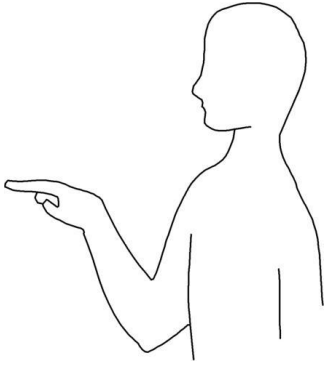




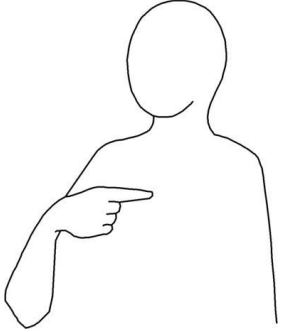
'Cause that's what friends are supposed to do

Oh yeah, ooh-ooh-ooh, ooh, yeah, yeah...

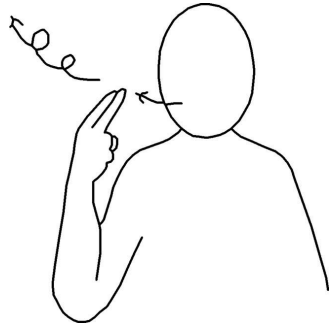




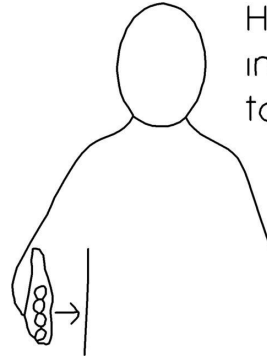
If you're tossing and turning, you just can't fall asleep



I'll



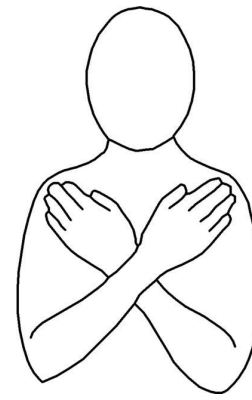
sing a song



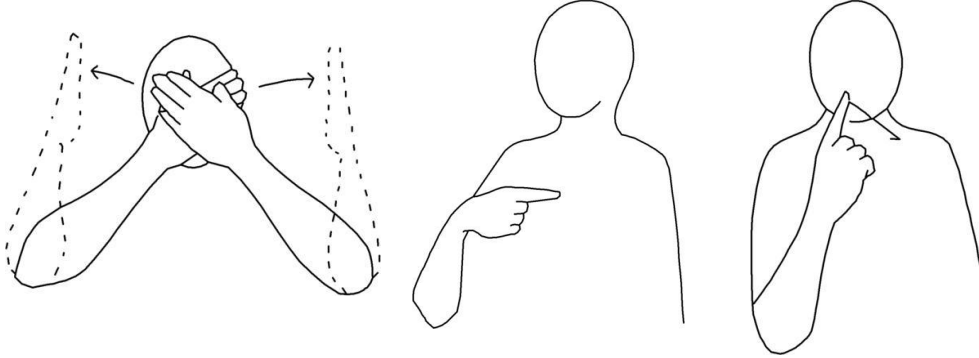
Hand draws
in closely
to body

beside you



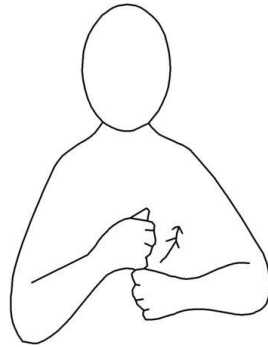


If you ever forget how much you really mean to me

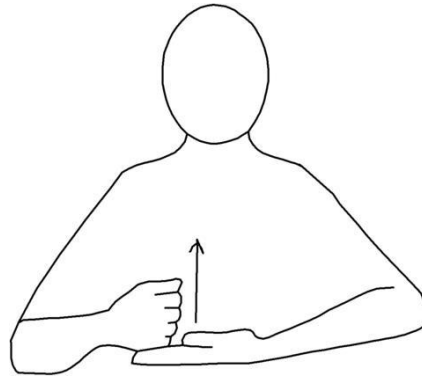
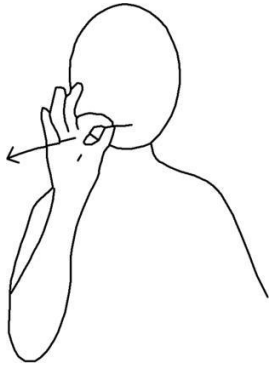


Every day I will remind you



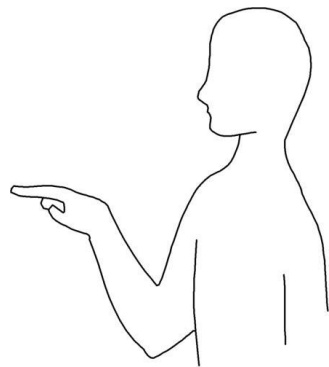


We find out what we're made of



When we are called to help our friends in need



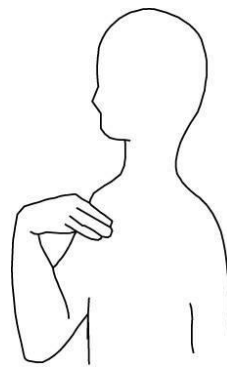


You can

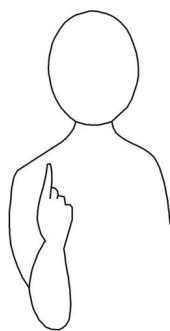


Hand strikes
palm
deliberately

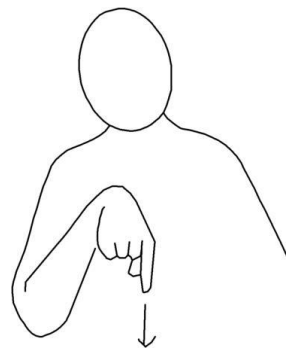
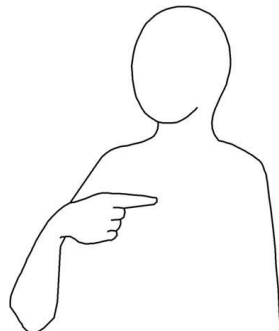
count on



me



Like 1, 2, 3,

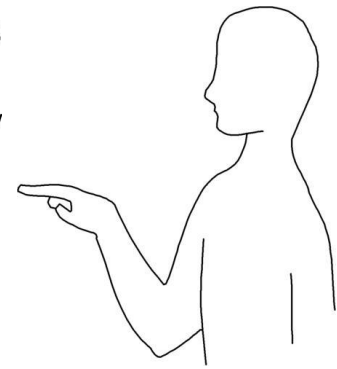


I'll be there





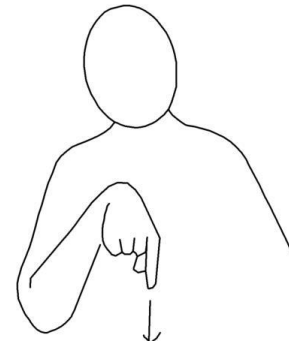
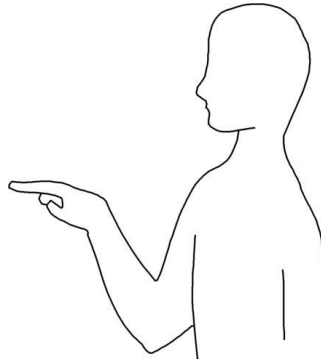
Hand strikes
palm
deliberately



And I know when I need it I can count on you

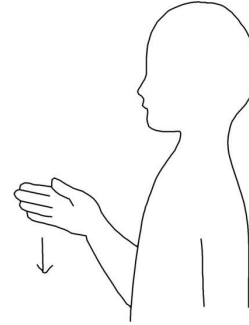


Like 4, 3, 2,



you'll be there

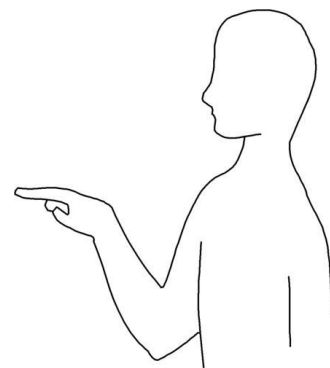
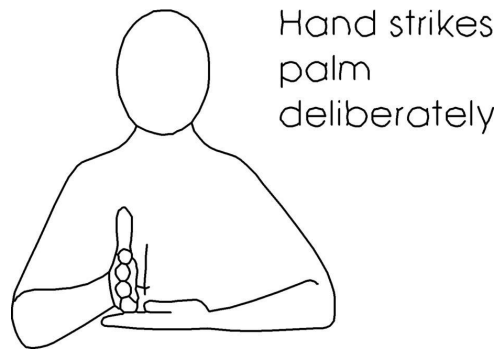
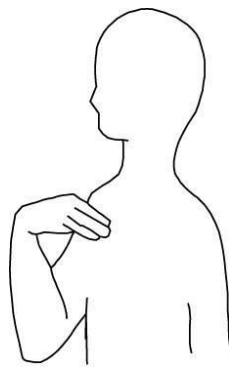




'Cause that's what friends are supposed to do

Oh yeah, ooh-ooh-ooh, ooh, ooh-ooh-ooh...

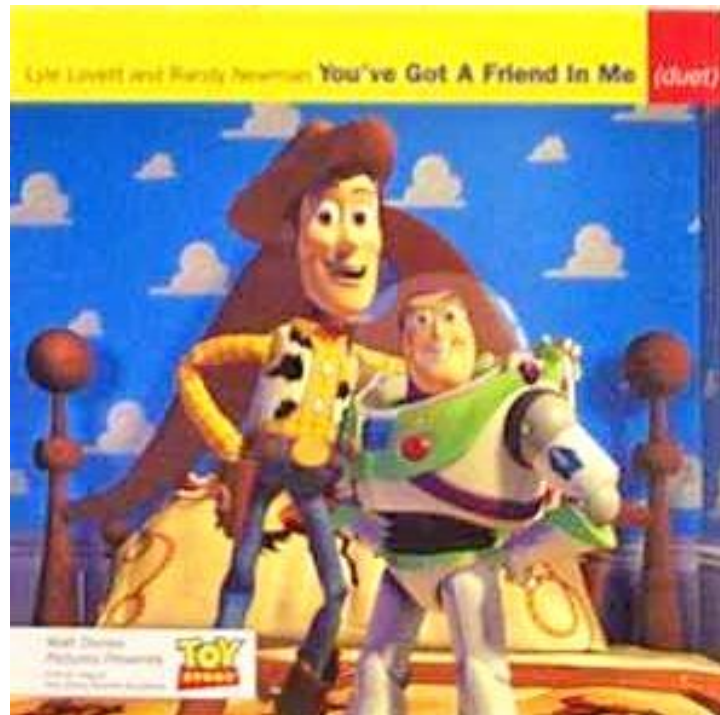




You can count on me 'cause I can count on you.

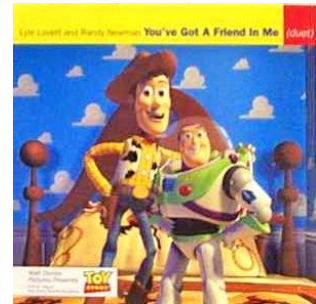
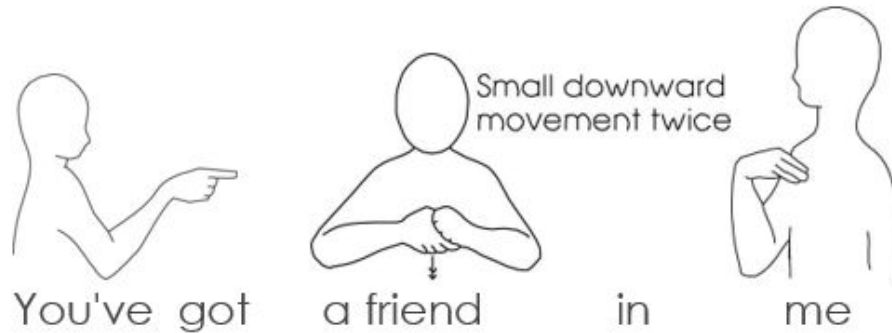
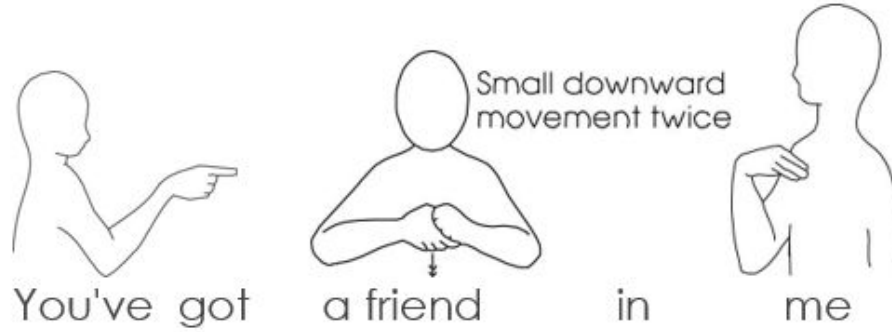


You Got a Friend in Me



You've Got a Friend in Me

Verse 1:



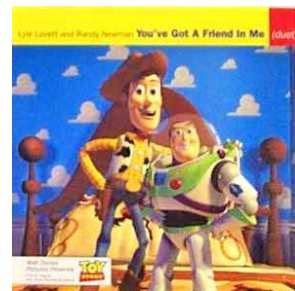
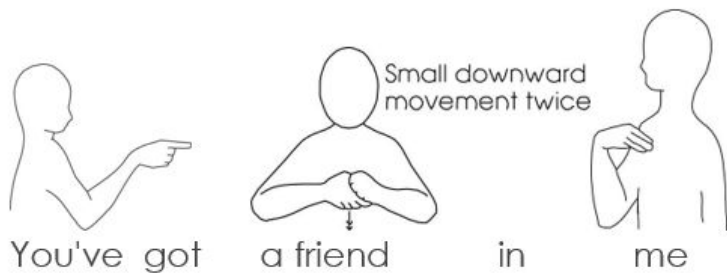
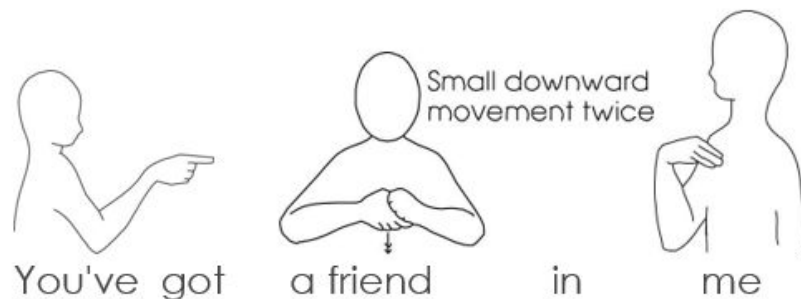
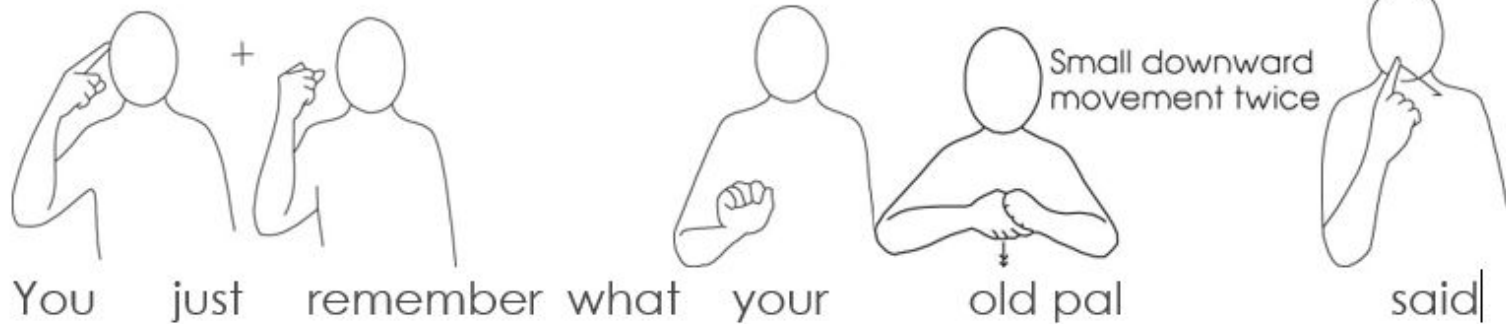


When the road looks rough ahead

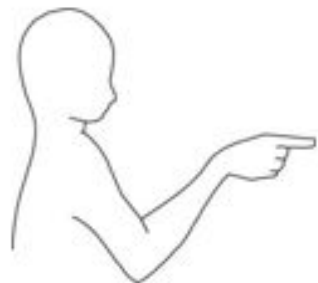


And you're miles and miles from your nice warm bed

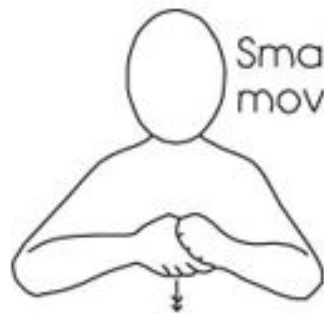




Verse 2:



You've got



a friend

Small downward
movement twice

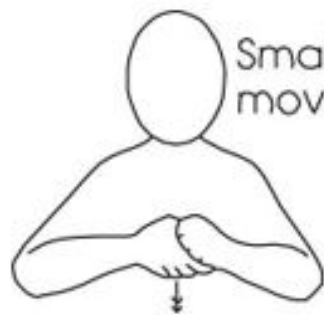
in



me



You've got



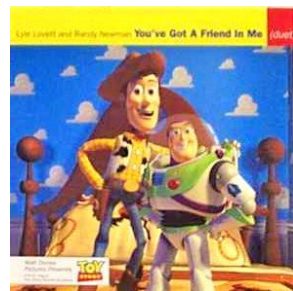
a friend

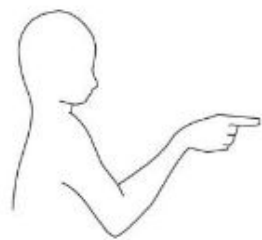
Small downward
movement twice

in



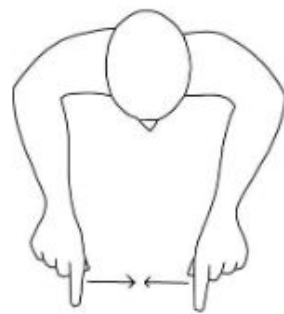
me





Small light
slap on back
of hand

Repeat

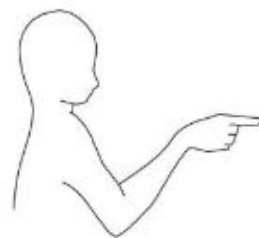


You got troubles

and I got 'em too



Small repeated
shake movement



There isn't anything

I

wouldn't

do

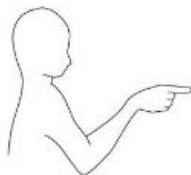
for

you





We stick together and, we 'll see it through



'Cause You've got



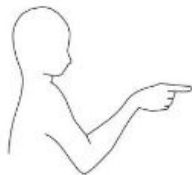
a friend

Small downward movement twice

in



me



Yeah You've got



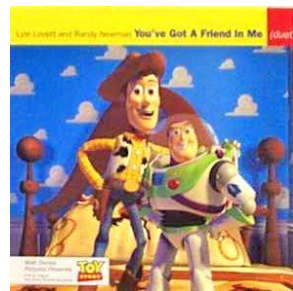
a friend

Small downward movement twice

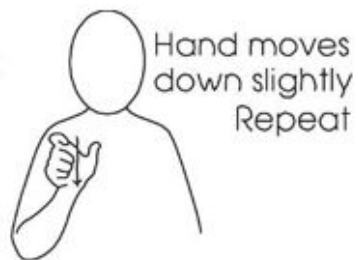
in



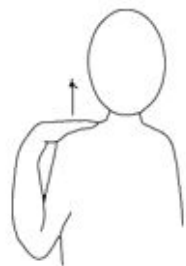
me



Middle 8



Some other folks might be a little bit smarter than I am



Bigger

and

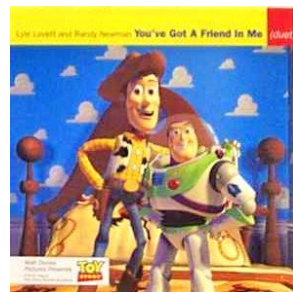


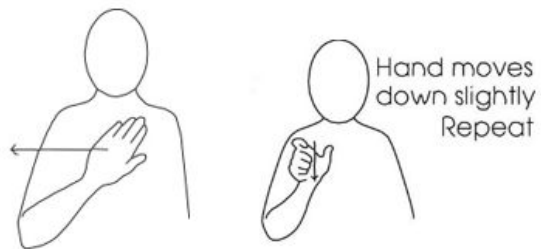
stronger too

.....



Maybe

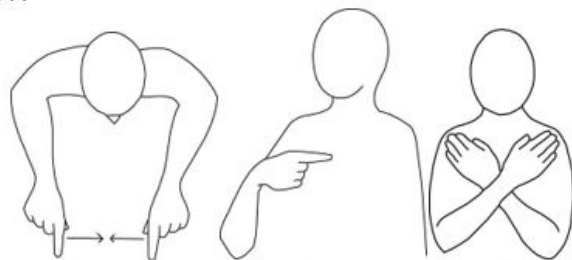




But none of them



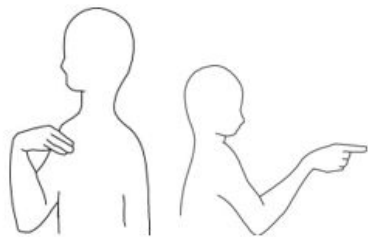
Will ever love you



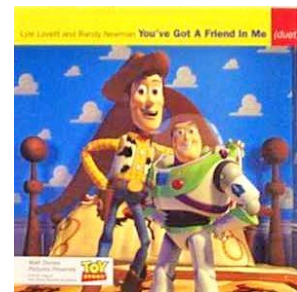
the way

I

do



It's me and you.





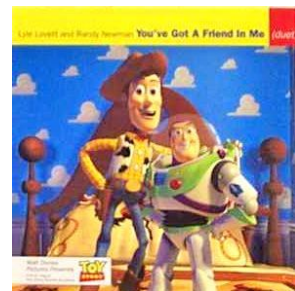
3. And as the years go by, Our friendship will never die

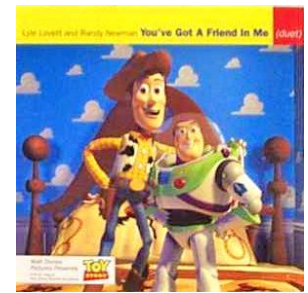
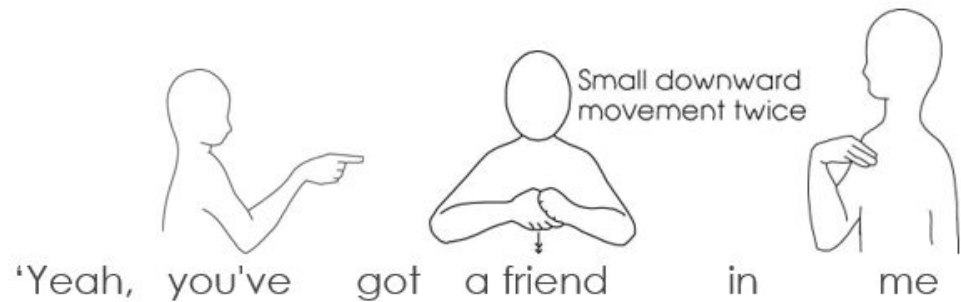
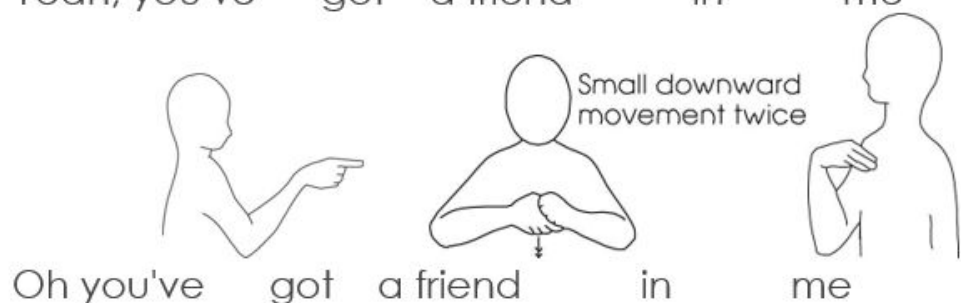
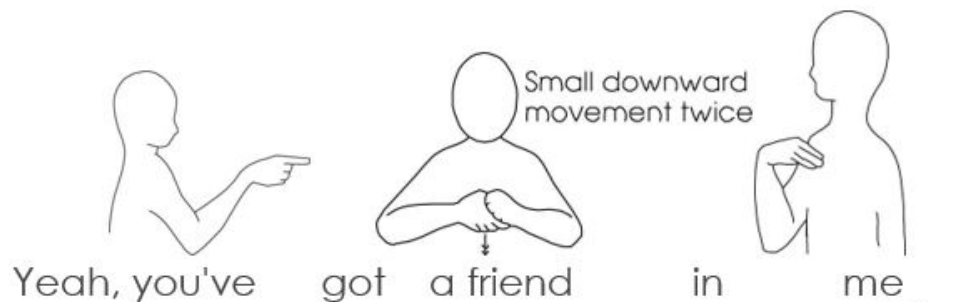


You're gonna see it's our destiny



Yeah you've got a friend in me





Lean On Me



Thumb rubs
fingertips from small
finger to index



+

Tap twice



1. Some times in our lives

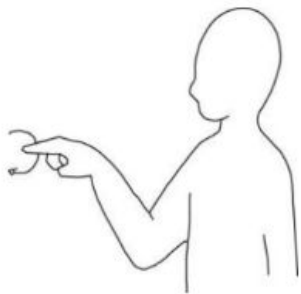


Position hand
at appropriate
part of body
and shake
hand



we all have pain, We all have sorrow





But



if

we are



wise



We know that there's always

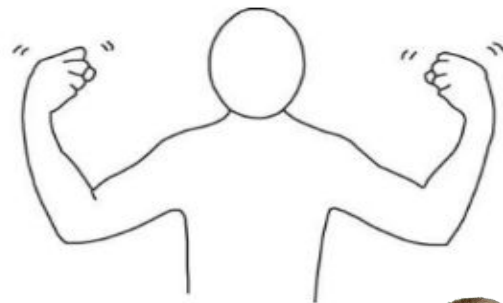


tomorrow





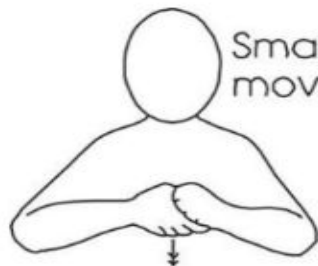
Lean on me, when you're not



strong



And I'll be

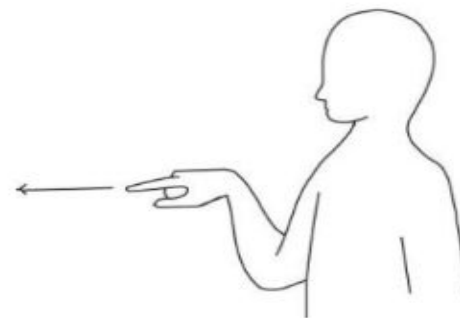


Small downward
movement twice

your friend



I'll help you



carry on



Tap
twice



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

For it won't be long

'Til I'm gonna need

Very small
circular
movement



+



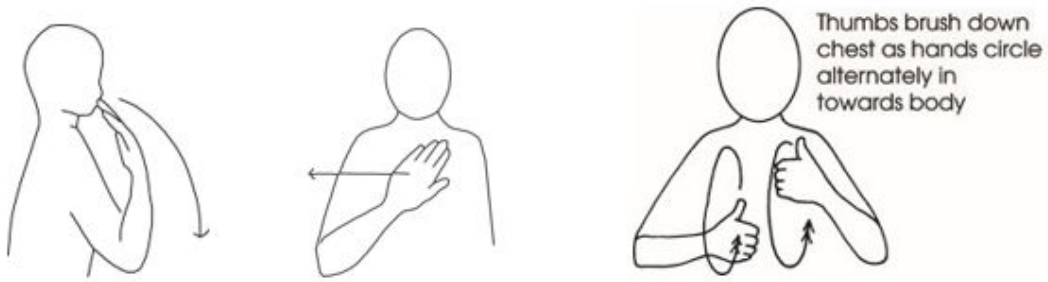
Hand moves
down slightly

Somebody to



lean on





2. Please swallow your pride



If I have faith you need to borrow





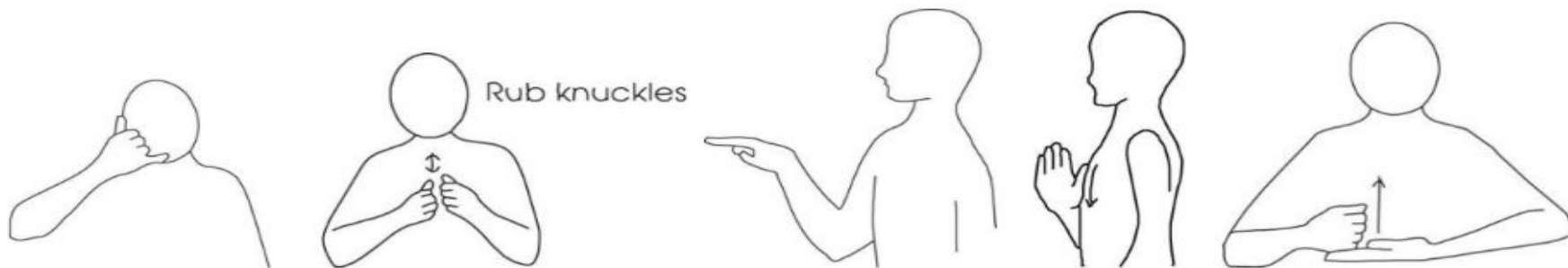
With flat palm,
thumb on side
of chest, hand
moves down
then forward.
Repeat for
needs

For no-one can fill those of your needs

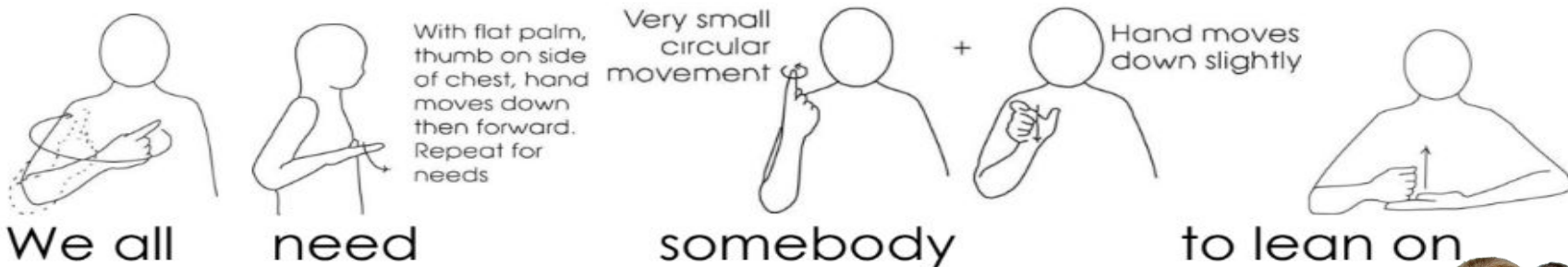


That you won't let show





You just call on me brother when you need a hand



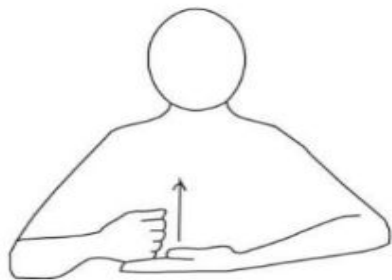


I just might have a problem that you'll understand

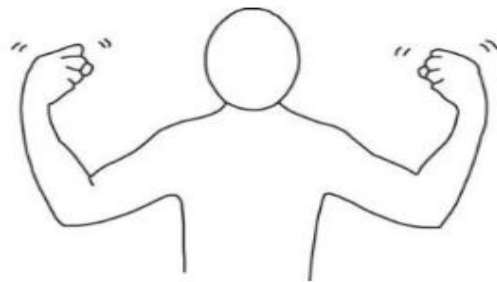


We all need somebody to lean on





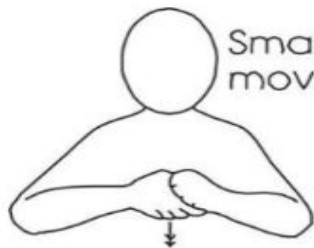
Lean on me, when you're not



strong



And I'll be

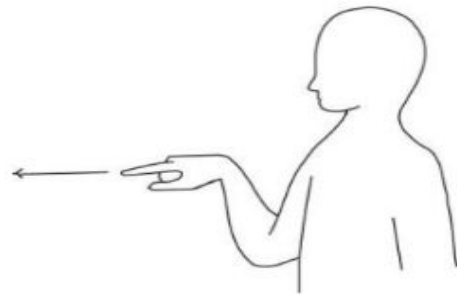


Small downward
movement twice

your friend



I'll help you



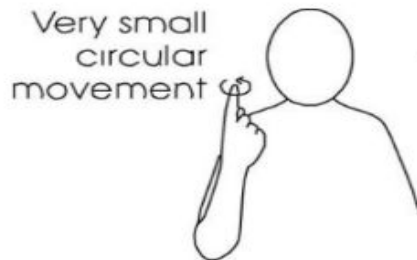
carry on



For it won't be long



'Til I'm gonna need



Somebody to



lean on





Tap middle of nose twice



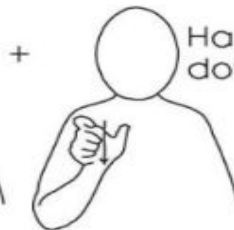
With flat palm, thumb on side of chest, hand moves down then forward. Repeat for needs



You just call on me sister, when you need a hand



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



Hand moves down slightly



We all need somebody to lean on



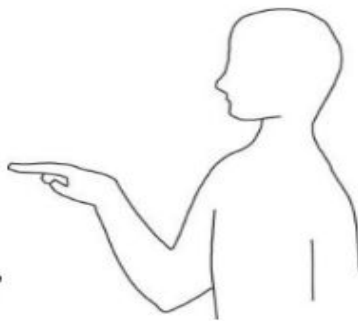
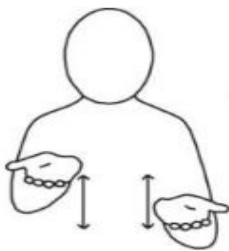


I just might have a problem that you'll understand



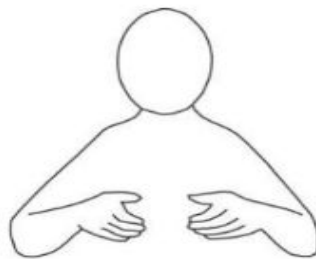
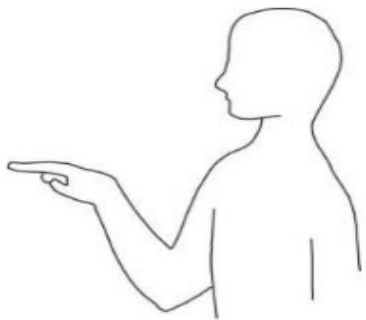
We all need somebody to lean on





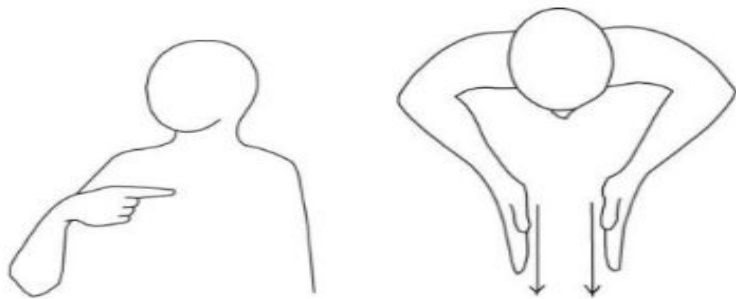
Formation moves forward

3. If there is a load You have to bear

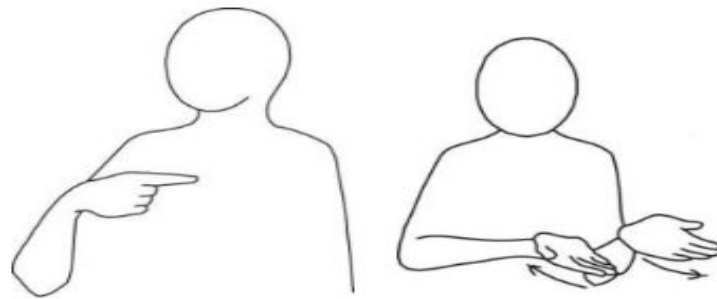


That you can't carry





I'm right up the road

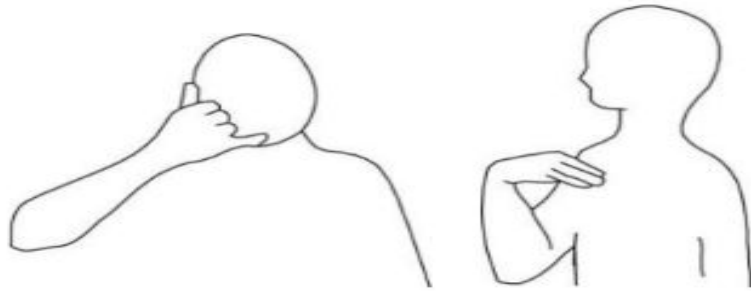


I'll share your load

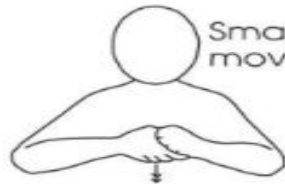


If you just call me





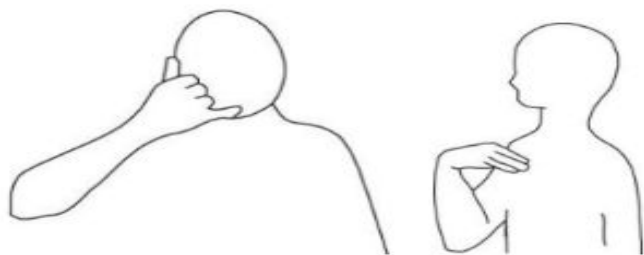
Call me.



Small downward
movement twice

If you need a friend





Call me (etc)

(Repeat x 4 with harmonies)



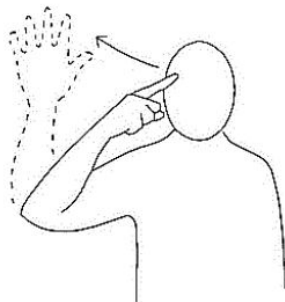
The Include Choir Song



The Include Choir

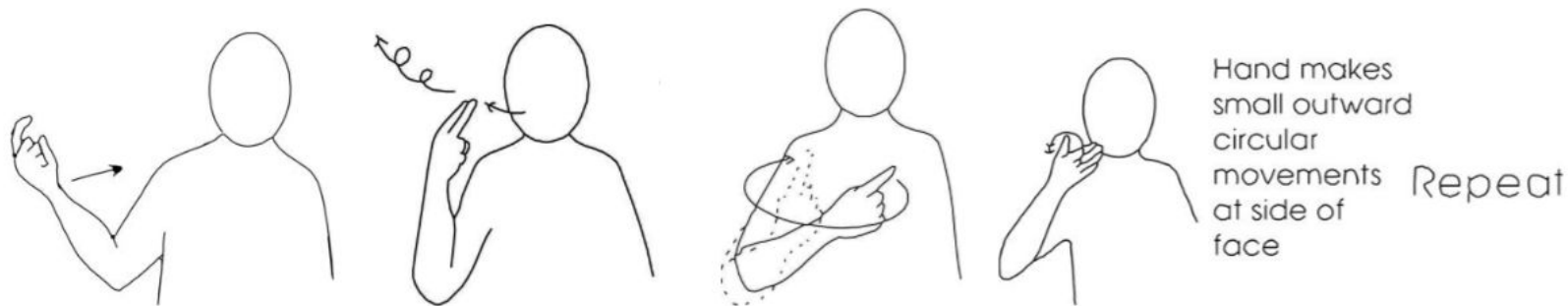


Include everyone, we'll listen to your ideas

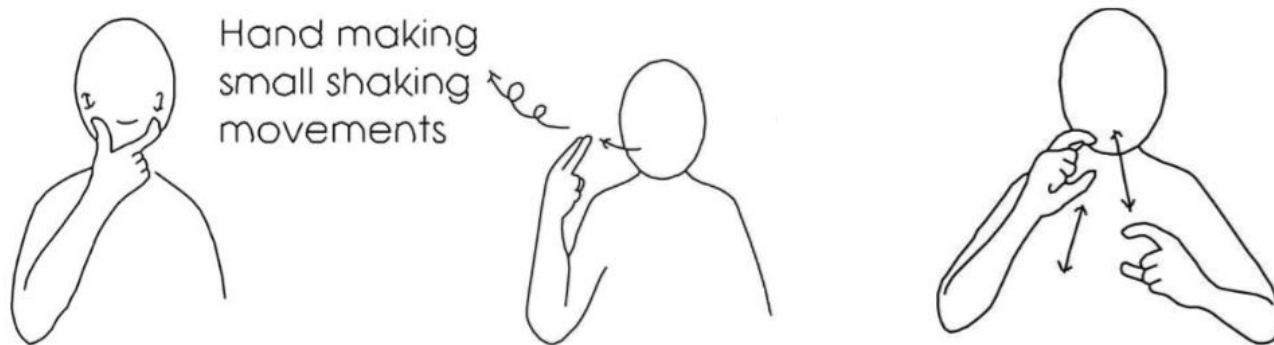


No - one

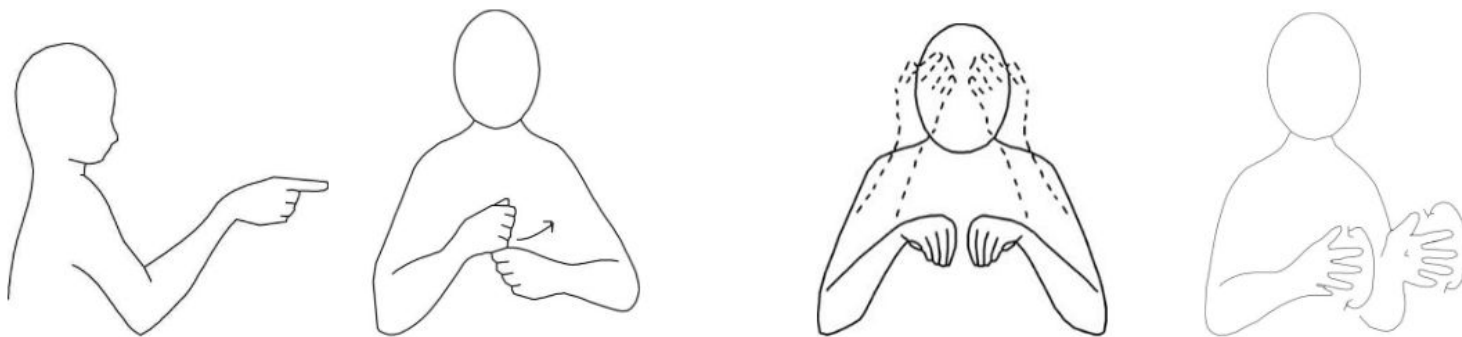
left out - we're all included here



Come and join the choir, we'll have a lot of fun



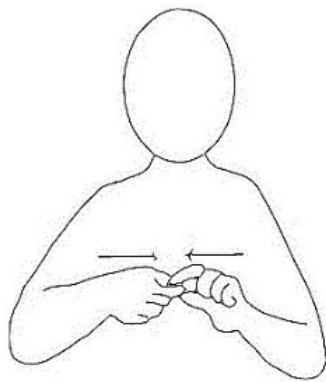
Laugh or sing – it's all communication.



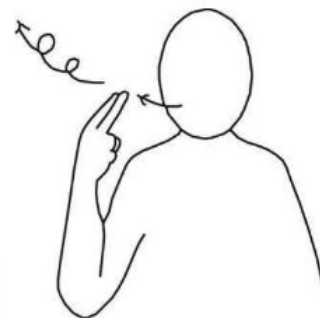
U can do it, come and learn some signs



Don't you worry – cos you will be just fine



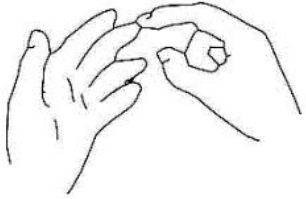
Each and everyone who joins – will be inspired



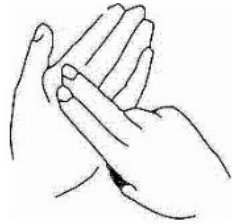
It's a happy place, it's the

Include

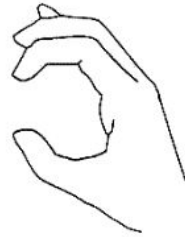
Choir!



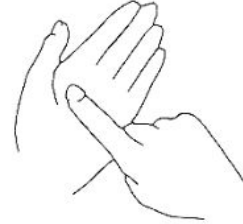
I to the



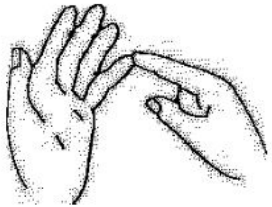
N to the



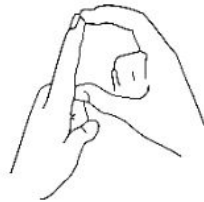
C to the



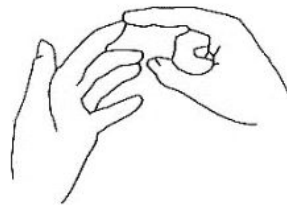
L



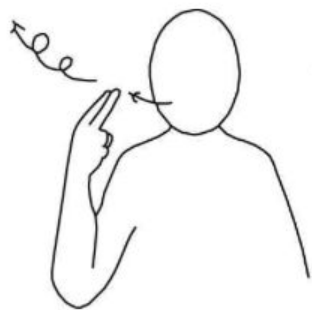
U to the



D to the



E



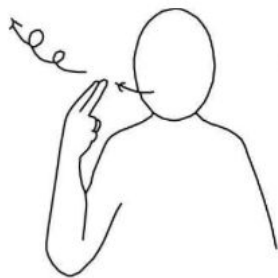
Singing the songs that we know so well



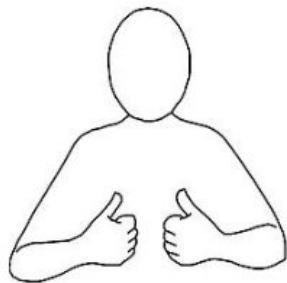
That's how we came to be



Include

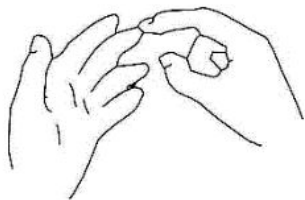


Choir

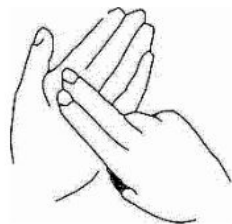


Takes us higher

Instrumental



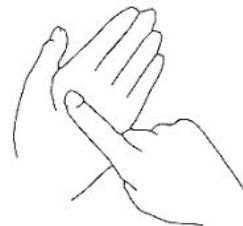
I to the



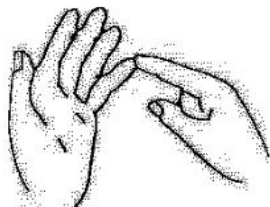
N to the



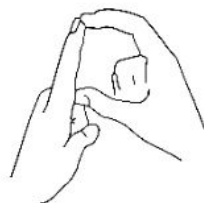
C to the



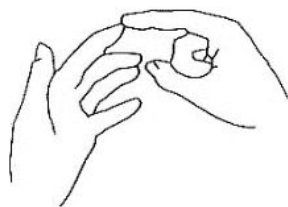
L



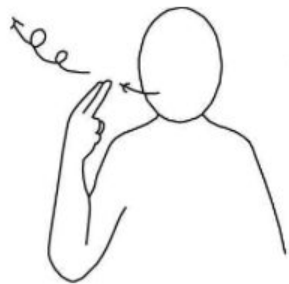
U to the



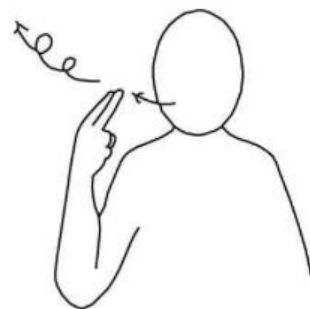
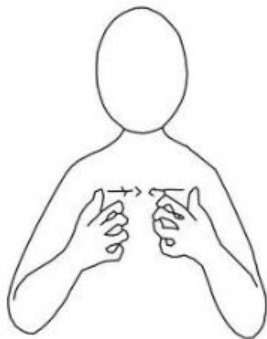
D to the



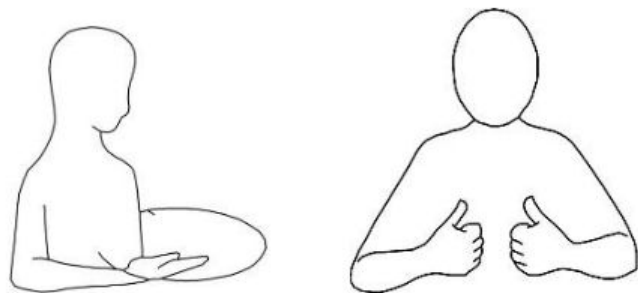
E



Singing the songs that we know so well



That's how we came to be - Include Choir



Takes us higher...



Include everyone!

News



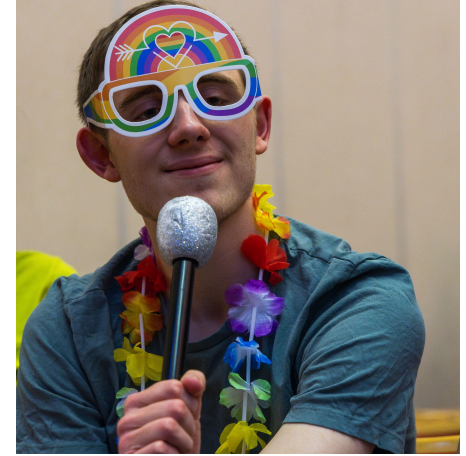
Holly's News



Thank you!



Pride Session - Next Week!



We want to know what you think!



We would like to find out whether people would like to do different activities at Include Outdoors.

If people say they would like to try these things, we can look for funding to do them.

Would you like to take part in our short survey? It will take about 5 minutes.



Reigate Summer Festival



Please join us for a performance on **Saturday 20th June** at The Clocktower Stage, Old Town Hall, High Street, Reigate, RH2 9AA



We are performing as part of the Reigate Summer Festival :

www.reigatesummerfestival.co.uk



Please meet at the **Old Town Hall** at **2pm** for our 2.30pm to 3pm performance. After we have sung, you are free to leave or to enjoy the rest of the festival.



Redhill Big Sing 2026!



Please join us on **Wednesday 1st July** for the **BIG SING!**

Please **bring your friends and family!**



We will be singing in **Memorial Park, London Road, Redhill, RH1 1JU**



We will be singing from **7pm until 8.30pm.**
Please meet at Florrie's cafe **from 6.30pm.**



**WE NEED
YOU!**



Gatton Park Country Fair



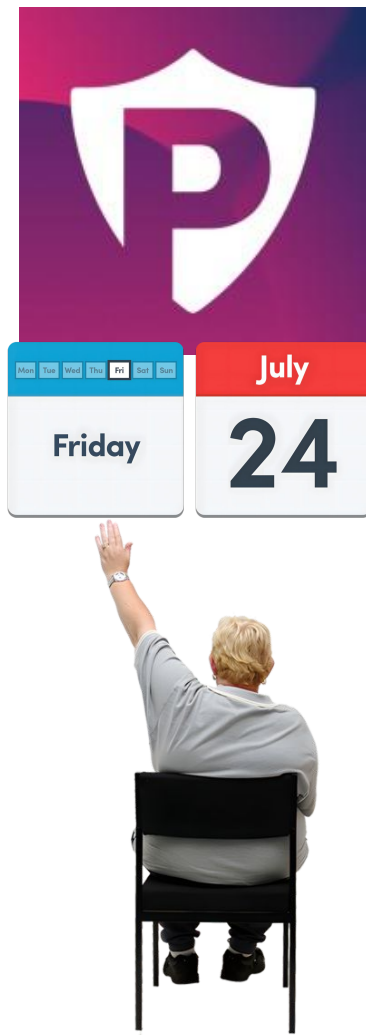
Please join us to sing at the Gatton Park Country Fair on **July 5th** at **Gatton Park**, Redhill, Reigate **RH2 0TW**.



Please tell us if you think you will **need a car parking space**.



We will **meet at the entrance** to the main house at **1.15 pm** and sing from 1.45 - 2.15 pm.



Can you come and sing?

We've been invited to sing at the **Power Tutors 10th Birthday Celebration!**

This will be **in the afternoon on Friday 24th July, in Bletchingley.**

Please put your **hand up** if you think you **can come** and sing!

There is a **sign up sheet** on the information table.

Birthdays

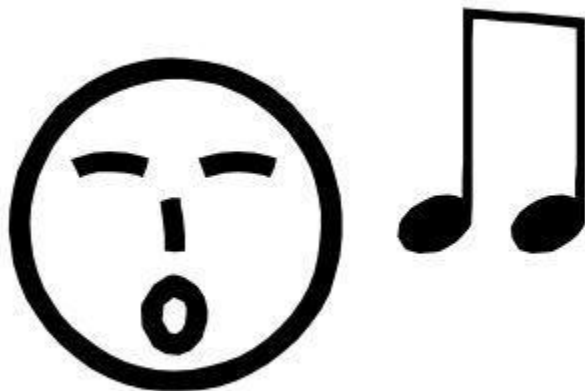


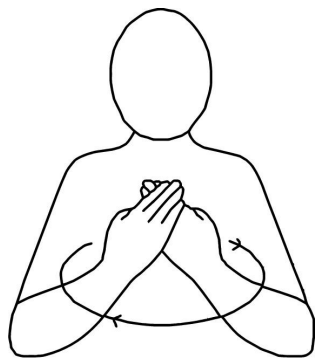


Break & Sign of the Week Video

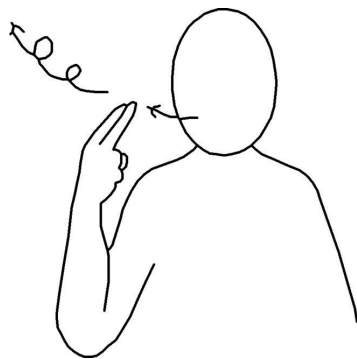


Welcome Back!

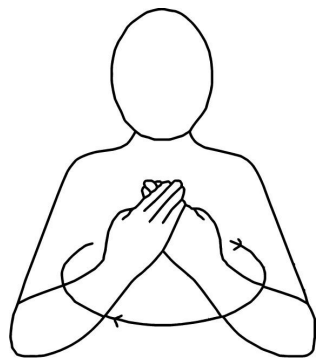




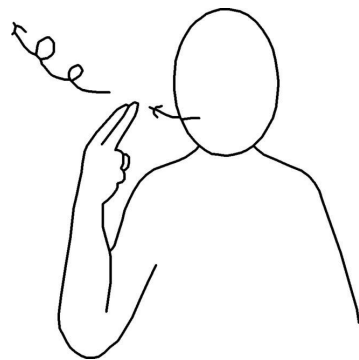
Include



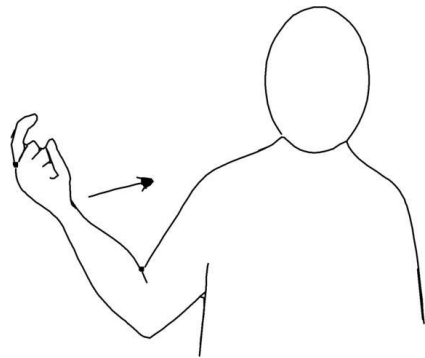
Choir



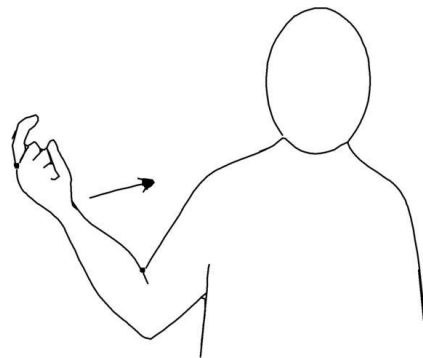
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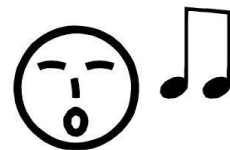
Choir

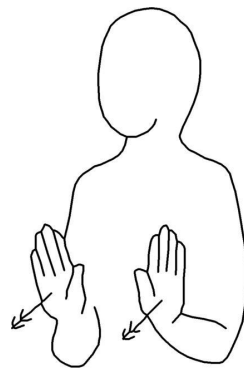
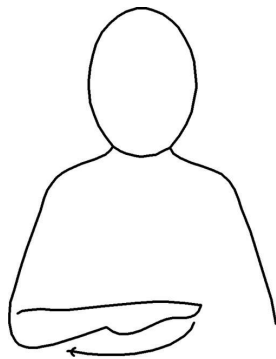
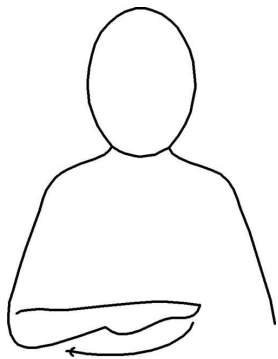


Come and sing!

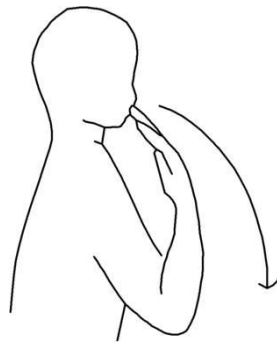
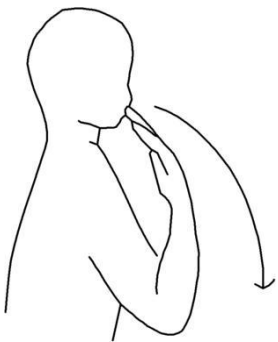


Come and sing!



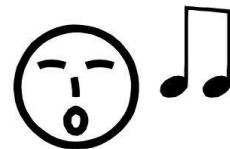


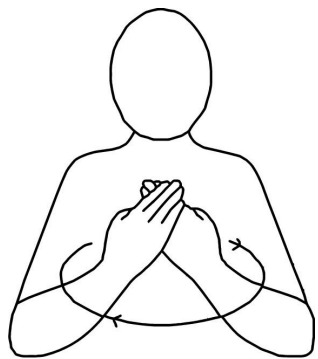
Everybody's waiting, everybody's waiting



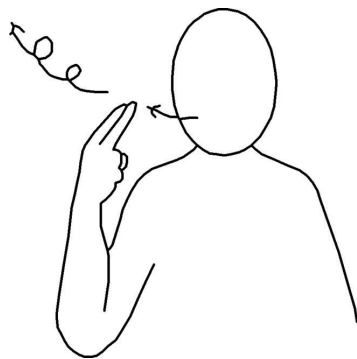
Please join in!

Please join in!

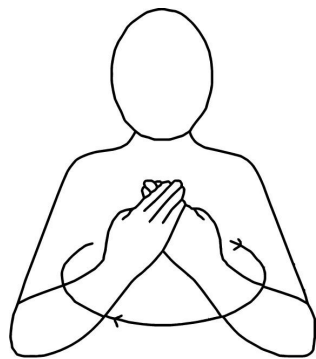




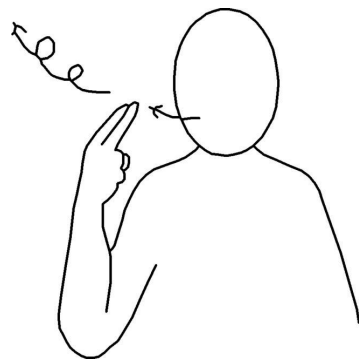
Include



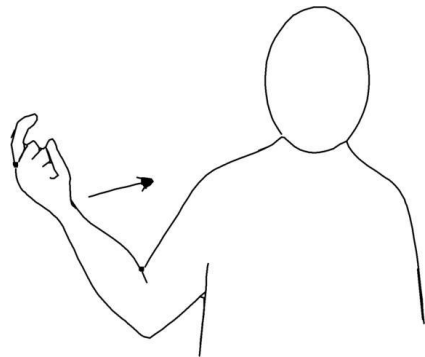
Choir



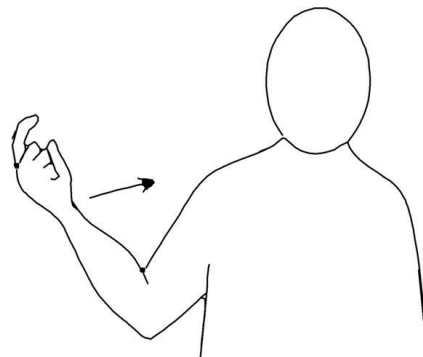
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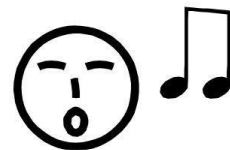
Choir

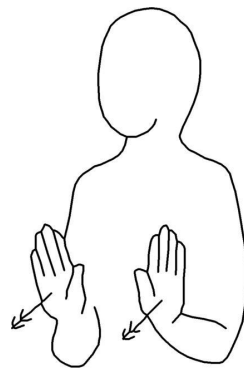
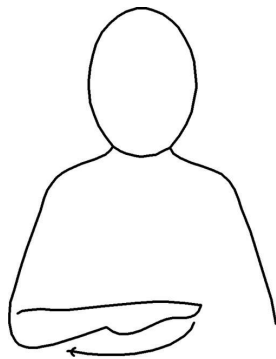
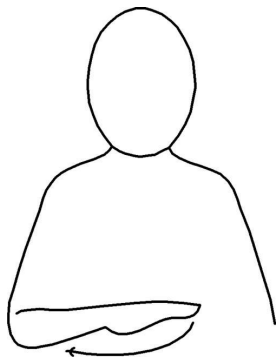


Come and sing!

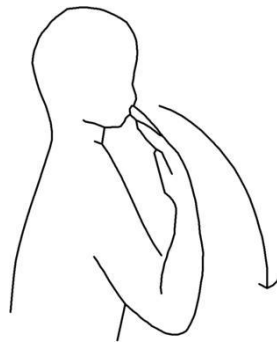
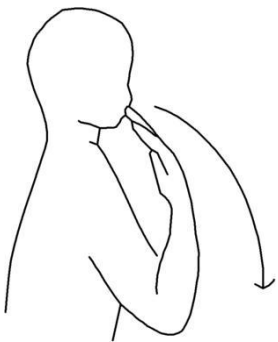


Come and sing!



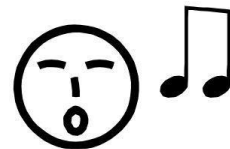


Everybody's waiting, everybody's waiting



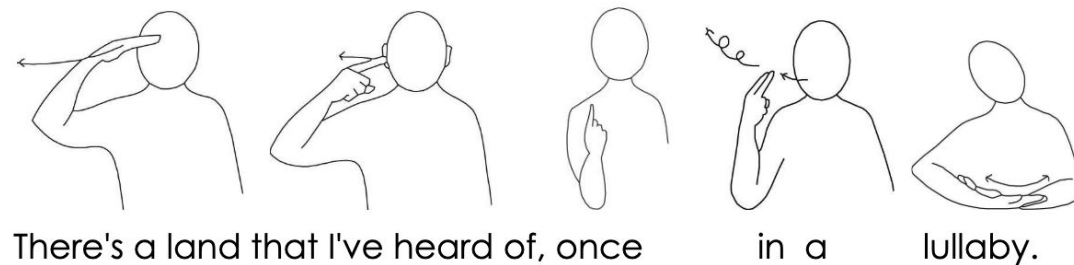
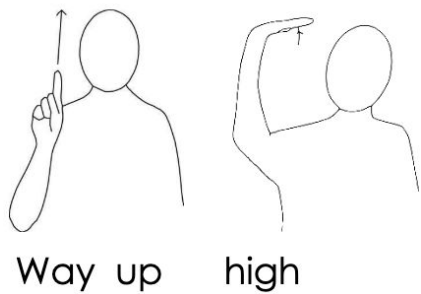
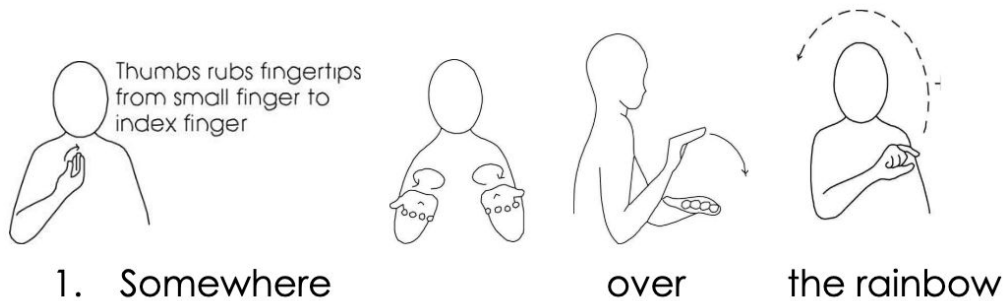
Please join in!

Please join in!



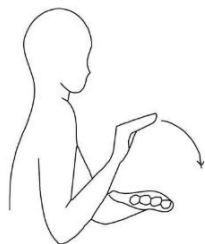
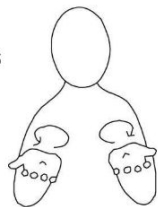
Somewhere over the rainbow





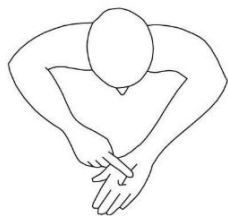


Thumbs rubs fingertips
from small finger to
index finger



2. Somewhere

over the rainbow,



Skies are blue



And the dreams that you dare to dream,

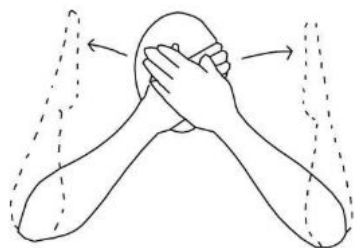


Hand strikes
palm
deliberately



Hand strikes
palm
deliberately

Really do come true.



ch. Someday I'll



wish

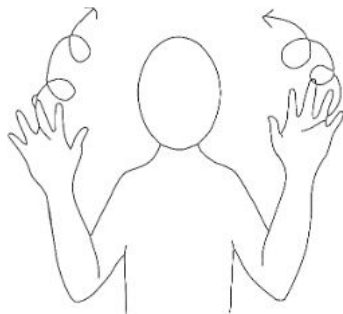


Sign one
star only

upon a star



Index fingers
and thumbs
spring apart



And wake up where the clouds are far behind me.



Small light
slap on back
of hand

Where troubles



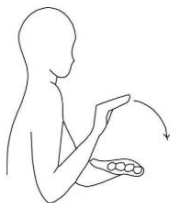
melt

like

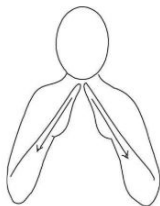


Rotate finger
slightly

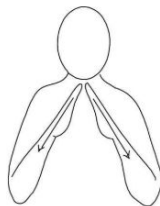
lemon drops,



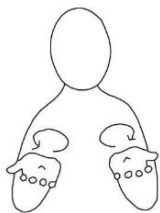
Way above the



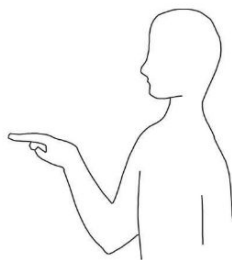
chimney



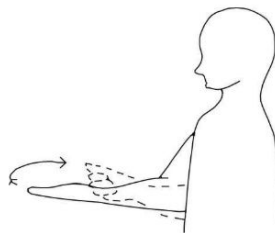
tops,



That's where



you'll



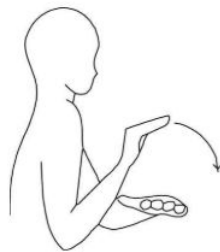
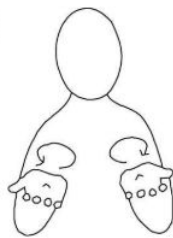
find



me.



Thumbs rubs fingertips
from small finger to
index finger



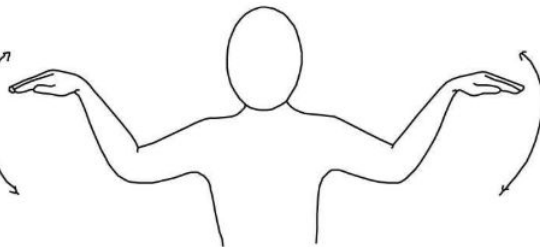
3. Some where over the rainbow,



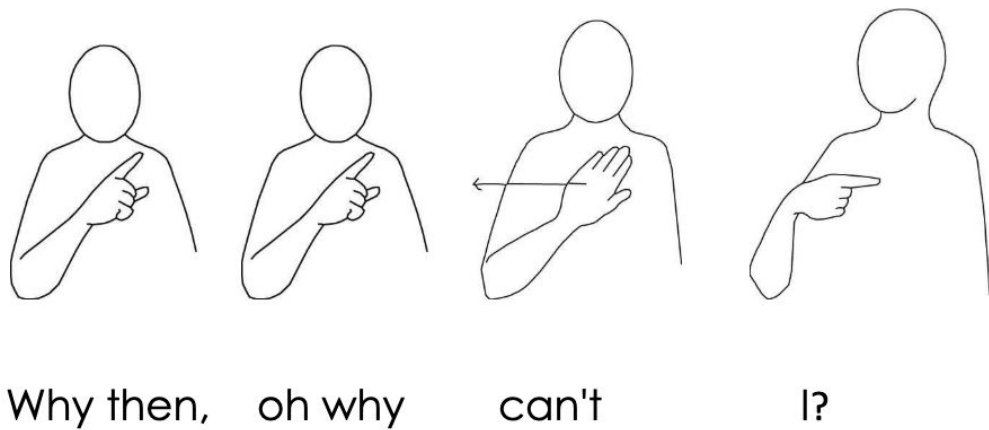
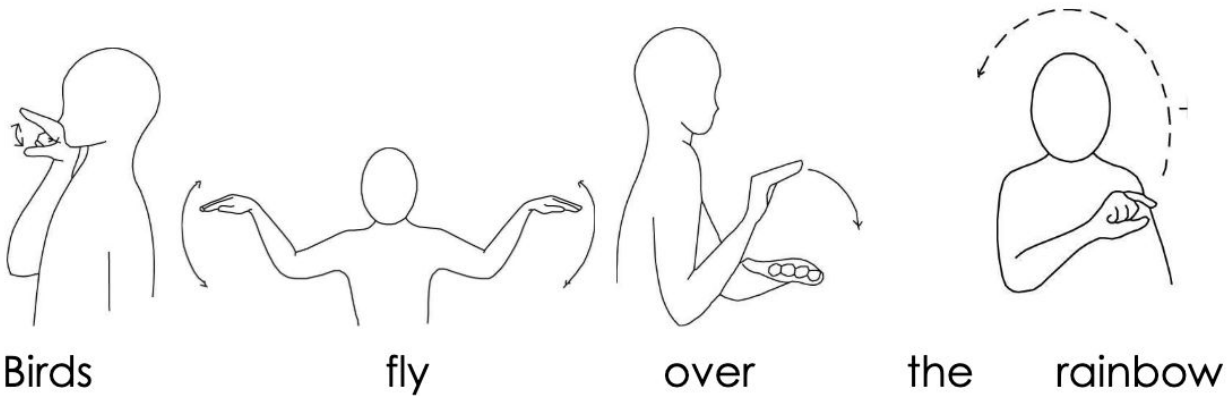
Blue



birds



fly

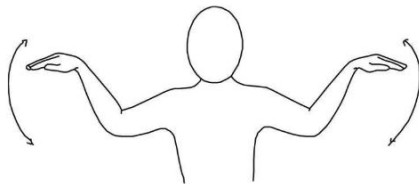




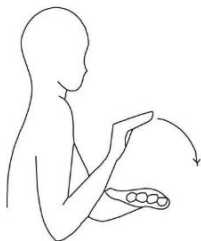
If happy little



bluebirds



fly



Beyond the rainbow



Why,



oh



why



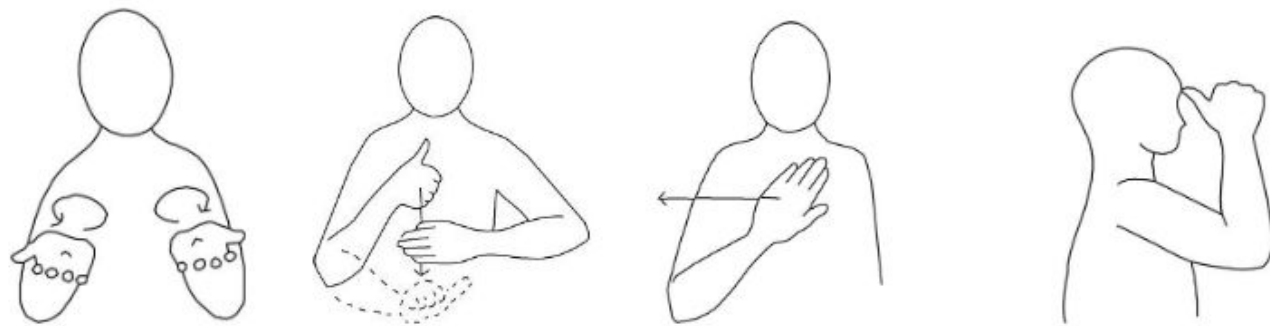
can't

I?



Sweet Caroline





Where it began, I can't begin to knowin'



But then I know it's growing strong.

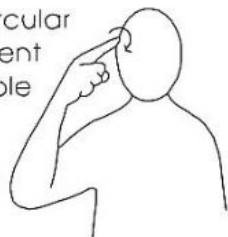




Fists twist
towards body
and circle
backwards
around each
other

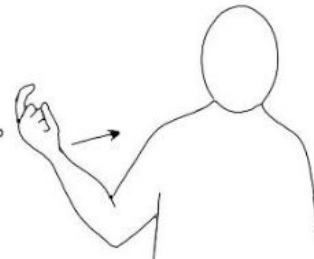
Was in the spring - And spring became the summer

Small circular
movement
on temple



+

Hand strikes
palm
deliberately



Who'd have believed you'd come along?

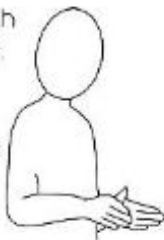




Touch back of
right or left hand
as appropriate
For plural touch
back of both
hands

Fingers touch
palm gently

Place as
appropriate

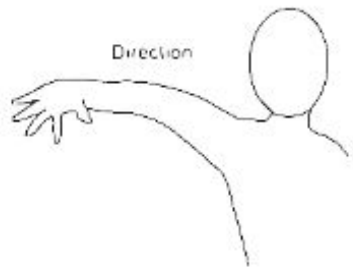


Touch back of
right or left hand
as appropriate
For plural touch
back of both
hands

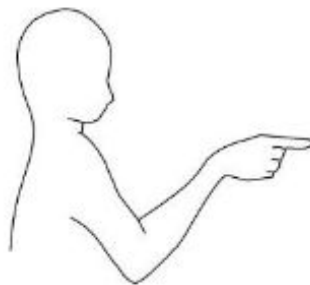
Hands,

touchin'

hands

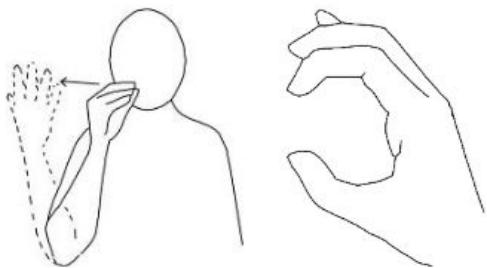


Direction



Reachin' out, touchin' me, Touchin' you





Sweet

Caroline



Good



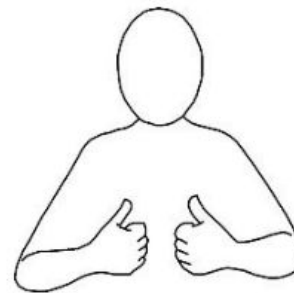
times

Tap
twice



Flat hand in
front of face, moves
forward and down

never seemed

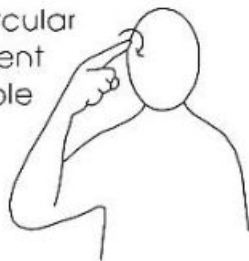


so good





Small circular
movement
on temple

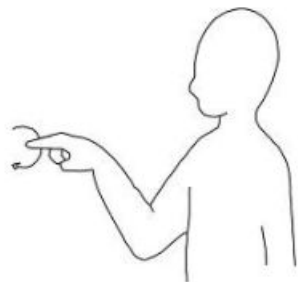


+

Hand strikes
palm
deliberately



I've been inclined ... To believe they never would



But

now

I.....

look at the night





Right index finger
moves sharply down
behind left hand, both
open to flat hands, palms
down, and move forward

And it don't seem so lonely



We fill it up with only two

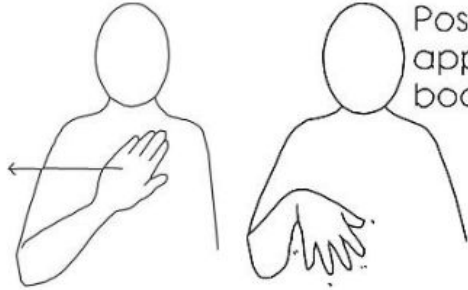




Position hand at
appropriate part of
body and shake hand



And when I hurt, hurtin' runs off my shoulders



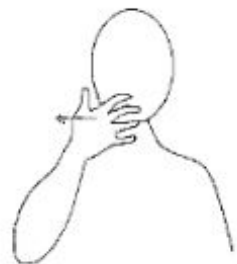
Position hand at
appropriate part of
body and shake hand



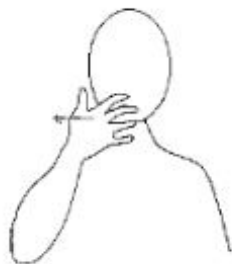
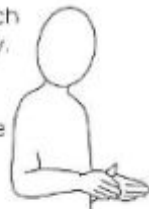
Facial
expression
as appropriate

How can I hurt when holding you?





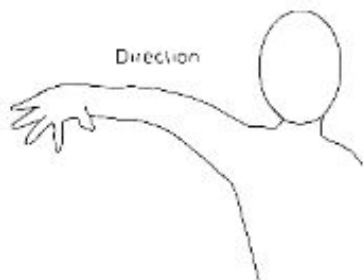
Fingers touch
palm gently.
Place as
appropriate



Warm,

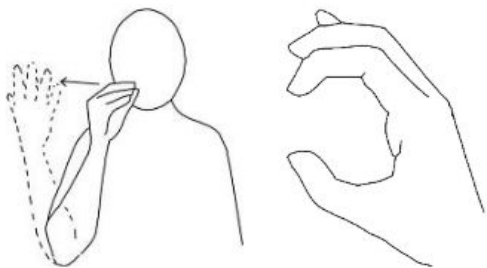
touchin'

warm



Reachin' out, touchin' me, Touchin' you





Sweet

Caroline



Good



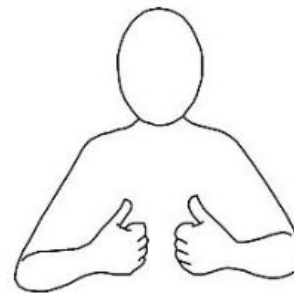
times

Tap
twice



Flat hand in
front of face, moves
forward and down

never seemed

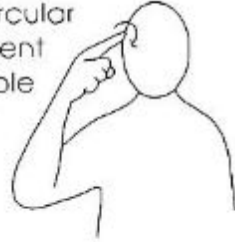


so good





Small circular
movement
on temple



+



Hand strikes
palm
deliberately

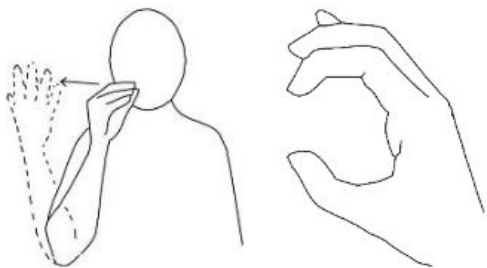


I've been inclined ... To believe they

never would

Instrumental





Sweet

Caroline



Good



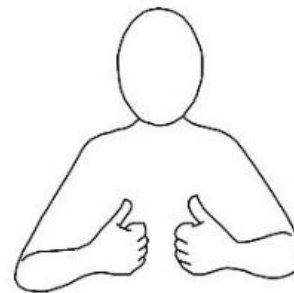
times

Tap
twice



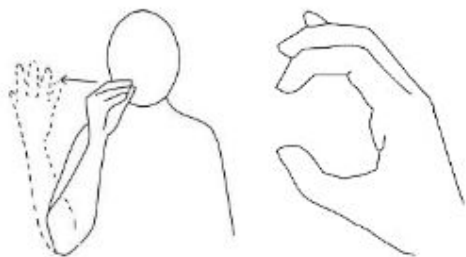
Flat hand in
front of face, moves
forward and down

never seemed



so good



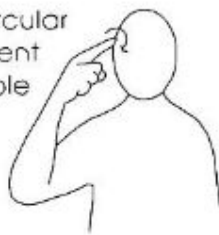


Sweet Caroline



I

Small circular
movement
on temple



+



Hand strikes
palm
deliberately

believe they

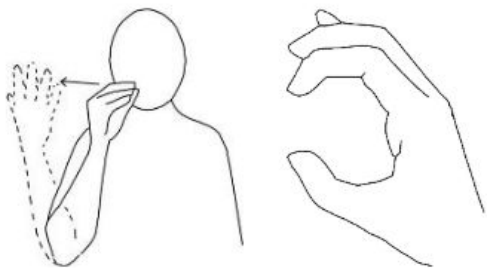


never



could





Sweet

Caroline



Good



times

Tap
twice



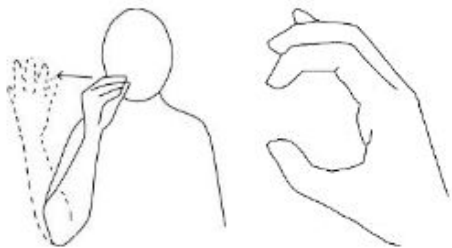
Flat hand in
front of face, moves
forward and down

never seemed



so good



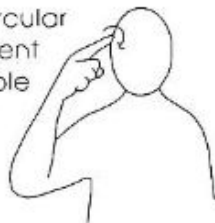


Sweet Caroline



I

Small circular
movement
on temple



+

Hand strikes
palm
deliberately



believe they

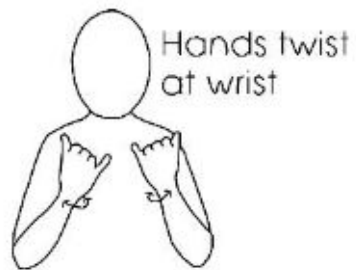


never



could



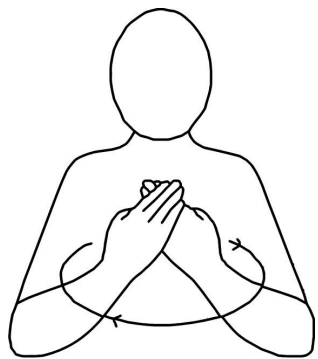


Time for celebrations x 6

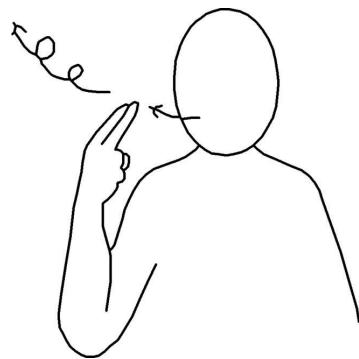


Include Choir Goodbye Song

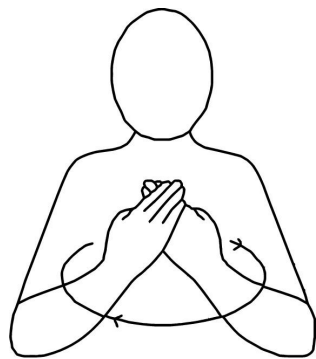




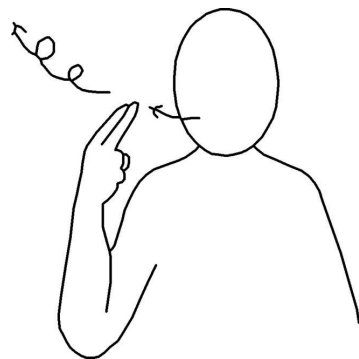
Include



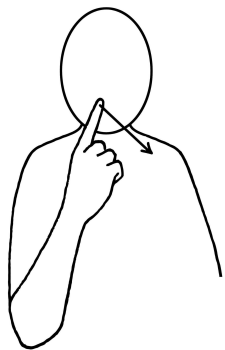
Choir



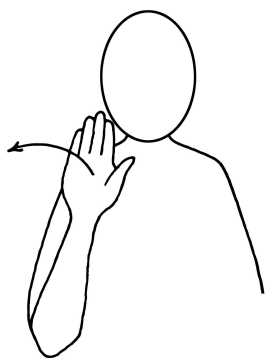
Include



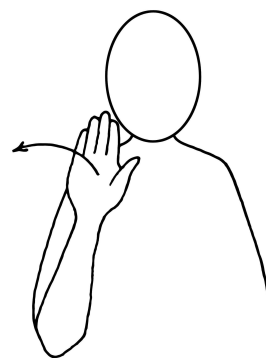
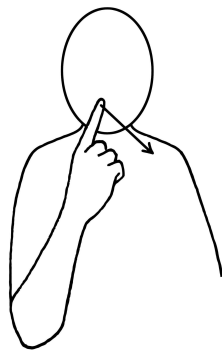
Choir

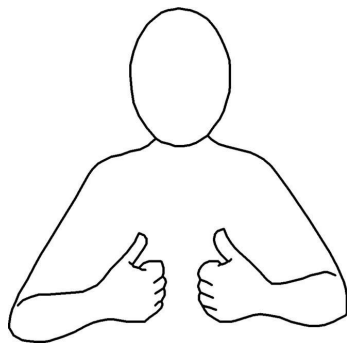
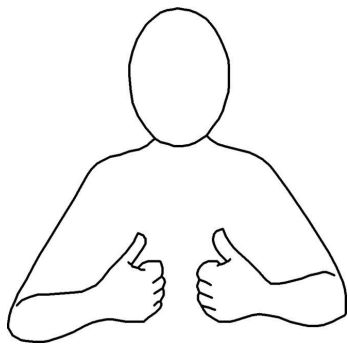


Says goodbye!

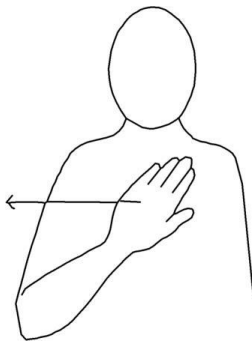
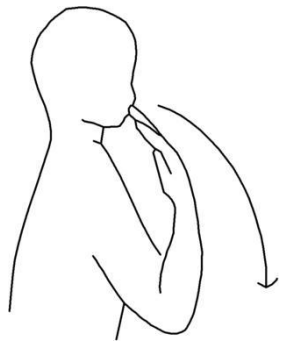


Says goodbye!





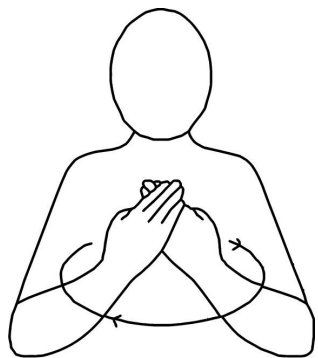
It was really good to see you, really good to see you



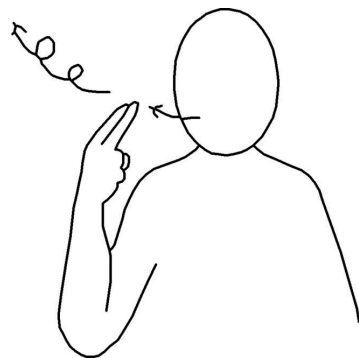
Index fingers
shows tears trickling
down cheeks

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

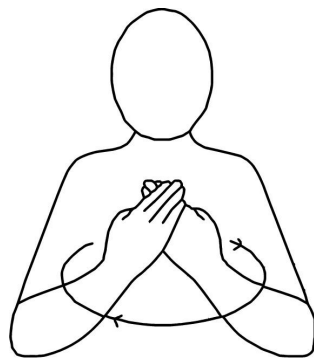




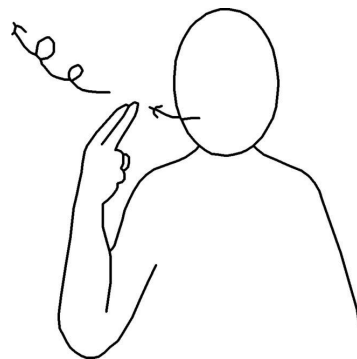
Include



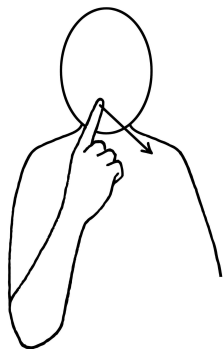
Choir



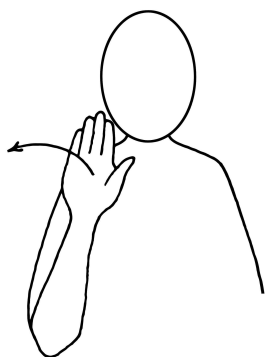
Include



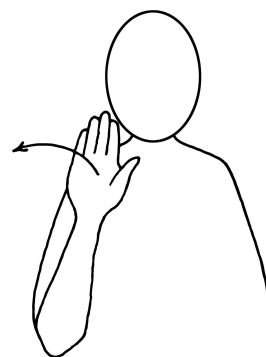
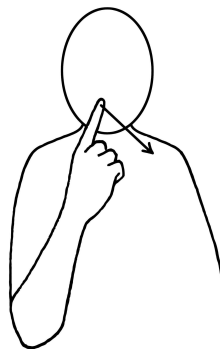
Choir

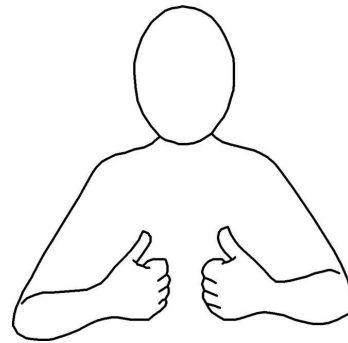
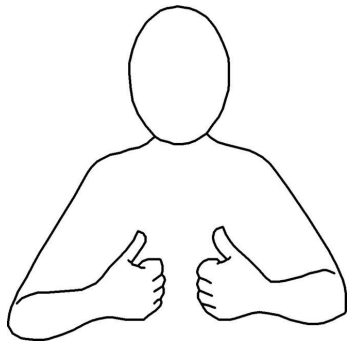


Says goodbye!

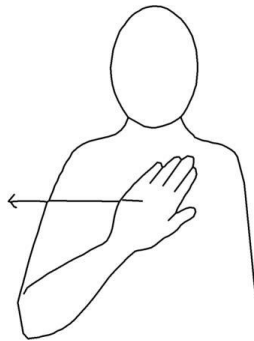
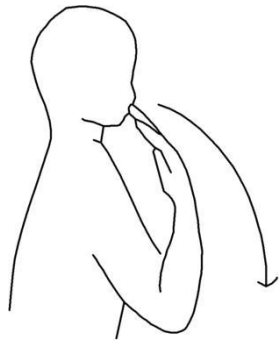


Says goodbye!





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!**