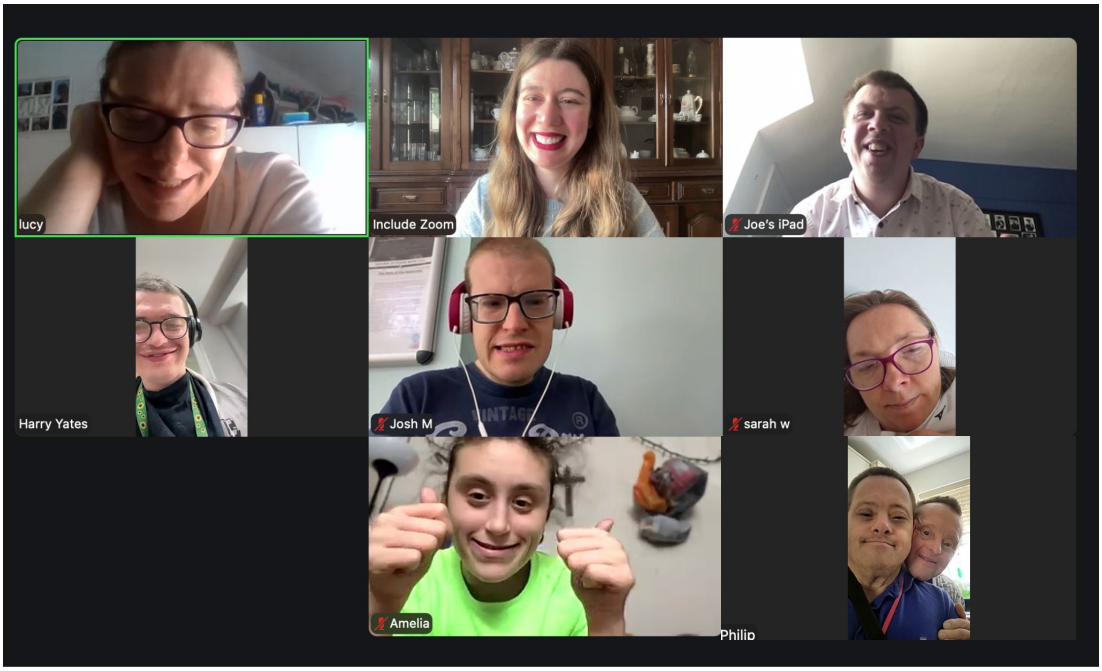


Include 2026 Summer Newsletter



Jan, Sarah W, Joe,Amelia, Harry, Claudia joined the tea break. Philip and Simon joined the tea break from the bus station!



In case you missed it

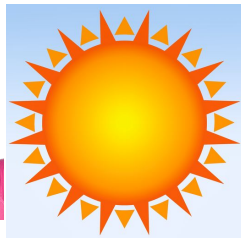


We hope you had a lovely Summer Break!



What did we talk about?



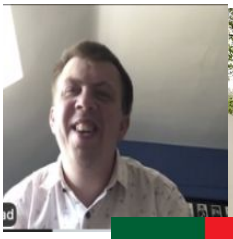


We **asked everyone** about **their summer** break.





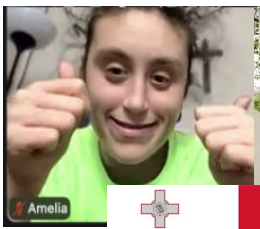
Jan had a **good summer**. **Jan spent** some **lovely time with** his **dad**. The **best part** of **Jan's summer** was **going** on **holiday** to **Venice** in **Italy**. While in **Italy**, Jan enjoyed **eating out** in **restaurants**.







Joe also had a good Summer. The **best part** of Joe's **summer** was **going** to his **brother's wedding** in **Portugal**. Joe really **enjoyed** the **wedding** and **eating Portuguese custard tarts**.







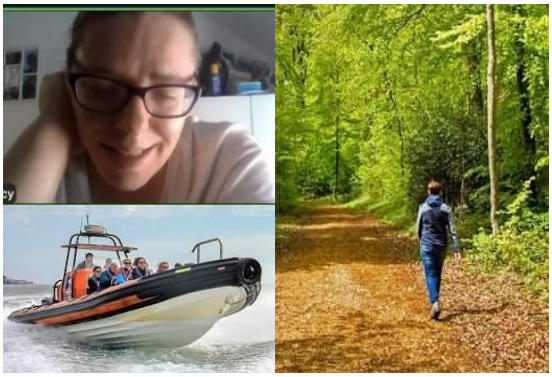
Amelia's summer has been very **busy** with **dancing** and **working**. In September, **Amelia** is **going** to **Malta** to **celebrate** her **mum's birthday**.



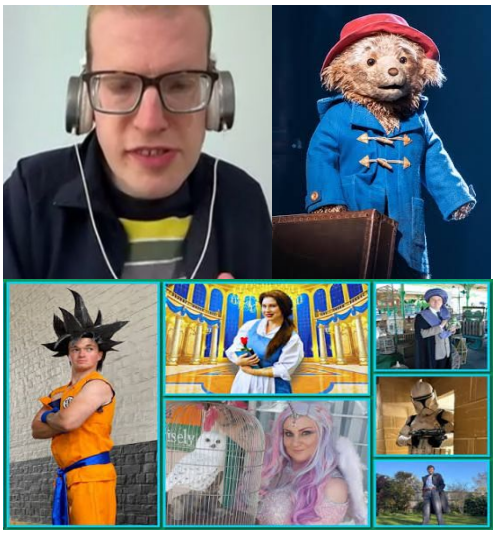
Sarah has been **enjoying** the **warm summer weather**. Sarah has **been going** to a **mental health group** for **women**.



Harry has also **been enjoying** the **warmer weather**. During **summer**, **Harry** enjoys **watering** the **flowers** in the **garden** and **wearing shorts**!



Lucy has **been enjoying spending time** in **nature**. For **Lucy**, the **best part** of **summer** is **going** for **walks** in the **park**. This **summer**, **Lucy** really **enjoyed** going on a **boat trip**.



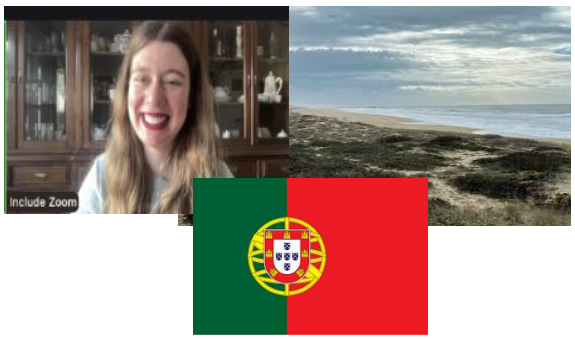
Josh has been having a **good summer**. Josh **went** to the "**All stars**" **event** at the **Belfry**. At the **event**, **Josh met lots** of **movie characters** like **Star Wars characters.** **Josh** is also **going** to **watch** the **Paddington Bear musical**.



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



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



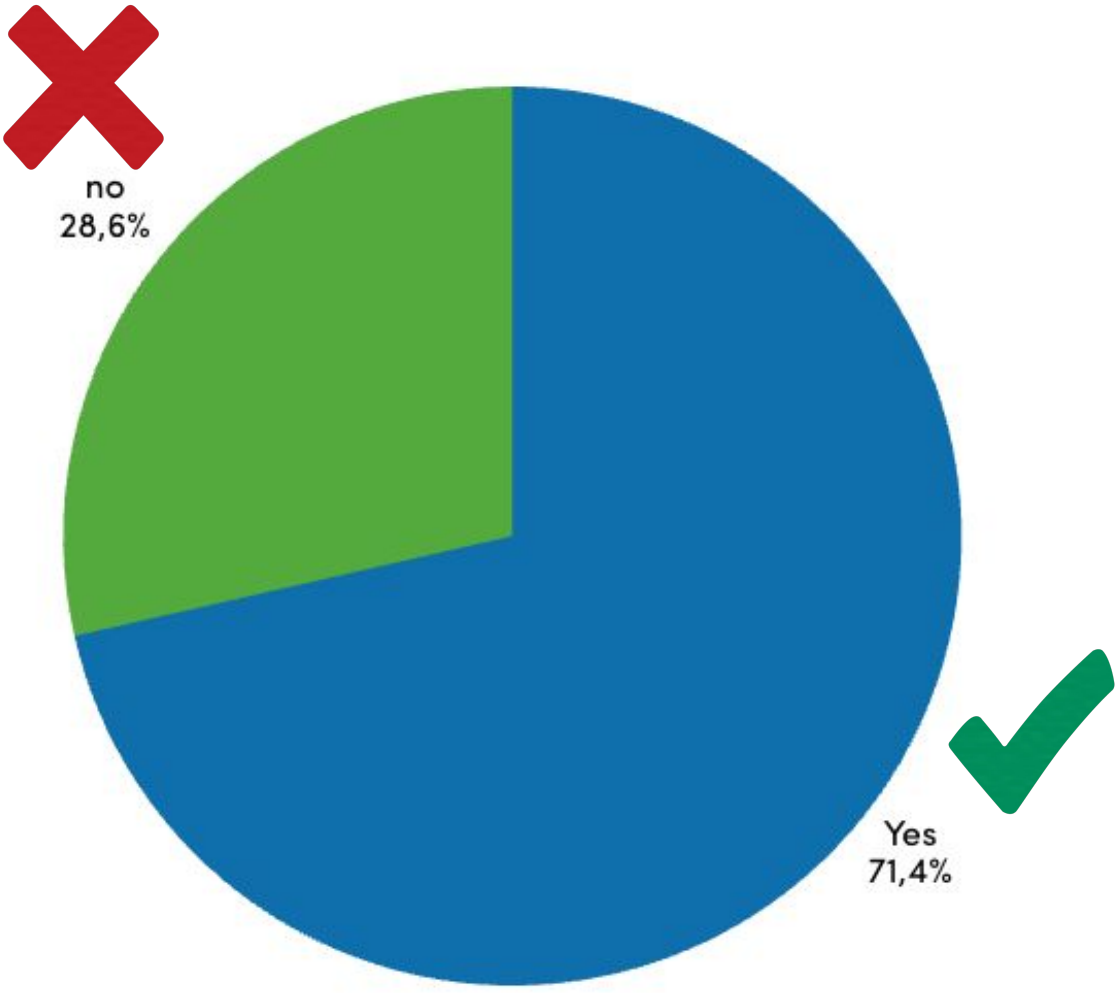
Claudia has also **enjoyed** her **summer** in **Portugal**. Claudia's **best part** of the summer was **spending time** with her **family** and **going** to the **beach**.



We asked everyone:

Do you like camping?

Most people like camping! Some people **find** it **too uncomfortable** and **cold**!



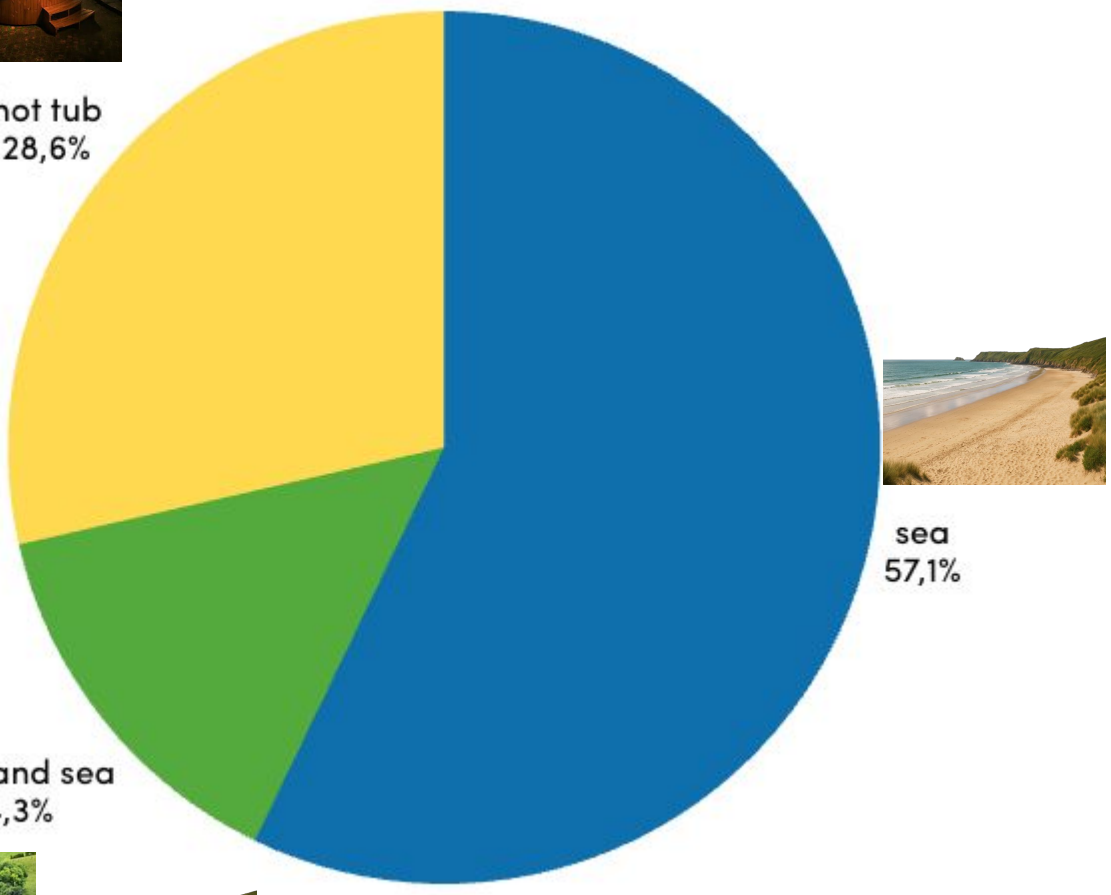


We asked everyone:

Which do you like more, the sea or the river?

Most people prefer the **sea**. **Two people said** they **prefer bathtubs** over either the sea or the river. **Nobody said** they **preferred** the **river** to the sea!











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





Include will have a **very busy September**. Please **check your emails**.





On **Friday**, the **18th September**, **we will be singing** at **Frimley Inclusion Conference**.



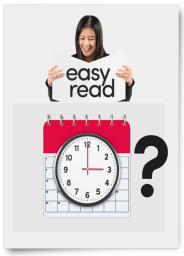


On **Saturday**, the **19th September** we will **be singing** at **Bourne Hall**. **Please let us know if you can come!**





On the **20th** of **September**, **Include** will **take part** in **Run Reigate**. We will be **singing at the end!**





You can **check all event dates** on **our website** at **www.include.org**. Click here to **go** to the **Include Calendar page**.





Please **email info@include.org** to **ask** us any **questions**. You can **also text or call 07918 470190**