

ABCD Project – Training Day in Attleborough  
with Deborah Klee, 28 May 2015



Between us, we can.....

- Care for sheep, pigs, horses, dog walker, rabbit/hare
- Stonemason apprentice
- Teach/play squash
- Belong to a choir – SYHO (Sing Your Heart Out)
- Teach music
- Signpost
- MensShed
- Do beginners' Tai Chi
- Black Dog Music Project
- Dance, fitness, NIA over 50s
- Help people compost
- Tell stories
- Teach beauty and holistic therapies including disabled/elderly
- Teach people languages
- Offer hands-free massage
- Coach wheelchair basketball
- Score at cricket matches
- Chairing meetings/agenda setting/assertive – not frightened to say what I think
- Crafting/quilting/card-making/accurate measuring
- Friendly, happy-to-help volunteer, happy to email, nice and clear
- Ideas about inclusion – Human Givens