AVON &
SOMERSET
POLICE & CRIME
COMMISSIONER

Inclusive
Change at Work
Community Interest Company

PROJECT SANDBOX

Building Digital Skills

for all

Volunteer Opportunities

What is Project Sandbox?

Project Sandbox is a unique podcast series designed to raise awareness about online safety challenges faced by disabled and neurodivergent individuals.

Sponsored by Avon & Somerset Police Crime Commissioner, this initiative combines insights from lived experiences, law enforcement professionals, and industry experts to provide practical guidance and solutions.

Through compelling conversations, we explore topics such as misinformation, gaming, and cyber security while celebrating the strengths and contributions of neurodivergent individuals in the digital age.

Our mission is to create a safer, more inclusive digital world by raising awareness of online safety and empowering disabled and neurodivergent individuals through training and talent development in digital media and advocacy.

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Empowering our community

We aim to co-produce this series with the communities that are impacted.

We are inviting young people to join us to develop their talent and gain employability skills.

- **Learn new skills**
- **Gain experience in digital marketing, communication, editing, music production, artwork creation, marketing, project management, and podcast management**
- **Work in a supportive setting**
- **Contribute to meaningful projects that make a difference**
- **Develop employability skills**

Young people who are disabled or neurodivergent often face significant barriers to education, employment, and social inclusion.Traditional educational environments may not provide the flexibility and support these individuals need to thrive.

There is a critical need for innovative, inclusive projects that empower these young people with the skills and confidence required to succeed in various fields.

Inclusive Change At Work CIC envisions a world where all young people, regardless of their abilities, have equal opportunities to develop their skills, share their voices, and achieve their potential.

Through podcasting with Project Sandbox, we are creating a dynamic, supportive environment where participants can learn, grow and connect.

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Why this matters?

INCREASED RISK OF EXPLOITATION

Studies show that disabled individuals are 3–4 times more likely to be victims of cybercrime, including scams and grooming, compared to non-disabled individuals.

TARGETING VULNERABLE GROUPS

43% of parents of neurodivergent children report concerns about their child being targeted by online predators or scams.

DIGITAL INCLUSION GAP

Only 38% of disabled individuals feel confident using online safety tools, compared to 70% of non-disabled users.

IMPACT OF ONLINE HARASSMENT

60% of neurodivergent adults report experiencing online harassment or bullying, often leading to increased anxiety and isolation.

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Volunteer Opportunities

UP FRONT

- Host a show - or more
- Interview guests
- Create features & content
- Show recording support
- Be a guest or a co-host

BEHIND THE SCENES

- Editing
- Post-Production
- Website support
- Social media content creation
- Transcribing episodes for accessibility

RESEARCH AND PLANNING

- Content development
- Feature & guest research
- Co-ordinating guests
- Opportunity to provide a resource or offer related to the theme
- Social media shout outs

MARKETING AND PROMOTION

- Social media content production
- Graphic design
- Blog and content writing
- Uploading and distributing shows online
- Customised thank-you message

Episode Summary

1
Misinformation: Separating Fact from Fiction

Explore the dangers of fake news, from grooming and scams to misinformation, and learn practical strategies for staying informed and safe online.

2
Apps & Social Media: What Young People Want Adults to Know

Young people take the lead to share insights on how young people use social media, highlighting its benefits, risks, and unspoken rules.

3
Gaming: Staying Safe While Playing Online

Dive into the world of online gaming, uncovering its positives and addressing risks like grooming, cyberbullying, and addiction

4
Artificial Intelligence: Opportunities and Challenges

Discover how AI is transforming accessibility for disabled and neurodivergent communities while tackling privacy and bias concerns.

5
Cyber Security and Law: Unlocking Career Pathways

Highlighting how neurodivergent strengths align with careers in cyber security and law, with insights from experts and mentors

6
Loneliness and Community: Building Digital Resilience

Examine how loneliness increases online vulnerability and how fostering strong communities can promote safety and inclusion.

Join Us!

By volunteering with Project Sandbox, you'll have the opportunity to gain valuable skills, build your CV, expand your network, and contribute to a project that champions inclusion and online safety for disabled and neurodivergent communities.

Together, we'll raise awareness of online safety, provide practical tools for vulnerable communities, and champion inclusive practices in the digital age.

By joining Project Sandbox as a volunteer, you'll do more than support a podcast—you'll gain hands-on experience, develop new skills, build your CV, and connect with a supportive community.
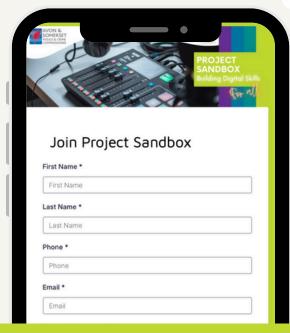
✓ Equip you with skills in podcast production, research, and digital media.

✓ Provide opportunities for personal and professional growth.

✓ Create a pipeline of talent for future projects in media, technology, and advocacy.

Join Project Sandbox

First Name *

First Name

Last Name *

Last Name

Phone *

Phone

Email *

Email

Use our online form to get in touch

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