



# Our Way self advocacy



Issue November 2023

## NEWSLETTER



**In September we took three mini buses of members to Drayton Manor Theme Park for an action packed day!!**

**Members enjoyed the highs, lows, twists, turns and water rides that Drayton Manor had to offer, along with a leisurely stroll around the zoo!**

**This was a fantastic day out, regardless of the rain! And couldn't have happened without the kind support from both Berrington Court and KDYT, who allowed us the use of their buses and provided an extra driver. Thank you so much! We really do appreciate it!**

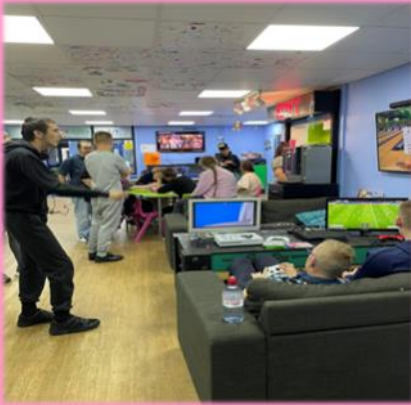


## What's been happening

### *Young People's Group*

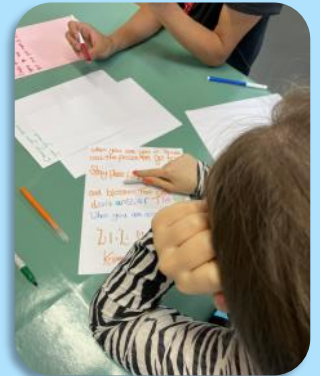
The young peoples group continues to grow in numbers, with new members joining regularly. The young people enjoyed a busy summer programme, participating in activities from BBQs to trips to the Safari Park and Laser Tag, along with an exciting and spooky Halloween trip in October!

During the sessions the young people are contributing to the Keeping Safe booklet that we are busy working on with our members which has been funded by the PCC in partnership with Worcester Community Foundation



## ***Russell House***

We have enjoyed our monthly visits to Russell House, who have also been contributing to our Keeping Safe booklet, talking about keeping safe in and around your home as-well as when you are out and about in the community. We are looking forward to a Christmassy Cooking session with them in December



## ***DY10 Evenings***

Our next and last DY10 evening for this year is on **Monday 20th November**. We have had some fantastic evenings! We are very grateful to our members and would like to thank our wonderful volunteers Ben, Carolyn, and Marsha who without your time and support these evening's wouldn't be possible! Also, a massive thank-you to Mark, Jay and Jed from Nu Bar who continue to support and welcome us.

We will post next years dates in January, on our Facebook page with our first one being on the **19th February 2024**.





## ***Our Way Football***

After a summer break we resumed Sunday morning football training sessions at the Wyre Forest Leisure Centre. Our partnership with Cookley FC continues to develop, we have now entered a team Our Way Cookley into this season, the 3 Counties All Ability Counts league. In preparation for the tournaments, we played a friendly against Droitwich

**Our last Football Session will be on Sunday 17th December. Returning after Christmas on Sunday 14th January 2024**



*Football training at the Wyre Forest Leisure Centre in Kidderminster takes place every Sunday from 10.30am to 11.30am. (See events page for more info)*

## ***Gardening project At Berrington Court***

We have been kept busy in the garden and have enjoyed seeing our vegetables grow and flowers blossom. We put the vegetables to good use by using them in our cooking sessions and sharing them out with members.

Our weekly visits to Berrington continue helping to keep the weeds away and the bushes pruned



## ***West Midlands Self Advocacy Network***

In September Matt and Ray attended the Positive Voices Conference where they spoke about and presented their work that they have been doing throughout the year. The conference was a great day out, celebrating peoples achievements and meeting other people from up and down the country



## ***Men's and Ladies Groups***

Understanding Health issues and concerns continue to be a high priority for Our Way members and at their request health professionals Claire and Kate were invited back to their meetings for more discussions around health and wellbeing.

Bowling in Worcester proved to be popular and fun for both groups bringing everyone competitive side



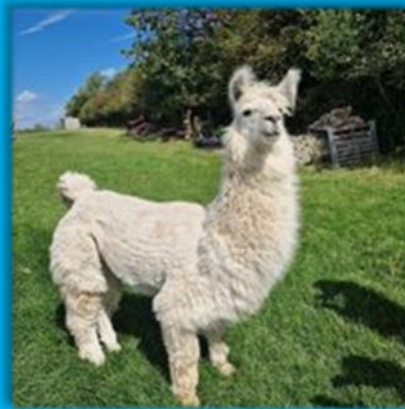


## ***Our Way Events***

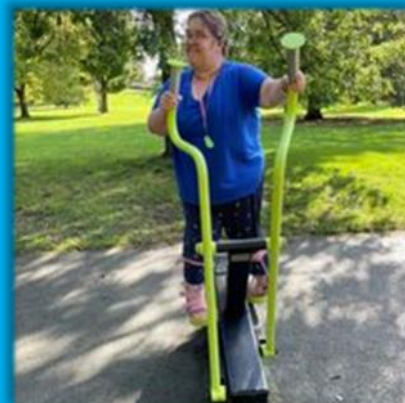
We have been very busy visiting some lovely places throughout the summer and Autumn.

In August we visited an Alpaca farm, where we met, patted and fed lots of alpacas before heading into the workshop to make place mats with their wool. We also visited the Donkey Sanctuary, Drayton Manor, The British Ironworks and Sculpture Park, had a go at some Archery, along with lots of lovely walks including The Wyre Forest, Springfield Park and Mary Stevens Park.


Have a look at our events page to see what's coming up throughout November, December and January.







## Events

Date	Time	Event	Where	Cost
<p>Please book for trips and events before the day, with as much notice as possible, as our events fill up quickly.</p> <p>We welcome online payments wherever possible.</p> <p>When booking online, please make a reference to the trip you are attending.</p> <p>Our Bank Details are:</p> <p><b>Our Way Self Advocacy. Sort Code: 40-52-40.Account Number: 00015411</b></p>				
Friday 3rd November	10am-12:30pm	Walk 	Rifle Range Meeting there <i>(Rifle Range road near the entrance DY11 7NB)</i>	Free
Tuesday 7th November	10am-12noon	Ladies Group 	Christmas Gift Making At the Youth House	£ 3
Friday 10th November	10am-12:30pm	Go Karting At Full Throttle 	Stourbridge (For transport please contact us to book your place on the bus. Limited spaces) <i>Drivers can meet us there at 10:30am (DY8 1JN)</i>	£ 30
Friday 17th November	10am-12:30pm	Walk 	Habberley Valley Meeting there DY11 5RH	Free
Monday 20th November	7pm-10pm	DY10 Nightclub 	Nu-Bar <i>Access through the back via carpark</i>	£ 5 (On the Door)
Tuesday 21st November	11am-1:30pm	'Hate & Mate Crime' 	Youth House	Free
Friday 24th November	10am-5pm	Waterworld Trip 	Stoke (For transport please contact us to book your place on the bus. Limited spaces)	£ 25



Date	Time	Event	Where	Cost
<b>Tuesday 28th November</b>	<b>11am-1pm</b>	<b>Men's Group</b> 	<b>Christmas Gift Making</b>  At Youth House	<b>£ 3</b>
<b>Friday 1st December</b>	<b>10am-3pm</b>	<b>Victorian Christmas Market</b> 	<b>Worcester</b> Meeting at Kidderminster Train Station for 9:45am.  Or meet us outside Worcester Foregate Street Station at 10:30am	Bring money for train ticket and spending
<b>Tuesday 5th December</b>	<b>1:30pm-3:30pm</b>	<b>Ladies Group</b> 	<b>Christmas Concert</b> Stourbridge Theatre  (Please call to book your ticket and transport if needed)	<b>£ 8</b>
<b>Friday 8th December</b>	<b>10am-3pm</b> 	<b>Christmas Tree Walk</b>  (This is a 4/5 mile walk through the country side. Approx 1.5 hours walk)	<b>Meet at Youth House for transport.</b>  (For transport please contact us to book your place on the bus. Limited spaces)	<b>Free</b>  Bring money for lunch of bring a packed lunch
<b>Tuesday 12th December</b>	<b>11am-1:30pm</b>	<b>Hate &amp; Mate Crime</b> 	<b>At Youth House</b>	<b>Free</b>
<b>Wednesday 13th December</b>	<b>7pm-10pm</b>	<b>Christmas Party!</b> 	<b>Kidderminster Rugby Club</b> Please ensure transport home has been arranged  (Marpool Lane, Kidderminster DY11 5HP)	<b>£ 15</b> (Including Buffet)  Contact the office to book your ticket
<b>Friday 15th December</b>	<b>10:30am-4:30pm</b>	<b>Cinderella Pantomime</b> 	<b>Malvern Festival Theatre</b>  (For transport please contact us to book your place on the bus. Limited spaces)  Drivers can meet us at the theatre at 11:30am (WR14 3HB)	<b>£ 18</b>  Please contact us for your ticket, plus bring money for lunch at cafe

Date	Time	Event	Where	Cost
Tuesday 19th December	TBC	Men's Group 	TBC	TBC
Close down Week, No Groups or Sessions (Monday 25th December to Friday 5th January)				
Tuesday 9th January	TBC	Ladies Group 	TBC	TBC
Friday 12th January	10am-2pm	Walk and Lunch 	Bodenham Arboretum  (For transport please contact us to book your and place on the bus. Limited spaces)  <i>Drivers can meet us there at 10:30am (DY11 5TB)</i>	£ 5  Bring money for lunch at restaurant or a packed lunch
Tuesday 16th January	11am-1:30pm	Hate & Mate Crime 	At Youth House	Free
Friday 19th January	10:30am-3pm	Trampoline Park 	Birmingham  (For transport please contact us to book your and place on the bus. Limited spaces)  <i>Drivers can meet us at there at (B30 3DZ)</i>	£ 20  Bring money for lunch at Café  (Socks Included)
Friday 26th January	10am-2:30pm	Cooking 	Youth House	£ 5
Tuesday 30th January	TBC	Men's Group 	TBC	TBC



## Weekly Sessions

Day	Time	Event	Where	Cost
<b>Mondays</b>	<b>5pm - 6:30pm</b>	<b>Young People's Group</b>	<b>Youth House</b> <i>Bromsgrove Street, Kidderminster DY10 1PF</i>	<b>£ 1</b>
No Young People's Group on Monday 25th December or 1st January 2024				
<b>Wednesdays</b>	<b>5pm-6:30pm</b>	<b>Advocacy Group</b>	<b>Youth House</b> <i>Bromsgrove Street, Kidderminster DY10 1PF</i>	<b>£ 3</b>
No Advocacy groups on Wednesday 15th November, 13th and 27th December or 3rd January 2024				
<b>Thursdays</b>	<b>10:00am-10:45am</b>	<b>Zumba</b>	<b>Youth House</b> <i>Bromsgrove Street, Kidderminster DY10 1PF</i>	<b>£ 3</b>
No Zumba on Thursday 28th December or 4th January 2024				
<b>Thursdays</b>	<b>11:00am-1pm</b>	<b>Coffee Morning</b>	<b>Youth House</b> <i>Bromsgrove Street, Kidderminster DY10 1PF</i>	<b>Free</b>
No coffee mornings on Thursday 28th December or 4th January 2024				
<b>Sundays</b>	<b>10:30am-11:30am</b>	<b>Football</b>	<b>Wyre Forest Leisure Centre</b> <i>Silverwood's Way, Stourport Road, Kidderminster DY11 7DT</i>	<b>£ 3</b>
No Football sessions on Sunday 24th and 31st December or 7th January 2024				

Our Way members and friends have been visiting Worcestershire towns to update and recruit Safe Places.

Thank you to TR Fitness Studios in Bromsgrove and The Red Lion in Droitwich for registering as a Safe Place

We have Safe Places cards available at the office. Please contact us if you would like one. This will show your emergency contact details.



## Contact details

If you would like to take part in any of the sessions/activities or would like more information about them, please ring one of the numbers below.

**Caroline:** 07876 834225    **Cat:** 07772 179782    **Office:** 01562 820262

**If you need any help or advice, please ring one of the following numbers:**



Office      01562 820262



Caroline    07876 834225

Cat          07772 179782

**If you would like to email us our email addresses are as follows:**



office@ourway.org.uk  
caroline@ourway.org.uk  
cat@ourway.org.uk



**or find us on Facebook**



**Our Way Self Advocacy, Youth House, Kidderminster, Worcs. DY10 1PF**

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**Website: www.ourway.org.uk      Charity number: 1091939**