



Annual Report 2019

**Speaking up for ourselves and
breaking down barriers**

Introduction

Our Way Self Advocacy 2018/2019



A message from Our Way's Manager

2019 got off to a great start for Our Way with good news about funding. Grants from BBC Children in Need, Lloyds Bank Foundation and the National Community Fund means we are secure at least for the next three years.

Thursdays have become a very busy and lively day at Our Way, starting with the Zumba Class, followed by the Coffee Shop and then in the afternoon either the Aspernation Group or Men's group meetings. Members can also access the office to get help with benefits and housing.

Our rugby team had an amazing time in Spain, winning all their games and even winning a paella making competition! Our football teams continue to attract players looking for fun, exercise and an opportunity to make friends.

We welcomed Cat Bennett to the staff team in her role as Housing Project Worker. Cat also supports the Young People's Advocacy group and DY10 nightclub.

I personally want to thank the amazing staff team, sessional workers, volunteers and trustees for their hard work, commitment and enthusiasm.

Thanks also to our partner organisations – KDYT, The Axis Hub, Worcester Warriors, Kidderminster Harriers, Young Solutions, Worcestershire FA, SENDIAS, Worcestershire Sexual Health, North Worcestershire Community Safety Partnership, West Mercia Police, West Midlands Forum and BILD.

Catherine Quekett

Who's who at Our Way Self Advocacy

Staff



Catherine Quekett
Manager



Caroline Jones
**Development
Worker**



Margaret Groome
**Administrator/
Facilitator**



Cat Bennett
**Development Worker
(Housing)
(Young People)**



John Entwistle
Sessional Worker



Chris Millington
**Facilitator
(Shoot for the Stars)**



Lisa Stokes
**Sessional Worker
(DY10)**



Sam Boulton
**Sessional Worker
(Young People)**

Board of Trustees 2018 - 2019



**John Lawley
(Chairman)**



**Linda Bullock
(Secretary)**



**Jerry Conway
(Treasurer)**



Ray Gallier



Sue Houghton



Stuart Moore



Jan Calvert



Lisa Stokes

Message from the Chair

I have enjoyed another year as Chair of Our Way Self Advocacy.

I am very pleased that our funding situation is so much better now, so we can continue enjoying all the projects Our Way runs.

I have been involved with the West Midlands Regional Forum for many years. This year we have been successful in getting funding from the National Lottery Community Fund. It will pay for a facilitator and two Our Way members to prepare for and attend Forum meetings.

I was also involved with the Tizzard Love Project films. I enjoyed being interviewed and watching the videos.

I would like to thank all our loyal members for coming to our events and projects. I would also like to thank the other trustees, the staff, volunteers and coaches for all their hard work and enthusiasm.

John Lawley - Chair

Volunteers



Lin Bullock



Jerry Conway



Sue Houghton



Jan Calvert



Carol Kimberley



Graham Kimberley



Sarah Turner



Shirley Hughes



Debbie Mann



Sean Griffiths



Courtney Griffiths



Vicky Griffiths



Tanya Sinden



Carolyn Ayres



Ben Jones



Charlotte Jones



Richard Kilburn



Nick Clarke



Julia Tacey

Self Advocacy Groups

Our Way Self Advocacy groups continue to meet weekly at Kidderminster Youth House. Meetings give members an opportunity to get together and talk about issues that are important to them. Benefits, health, employment and transport have proved to be subjects high on the agenda, with members seeking help and advice in these areas.

In February we joined with other self advocacy groups from around the Midlands to celebrate receiving funding from the National Lottery to form and run the West Midlands Self Advocacy Network. This will be a great opportunity for us to meet other self advocates to share and exchange views and opinions.



Young People's Groups

(Funded by BBC Children in Need)

It has been a busy year for our Young People's Group. They have taken part in lots of interesting and fun activities and gone on trips. Cooking, games and crafts have been popular, giving young people a chance to learn new skills and share interests.

During the holidays they enjoyed trips to Drayton Manor, Nineveh Ridge Care Farm and a visit to The Old Vicarage to play Laser Tag.



Nineveh Ridge Care Farm



Laser Tag



Drayton Manor

Worcestershire Young Consulters

(Funded by BBC Children in Need)

The Young Consulters have been working hard.

They have visited schools, colleges and attended Young Peoples Transition events and forums, giving them an opportunity to voice the opinions and views of young people and their families.



Shoot for the Stars

(Funded by BBC Children in Need)

Shoot for the Stars is a fun and exciting group based on the idea of making friends and speaking about the things we think are important.

What defines us is our ability to connect with our local community through a range of fun and interesting events and activities, such as our poetry session with Matt Windle.

There is also our community arts project which highlights the difficulties people with disabilities face in their lives and spreads awareness.



Meetings are held fortnightly on Wednesday evenings at Cafe 27 on Tenbury High Street.

Tizzard Love Film Project

In April Our Way couples took part in the Tizzard Love project. They shared their experiences and views which were filmed and used to make two great videos. These can be found on our Facebook page.



Job Coach

Job Coach, Cathy, from Citizen Housing has attended weekly coffee shop meetings and helped Our Way members to search for and find employment.

She has also run accessible and engaging communication workshops, helping members with job interviews.

Thank you Cathy.



Keeping and Being Safe

Throughout the year we have visited schools, colleges and groups to raise awareness of hate and mate crime.

We worked with students from Kidderminster College Performing Arts Group to create and perform an anti-bullying and hate crime dance routine.



Counselling

This year we have had access to counselling services which has enabled us to offer an invaluable counselling service to our members. Thanks to Dave Latham.



Healthy Eating

Good News! We have received funding from Awards for All to hold regular healthy eating cooking sessions.

Safe Place Scheme

We have continued to maintain and promote the Worcestershire Safe Place scheme, working with local communities and organisations to provide short term places of safety for anyone who finds themselves in a vulnerable situation.

Hereford Safe Places has been added to the Safe Places App 'My Town Worcestershire' helping individuals to identify their nearest safe place.



Housing Project

2019 has been an exciting year for the Our Way Housing Project. We secured funding for a further 3 years. This means that we can continue to support members to find and maintain their own tenancies.

Since June we have supported two members to move, one of whom spent a large amount of time in hospital and whose family all live at a distance.

To date, Our Way has helped 39 members to move and we are currently supporting 22 members with their housing needs.



Coffee Shop

The coffee mornings continue to be a great success with lots of people coming along every Thursday morning to spend a couple of relaxing hours chatting to friends and playing games.



Stars in the Sky

Once again we have had a busy year visiting different places and experiencing new opportunities and activities. Trips have included Drayton Manor, Monkey Forest, Weston-Super-Mare, Hereford Cider Museum and Slimbridge. Below are photos from some of our events.



Crazy Golf



Trip to Monkey Forest



Day out in Worcester



Summer Ball

Camping Trip

Once again we went to Shropshire for an action packed camping weekend. We spent a day of adventure at the Outdoor Adventure Centre and had a trip to Shrewsbury which included a tour around Shrewsbury Prison. During the evenings, campers were able to share their cooking skills and relax around the campfire.



Health and Wellbeing

During the year we have held relationship workshops and worked with health advisors and workers to promote healthy and fulfilling lifestyles.



Liberal Stars

Liberal Stars is our LGB support and social group which meets monthly. It gives people a chance to talk about their sexuality in a safe and supportive environment. New members are always welcome.

Men's Group

The men's group meet monthly. Meetings provide an opportunity for members to exchange information about issues that are meaningful to them. Men's health has been a popular subject. They have also enjoyed taking part in a variety of activities such as a trip to Ghetto Golf in Birmingham and a walk around the Wyre Forest and Sports in the Park.



Ladies Group

The Ladies Group have enjoyed their monthly meetings. They have used their time to talk about issues of importance to them. They have talked about health and about making and maintaining friendships. They have also found time to go out and enjoy crafts and sporting activities.



DY10 Nightclub

The Nu Bar in Kidderminster continues to be the venue for our Nightclub experience. It's a time for friends to meet and dance to their favourite music. Thank you to Mark and his team for their help and support.



Our Way Sports

Our Way members continue to enjoy taking part in inclusive and engaging sports. In May we were invited by the Cracker Jack Foundation to hold a fun sports day at Stourport Swifts. In July we celebrated Learning Disability week by teaming up with Mencap to take part in their accessible sports day.



Football

2019 has been a great year for Our Way Football. We have gone into partnership with Rock Sports who have helped us deliver some amazing football tactics.

The 'Ladies' team did well to get into the 2nd round of the FA People's Cup.



The 'Under 16's' have enjoyed training sessions every week, and the 'All Stars' and 'Galaxy' teams have played in the 3 Counties All Ability Counts League as well as joining a new league called The Shropshire FA Disability League.



Rugby

In September Our Way members joined Worcester Warriors Community Foundation when they went to Spain and took part in an International Rugby Tournament.

It was a great opportunity for members to meet and play teams from different countries, as well as experience different cultures.



Zumba

Our Zumba classes which are held every Thursday morning are as popular as ever. They are a great opportunity for members to get fit whilst having lots of fun.



Our Way Money

Funders

Children in Need
Lloyds Bank Foundation
The National Lottery Community Fund
Awards For All
Magic Little Grant (Localgiving)



Donations

Sue Houghton	TN Bache
Carol Griffin	Monday Night Group
Monday Night Group	Lara Holland
Godson Trust	Mrs Martin
TM Bache	Jayne Turvey
Worcestershire County Council	Alison Price
Carol Kimberley	David Edwards
Graham Kimberley	Kate Wellings Trust
Tammy Brewster	A Moseley
Carolyn Ayres	Tenbury Town Council
Tesco	M Heckford

Thank You's

Thank you to everyone above who has donated money.

Thank you to the Griffiths family for all their help and support coaching our football teams.

Thank you to all our volunteers. We would like to make a special mention of Carol Kimberley who has volunteered with us for many years and is now standing down due to health reasons. We wish her well.

Thank you to KDYT for their continued support.



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