



Our Way
self advocacy



Issue: August 2025

NEWSLETTER



Our Way Summer Ball

In June we held our annual summer ball which was a great success, we had over 80 members attend, with Live music from the amazing band Eastwood who kept us on the dance floor all night!

Thank-you to everyone who donated raffle prizes, and supported the raffle which raised us £155.00!! Massive thank-you to the wonderful staff team, Trustees and Volunteers who worked tirelessly making the buffet, setting everything up and tidying everything away before and after, in order to make the evening the success it was.

We're looking forward to next year already!

WHAT'S BEEN HAPPENING



YOUNG PEOPLE'S GROUP

The young peoples Group have been busy planning their summer programme we have trips to West Midlands Safari Park, Rush Trampoline Park, Bowling, Stourport fair and a BBQ and Sports session!! We have been welcoming new members most weeks, and working with their families to help give them the best support possible.

We have welcomed PC Hemming to one of our sessions where she visited to chat about the importance of using technology properly and safely





OUR WAY FOOTBALL



In May Our Way footballers went to Malvern to play in their last tournament of the season. This was followed by a football presentation at Worcester FA in recognition of players footballing achievements. Sunday morning training sessions have been busy with footballers enjoying playing their football in the summer sunshine.

Next session we will be taking part in the Worcestershire All Ability Counts League where we hope to have 2 teams representing Our Way-Cookley.



BUDGETING WORKSHOP



In May we welcomed Mary from the Department for Work & Pensions who came to talk to us about the changes that are happening. This was a really great session, and Mary took a lot of your independent queries away with her to follow up on your behalf!

In July we welcomed Murray and Heidi from SM Lawson Solicitors who came to talk to us about making 'Wills' and 'Power of Attorneys' following requests at previous workshops. This was a really interesting and important topic, and we are very grateful to them for giving up their time to come and talk to us. Mary is planning on attending again in October as more changes have come in since her last visit!



Department
for Work &
Pensions

SM
Lawson

Solicitors





GARDENING PROJECT



The gardeners have been busy both at Youth House, Stourport and Berrington Court, harvesting fruits, and planting winter vegetables. The residents at Berrington court have fed back to us that they love having us visit and help them, and that the members are doing a fantastic job





MEN'S & LADIES GROUPS



Sharing hobbies, cooking and crafts have been on the agenda for Our Way ladies. We made cheesecake using fresh strawberries from the Our Way Garden and enjoyed hearing and learning about each other's interests and activities.

Due to the rain Men's group planned walk around Mary Steven's Park in Stourbridge was cut short but they managed to find shelter in a nearby pub for a welcomed drink and earlier lunch. In June they choose to take things a little easier enjoyed and tried out some relaxation and gentle exercises





SAFE PLACES



The Our Way members have been out and about visiting the Safe Places that are listed in our Directory, as well as visiting and signing up new venues!

Remember the Safe places Directory is available on our website, so please feel free to take a look at the registered places that are close to you

LEARNING DISABILITY WEEK



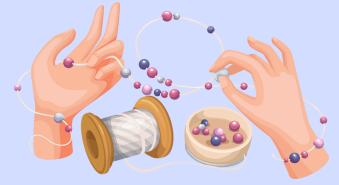
'In June we welcomed The Speech & Language Therapist Team, The Community Learning Disability Team and Disability Rights UK to our Coffee Morning and Zumba sessions which were part of Celebrating Learning Disability week which the theme was 'Getting yourself Active'.

This was a fantastic morning and we welcomed lots of new people to the session, who we hope to see





CRAFT SESSIONS



The craft sessions have been going well, with lots of lovely goodies being made for us to sell at Craft fayres! At the beginning of July we had a table at the Berrington Court Summer Fayre where your crafts helped raise us £58.63! We also have a table at the Family Fun Day to be held on Saturday 16th August at St Georges Social Club, and we are looking forward to holding our Craft Fayre again in November following the success of our first one last year!





HOUSING UPDATE



We have been successful in two grants from 'Awards for All' and 'Skipton Building Society' which are supporting the work we carry out with housing over the next two years.

We have recently successfully helped Tracey to move back into independent living, where she is now settled and enjoying making her flat her own

Tracey Said...

The last few months have been busy making sure I have everything sorted and in place, I felt so happy to get the keys and move into my new flat at the beginning of June. A big thank you to the 'Clare Witnell' and 'Blount Charities' as-well as Chris Jordan from The 'Emily Jordan foundation' and 'Our Way Self Advocacy'.





COOKING SESSIONS



We have enjoyed more cooking sessions over the past 3 months with Luan. Recently we have made a selection of Salads, Fish and Chips and more!! We are collating the recipes to form a book which we hope will be out in time for Christmas!





BANKING UPDATE



In June we changed our bank, so we are asking that everyone updates the details they hold for us, as we will not receive the money if you pay it in to our old account!

Our New details are:



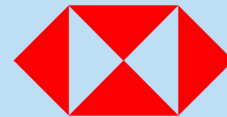
HSBC

HSBC

Our Way Self Advocacy

Sort Code: 40-40-01

Account Number: 12695014



HSBC

DID YOU KNOW....



From the 7th July all Barclays branches are introducing a 'quiet hour' everyday from 9.30am – 10.30am.

This means the lights will be dimmed, they will turn the noise down on the machines and tv screens turned off to support their neuro divergent customers.

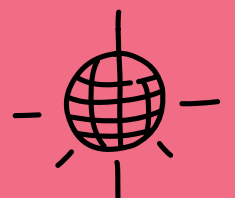


SUMMER BALL





SUMMER BALL





OUR WAY EVENTS

★FUN★
TIMES

Our Way members have been busy out and about, exploring The Black Country Museum, visiting Side by Side theatres production of 'The Opal Ring', Shrewsbury Castle, along with plenty of walks around Wyre Forest and making some lovely meals in our monthly cooking sessions!! Lu has also delivered Keep Fit Sessions to us which have been great to keep us active and fit!!



Stourport Civic – Here come the sun



Stourport Civic – Here come the sun



Bewdley Walk



Keep Fit Session



Keep Fit Session



Black Country Museum



Black Country Museum



Springfield Park Walk



Side By Side Theatre – The Opal Ring



Shrewsbury Castle



Shrewsbury Castle



Brintons Park Walk & Lunch

DATES FOR YOUR CALENDAR

UPCOMING
EVENTS







Please pay for events when booking, with as much notice as possible to secure your place, as our events fill up quickly.

We welcome online payments wherever possible.

When booking online, please make a reference to the event you are attending.









Our Bank Details are: **Our Way Self Advocacy.**

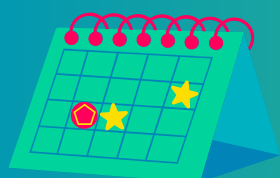
HSBC: Sort Code: 40-40-01 Account Number: 12695014

DATE	TIME	EVENT	WHERE	COST
Friday 1 st August	11:30am-2pm	BBQ & Games 	Youth House	£ 5
Tuesday 5 th August	11am-1pm	Ladies Group 	Tappeto Lounge Riverside Walk, Kidderminster DY10 1BY	Bring money for lunch & drinks
Friday 8 th August	10:30am-12:30	Keep Fit Session 	Youth House	£ 5
Friday 15 th August	10:30am-12:30	Springfield Park Walk 	Springfield Park Meeting there Springfield Lane, Kidderminster DY10 2PS	Free
Saturday 16 th August	12noon-4pm	Family Fun Day (Craft Table Sale) 	St Georges Social Club Radford Ave, Kidderminster DY10 2ES	Free Bring Spending Money
Tuesday 19 th August	11am-1pm	Craft Session 	Youth House	Free



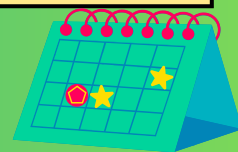
EVENTS CONTINUED...

DATE	TIME	EVENT	WHERE	COST
Friday 22 nd August	10:30am-3pm	Alpaca Meet & Greet 	Meet At Youth House Contact us to book your ticket and space on the minibus. Limited Spaces	£15 Bring a packed Lunch (No Cafe)
Tuesday 26 th August	11am-1pm	Men's Group 	Youth House	£ 5
Friday 29 th August	10:30am-12:30	Gardening 	Contact our staff team for address details. Meeting there	Free
Tuesday 2 nd September	11am-1pm	Ladies Group 	Severn Valley Rescue	£ 5
Friday 5 th September	10:30am-12:30	Canal Walk 	Brintons Park Meeting at the Bandstand	Free
Summer Close Down Week. No Groups or Sessions				
Tuesday 16 th September	11am-1pm	Craft Session 	Youth House	Free
Friday 19 th September	10am-3pm	Ludlow Market 	Meet At Youth House Contact us to book your ticket and space on the minibus. Limited Spaces	£5
Friday 26 th September	10:30am-3pm	Xtreme Bowling in Worcester 	Meet At Youth House Contact us to book your ticket and space on the minibus. Limited Spaces	£5 Bring money for food & drink








EVENTS CONTINUED...

DATE	TIME	EVENT	WHERE	COST
Tuesday 30 th September	11am-1pm	Men's Group 	TBC	TBC
Friday 3 rd October	10:30am-12:30	Walk 	Rifle Range 69 Rifle Range Rd, Kidderminster DY11 7NN	Free
Tuesday 7 th October	11am-1pm	Ladies Group 	Youth House	£ 5
Friday 10 th October	10am-5:30pm	Twycross Zoo 	Meet At Youth House Contact us to book your ticket and space on the minibus. Limited Spaces	£ 18
Tuesday 14 th October	11am-1pm	Budgeting Workshop - DWP 	Youth House	Free
Friday 17 th October	10:30am-12:30	Walk 	Habberley Valley Kidderminster DY11 5RH	Free
Tuesday 21 st October	11am-1pm	Craft Session 	Youth House	Free
Friday 24 th October	10:30am -1:30pm	Film 	Foley Grange Care Home Limited Spaces, please book by contacting us	Free Bring Snacks!
Tuesday 28 th October	11am-1pm	Men's Group 	Youth House	£ 5
Friday 31 st October	10am-12:30	Full Throttle Go Karting 	Meet At Youth House Contact us to book your place and space on the minibus. Limited Spaces	£ 30



OUR WAY WEEKLY SESSIONS

DAY	TIME	EVENT	WHERE	COST
Monday's	5pm-6:30pm	Young People's Group 	Youth House No Groups on 4 th , 11 th , 18 th & 25 th August, 1 st & 8 th September & 27 th October	£ 3
Wednesday's	5pm-6:30pm	Advocacy Group 	Youth House No Group on 10 th September	£ 5
Thursday's	10am-10:45am	Zumba 	Youth House No Session on 28 th Aug, 4 th & 11 th Sept	£ 5
Thursday's	11am-1pm	Coffee Morning 	Youth House No coffee Morning on 11 th September	Free
Sunday's	10:30am-11:30am	Football Training 	Wyre Forest Leisure Centre Training will start again on Sunday 21 st September	£ 5

EASY FUNDRAISING APP

Didi you know Our Way Self Advocacy has an EASYFUNDRAISING account which means that you can help us raise money every time you shop online, without it costing you a penny extra!!

With over 8000 participating retailers, ranging from your weekly food shop at Tesco, booking a holiday with Booking.com, Friday night takeaway with JUSTEAT, and even taking out insurance on Compare the Market, there's something for everyone! It only takes a few minutes to sign up. Join us here: <https://www.easyfundraising.org.uk/causes/ourway> or use the QR code below.

If you would like any more information about it please get in touch with one of the members of staff at Our Way



CONTACT DETAILS

CONTACT US

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

Please note, trips need to be paid for upon booking.

We will refund monies for cancelations if we are able to fill the space.

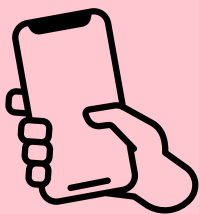
Unfortunately, you will still need to pay for your place even if you do not attend and we have not managed to fill your space.

Many Thanks for your understanding

IF YOU NEED ANY HELP OR ADVICE, PLEASE CALL ONE OF THE FOLLOWING NUMBERS:



OFFICE 01562 820262



CAROLINE: 07876 834 225

CAT: 07772 179 782

RICHARD: 07428 757 078

SELINA: 07906 267 641

ALTERNATIVELY, YOU CAN CONTACT US VIA OUR WEBSITE, EMAIL OR OUR FACEBOOK PAGE BELOW



WWW.FACEBOOK.COM/OURWAYCHARITY



WWW.OURWAY.ORG.UK

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

E-mail: office@ourway.org.uk. Charity number: 1091939