



Annual Review 2013

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

Our Way Self Advocacy 2012/2013



A message from Our Way's Manager

It has been another fun and busy year, which seems to have rushed by! Our Stars in the Sky project continues to attract a steady stream of new members who have enjoyed a variety of social events from Laser Quest to the Cotswold Wildlife Park and Drayton Manor.

Activities to keep fit and healthy have been popular this year. Our 'Wheels' Cycling Club, Zumba classes, Stars United Football Team, Petanque sessions, Dance sessions and walks in nature have all been well attended.

Training on offer has included Relationships courses, a Bush Craft course and Internet Safety.

Our exciting new Consulters Project has recruited four enthusiastic young people who have been trained and prepared to go out and ask other young people with learning disabilities about what is important in their lives.

Free, and much appreciated, one to one counselling has been provided by our trained volunteer counsellors Richard Lockley and Sarah Williams.

Again the success of Our Way has been down to our hard working and committed staff team, trustees and volunteers - so thank you to you all!

Catherine Quekett

Who's who at Our Way Self Advocacy

Office Staff



Catherine Quekett
Manager



Rachel Fernihough
Development
Worker
(Stars in the Sky)



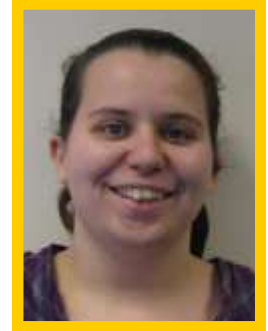
Caroline Jones
Development
Worker



Margaret Groome
Administrator



Julie Price-Pass
Development
Worker
(Consulters)



Lisa Stokes
Co-ordinator
(DY10)



Sylvia Lacy
Facilitator
Shoot for the
Stars/
Team Tenbury



Michaela Evans
Sessional Worker
Team Tenbury

Board of Trustees 2012 - 2013



Sue Garbett
Chair



Fred Mumford
Treasurer



Linda Bullock



Ray Gallier



Carol Kimberley



John Lawley

Message from the Chair

Our Way Self Advocacy has had a busy year. None of our work would have been possible without the valuable contribution of our committed members who have supported all our events, workshops, clubs and advocacy groups by attending regularly and with great enthusiasm.

On behalf of the trustees I would like to thank the staff team and volunteers for their hard work and good humour. It's what makes being part of this organisation so rewarding and such fun.

We are looking ahead to the future with new challenges and ideas for new projects as we respond to suggestions from our members and continue to be a truly user led organisation.

Sue Garbett
Chair of Trustees

Volunteers



Lin Bullock



Sue Cantello



Sam Williams



Holly Quekett



Dickon Pitt



John Entwistle



Richard Lockley



Sarah Williams



Shirley Llewelyn



Rachel Wall



Nigel Pearson



Carol Kimberley



Graham Kimberley



Sarah Carey



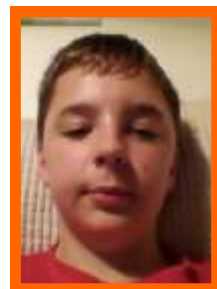
Sam Morris



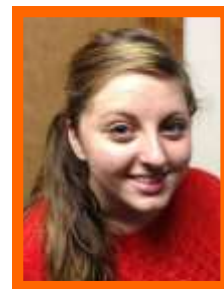
Julia Hall



Sophie Walker



Addison Walker



Beth Williams



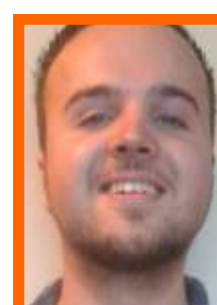
Iris Barford



Jan Calvert



Helen Smith



Chris Slone



Chris Pheysey



No photo
available

Paul Evans

Self Advocacy Groups

Our Way's six Self Advocacy Groups have had a busy year having their voices heard and raising awareness of their issues.



Freedom Fighters



Independence 1st



Steps



Friends United

Shoot for the Stars

This Tenbury self advocacy group meets fortnightly on Wednesday evenings at Cafe 27 on Tenbury High Street. The group has grown in numbers and confidence.



Team Tenbury

This project was set up to offer sport and leisure opportunities for young vulnerable people living in Tenbury and surrounding areas. They have enjoyed sports, a disco, a trip to Drayton Manor and a concert. Members have made a film about their activities. People who wish to view this film can do so by clicking on the following link.

<https://www.dropbox.com/s/01jg9tvtds571c4/ShootForTheStars.mp4>



Safe Place Scheme

Kidderminster Safe Places Scheme was launched in January. Nineteen shops and businesses have signed up to the project.



Engage4Life

Students from the Bewdley School and Sixth Form Centre supported us to organise a fun day at the Mercure Hotel in Bewdley.



Raising awareness of our issues

Birmingham University

We went to Birmingham and talked to students about Self Advocacy and Our Way projects.



Parliament Workshop

We learnt about Parliament (the people who make the laws), the jobs of the Government and how to vote.

Build for the Future

We go to BILD and are part of the Build for the Future team. We discuss and voice our opinions about health, welfare, rights and opportunities.



Self Advocacy Groups - Continued

Community Action Day

In August we held a Community Day. There were lots of people there and interesting things to do. We learnt about internet safety and how to keep safe as well as first aid training. The day also included arts, crafts and games.



Worcestershire Triangle Award

In March John was awarded the Worcestershire Triangle Award for his volunteering achievements. This award is run by the Worcestershire Council for Voluntary Youth Services.

Learning New Skills

Matt cooked a 3 course meal for his friends - it tasted delicious.



Stars United Football Team

This season Stars United has grown. We now have 14 players. The team practices every week and play in the Worcestershire Mixed Ability Football League. They have played in tournaments in Worcester, Ludlow and Leominster.

*Coach
Nigel Pearson*



Children in Need

The Young People's self advocacy group is for people aged 13 to 18. It is funded by Children in Need. This year they have shared their ideas and organised many social events such as the Laser Quest challenge, games in the park and a bowling competition.



Kidderminster Arts Festival

In the summer we worked with artists and designed and made leaves and flower for the craft forest for this year's Arts Festival in Kidderminster Town Hall.



West Midlands National Forum

Our Way representatives attend Regional Forum Meetings in Birmingham. In July Sally was elected to co-chair the meetings.

Activity Day

We joined up with students from Kidderminster College and had an activity day in the Wyre Forest.



Having Fun

During the summer self advocacy groups took advantage of the sunshine and met in the local park to play games and sports.

Consulters Project



We have recruited our first four Consulters!! Aaron, Chris, Rachel and Cameron will be trained and supported to find out the views, wishes and aspirations of other young people with learning disabilities in Worcestershire. They will be running forums, visiting self advocacy groups and school councils. This project is funded by BBC Children in Need.

Bush Craft Project



Eight people have completed an exciting new Bush Craft Course. The students enjoyed learning survival skills, shelter building, fire making, and cooking on a camp fire on the 6 session course which was held on Saturdays in Spetchley Woods, Worcester.

Counselling

We now have a counselling service available for our members.

Trained Counsellors Richard Lockley and Sarah Williams are providing the service. Counselling sessions last 50 minutes and members can have up to 8 weekly sessions.



Richard



Sarah

Getting Active and Keeping Fit

We have held a variety of sports events and activities to help us keep fit and healthy. These events and activities have been funded by the Social Innovation and Care Grant which we received.



Zumba



Football



Cycling



Petanque



Dance

Stars in the Sky Project

Stars in the Sky is a friendship and dating agency for people with disabilities. Membership costs £30 per year.

Over the past year we have organised lots of events and activities across Worcestershire. Below are photos taken at some of the events.



Cotswold Wildlife Park



Skittles in Worcester



Walk in Redditch



Easter trail in Malvern



Chocolate making in Kidderminster



Summer Ball in Kidderminster



*Walk, games and picnic
Kingsford Forest Park*



Drayton Manor Park

Sparkling Stars

We have run a number of jewellery workshops and have made lots of jewellery for our 'Sparkling Stars' jewellery range which will be on sale at various events.



Training

In partnership with Helen Bradley and Deborah Newton from the Worcestershire Sexual Health Unit we have delivered nine Relationship Workshops. These workshops became OCN accredited in March 2013 and our first group of people have been entered for the qualification.



We have received training from PC Neil Sharpe about staying safe online. We have learnt what's legal and what's illegal when uploading and downloading on the Internet.

This year Stars went on their first holiday. They went camping in Shropshire.



DY10 Nightclub Project

DY10 is a project for people with disabilities to experience a nightclub scene in a supportive place so that they feel confident ordering drinks, dancing and making new friends.



Home Nightclub

The project has been busy doing lots of theme nights. Some of the theme nights we have done are 'Alice in Wonderland', Army Theme' and 'Halloween'.



Halloween Theme



Army Theme



Alice in Wonderland



No theme evening



Hour of Rock Theme

We have about 85 to 100 people who come to the project. It is on a Monday night once a month at Home Nightclub, Dixon Street, Kidderminster and tickets cost £3.

Funders

Worcestershire County Council (LEADER project)

Children in Need

Esmeé Fairbairn

Lloyds TSB Foundation for England and Wales

Co-op

The Woodlands Trust

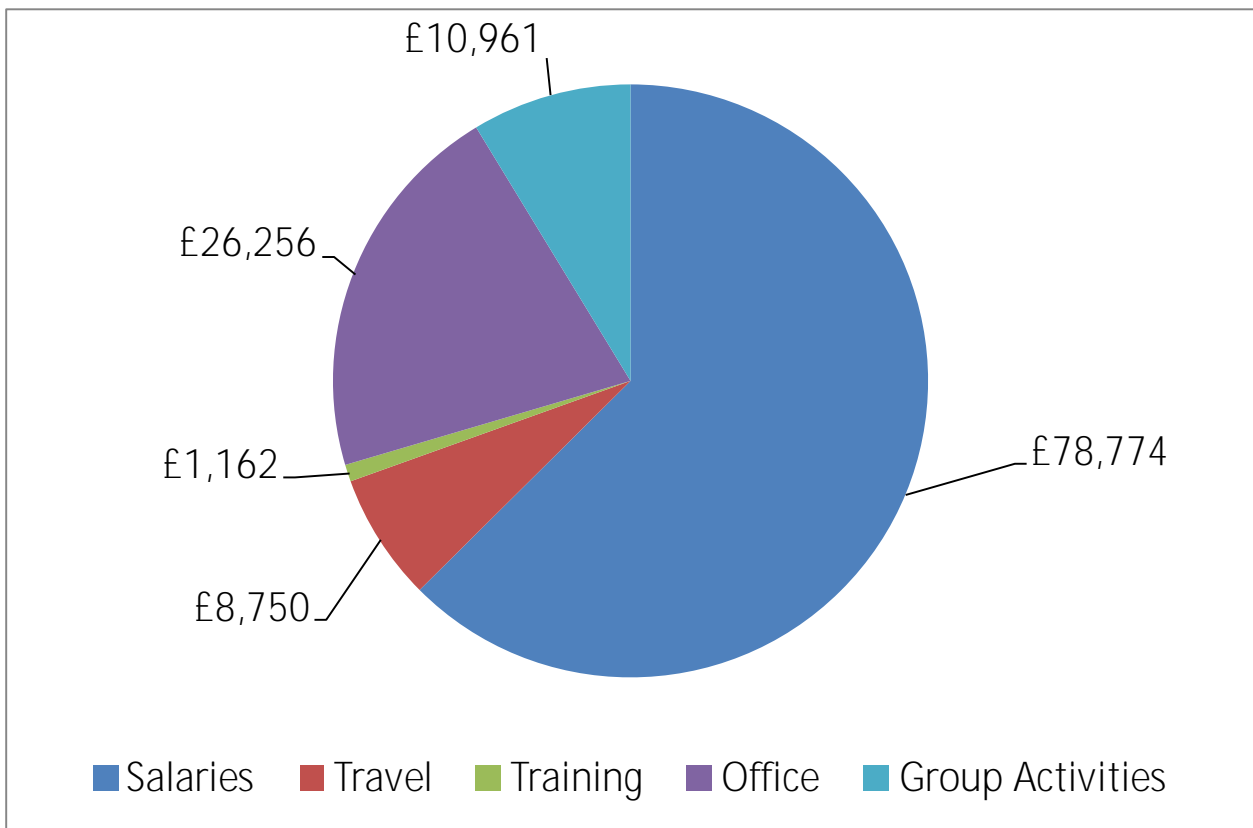


Donations

Tenbury Teme Valley Band
 Worcestershire County Council (Councillor Pollock)
 Engage4Life Funds
 Burlish Park Golf Club (Ladies Section)
 Monday Night Group
 Malvern Hills District Council
 Sacred Heart Catholic Church (Tenbury)
 Tenbury Dispensary
 Lodge of St Michael (Tenbury)
 Kidderminster College
 Tenbury & District Nursing Association
 Carol and Graham Kimberley
 Ray Gallier



How we spend our money



Money that came in

£102,721

Money we spent

£125,903

Overspend

£ 23,182



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