



Our Way
self advocacy



Issue: May 2025

NEWSLETTER



farewell



In February we said good-bye to the wonderful Jackie who has been with us since last April as our Fundraising Co-Ordinator. Jackie has moved on to pastures new and into a new home, but is still very much in touch with us and we look forward to seeing her at future events!

WHAT'S BEEN HAPPENING



YOUNG PEOPLE'S GROUP

This year we have welcomed a new volunteer to the young peoples group!

Sara has joined the team and has settled in instantly!

Over the past few months we have welcomed new members, planned our Easter trip to Dudley Zoo & Castle where we had a fantastic day exploring the grounds and seeing all the animals.

We have also enjoyed baking brownies, pizza, sausage rolls and of course pancakes for pancake day!





OUR WAY FOOTBALL



Sunday morning football training sessions have been busy welcoming new players to our team. We have been to Worcester and Evesham to play in the 'Worcestershire All Ability Counts league', creating opportunities for players to put their footballing skills into practice.



BUDGETING WORKSHOP



In March we welcomed Emma and Mo from Barclays bank who came and delivered a fantastic session around Frauds and Scams and how to protect yourself. This was a great session, and we learnt so much, we really appreciated their time and for supporting us.





GARDENING PROJECT



In February and March we had a great team of people that took on the challenge of our new gardening patch in Stourport.

All of the ground was turned over and the green houses tidied out.

We looked forward to the April session, where we continued to plant veggies and flowers.

The young plants used were very kindly donated to us by the amazing Gemma!

We have more gardening sessions throughout the next few months, so please get in touch if you would like to join us.

Scott has also been busy building planters, which are being sold for donations to Our Way Self Advocacy! Thank-you Scott 😊



At Berrington court our members have continued to visit weekly to support the residents to maintain their gardens. We also continue to maintain the grounds at Youth House by tidying, weeding and getting seeds planted ready for the spring.

Thank-you so much! 😊





MEN'S & LADIES GROUPS



Our Way Ladies and Men's group have been out in their communities.

The Men's group went to Worcester and enjoyed a game of indoor golf at Mulligans followed by lunch at the Crown, whilst the ladies stayed in Kidderminster and did a fact-finding treasure hunt in the town center, followed by drinks and a treat at 'Cosy café'.

Health and wellbeing continue to be a high priority for both groups so it was good to have Claire Smith from the Learning Disability nurse team to come to our meetings to talk about important health issues.





WEST MIDLANDS FORUM

We have spoken and met regularly with our fellow self-advocates from the 'West Midlands Self Advocacy Network'.

In March we held our quarterly face to face meeting at Kidderminster Youth House to share our current issues and work, such as friendships matter, what does good support look like, transport and bus passes.



SAFE PLACES

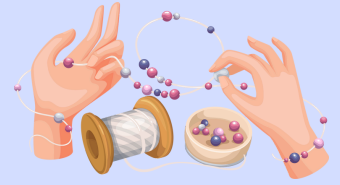
Our Way members have been out and about promoting and updating Worcestershire Safe Places.

We have been to The Eve Project at Sandy Croft in Redditch and The Odell Centre in Kidderminster who have both become Safe Place's





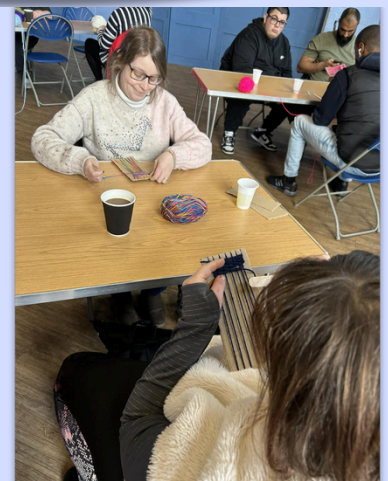
CRAFT SESSIONS



Our monthly craft sessions with Heidi are still continuing to produce some amazing pieces that we can sell at craft fayres.

We are hoping to hold another Craft fayre of our own at the end of November, as-well as attending Berrington Courts craft fayres over the summer months.

We are also looking forward to attending the Family Fun Day at St Georges Social Club on Saturday 16th August.



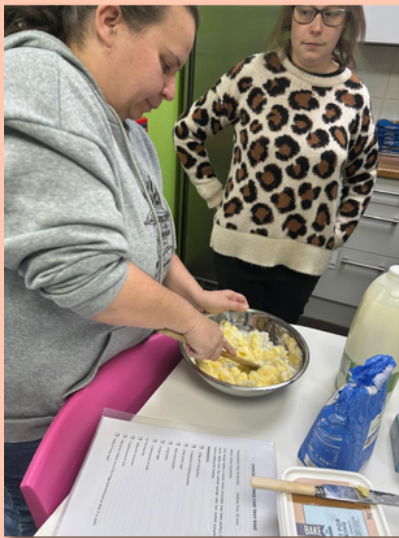


COOKING SESSIONS

Our Cooking sessions with Luan have been so successful that we sweet talked her into running a few more!

We now have cooking sessions in May, June and July to look forward to and complete our project.

We then hope the finalised Recipe book will be out in time for Christmas! Massive thanks to Luan as always for coming up with some delicious creations, and of course our wonderful members for attending the sessions and trialing them!!





OUR WAY EVENTS



Over the last three months we have been busy out and about Climbing at Wyre Forest Leisure Centre and catching the train to Birmingham where we explored the Bull Ring and surrounding areas. We visited Merry Hill for a quick game of bowling, before having some free time around the shopping center. We also had a splashing good time at Waterworld, as-well as participating in some Keep Fit sessions in the gym with Luan!

We have some lovely trips planned for the next three months, which have all come from members suggestions. So please, if you have an idea for somewhere or something we could do as a group pop it on the ideas list which is in the office!



Cinderella Pantomime



Cinderella Pantomime



Keep Fit Session



Keep Fit Session



Indoor Climbing



Indoor Climbing



Birmingham Bullring Shopping



Birmingham Bullring Shopping



Merry Hill Bowling & Shopping



Merry Hill Bowling & Shopping



Waterworld



Springfield Park Walk

POSTER UPDATED APRIL 2025

OVER 18'S
ONLY



Our Way
self advocacy

Presents

SUMMER BALL 2025

THURSDAY 12TH JUNE, 2025,

7PM-10PM

Live Music from

Raffle Bar

"Eastwood"

Buffet

TICKETS £18 PER PERSON

(CONTACT THE OFFICE FOR
SUPPORT WORKERS TICKETS)

KIDDERMINSTER HARRIERS SOCIAL CLUB, STADIUM CL,

HOO RD, KIDDERMINSTER DY10 1NB

FOR TICKETS & INFO PLEASE CONTACT THE

OUR WAY SELF ADVOCACY OFFICE 01562 820 262

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.**
Sort Code: 40-52-40. Account Number: 00015411

| DATE | TIME | EVENT | WHERE | COST |
|-----------------------------------|---------------|----------------------------|---|-------------------------------|
| Tuesday 29 th April | TBC | Men's Group ♂ | Walk & Games in Stourport | Bring money for lunch |
| Friday 2 nd May | 10:30am-12:30 | Walk Bewdley 👣 | Meet at Dog Lane Carpark DY12 2EF | Free |
| Tuesday 6 th May | 10am-1:30pm | Ladies Group ♀ | Worcester Shopping & Lunch Meeting at Kidderminster Train Station at 9:45am | Bring money for train & Lunch |
| Friday 9 th May | 10:30am-2pm | Cooking Session 👩🍳 | Youth House | £ 5 |
| Tuesday 13 th May | 11am-1pm | Budgeting Workshop 🧮 | Youth House | Free |
| Friday 16 th May | 10:30am-12:30 | Keep Fit Session 🏋️ | Youth House | £ 5 |



EVENTS CONTINUED...

| DATE | TIME | EVENT | WHERE | COST |
|-----------------------------------|---------------|--|--|--------------------|
| Tuesday 20 th May | 11am-1pm | Craft Session  | Youth House | Free |
| Friday 23 rd May | 10am-5pm | Black Country Museum  | Meet At Youth House Contact us to book your ticket and space on the minibus. Limited Spaces | £ 20 |
| Tuesday 27 th May | 11am-1pm | Men's Group  | Youth House | £ 5 |
| Friday 30 th May | 10:30am-12:30 | Walk Springfield Park  | Springfield Park Meeting there Springfield Ln, Kidderminster DY10 2PS | Free |
| Tuesday 3 rd June | 11am-1pm | Ladies group  | Youth House TBC | £ 5 |
| Friday 6 th June | 10:30am-2pm | Cooking Session  | Youth House | £ 5 |
| Thursday 12 th June | 7pm-10pm | Summer Ball  | Kidderminster Harriers Social Club Stadium Close, Kidderminster, DY10 1NB | £ 18 Inc Buffet |
| Friday 13 th June | 10:30am-12:30 | Gardening Session  | Contact Our Way Staff team for address details. (Meet there, Stourport) | Free |
| Tuesday 17 th June | 11am-1pm | Craft Session  | Youth House | Free |



EVENTS CONTINUED...

| DATE | TIME | EVENT | WHERE | COST |
|----------------------------------|--------------------|---|---|----------------------------------|
| Friday 20 th June | 1pm-5pm | The Opal Ring Side by Side Theatre Company  | Meet At Youth House Contact us to book your ticket and space on the minibus. Limited Spaces | £ 15 |
| Tuesday 24 th June | 11am-1pm | Men's Group  | Raven Meadows Football Golf | TBC |
| Friday 27 th June | 10am-5pm | Shrewsbury Castle  | Meet At Youth House Contact us to book your ticket and space on the minibus. Limited Spaces | £ 12 |
| Tuesday 1 st July | 11am-1pm | Ladies Group  | Event TBC | TBC |
| Friday 4 th July | 10:30am- 1:30pm | Walk & Lunch  | Brintons Park Meet at the Band Stand, then lunch at the Watermill. Sutton Rd, Kidderminster DY11 7BB | Free Bring money for lunch |
| Tuesday 8 th July | 11am-1pm | Budgeting Workshop  | Youth House | Free |
| Friday 11 th July | 10.30am-2pm | Cooking  | Youth House | £ 5 |
| Tuesday 15 th July | 11am-1pm | Craft Session  | Youth House | Free |
| Friday 18 th July | 10:30am-12:30 | Keep Fit Session  | Youth House | £ 5 |
| Friday 25 th July | 10:30am-12:30 | Gardening Session  | Contact Our Way Staff team for address details. (Meet there, Stourport) | Free |
| Tuesday 29 th July | 11am-1pm | Men's Group  | Youth House | £ 5 |

OUR WAY WEEKLY SESSIONS

| DAY | TIME | EVENT | WHERE | COST |
|-------------|-----------------|---|---|------|
| Monday's | 5pm-6:30pm | Young People's Group  | Youth House Please Note: No Groups on 5 th & 26 th May | £ 3 |
| Wednesday's | 5pm-6:30pm | Advocacy Group  | Youth House | £ 5 |
| Thursday's | 10am-10:45am | Zumba  | Youth House | £ 5 |
| Thursday's | 11am-1pm | Coffee Morning  | Youth House | Free |
| Sunday's | 10:30am-11:30am | Football Training  | Wyre Forest Leisure Centre Please Note: No Football on 1 st June | £ 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