



# Annual Report 2018

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

### Our Way Self Advocacy 2017/2018



#### **A message from Our Way's Manager**

It has been another exciting and busy year at Our Way with more people than ever coming to our 16 different projects.

The Thursday morning coffee shop regularly records over 50 people attending. It's a great way for members to see their friends and establish new relationships. It's also a chance for people to get help around benefits, housing and other support issues.

The new men's group and women's group are really thriving, providing a chance to talk and also enjoy some fun activities like the canal weekend for the men's group and a pamper day for the women.

The new Geek Zone offers the opportunity for members to play electronic games with friends and the 'Aspernations' group (for people with Aspergers) meets monthly, organising their own topics for discussion and social events.

Thanks once again to our committed trustees, volunteers and parents for all their hard work. Thanks also to our partner organisations – KDYT, The Axis Hub, Worcester Warriors, Kidderminster Harriers, Worcestershire Disability Sports, Young Solutions, Worcestershire FA, SENDIAS, Friends of Springfield Park, Dementia Friends, Worcestershire Sexual Health, North Worcestershire Community Safety Partnership, West Mercia Police, West Midlands Forum and BILD.

# Who's who at Our Way Self Advocacy

## Staff



**Catherine Quekett**  
Manager



**Caroline Jones**  
Development  
Worker



**Margaret Groome**  
Administrator



**Sarah Turner**  
Development Worker  
(Housing)  
(Young People)



**John Entwistle**  
Sessional Worker



**Chris Millington**  
Facilitator  
(Shoot for the Stars)  
(Garden Enterprise)  
(Football Club)



**Sian Hughes**  
Sessional Worker  
(DY10)



**Lisa Stokes**  
Sessional Worker  
(DY10)



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

## Board of Trustees 2017 - 2018



**John Lawley  
(Chairman)**



**Linda Bullock  
(Secretary)**



**Jerry Conway  
(Treasurer)**



**Ray Gallier**



**Sue Houghton**



**Cath Giblin**



**Jan Calvert**



**Lisa Stokes**

### **Message from the Chair**

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

I am still on the team checking that Safe Places are displaying the sticker and staff at the businesses understand their role.

I have enjoyed supporting new members and raising Our Way's profile at different forums and meetings. I represent the views and wishes of our members and feedback what has been said to the Self Advocacy groups.

Next year is likely to be a challenging one for Our Way, as we (like so many other charities) are in competition for funding.

I would like to thank all our loyal members for coming to our events and making them such a success. 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**



**Shirley Hughes**



**Chris Millington**



**Sean Griffiths**



**Courtney Griffiths**



**Vicky Griffiths**



**Tanya Sinden**



**Ben Jones**



**Richard Kilburn**



**Nick Clarke**



**Carolyn Ayres**



**Debbie Mann**

## Self Advocacy Groups

Our Way Self Advocacy groups meet regularly at Kidderminster Youth House and Tenbury. Meetings give members an opportunity to get together and talk about issues and topics that are important to them. Benefits, employment, relationships, transport, health and well-being have proved to be subjects of high importance. Members have shared their views at local and regional meetings and forums: BILD, Worcestershire County Council, North Worcestershire Safer Partnership and West Mercia Police.



*Members of Kidderminster based groups meeting up at People's Parliament*

## Young People's Groups

*(Funded by BBC Children in Need)*

The last year has seen several more young people join the group and we now have a really great mix of ages and interests. We have been joined by Sam Boulton to help run the sessions and he has proved to be a master at making slime!

We had a great summer with trips to the Sealife Centre, Cadbury World and West Midlands Safari Park.



*Young People's Group Night*



*Safari Park*



*Cadbury World*



## Worcestershire Young Consulters

(Funded by BBC Children in Need)

Our Young Consulters have been helping Worcestershire County Council understand the needs of young people with learning disabilities, autism and Aspergers. Their views have been shared with lots of people at the Council who make decisions about services for young people across the county.



## Shoot for the Stars

(Funded by BBC Children in Need)

The year of 2018 has been a very positive one for Shoot for the Stars members. We have been involved in a number of exciting projects this year, from our acting and drama project through to our story telling project where we collaborated with local children's author and illustrator Kelly Turner. Kelly came in to work with the group, she shared her own story with us and then we progressed to developing our own creative story. This ignited a lot of great conversation, thoughts and ideas that were the fuel for a very exciting piece in which we hope to collaborate with Kelly again to bring to public showing in 2019.



Over the course of the last year we have had some great conversations on really interesting topics such as independent living, the future and money management. We discuss topics in a non threatening way, and only discuss them if everyone is happy to do so. Our group is diverse, fun and interactive! We are always on the lookout for new members to join us in our fun and exciting advocacy projects. Roll on 2019!!

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

## West Midlands Regional Forum

This group meets four times a year and provides an opportunity for Self Advocacy groups from the West Midlands to work together and exchange information and experiences. Employment, housing and transforming care have been some of the topics we have spoken about.



## Hartlebury Castle

Hartlebury Castle Preservation Trust invited us to give our views on accessibility and facilities when the castle underwent reconstruction work. We were able to share our ideas and opinions.



## Hartlebury Common

We worked with friends of Hartlebury Common and were able to share our opinions and ideas on how best to make the common more accessible.



## Worcestershire Tryangle Award

Congratulations to Courtney Griffiths who received a Worcestershire Tryangle award in recognition of her hard work and commitment as a young Our Way volunteer. Courtney helps to facilitate and coach our young footballers.



## Keeping Safe

Feeling and being safe is of high importance to Our Way members. During the year we have organised interactive and informative keeping safe workshops, raising awareness of 'Stranger Danger' and Hate Crime.





## Build for the Future

At the start of the year we saw the re-launch of Build for the Future. Members of Our Way have attended meetings and talked about 'end of life' and the value of friendships and relationships.



## 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. The Safe Place App 'My Town Worcestershire' is up and running, helping individuals to identify their nearest safe place.



## Housing Project

2018 has been a busy year for the Housing Project which has supported 16 people to move. We have worked closely with staff from housing associations and with private landlords to help make the moving process quicker and easier. We have a good working relationship with Social Workers which enables people to have the right support in place when they move.

## 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

We have held over 40 events and activities this year, providing an opportunity for people to get together, make friends and maintain relationships.



*Trip to Worcester*



*Quiz Night*



*RAF Cosford*



*New Year's Party*

## Camping Trip

This year's camping trip in Shropshire proved to be very enjoyable and full of fun, with lots to do and see.

Quad biking, laser shooting, a visit to Stokesay Castle, swimming and shopping in Ludlow were some of the things that kept the campers busy.





## Sex and Relationship Workshops

We have worked with the Worcestershire Sexual Health team to run relationship workshops, providing accessible and informative information and help.

## 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 have had a busy year with a weekend spent at Ellesmere, which included a trip on the Shropshire canal.

They have also been on workshops regarding health and wellbeing facilitated by Worcestershire Sexual Health.



*Men's group getting in provisions for the Ellesmere trip.*

## Ladies Group

The ladies group started this year.

They have been to the Melting Pot in Bewdley and shared their interest in crafts.



*Ladies group getting creative at the Melting Pot*

## DY10 Nightclub

DY10 nightclub has been enthusiastically attended with lots of new faces. Members have enjoyed Harry Potter and Halloween themed nights and the dates for next year are soon to be finalised. The venue has great access and members have been able to enjoy the outside terrace area in the sunny summer weather.





## Our Way Sports

### Football

Our Way football teams train weekly at Wyre Forest Leisure Centre and compete in the 3 Counties All Ability Counts League.

In June our Ladies team went to St Georges Park in Staffordshire and took part in the Disability Ladies World Cup.



*St Georges Park*

Congratulations to Sean Griffiths and Courtney Griffiths for gaining their level one football coaching badge.

### Rugby

In April our rugby team went on a long weekend trip to Edinburgh with Worcester Warriors. This was a fantastic opportunity and helped us get to know one another better. There have been lots of other trips during the year to play teams from other towns and cities. Everyone has improved their skills and it is amazingly good fun thanks to our coaches Simon, Chris and Ian.



### 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.



## Sports Sessions

Throughout the year we have held a variety of sporting events and activities, providing new and inclusive experiences and opportunities for our members. Our sports in the park events proved to be very motivating and popular.

We enjoyed a memorable day when we went to Hereford and took part in a Community Games day. There was a chance for participants to try new sports such as squash and cycling.



Community Games Day  
(Hereford)

## 'No Barriers' Award

We were nominated by one of our members for a 'No Barriers' Award in recognition of improving access and services for people with disabilities in the Wyre Forest.



## Our Way Money

### Funders

Children in Need  
Lloyds Bank Foundation  
Saintbury Trust



### Donations

Sue Houghton  
Carol Griffin  
Monday Night Group  
Godson Trust  
TM Bache  
Worcestershire County Council  
Wyre Forest DC (Cllr Juliet Smith)  
Wyre Forest DC (Cllr Nicky Gale)  
Len Smith Funeral Collection  
Kidderminster Voices  
Jennie Turvey  
Buttle UK  
Two anonymous donations



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