

**Our Way Self Advocacy**  
is an independent charity led by people  
speaking up for themselves



To contact Our Way Self Advocacy



Telephone  
**01562 820262**

or email  
**office@ourway.org.uk**



or write to  
**Our Way Self Advocacy**  
Youth House  
Bromsgrove Street  
Kidderminster  
Worcestershire  
DY10 1PF



**We need volunteers!!**  
You will be made very welcome and we offer  
training and support.

For more information see our website

[www.ourway.org.uk](http://www.ourway.org.uk)

**Our Way**  
**Self Advocacy**

Speaking up for ourselves and  
breaking down barriers



**We are a charitable organisation that supports young people and adults with learning disabilities, autism and Aspergers across Worcestershire. We run lots of projects - details of these are listed below:**

### **Stars in the Sky**

This is a friendship and dating project. We organise social events which provide an opportunity for members to make new friends and maintain relationships.



### **Self Advocacy Groups**

We facilitate a number of groups which meet in Kidderminster and Tenbury. These groups enable people to learn speaking up skills, gain confidence and make new friends.



### **Young Consulters**

We support young people to find out the views and opinions of their peers and then represent them at meetings and forums across Worcestershire with people who provide services.



### **Housing**

We help members with their housing problems. If they are not happy where they live or need advice they can come to us and we will do our best to help them.



### **Coffee Shop**

The coffee shop takes place every Thursday morning. It provides a place for people to meet friends, have a chat, play games or talk over worries and concerns.



### **Zumba**

Zumba sessions take place every Thursday morning with a qualified Zumba instructor. They are great fun and help members to get fit.



### **Sports Sessions**

We hold sports sessions every Monday afternoon. Members play a variety of sports which helps them to improve their fitness and confidence.



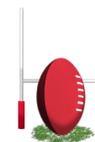
### **Football**

We have five football teams that are registered with Worcestershire FA. They train every Sunday morning and play in the 3 Counties All Ability Counts Leagues.



### **Rugby**

Training takes place every Monday morning at Worcester Warriors and we also travel to other clubs around the country to play their Mixed Ability sides.



### **Safe Places**

We recruit shops, businesses etc. to display a safe place sticker and provide a short term place of safety to anyone who is in need of help.



### **Liberal Stars**

This is a LGBT support and social group which meets once a month. It gives people a chance to talk about their sexuality in a safe and supportive environment.



### **Men's and Ladies Groups**

We hold separate men's and ladies groups where members can get together to discuss men's/ladies' issues.

### **'Aspernations' Group**

This is a group for people with Aspergers syndrome who want to get together with other people with Aspergers syndrome. It meets on the third Thursday of every month.

### **DY10 Nightclub**

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



### **Sex and Relationship Training**

We run courses which includes talking about different types of relationships, staying safe and understanding consent.

