

Speak Out

Autumn 2010
Issue 23

The 1Voice Newsletter

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### JUST GIVING

Don't forget it is now even easier to raise money for 1Voice! Just go to <http://www.justgiving.com/1voice> and you can create your own fundraising page.

Add gift aid and 1Voice receive 28p for every £1 donated.

In difficult economic times, we really appreciate every small contribution people can make.

# MEMBER UPDATE

Read about Sam's experiences in the Spanish Capital

## My trip to Barcelona ISAAC 2010

I was awake at 3:00am with excitement on the day of our flight to Barcelona. Dave (my helper) and my mum came with me. The flight was amazing, that was my first ride in an aeroplane and it had the coolest views.

When we arrived in Barcelona we decided to get the aero-bus to the hotel, easy to access and a lot cheaper than a taxi. The Hotel Diagonal was great, very modern, easy to get about and importantly air-conditioned. The pool was fab too.

After registering at ISAAC 2010, I needed to further prepare for my presentation, BIG thanks go to Richard Dixon who helped me with great suggestions. Before the presentation I was surprised to find I was pretty calm. The audience seemed to enjoy the photo story and thank god they laughed at my joke. I was talking about how important having a role model has been for me. Knowing Katie Caryer for most of my life has helped me to develop ideas and plans for my future.

The Teenage 1Voice presentation and discussion was also great to be involved with. It was really interesting to discuss ideas with other kids my age and reply to questions from the audience too.

The coolest thing for me was meeting other AAC users from around the world. I really enjoyed talking with people of different ages from Australia, Israel and Italy. It was great to chat to other people about everyday stuff.

After the presentation, we took the chance to visit some places in Barcelona. Las Ramblas was excellent, full of street theatre, markets and tasty food. I don't need to go on, do I? We went out for a lot of meals, Spanish pizza was delicious. Kate, Dave and I chatted a lot along with many other 1Voice people.



Getting around Barcelona was easy compared to home, I used the buses because they were so accessible, they all had electric ramps and 2 spaces for wheelchair users. I haven't found the accessible buses in Cumbria yet.

Barcelona is great and interesting city and very accessible to wheelchair users. I would highly recommend it to any wheelchair user for holiday, I would definitely go again.

**Thanks to everyone who helped to get me there!**



I enjoyed ISAAC so much that I'm thinking about taking part in the next one in Pittsburgh, USA. I already have a co-presenter and some ideas for a different presentation, I just need to raise loads of money!

**Sam Dryden-Sillars**

# MEMBER UPDATE

Read about Beth's exciting day & check out her website [www.bethmoulam.com](http://www.bethmoulam.com)

## Barcelona was great.

We met up with friends from around the world, made new ones and I took part in the ISAAC conference. Michael and I were part of the AAC music workshop, we practised all weekend and performed at the opening ceremony on Monday morning.

Later that same day I did a presentation about how I communicate - like other high tech users I use much more than just a device! Eyes, facial expression, gesture and sign, low tech alphabet boards and props as well as various high tech systems.

On Tuesday we had the 1Voice Teenagers' presentation, we talked about the workshops over the last 5 years and what it has meant for us. It was great and we all answered lots of questions from the floor.

In the afternoon I took part in the first session of Mel Smith's 2 part Dreams workshop. She had asked me to talk about my existing dream to play boccia for GB in 2016 so I had a pre-planned short speech. In the second part on the Thursday we had the chance to work on developing our dreams further, boy am I going to be busy!

On the Wednesday we had planned to go sight seeing in the afternoon but somehow after a swim in the hotel pool we just ended up chillaxing in the leisure centre. (BTW my new mount is proving very flexible!)

Thursday was another busy day with the Dream workshop and then the Dance Workshop led by Mel Smith, Morgan Webb -Liddle, Emma Green and myself (my friends from Oz). It was so exciting when everyone either got on the floor or stood to take part.

We had a great day sight seeing on the Friday bumping into Sam and Brigit on La Ramblas. The trip home was traumatic. First the taxi didn't arrive to take us to the airport and we had to go by tube and coach arriving at the wrong terminal and then late at the check-in only to find the plane was delayed, PHEW!!

**Beth Moulam**



## **1Voice Seeks New Chair**

1Voice is now 10 years old, and Katie Clarke has been our Chair for all 10 of these years. We are so grateful for all Katie has done and it is now time for her to hand over the mantle so that 1Voice can continue to thrive and grow under new management.

Being the Chair is not an easy job! But it *is* rewarding and essential in making a difference to families' lives - empowering them to find the support they need and provide it to others who face similar challenges.

If you are interested in becoming our new Chair, Katie would be happy to tell you more about the responsibilities. Please phone her on 0845 330 7862

## 1VOICE LAKES AND BAY

### Wetheriggs Animal Rescue Centre, Cumbria

Families from our Lakes and Bay branch had a great time meeting and feeding the animals. Some of the animals enjoying being hand fed were goats, alpacas and geese!



Ollie got to choose names for 2 rabbits and some even managed to get over their fears of rats, spiders and snakes!

## 1VOICE WEST YORKSHIRE

### Chocolate Smoothie Day - By Sarah (Mary's mum!)

Mary, Adele (Mary's PA) and I had a lovely time at the "Chocolate Day".

Thank you to everyone whose hard work in organising this event.

We arrived at 10.30. Tea and coffee were waiting for us along with a group of enthusiastic team of people.

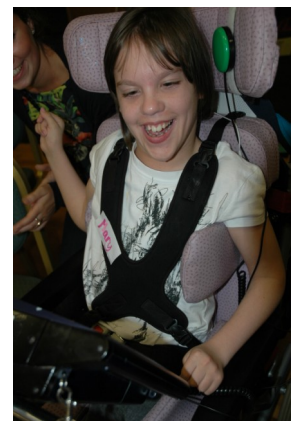
Two rooms were set up for us to join in smoothie making and chocolate activities.

In the hall a table was laden with fresh fruit and ingredients for making smoothies. Mary used her DynaVox to choose which fruit she would like in her smoothie. We then moved to another table where food blenders had been adapted for switch use. Mary loved the noise these were making and loved the fact that she was making them work. We were then able to taste the different smoothies we made.

In the chocolate room, the table was set out to make all sorts of chocolate based sweets and cakes. Mary was in her element and could not decide what to make!!! We ended up making everything. The smell was delicious :)

There was plenty time and opportunity for networking and meeting new people and as always we left feeling re-motivated and excited.

Thank you everyone, look forward to the next one!



## National Network Day 2010



The weekend clashed with the football world cup England match. The boys had our full support, but even with all our positive vibes, we couldn't make them win!

It was great to get together for our National Network Day 2010, entitled "Celebrating Families"

Our theme wanted to reflect the positive aspects of family life as told by 1Voice families.

While there are, undeniably, huge challenges and often problems to overcome, people do not always recognise that families know how to have a good time! There is strength and a lot of laughs within families and great power from meeting other families who have some things in common. *Tamsin*



It had been a while since some old friends had been in touch.



Workshops encouraged creativity and thinking about the future, and the teenagers and younger role models gave a performance of a song they had written.

There was a chance for everyone to join in.



# 1VOICE BRANCHES

After a busy Summer, 1Voice Branches are looking forward to planning some new opportunities and activities for the Spring.

To keep up to date with 'What's On' please visit the 1Voice Website

## Our New Events & Branches Coordinator

We are delighted to introduce our Events and Branches Co-ordinator, Gaynor Dale. We had a field of exceptional candidates and are pleased to welcome Gaynor who brings a wealth of knowledge and experience. Gaynor has worked with families of disabled children & adults for over 10 years in a variety of roles. She is really looking forward to working with 1Voice and taking our Branches and Events to the next level.

Gaynor will be responsible for supporting our existing branches and helping new ones set up. If you are interested in setting up a branch to organise local events, now is a better time than ever! Gaynor can come and talk to you about that. The other main part of Gaynor's job will be organising our national events, starting with Blackpool 2010 and then the Teenage Project and National Network Day next year. In the meantime, Gaynor is also editing the newsletter, answering general enquiries and updating the website... amongst other things and in between travelling up and down the country to meet the branch officers. It's a busy time and very, very exciting!

Gaynor's email address is [gaynordale@1voice.info](mailto:gaynordale@1voice.info) and she would love to hear from you. She works Monday, Tuesday and Wednesday.



### 1Voice West Midlands Launch

Saturday 30th October 2010

10.30am - 2.30pm

PENN HALL SCHOOL  
VICARAGE RD  
PENN  
WOLVERHAMPTON  
Wv4 5HP

FREE ENTRY

Please Bring your own lunch!

Contact Debbie Potter or Ellie Taylor  
Telephone 01902 444435 and leave a message

Disco  
Fun Activities



spooky animals  
Juggling  
Puccia

## Many thanks

Dr Julie Marshall, Laura Gamble, Samantha Cartwright, Ali Kheyami, Mamun Rashid were all on a course with a task to raise money for a charity. We are delighted that they selected 1Voice to be their nominated Charity. In less than a week, they raised over £600 for 1Voice and gained some excellent publicity. We send a **huge thanks** to Julie and her team for all their efforts.

**Thank you to** the Sobell Foundation for the generous grant of £5000. This is their second instalment over 3 years. We are delighted that this will enable families to attend our residential weekends

## Running for 1Voice

**Lloyd Rakusen** ran the London Marathon raising a staggering £500 for 1Voice. Thank you Lloyd

*You are a champion.*



## Walking for 1Voice

- \* Our Tamsin would rather walk than drink?
- \* From Scotland to Christmas Pie house?
- \* 1,000 miles by Christmas Day?

**And all to raise money for 1Voice**

**Has to be worth reading more**

<http://www.justgiving.com/1voice1walk>

**Thank you so much to Ella Pearson and her classmates** at Boroughbridge High School in York, who did an assembly about children and young people who use AAC.



They raised £60 for 1 Voice !

*Fantastic !*

## 1VOICE BRANCHES

Tel: 0845 330 7862.



### SOUTH EAST

1voicesoutheast@1voice.info



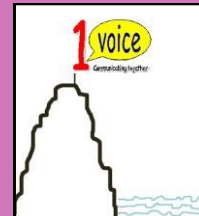
### SOUTH WEST

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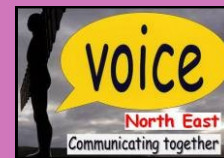
### WEST YORKSHIRE

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### LAKES & BAY

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### NORTH EAST

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## Request or Update Membership

Our newsletter and information is distributed to members, supporters & anyone with an interest in AAC. Please select relevant box and return to 1voice - Communicating together, PO Box 559, Halifax, HX1 2XT

- Alternatively you can e-mail: [info@1voice.info](mailto:info@1voice.info) with your information and request.
- New Contact Details     Unsubscribe     Please send me a Membership Form

Name

Address

E-Mail:

## 1VOICE NATIONAL

# Family Winter Weekend 2010

Friday 3rd  
to  
Sunday 5th  
December 2010



Norbreck Castle Hotel  
Queen's Promenade  
Blackpool  
Lancashire  
FY2 9AA  
[www.britanniahotels.com](http://www.britanniahotels.com)

Announcing our fun filled family weekend with activities, workshops and inspirational Role Models.  
Our Theme for this year is DREAMS !

For more information or to request a family or volunteer application  
Phone 0845 330 7862 or email [info@1voice.info](mailto:info@1voice.info) or visit our website

## A message from The Chair

I do hope everyone had a great summer holiday.

We had over 90 people attending our recent 1Voice family weekend. We had our Annual General Meeting followed by a disco on the Saturday night and then lots of activities throughout the Sunday. It was great to see so many young AAC users and their families as well as the new generation of teenagers who we hope will soon be the next young Role Models.

One of my highlights of the summer was going to the ISAAC conference in Barcelona in July. We met disabled people from all over the world who were using a variety of ways to communicate. Many disabled children and adults across the world do not have the money for electronic communication aids. We were so impressed by the low tech systems that people were using. 1Voice gave two talks at the conference and I felt proud to be part of such a unique and innovative organisation. The talks went down very well and people from all over the world were very impressed by what we do. We are now hoping to go to lots more international conferences and be 1Voice The World!

Since the last newsletter we have been really busy putting things into place for our recruitment of our first worker! It has been hard work but very exciting. We had a very tough interview process and thanks to all those who put so much time and effort into it. We received applications from some exceptional people. We wish to welcome Gaynor to 1Voice and hope she enjoys working for us.

It is great to see how well the Branches are doing and I love all the photos of their events and activities. Hope to see lots of you in Blackpool.

All the best

Katie

### DISCLAIMER

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