

Speak Out



Rio Carnival Weekend

by Helen Quiller, 1Voice Trustee

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Following much planning, a Carnival theme was chosen for our 2016 residential weekend, to coincide with the Olympic Games in Rio. This year we returned to the Hayes Conference Centre in Derbyshire for the weekend of the 22-24 July.

Arriving on Friday afternoon, we enjoyed meeting up with old friends and new. Four new families joined our event this year, including a family from Ireland. Our speed friending session in the evening allowed for lots more chatting as we all got to know and learn more about each other and caught up with everyone's news.

On Saturday morning we split into our groups—children; teens; adults and parents. Katie Clarke, 1Voice Co-Founder, led a parent workshop on the benefits and problems with employing Personal Assistants (PAs). This led to some really good and useful discussions about how important and essential is the role of PAs and carers. The adult AAC group were kindly given a talk by a local Police Community Support Officer about how to stay safe when out and about at gigs or festivals. The teen group started to write a poem about going to a Carnival and the younger children began doing some arts and crafts based on our Carnival theme.



In the afternoon I gave a talk to the AAC adults on my independence as an AAC user and on how I manage to lead an active and enjoyable life as a disabled adult. We started to plan our own carnival performance and developed our own dance routine. The other groups continued with their carnival related activities. The afternoon session for parents was an ACE Centre presentation "A Rough Guide to AAC", presented by trustee Angie McCormack, covering the essentials to ensure successful implementation of an AAC system. The presentation and links to further information and notes from the PA workshop are on the 1Voice website.

We all got dressed up for the evening Disco. Oli, a young AAC user, gave a presentation about his skiing holiday which was fantastic and then the disco began. A great fun night was had by all.

Sunday morning saw all three AAC groups give their carnival performance commencing with a carnival parade. Nadia Clarke, an adult AAC user, gave a presentation on her exciting trip to Hong Kong and Australia which looked amazing. We then presented everyone with their certificates for attending the weekend and said our goodbyes. We look forward to seeing you in 2017.

A world where the voice of every child and adult is listened to and heard, however they communicate



Dates for Your Diary:

July 28-30 2017
National Weekend at
Derwen College, Oswestry,
Shropshire. SY11 3JA.
We are hoping to have a
music themed weekend.

September 10 2017
1Voice 1Day at Communi-
cation Matters Confer-
ence.

Please check the 1Voice
website Events section ..
www.1voice.info/events



LOTTERY FUNDED

1Voice Members benefitted from a significant Awards for All Grant to assist with the cost of the National Weekend. On behalf of our members, the Board of Trustees would like to thank the Big Lottery Fund for their grant. The funding received ensured that we could offer generously subsidised places to ensure that the event was accessible to all families who use AAC regardless of financial means.

Thank You!

Branch, Pop-up & Member News



1Voice South East

On Sunday 26 June, AAC users and their companions got close and personal with a menagerie of exotic creatures, including a ballet dancing 3 ringed armadillo, a baby owl suffering from stage fright (well, it was his first performance), a less than fragrant skunk, a lizard with oral hygiene issues (his tongue was blue!) a creature called Esio Trot (leave you to guess what that was) and many others, including Ashley, their handler, who was great. After that, they enjoyed creating and naming their own animal families and having a good old chinwag (or talker wag?). To quote one participant, "Quite wonderful; more please!"



Congratulations to all involved at **Lakes and Bay** on reaching their 20th birthday.

Lakes and Bay celebrated their 20th Birthday at Bendrigg Lodge. They did lots of exciting things like climbing, abseiling, canoeing, indoor caving, zip wire, archery, cycling and also chilling in the sensory room. They also had plenty of time to chat and had a special birthday cake.

1voicelakesandbay@1voice.info
FB: [Lakes&Bay Closed group](#)



Lancashire had a Space Day. 1Voice members made the most of the sensory activities on offer and then

enjoyed having a chat in the café afterwards.
1voicelancs@1voice.info FB [Lancs Closed Group](#)



Cheshire Pop Up

1Voice Members enjoyed an afternoon of trampolining and sensory play at Jump Space in Stockport followed by a chat and games session in the café.



Congratulations to 1Voice Trustee Helen Quiller who won CM's Got Talent with her song "the moment has gone".

Congratulations to Adam Lenartowicz on achieving an A* in his A Level Maths. Adam is now applying to University.

Congratulations to Kate Caryer for the performance of her play "Speechless" at Stage Leeds.

Congratulations to Jenny Herd and Kate Caryer for being elected as CM Trustees.

Congratulations to Jemima Hughes who won the CM Alan Martin Award for Creativity for her animated film making. Her film "Imagination" was accepted by Channel 4 for their Random Acts Strand.

Please let us know about your achievements so we can share in our future newsletters.

Would you like to participate?

Sarah Marshall, a research Student, has been in touch to ask whether any AAC users would like to take part her research. She is currently recruiting for individuals to take part in her Masters Research at Leeds Beckett University and is exploring how AAC users feel about their communication aids. She is looking for participants aged 13-40 years old who use speech generating communication aids/talkers. The study requires you to attend an informal interview, at a location of your choice, to discuss your feelings, ideas and opinions about your communication aid. You can bring someone along with you. If you would like more information, please email Sarah at s.marshall6742@student.leedsbeckett.ac.uk. Further information can be found on the 1Voice website: www.1voice.info.

1Voice 1Day by Helen Quiller, 1Voice Trustee

On the 11th of September we held our 1 Voice 1 Day Event in conjunction with the Communication Matters (CM) Conference at Leeds University. This year CM were celebrating their 30th Anniversary and had adopted a 1980's theme which we decided to use for our event as well.

On Sunday morning everyone started to arrive for 1 Voice 1 Day, old friends and new. I began the day with a presentation about what Communication Technology I had and used in the 1980's and talked about how slow it was, compared with the technology of today.



We then split up into our various groups, I was with the adult AAC user group, where we spent sometime discussing what they would like to do in the future with 1 Voice, and what direction they would like 1 Voice to go in. We all came up with lots of ideas, including more residential weekends, possibly at the Calvert Trust, other ideas were a Music, or Drama workshop. It was then time to test the memories of us older members with a POP QUIZ of 80's music, we then had lunch and fed our brains. The younger AAC users enjoyed 80's themed activities which included selecting which toys were around in the 80's.



After lunch it was time to go and join in the Tea Party with CM where there were lots of surprises and fun entertainment in store. They had all sorts of giant games for us all to play with, a giant Connect Four, Snakes and Ladders, and other games such as skittles, with lots of people around to help us play. They also had a Clown walking round on stilts who taught us all sorts of circus tricks and magic fun. There was also lots of nice food and cup cakes at the tea party, for the adults they also had a Jazz Band playing music.



Everyone had a really great afternoon and enjoyed spending time together with people from CM at this first integrated Event.

As usual our parents were able to network and engage in a lively exchange of information and ideas! Suzanne Martin and Katherine Small from ACE Centre North introduced parents to "You Matter", an AAC training resource for families, support staff and SLT professionals, designed to be delivered by schools or local services.

The day was rounded off with an 80's quiz. Those who were able to stay were invited to watch CM's Got Talent and a performance by Sign Out Loud a group including our 1Voice Trustee, Kate McCallum.

All in all I would say that everyone from 1 Voice had a very successful and fun time at 1Voice 1Day this year. Thank you to CM for inviting us to join in their 30th Anniversary Celebrations.

Your 1Voice Team

Sadly our administrator Julie Bello has left us to return to the USA. Julie will be sorely missed by everyone, as will her amazing fun loving daughter Natasha Bello. Thank you for everything Julie and thanks to Natasha for being such a great 1Voice member.

Jo Cope has stepped down as Treasurer in order to fill the administrative/Company Secretary role and is looking forward to investing time in an organisation close to her heart.

Gregor Gilmour has recently been co-opted to the Board of Trustees and is very much welcomed to the team.

The Trustees have agreed to co-opt a further two Trustees, one who will fill the vacant role of Treasurer. Arrangements are in place to complete the necessary paperwork and we look forward to introducing our new Trustees to you in due course.

Thank You

1Voice relies entirely on voluntary donations and receives no government funding. Funds raised help us to put on events including the National Residential Weekend; to support our role models and volunteers; and to continue to expand our branch network.



Jamie McCallum donned his Lycra in support of 1Voice and over nine days cycled from Lands End to John O'Groats raising almost £2,800. The highlight on day one was passing the endurance adventurer Sean Conway going in the opposite direction.

Jamie battled with high temperatures; strong winds, torrential rain and the very British problem of pot-holes to complete his goal. When asked what his motivation had been, Jamie said: "I like setting myself goals and challenges... and I wanted to raise some much needed funds for 1Voice and my family were really supportive helping me to train and plan for the trip." The fundraising page is still open for anyone wishing to donate—visit uk.virginmoneygiving.com and search for Jamie McCallum.



Darren Glynn raised over £1,000 for 1Voice by running an Ultra Marathon. Darren ran 31 miles, a cross Pennine route in 6 and a half hours over a mixture of terrain. He said it was the hardest thing he has ever done and is very proud to have completed it and raised money for a great cause.



Thank you to Canterbury Quaker Meeting who donated £379 following an appeal by 1 Voice Trustee Janet Mayes and her daughter Jemima Hughes.

Thank you to Jo Benson who raised £260 by completing her first every 5K run. Jo has attended many 1Voice events as Helen Quiller's PA.

Thank you to Lymm Round Table who gave 1Voice £500 for events in and around the Warrington area.

How you can help

Spread the word:



Like our Facebook Page. Find us at 1VoiceCT.

Follow us on Twitter @1VoiceAAC.



Distribute our leaflets / newsletters to interested parties. Electronic or hard copies can be requested from Jo at 1voice-admin@1voice.info.



Check out our events page at www.1voice.info/events and attend an event.

Get in touch if you are interested in becoming a volunteer at an event or would like more information of what support we can offer to you to hold an event in your local area.



Give as you Live®

If you shop online **PLEASE** sign up to Give as you Live. A wide range of stores will give us a small donation on purchases made. It doesn't cost you a penny but really helps us towards our fundraising goals. You can sign up at: <https://www.giveasyoulive.com> and search for 1Voice—Communicating Together.

Order your t-shirt, hoodie or badge

1Voice t-shirts, polos and hoodies can be ordered directly from Inch Embroidery. 1Voice benefits from 10% of all sales. Clothing is available in a variety of colours for both children and adults. To place your order go to <http://www.inch-embroidery.co.uk/index.php?id=1voice>.



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