

1Voice Newsletter

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



Trustee News

After many years of amazing support to 1Voice Janet Mayes has decided to resign as a trustee. We're so grateful for all the time and energy Janet has given to us. A very big thank you Janet!

We're also delighted to welcome three new trustees: Fran, Alison and Steve. We're all really looking forward to working with you.

New Website

We launched a new look website for the New Year

It took a little longer than we wanted, but we launched the new website on New Year's Eve.

We will put more and more content up in the coming weeks and months, so take a look

www.1voice.info

SURVEY FEEDBACK

News on how 1Voice has contributed to the parliamentary SEND Group

HALF TERM EVENT

See what we have planned for Half Term

ROLE MODEL TRAINING

Dates for the next role model training days



Parties and Get Togethers

Relive the fun of the Christmas Party and our October Get together.

Lockdown Story



Helen Hewson shares her lockdown insights

We Recommend



Take a look at some of our recommendations

“LOCK DOWN WITH THE HEWSON’S”

Like everyone I felt quite nervous and tense at the beginning of lock down when I was listening to the news every day about how many people were becoming infected. Toby and I came back from our Skiing holiday in France and almost immediately we went into the National lock down. I felt quite anxious and scared about what was happening to so many people in the world and I quickly began to realise that this was very different from anything that the world had ever seen before.

Some days we started playing board games with help from our personal assistants, such as Monopoly and Snakes and Ladders, I usually managed to beat Toby at everything!!! And I didn't cheat that much honestly everyone. Every Sunday we dressed up and had a theme for the day, one week we had a 80's theme where we all dressed up with big 80's hair styles and really bright clothes.

Some days and weeks did seem and feel quite long during the lock down, I missed Mum and Dad and all my family back up in Birmingham. My Dad was very ill for a few months and I wasn't able to visit him for nearly 4 months.



I'm very pleased to say that he is much better now and back to his usual self and teasing me again.

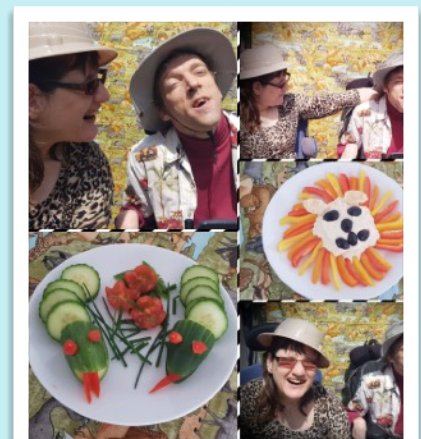
In July Toby and I celebrated our first Wedding Anniversary, we gave each other some presents. Toby then told me that we were going out that evening to a big outdoor drive through Movie and watching DIRTY DANCING, which is one of my favourite films of all time.

At the end of September we went on a short holiday to the Calvert Trust in Exmoor. This was really good and very well organised, we all stayed in our own little bubbles and groups for all the activities, so it all felt very Covid safe.

HERE WE GO AGAIN!

We are of course now into the third Lock Down, which we are finding very boring. However we are both hoping to get our Covid vaccines soon, and hopefully get back to some sort of normal life.

- Thanks Helen for an excellent article. This is an edited version of the article and the full text will be up on the website soon!



Xmas Party

On Saturday 5th December it was Christmas jumpers on for a 1Voice Virtual Christmas party.



Unfortunately the broadband is not good at the North Pole so Father Christmas could not join us but 30 1Voice members did with their families.

After we said hello Jodie did a Christmas dance workshop. We had a Christmas film quiz where we had to name the Christmas film in the photo.

Then there was an activity where we got to write either a Christmas story or a letter to Santa, which ended up very funny with some unusual presents being asked for.

As we had missed our joke competition as we were unable to have our weekend event we did Christmas cracker jokes. In each group people voted for their favourite and these were then told to everyone at the party and the best one chosen.

The party ended with us joining in with Sign out Loud. A good time was had by all and between the activities there was time for a chat with new and old friends.

OCTOBER EVENT:

To coincide with AAC Awareness month we ran our first virtual event. 19 families came together to take part in a fun quiz whilst getting plenty of opportunity to chat. It was great to catch up with regular members and really lovely to meet some new families who were attending a 1Voice event for the first time. We would like to say a huge thank you to 1Voice Role Model, DJ Oli, who treated us to an evening of disco. Feedback for the event was really positive and we hope to host several more online events this year



We Recommend..

TALKATHON
3.4 CHALLENGE

Please join us remotely for lots of fun, social activities to celebrate the 34th anniversary of the Communication Matters Conference

24TH MARCH
1:30 - 5:10

The challenge is open to anyone

You can also fundraise by completing lots of activities based around the number 34 or 3.4 and complete these throughout March!

To sign up, please email:
andrea.sharples@communicationmatters.org.uk

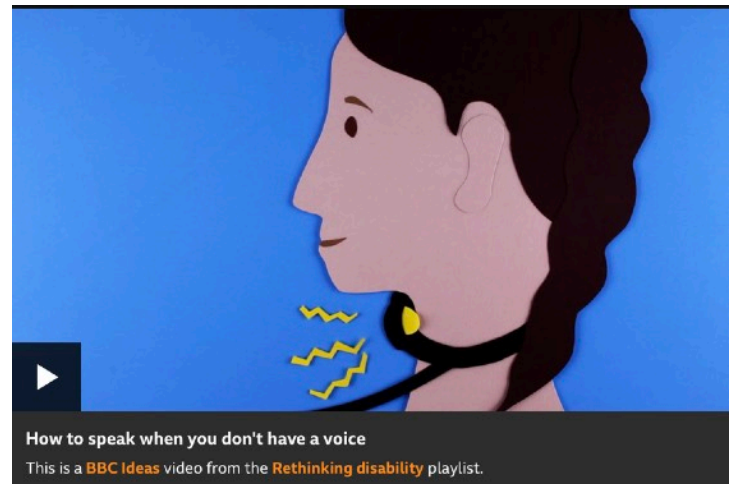
AT mentors

Communication Matters

Our friends at Communications Matters are holding a Talkathon. Come along for a chat!

We think this film from Jemima Hughes is amazing. This film is from 2019 and we're waiting eagerly to see her latest project which Jemima hopes can be shared soon.

<https://www.bbc.co.uk/ideas/videos/how-to-speak-when-you-dont-have-a-voice/p07693kc/player>



ALL PARTY PARLIAMENTARY GROUP ON SEND: 1VOICE SURVEY FEEDBACK

Findings from our survey last autumn about the impact of Covid-19 on the learning and well-being of our members have been shared in several ways. On 14th October, the results were shared in one of four oral evidence sessions to the All-Party Parliamentary Group for SEND.

Footage of these meetings can be viewed at www.naht.org.uk/about-us/organisations-we-support.

A written report was also submitted. The full report will be published in the April edition of the Communication Matters journal. Thank you to all those who completed the survey. We gathered some powerful examples and experiences as well as some great suggestions for improvements.

Upcoming Events for Your Calendars

HALF TERM STORY SESSION:

Are you looking for fun ways to encourage a family member to use their AAC? 1Voice are planning some fun activities, targeted at less confident AAC users who might benefit from more structured interactions with plenty of time and opportunity to join in.

Join us - 17th February 10-11am for a story creating session; the first of our online sessions aiming to encourage, motivate and connect AAC users who are building their confidence.

Let us know as soon as possible if you would like to join us so we can tailor the activity for the people who are coming.

ROLE MODEL TRAINING:

We are pleased to confirm our next training course. These sessions will be run by Verity from Creativity in Practice and facilitated by 1Voice trustees. The course will take place via Zoom on the **16th and 18th February**. Please contact us at events@1voice.info for further info.

NRW 2021:

Whilst current uncertainties make planning anything difficult we do have a provisional date in the diary for a Residential Weekend this year.

Bendrigg Lodge in Cumbria is provisionally booked for the **20th to 23rd August 2021**.

Save the date and we keep looking for updates on the Website.



WE NEED YOUR CONTENT

As part of a new look Newsletter and Website, we need your help.

Send us updates, new items, articles, and anything of interest.

Contact us through Facebook, send emails to webmaster@1voice.info, messages through the website, on twitter, or even over the phone!