

1Voice Newsletter

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

21

21 Years ago 1Voice started

21 Years later we are stronger than ever

2000 - 2021

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

21 YEARS OF 1VOICE

Relive our history and celebrate with us

1ST MEMORIES

Members' memories of their 1st 1Voice Experience

COMMUNICATION MATTERS AWARDS

1Voice and our Role Models steal the awards this year!

AAC Awards Accolade

We were delighted to receive the Group of the Year award at the Communication Matters AAC Awards for 2021!

Receiving this recognition was a great way to celebrate 1Voice's 21st anniversary this year. The awards ceremony, which was held online, was a fun-packed evening, complete with DJ Oli and Sign Out Loud.

1Voice had to radically rethink our way of working during the pandemic, with our national residential weekend and regional events unable to happen in the usual way. The Group of the Year Award was given to a setting or context that has promoted AAC in a particularly creative or inclusive way, so we were thrilled to have the success of our efforts to provide online sessions for our members celebrated.

On top of this, two 1Voice members also received awards for their fantastic contribution to the wider community of AAC users.

DJ Oli (Oli Cunningham) was recognised as a 'Lockdown Legend' and commended for Outstanding Community Inclusion. Throughout the pandemic, he has used the power of music and his amazing DJ'ing skills to bring people together. His discos brought joy and connection during a difficult time for many.

The prestigious Alan Martin Award was presented to Becky Tyler, also known as EyegazeGirl, in recognition of her significant and impressive contribution to the arts. Becky's amazing art work has featured on TV shows, including the recent Grayson Perry's Art Club, and featured in many interviews and events. It's great to see Becky's passion, talent and dedication celebrated; her art showcases the cultural impact and skill that can be achieved with Eyegaze.

Other worthy winners were celebrated during the evening. The Jamie Munro Award was awarded to Jamie Preece for his inspiring support of other AAC users during lockdown. Lisa-Marie Eastwood's success this year as a model and Instagram Influencer who uses AAC was recognised with a Rising Star Award. And the outstanding, sustained contribution of Sally Connor to the AAC community was celebrated with a Lifetime Achievement Award. Singing and dancing along to 'Roar' with Sign Out Loud was the perfect way to end such a joyful and inspiring evening.

Read all about the AAC Awards winners here:

[AAC Awards 2021](#)



1Voice Memories

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

This month I was lucky enough to join 1Voice for their Halloween party. It was my very first 1Voice event, but I was made to feel very welcome, and it was amazing to see everybody's costumes - witches' hats, pumpkin sweaters, and sparkly jumpers. There was a fun Halloween quiz, some truly excellent poetry by one of the members, and a chance to hear people's news, as well as to meet new people in the group.

I was not the only new person joining in that day, and with a handful of new faces, there was also an opportunity to listen to people talking about their involvement in 1Voice and describing the things that 1Voice does. Everybody had lots to say!

People expressed how important they thought 1Voice was, and that they had made lifelong friends through the group - and I can easily see why. 1Voice has more online events coming up next year - with maybe even some live events if it's safe to do so? I do hope that I can meet everybody in person at some point."

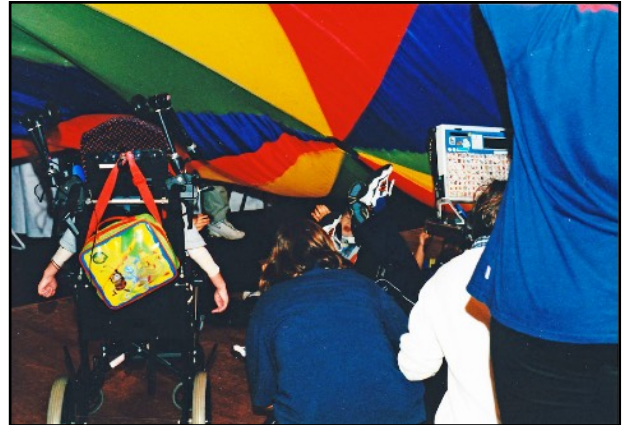
Dominic Carroll, Trustee

"I found it really hard to remember when our first 1voice event was. We've only been members for about a year and joined during lockdown. In spite of that it already feels like we've been involved for years. I think our first event was last year's Christmas Party. It was wonderful. Really lovely to spend time with families, talk to other parents about some of the challenges and successes. Can't wait for more and to meet people in person soon.

Lucy and Joanna Holmes

Our History - The First 10 Years

YEAR 1 - After much work by Katie and Tamsin (1Voice founders) the first event was held at the Norbreck Castle Hotel, Blackpool in December 2000. Several families came. We made Shadow puppets, played parachute games and went for an incredibly windy walk along the sea front. This didn't last long as we soon decided the weather was too much. Many friendships were made over the weekend. The parents and young people had plenty of time to chat to adult role models. It was a great success and everyone agreed that we needed to do it



YEAR 2 - After the great success of the first event we were back at the Norbreck in the winter. This time we had a theme – Harry Potter. The first film had just come out and people were devouring the books. On the Friday night the Sorting Hat put everyone into their houses – the main difference to the other Harry Potter things was that in ours Slytherin house were good – (in my opinion they were the best – guess which house I was in!) Our Harry Potter activities included a dance workshop, drama creating adverts for shops in Diagon Alley (“Buy your broomstick here”) and talking about our favourite characters. We also had a scavenger hunt where we had to



find various Harry Potter related things to present on the Sunday – the Hotel Christmas tree got slightly denuded of baubles which were ‘borrowed’ to stand in for golden snitches or philosopher’s stones – we did return them all later! We had a fancy dress disco where people dressed up as various Harry Potter characters. People met up again with their friends from the year before and made some more! Parents were able to meet together to share experiences and ideas. Over the summer there was also a 1Voice family fun Network day at Hothorpe Hall

YEAR 3 - In the summer we returned to Hothorpe Hall for a Networking / fun day. In the winter we returned to the Norbreck. This time we made a film. People were asked to bring along their favourite things as well as things they did not like. They then talked about these on the film and did dance moves and all this was filmed which along with some special effects ended up with a fabulous film. During the workshops the parents got together for discussion. At a ‘formal’ dinner and disco on the Saturday night, people dressed up as their favourite film characters. See the film, [Banana Pizza](#) on You Tube, it's great!



1Voice Memories

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

I just got back from the 1Voice weekend, and I'm quite frankly exhausted. It feels like years since we left home on Friday, for quite a bit happened over the weekend.

Despite the best efforts of the weather - I'm convinced someone has stolen summer - all the kids seemed to be having fun. One of the highlights for me, of course, was the fact we had a film crew with us, filming the kids in action. I got to watch a music video being made, virtually from scratch, with the kids helping to compose the music, as well as appearing in the video. I kid you not, when you see it posted on youtube, you are going to be amazed. It is genuinely cool, kind of rap, rather funky. I loved it! I had to leave before I saw the finished video, but from what I did see in the small editing suite (working with the guy who made the 'behind the scenes' documentary on Casino Royale) it kicked butt.

It was so invigorating working with these kids. Me and the other role models all gave small talks this morning - mine was basically on university. Talking to these kids and their parents, telling them what can be done and what the future may hold, as well as listening to the other role models, is incredible. Now I'm going to flop myself down in front of the TV. Life is good.

Anonymous

Matthew Goodsell

Our first event was the 2013 1Voice Lancs Christmas party. My first impression was that 1Voice was really welcoming. My stand out memory of the event was the continuous Frozen soundtrack! The three words I would choose to describe 1Voice are unique, empowering and hope. We belong in a 1Voice crowd like we belong nowhere else. The residential weekend is true highlight of our year. Wonderfully chaotic and we return home charged new energy for our communication journey.

Our History - The 1st 10 Years



Year 4 - That summer there was another family network day, this time at The Earth centre – there were various activities including Circus skills, plate decorating and John Hegley read us some of his poetry, sang, and helped us create crazy group poems.

In winter we went back to the Norbreck – we were by now getting known by the staff! The theme for this year was 1Voice, 1World. Again for a Scavenger hunt we were put into groups representing different countries, I remember sitting with some of the families one meal time writing the Bolivian National Anthem. The dinner and disco on Saturday night was again themed with people dressing up to represent different countries. The siblings and some volunteers children drew a map of the world which took pride of place on the wall.

Year 5 - In the summer of year 5 we again went to Hothorpe Hall for a family network day with a clown / magician, bouncy castle, arts and crafts , face painting and a mini olympics. The day before the network day there was a role model training day. In year 5 the theme at the Norbreck Castle was space. We had planets for the different activities. Planet sport had bocchia and parachute games. There was also a planet where we did story telling, making up a story together. We again had a scavenger hunt where we had to find items including an alien egg and an alien toothbrush. At the disco people dressed as aliens or spacemen.



Year 6 - We have now reached year 6 in our 1Voice memories. In the summer at Lilleshall Sports Centre there was a Role Model Project on Friday developing skills in working with young people, a Teenage Project day on Saturday where they talked about how they felt about using AAC and how to overcome barriers to communication. On the Sunday there was a Family Network day. There was glorious sunshine and a day of outdoor entertainment and games. In December at the Norbreck Castle we had The Blackpool Academy which was a sort of 1Voice Fame academy / x

factor / pop idol. We had budding rock stars and all sorts including a magician and then had an award ceremony on the Sunday. As before the parents had their own activities including time to chat to the 1Voice role models There was the usual disco and 1Voice T shirts and hoodies were for sale. We also had our 1Voice raffle at the disco which usually has lots and lots of fabulous prizes!

1Voice Memories

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

We were at the start of our AAC journey when we first went on a One Voice National event. We immediately felt welcome and were astounded talking to adult AAC users as we realised just how much was possible with Lewis' AAC device. We left the weekend feeling overwhelmed but determined and very excited by what was achievable. We also went away with a whole new set of amazing friends who have been an amazing source of information and friendship over the last 10 years. Thank you One Voice!

Dawn & Lewis

I remember my first 1 Voice weekend was Harry Potter when I was 10. I had read Harry Potter with my mum signing it, and we went to the cinema to see the first Harry Potter film and I thought that was really magical. When I arrived at the Norbreck Castle hotel in Blackpool, it was dark and the castle was lit up, I was so excited because I thought it really looked like Hogwarts! I got my first Dynavox when I was 8, but I had only had my first throat switch for a few months. At the weekend I had fun doing activities like drama in the broomsticks shop in Diagon Alley, and I remember saying “buy your broomsticks here!” That was the first time I met other children using AAC, and I met some 1 Voice friends who are still some of my best friends. I think 1Voice became really important for me because I could meet AAC users and role models, that encouraged me to think about my future life and follow my dreams.

Jemima

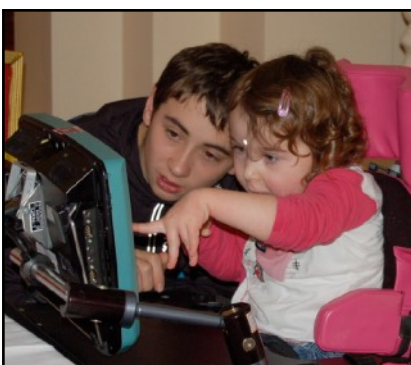
Our History - The 1st 10 Years

Year 7 - In the Summer of Year 7 we were back at Hothorpe Hall. On the Friday there was a Role Model Training Day, a teenage Project on the Saturday which focussed on self-esteem and problem solving. The family network day on the Sunday. A before there was the clown, bouncy castle, face painting and most importantly lots of time for people to chat. The weather was gorgeous and people explored the grounds and looked at the lake. People made a poster of how they felt about 1 Voice. There was also good news in 2006 as 1Voice won the Guardian Charity awards and was shortlisted for the Community Care awards. In the winter we returned to the Norbreck castle for a Circus themed weekend. We worked with Laura and Andy on circus skills and did a performance for everyone in the evening. There were clowns, fire eaters, lion tamers, knife throwers, but be reassured no 1 Voicers were hurt in the making of the circus!



Year 8 - The summer activities were held at The Hayes Conference Centre. During the weekend the Teenagers made the 'Listen to Me' DVD – it is also available on the YouTube and is another good watch. On the Sunday there was the usual family Network day. At the network day there was a dance workshop run by Alan Martin and lots of art produced. In the winter we were back at the Norbreck with an 'Under the sea' theme. We worked with Laura and Andy to produce 'HMS 1Voice'. We welcomed lots of pirates, mermaids and sharks to our dinner and disco there was even a special guest in the form of Neptune. The we used the cinema to host the premier of the 'Listen to Me' DVD.

Year 9 - We went to Hothorpe Hall for the Teenage Project and Network day. The Young People has workshops on Transitions where they talked about their hopes and dreams for the future. Also in this year local 1Voice branches began to be set up in a number of areas so people could get together more often and with less distance to travel. The Winter weekend was at The Norbreck again and had a Pantomime theme, I am sure people can imagine the fun we had with that, particularly some of the costumes! The performance was accompanied by the traditional 'boo' 'hiss' and 'he's behind you', lots of over acting 'oh no it wasn't – oh yes it was!' – OK I'll stop now. Anyway a good time was had by all, there was much use of communication aids and other means of communication, talking to role models and getting together with old friends and new.



We Made it to:

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

10!

Year 10 - We held our 10th Birthday celebration this year. The summer weekend was at the Hayes Conference Centre. Teenage activities followed on from the previous year with a ‘Moving on up’ theme.

The winter weekend at The Norbreck was our birthday party. We ran performance workshops with Laura and Andy and produced a 1Voice birthday song. The song and accompanying slide show can be seen on [YouTube](#). We decorated birthday cakes, and we had a big cake on the Saturday evening. Parents had workshops and worked with Jenny to feed back their opinions to the Communication Consortium.



Our History - The Next 10 Years

Year 11 - The theme for the summer weekend was 'Celebrating Families'. This gave families an opportunity to share their experiences both the challenges and the joy in families, as well as the laughs! The teenagers and younger role models wrote a song. The theme for the winter event at The Norbreck was Dreams. We made dream catchers and talked about our aspirations. There was also lots of music making. We made another film which is also on the website. During the year branches were busy too including in January the first 1Voice Lakes and Bay weekend at Bendrigg Lodge. Canoeing through ice is quite an experience!



Year 12 - Both events were held at the Hayes Conference Centre. 2011 was the year of The Hello campaign promoting it as the year of Speech Language and Communication. At the same time there was the Royal College of Speech and Language Therapist's 'Giving Voice' campaign. In the summer we had the usual activities such as a treasure hunt, making flags, quizzes, arts and crafts and communication challenges including saying 'hello' in different languages. Eva from the Communication Trust came and told us about the Hello campaign. Some of the young people took part in a DVD for the Giving Voice campaign which was put on the Royal College of Speech and Language Therapist website. There is a link to our 'Hello' video on YouTube.

In the Winter Jean Gross, The Communication Champion, came to our 'Oscars' ceremony and gave out certificates to various 1 voice members in recognition of the progress and commitment they had made to communication and AAC. There were also speeches from two of the adult role models. The theme for the activities was Winter Extravaganza we made up stories with a Winter theme and presented them, with appropriate costumes and music, on the Sunday.



1Voice Memories

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Our first 1Voice weekend was on my daughter’s 8th Birthday at the Hayes Conference Centre in Derbyshire. The theme was Once Upon a Holiday. We really didn’t know what to expect and came armed with enough cake for everyone!! We had only heard of 1Voice through a chance meeting with another parent who highly recommended we go along to a weekend. We didn’t know then how much we needed 1Voice but we’ve never looked back!

The experience was totalling overwhelming. I will admit that tears were shed and I spent a lot of the weekend feeling like I was so ill equipped to help my daughter on her AAC journey, with many parents seemingly speaking a different language filled with terminology! However, I am very aware that eight years later, I am probably one of those ‘scary’ parents who talks in such a way. From meeting Nathan at dinner (our first experience of talking to an AAC User), talking to other parents and families, meeting the passionate trustees and volunteers and watching Eva have fun and be part of a team, the whole event was so inspirational. 1Voice for us has become very much something the whole family is involved in, in-fact our youngest son has been going to 1Voice events for his whole life! We have made some amazing friends over the years and have received so much support. Thank you 1Voice!

Jo

Our History - The Next 10 Years

Year 13 - In Year 13 we again had both events at the Hayes Conference Centre. It was also Olympic Year. The Theme for the Summer event was Going For Gold. We had dance workshops, people wrote about what their 'Going for Gold' was as well as their achievements. We had our own Olympic opening ceremony and games. We were very lucky because one of the families who came were magicians and did a magic show for us before the disco. At the end of the event everyone got a gold medal. Also this year Tamsin and Katie decided it was time for them to move on and to handover the care of 1Voice to others. We said a very reluctant goodbye to them but were confident they would not totally abandon us as has proved to be the case. Angie became 1Voice chair. The theme for the next event in that year was Media Madness. On the Friday night we had a quiz. One of our members had taken part in the Olympic torch relay and brought their torch which people got to hold. A wheelchair basket ball team came and showed us their skills and some people had a go. Waldo came to see us (OK we know it was Andy really), he had a treasure map showing where a time capsule was hidden with pictures of different kinds of methods of communicating from the past. We then showed all the media we use now, filmed this and buried our own time capsule.



Year 14 - This year we had just one event at the Hayes Conference Centre. The theme was Once Upon a Holiday. We had a quiz on the Friday night then on Saturday wrote stories based on our imagined holidays deciding where we wanted to go and who was going with us – various members of One Direction were very busy as they were going on quite a number of the holidays. Helen, one of our latest trustees at the time gave a presentation.

Year 15 - In year 15 due to increasing numbers of people, a need for more accessible communication and a desire to move the events round the Country we decided to explore holding out event in a Specialist College – Star College. It was a year of firsts because also this year for the first time we linked an event to the Communication Matters Conference and met up for 1 Voice 1 Day at Leeds University. The theme was 'Lets Dream'. People talked about what they wanted to do in the future, there were presentations and we did 'Sign out Loud'. Nadia won the Alan Martin Inspiration Award which was in memory of our much loved Role model.



1Voice Memories

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Having heard about 1 Voice I booked the family on a weekend when my young man was six. It was held in Blackpool ,a significant journey for us at the time. The trepidation about a new experience increased when we received the joining instructions for Big Brother meets the X Factor or something similar. Something we knew nothing about. We arrived at the rabbit warren and millions of double doors that the Norbrek Castle Hotel is to be welcomed by Katie, Tasmin and fellow volunteers

Its a long time ago now but key memories are meeting the Role Models and having our aspirations for our young AAC user raised ; sitting at a table and a role model beating my eldest at mental arithmetic. The young people's stunning performance on Saturday night - Sweet Child of Mine forever will reinvoke memories of that evening. The phrase "using a communication aid in our house is not an optional extra. It's like cleaning your teeth." Feeding our son in a hotel dining room where nobody blinked if he started to cough and you were just passed a handful of napkins when a flying arm sent the plate flying. The journey home - our young AAC user sobbing for several hours after leaving his new family .

We knew we would be back !

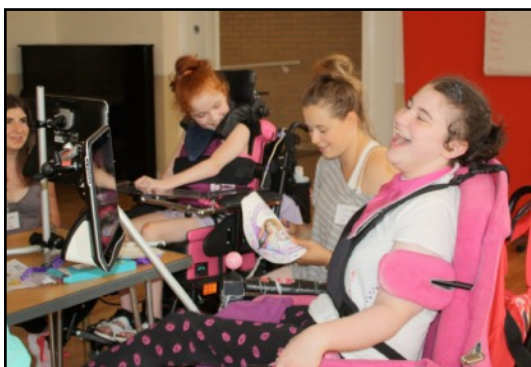
Liza

Our History - The Next 10 Years

Year 16 - Our Year 16 weekend was at The Hayes Conference Centre. It was also Election Year so we thought we would join in so the theme was 1Voice 1 Vote. We started by having a vote on our favourite music so we could be sure everyone knew what they were doing. We then formed our own political parties and made up their policies, many of the policies were very well thought through and possibly should be adopted by the Government. Each party made a poster of their policies, campaign materials and did a presentation as to why people should vote for that party. At the end of the weekend we held an election, I think the party that won was helped by their policy of providing Jacuzzis for people! At 1 Voice 1 Day we talked about Desert Islands and had a meet up with friends.



Year 17 - In Year 17 we returned to The Hayes Conference Centre. Because it was the year of the Rio Olympics and as we had already had an Olympic theme we had a Carnival. On the Friday night we had Speed Friending to help people get to know each other as there were quite a number of new families. On Saturday activities included having a talk from a Policemen on keeping safe at festivals, writing a Carnival poem and making Carnival costumes. We also had various presentations and on Sunday had a Carnival parade. We had another 1 Voice 1Day event, this time the theme was celebration and as well as doing our own activities we joined in with Communication Matters Celebration of their birthday.



Year 18- We went to another specialist college: Derwen. The Theme was The Sound of 1Voice. On Friday night we had a lego activity making creations, often having just as much fun knocking them over – and that was just the volunteers! On Saturday were music workshops while parents looked at Literacy resources. We held our first joke competition in memory of Shelley, a role model who had passed away, but who had loved being with 1 Voice and having a laugh. Some jokes were more worthy of a groan than a laugh but some were very good. We had another 1 voice 1 day event, after activities in the morning, we went to the Communication Matters Marquee to play games and have ice cream before returning for more chat.



1Voice Memories

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Our 1st 1Voice event was during the Olympics year. We discovered 1Voice through word of mouth, and we wanted to find something that our daughter Becky could get involved in. She needed a place where she could be herself, and not someone who was “looked after” all the time.

I distinctly remember sitting in the dining room and suddenly Becky zoomed off in her chair with other children, driving herself and feeling confident enough to do so. This was the first time Becky showed that confidence.

She’s always been a confident eye gaze user, but 1Voice has given us all a set of friends and people who “just get it”. The national weekends have been a joy over the years, and it's been amazing to be able to share, guide, and be guided by parents and people who travel the same road as us all.

Coming on-board as a trustee has been a pleasure, the 1Voice team is incredible and dedicated to the “cause”.

I’m looking forward to the next 10 years, full of hope that 1Voice will continue to be an inspirational and encouraging organisation well beyond its 3rd decade.

Steve, Trustee

Our History - The Next 10 Years

Year 19 - In Year 19 we went to Treloars college and had a Theme of 1Voice Our Stories. We had various activities including a poetry workshop with the Shouting Mute as well as the Unspoken Project. Jonathan Bryan talked about his campaign 'teach us too.' Parents had a workshop about inclusive adventure activities, such as skiing and climbing. The siblings had their own activities and seemed to have a good time. We also had a film maker with us – [the film of the weekend is on YouTube](#). The theme for 1 Voice 1 Day that year was 1 Voice rolls which make little sense until I mention that Communication Matters Rocks which was their theme.



Year 20 - We again went to Treloars College in Year 20 (our 19th year in relation to birthdays). This time we had a Superhero theme. We had a super hero quiz and superhero music bingo on Friday night. On Saturday we invented our own super heroes, designed their costume, decided what superpowers they would have, what their mission was and in some cases who the villain would be. The younger group made a film of them defeating a villain. We also wrote super hero poems with the Shouting Mute. There were lots of Super heroes at the brilliant Disco with DJ Oli and we celebrated our first '1 Voice' wedding which had taken place a couple of weeks before the event. We presented our super heroes, poems and showed the film on Sunday. The Theme for 1 Voice 1 Day was Strictly come 1 voice – again to reflect Communication Matters Theme. Jodie led a dance workshop for us and we had some presentations.

And Now

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

2020 & 2021

Covid and Lockdown struck, the world got a taste of being shut in. The world became a smaller place, but not 1Voice!

Our Amazing team held numerous on-line events, disco's, parties, and celebrations.

We did it again in 2021, and we can't wait to celebrate in person in 2022.

Thank you All for taking this journey with us, and we can't wait to celebrate our 3rd Decade in 10 years time!



Coming Up

National Residential Weekend

Treloars College in Hampshire

29th to 31st July

Online Events 2022

As well as hopefully returning to face to face events, we will continue holding on line events as we realise these are easier for some people to join in. The first of these is planned for February half term

Role Model and Buddy Launch Event

Provisional Date: February half term
Come and join us, meet your buddy and find out about what our Role Models have been up to. Keep an eye on the website and our facebook pages for more details nearer to the time. Please contact events@1voice.info to express interest in this event or in having a buddy.

Easter Get Together

Parent Coffee and Catch Up

We are keen to run more of these. If this is something you would be keen to join, do let us know if there are any particular topics you'd be keen to chat about, either by emailing 1voice-admin@1voice.info or via the 1Voice parents page on facebook.



Want to be a buddy?

Role Model Program

1Voice role models are offering a fantastic opportunity to meet regularly with a buddy and their families to show how successfully using AAC can create many opportunities in different areas of life. Meet ups can take place remotely and face to face if safe and convenient.



Please email: 1voice-admin@1voice.info if you are interested!

Any Suggestions

Do you have an idea for a 1Voice event or activity? Or do you have any news or achievements you'd like to share? Maybe you have some suggestions for ways we could improve our newsletter? Please do get in touch and let us know. We are always keen for feedback from our members so we can improve things. Get in touch at 1voice-admin@1voice.info.

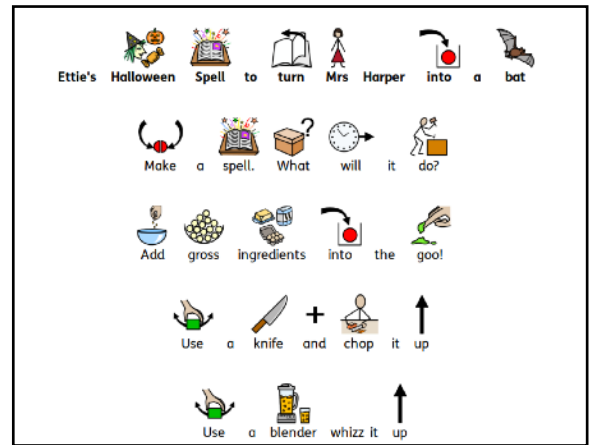
1Voice On-Line Halloween Event

31st October

19 individuals/families joined us for some Halloween themed fun. The event started with a Halloween quiz. We then split into groups. Those less confident with their AAC took part in a spell making activity. Those more confident had the opportunity to share news and chat.

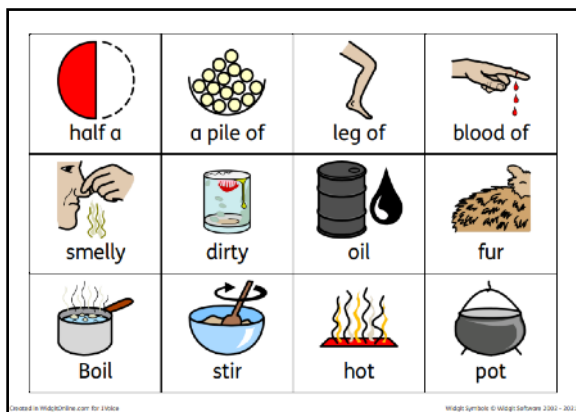
The event ended with a Halloween themed game of Rock and Roll Bingo and DJ Oli even provided us with an after party filled with spooky tunes.

We would like to thank all the trustees and volunteers who helped run the event.



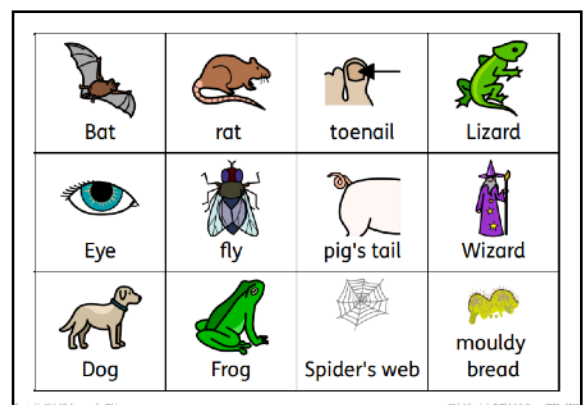
Spell Making

The small groups worked together to write spells, which were very varied, doing things from mending computers and making lots of pizzas, to making people invisible, able to fly or turning them into giants or bats! The young people were able to use their own methods of communication to contribute ideas or were able to use either the Widgit communication boards or the spell making Grid set which were prepared in advance to support the activity. You can find some of the spells that were written on our website.



Chat Group

It was lovely to catch up with everyone's news. Jemima shared her poetry and transported us all into a lovely world of imagery and emotions and left us all wanting to eat ice cream. Eva shared her exciting news about having a unique voice created. Lana shared that she is having one created too at National Star. It was lovely to meet Jess and Samuel who were attending their first 1Voice event. Jess was keen to know what the group was about everyone was happy to tell her more. We are looking forward to the next event already.



Festive Fun

4th December

We were delighted that many members, old and new, joined us to celebrate our 21st year and get ourselves in the Christmas spirit.

Christmas Rock and Roll bingo was won by Jemima and Janet, then we broke into different groups for chat and activities.

We saw photo editing from Benji, and art work from Tahir while several members shared Christmas cracker jokes. Some of our favourites included:

- What does Santa do in his 3 gardens? Hoe hoe hoe
- Did you hear about the advent calendar thief? He got 25 days.
- What food should you never trust? Mince spies

We finished on a high with a fabulous dance workshop from Jodie, which got us warmed up for a brilliant set from DJ Oli to play us out!

Merry Christmas

All the Trustees wish 1 Voice members a happy and healthy Christmas and New Year!



Support 1Voice



Digital 1Voice Xmas Message Cards

Instead of posting printed Christmas Cards this year, consider sending a virtual 1Voice card and making a donation to 1Voice instead. Look out for our virtual card on facebook to send to your loved ones. Donations can be made to 1Voice via the link below!



Christmas Shopping Online Donations

If you plan to do any online shopping for your Christmas preparations, please consider supporting us by signing up for Give As You Live. A percentage of whatever you spend will be donated to 1Voice at no extra cost to you.

Sign up here: <https://www.1voice.info/fundraising>