

1Voice Newsletter

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

‘Dream Holidays’ Virtual Event

14 AAC users and their families joined us for our latest virtual event on the 5th June. It was particularly nice to welcome some new faces to their first 1Voice event.

Sign Out Loud got the event off to a fun and energetic start with their Makaton signing along to popular music.

The positive feedback from our last event meant that we once again split into different groups based on the AAC user’s confidence with their method of communication.

Knowing that many of our members’ plans have been on hold for so long one group explored what their ‘dream holiday’ would look like. Fun was had deciding where they were going on holiday, how they would get there, where they would stay and what they would take with them. France seemed to be a very popular destination!

For those of our members more confident with their AAC, Lana shared her Duke of Edinburgh journey and Jemima shared what she has been doing recently with Touchbase Care. Both presentations were great conversation starters. Other young people expressed an interest in sharing their experiences at the next event. We are looking forward to hearing their news.

Jodie ended the event with an inclusive dance routine for everyone.

Thank you so much to the volunteers/trustees who helped support the event. The number of volunteers meant that we were able to offer small sized activity groups which helped increase participation. We really can’t run these events without all those who give up their time to join in. Thank you again.

We look forward to seeing you at our next event.

VIRTUAL EVENT

We held a great virtual event on the 5th June, take a look to see what happened!

DEMAND FOR CARE PARITY

Information on a new campaign seeking to improve care support

DOFE

Lana’s experience of the Duke of Edinburgh Awards



Dates for the Diary

Upcoming events and news



Active 1Voice
In celebration of the Paralympics



Help Shape 1Voice

We need new Trustees, so why not join us?



Help Us Shape 1Voice - Join Us as a Trustee

We are excited to invite new people to join our team of Trustees. Currently, eleven Trustees work together with our Administrator, Jo Cope, to oversee 1Voice. At the AGM, in November, some trustees have decided to step down from their roles with 1Voice. This leaves the way open for others to join us.

Who Can Be a Trustee?

Anyone over 18 can be a Trustee. The key thing is that you have experience and understanding of the lives of AAC users and their families. Our current team is made up of AAC users, parents and siblings of ACC users, professionals from speech and language therapy, education and medical services.

What Do 1Voice Trustees Do?

We work together to make sure AAC users and their families are at the heart of everything we do. We come up with ideas for events, activities and opportunities to support our members.

Our key activities throughout the year are:

- Planning and organising the annual residential weekend
- Running the role model programme
- Organising online events
- Keeping in touch with members via the website, newsletter and facebook page
- Contributing to key external events such as the Communication Matters Conference

We'd especially like AAC users and parents as trustees!

What Is Being a Trustee Like? From Alison Douthwaite

As the latest Trustee to join the team, I offered to write this newsletter entry as I remember feeling worried myself not very long ago about what might be involved. I had been to a couple of residential with my daughter and was so happy to find something so tailored to AAC users. When I saw 1Voice needed a trustee, I wanted to help because I felt the charity was so unique and so valuable, but I didn't really know if I would be able to do it, or whether it would be stressful to take on the commitment.

It has actually been fun, rewarding and totally manageable. The group is welcoming, supportive and really open to new ideas and opportunities. The monthly meetings are scheduled at the end of each meeting so you know well in advance, and are well-organised and relaxed. As there is a big team and most of them have been with 1Voice for a long time, there is lots of experience to draw on and lots of support as you settle into being a Trustee.

What Commitment Is It?

- monthly online meeting on a weekday evening (roughly 1 hour)
- get a DBS check (paid for and administrated by 1Voice)
- complete a short online safeguarding training (paid for by 1Voice)
- stay in touch between meetings via our online messaging app



Why Do We Need Trustees?

1Voice is a charity and therefore must have Trustees to operate. Having a large team of trustees, from various backgrounds and situations helps us consider a range of perspectives when we plan activities. We are particularly looking for AAC users or parents of AAC users to join our team.

If you're interested in joining us, or if you know somebody who you think would make a great trustee, drop us a line at 1voice-admin@1voice.info or message us 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!

Thank You!

Thank you to Smartbox

A huge thank you to Smartbox for their kind donation of Grid3 licences to help us provide a greater variety of support to our members.

Thank You to Widgit

An enormous thank you to Widgit for kindly donating a licence to enable us to produce symbol-supported resources to improve access for members at 1Voice events.

Thank you to Lois

Thank you to Lois, one of our trustees, for her donation from her Tropic Skincare fundraiser.

Dates for the Diary

NRW 2022 - Save the Date!!

Treloars College in Hampshire
29th to 31st July

Online Event - 31st October

Please come and join us at our Halloween themed online event on Sunday 31st October from 2pm to 4pm.

To register for the event or for more information please contact events@1voice.info

21st Birthday Party - 21st November

Come and join us to celebrate our 21st Birthday on the 21st November! November marks 21 years since the first 1Voice event and we'll be holding an online birthday party to celebrate. The party will be over Zoom on 21st November from 2pm to 4pm. Keep an eye on the website for more details nearer to the time. Please contact events@1voice.info to register.

AGM - 21st November

Our AGM will be held just before the November event. All 1Voice members are welcome to attend. The meeting will be on Zoom on the 21st November at 1pm. Contact 1voice-admin@1voice.info for to register for meeting log in details.

Bronze, Silver and Gold!

My Duke of Edinburgh Journey



Have you been glued to the Olympics and Paralympics coverage? We may not all be elite athletes but we loved hearing about Lana's very own 'bronze, silver and gold' journey at our recent virtual online event.

Lana has been attending 1Voice events for many years and is one of our role models. It was great to have Lana share a film with us showing what activities she chose to do for her Duke of Edinburgh awards (DofE).

The DofE provides an opportunity to discover new interests and talents and is a tool for developing essential skills for life and work. The award is open to people aged 14 to 24. There are four sections to complete at Bronze and Silver level and five at Gold. They involve helping the community/environment, becoming fitter, developing new skills, planning, training for and completing an expedition and, for Gold only, working with a team on a residential activity.

Any young person can do their DofE – regardless of ability, gender, background or location. Achieving an award isn't a competition or about being first. It's all about setting personal challenges and pushing personal boundaries.

Bronze

For her bronze award, Lana worked in the Bikes for Good Causes café, volunteering every Saturday morning for four months. Lana spoke to the customers and took their orders, and made coffees, teas and smoothies for them. She really enjoyed working with the people and meeting the other volunteers and staff.



For the skills section, Lana enjoyed weaving, making a scarf and cushion.

For the physical section, Lana did sailing and learned how to control the ropes and sails. She also enjoyed four nights at Bendrigg Lodge where she took part in a range of outdoor activities.

Lana went on two expeditions for her award, the first acting as a practice trip. Lana received her trophy at a school awards' ceremony.



Silver

Lana volunteered at the Enfield library working every Saturday morning in the children's section putting stickers on books, tidying up and putting books back on the shelves.



For the skills section, Lana loved sewing and made a t-shirt, pyjama trousers and pyjama shorts. This is something Lana has continued to do.

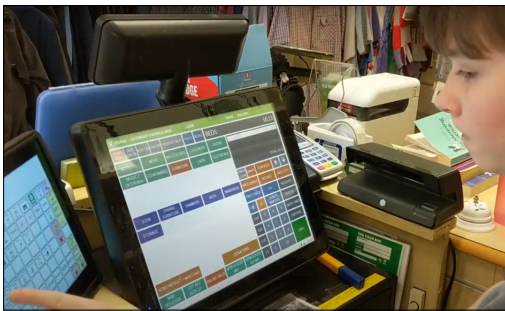
Lana did skiing for the physical section, trying both sit ski and standing ski. Her favourite was the sit ski because she was able to steer. She also went to Andorra on a school ski trip.



Lana took part in a team building away day. Her expedition with friends involved sleeping in a tent for two nights and walking for three days. It was fun but a little tiring.

To collect her award Lana got to go to an award ceremony and meet Prince Edward.

Gold

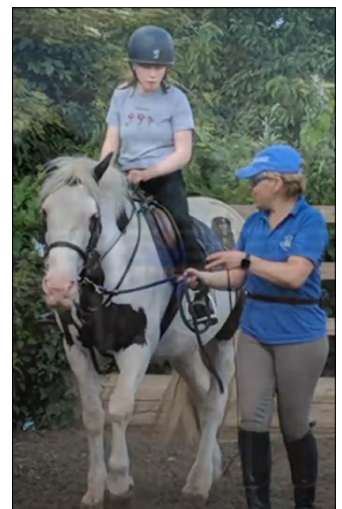


Lana volunteered in Oxfam on Saturday afternoons. She talked to customers and worked on the till taking payments.

Lana enjoyed cooking for her gold award and had some cooking lessons. She cooked meals like soup and spaghetti bolognese and sweet things like brownies and crumbles.

For the physical section Lana did horse riding every Saturday morning. She learned how to steer, start and stop her horse and how to trot.

Lana went to Calvert Trust and made new friends whilst trying a lot of outdoor activities. Although Lana has completed her practice expedition, she is still waiting to complete her final expedition which has been delayed because of the Coronavirus pandemic.



Thank you Lana for sharing your journey with us. We wish Lana all the best in completing her Gold award and hope she gets to go to St James' Palace or Buckingham Palace to receive her trophy soon.

If you have completed a DofE award we would love to hear what activities you have done. Or if you have been inspired to start your bronze, silver and gold journey please let us know.

CM2021 International AAC Conference

The Communication Matters International AAC Conference will take place virtually from Monday 13th – Friday 17th September 2021.

Over the course of five half days online, participants will enjoy a diverse programme of keynotes, plenaries, presentations, posters and talks from AAC supplier companies. Many presentations will also be made available to delegates to watch in their own time after the conference week has ended.

The conference provides a unique forum to meet and exchange information with representatives from all disciplines associated with AAC, including AAC users, parents, personal assistants, professionals, we are aiming to welcome over 400 attendees to the conference, which will include 80+ presentations, social events and more.

This year's conference theme is 'CM2021 - Making Connections'! We know we can't meet up in person, but we don't want that to stop us from networking and socialising together virtually and there will be plenty of opportunities to connect this year at #CM2021conf.

AAC Awards 2021

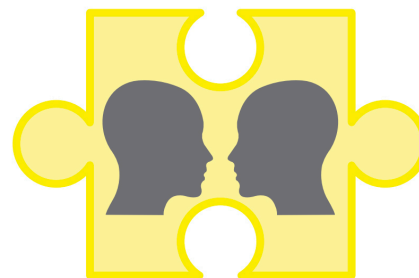
It may have been a strange year, but we still have reasons to celebrate! The AAC Awards 2021 will be held remotely on the evening of Friday 17th September 2021 to close our virtual Communication Matters AAC Conference and hope to bring together all the glitz and excitement of our inaugural ones held in 2019.

More Details here: <https://eu.eventscloud.com/website/4800/registration/>

LAST DATE TO REGISTER FOR THE CONFERENCE IS MONDAY 13 SEPTEMBER.

Communication Matters Paper

Helen Hewson (co-chair of trustees) and Amanda Hynan (trustee) worked with Jo Cope (administrator) to create, present and pre-record a paper for the Communication Matters online conference this year. The paper is entitled **1-Voice digital update** and shares news about our online social events, online role model training programme, Facebook groups, online newsletter and new website. We are so proud of all we have achieved over the last year in modernising our digital profile and our positive response to developing online opportunities. We wanted to share this news with the wider AAC community through the conference platform. The presentation is scheduled to be shown on Wednesday, 15th September from 14:30-15:00 and is listed as session 10.4 in the conference programme. It will continue to be available online to people who registered for the Conference until December 2021.



Communication
Matters



Care Parity for Adults with Cerebral Palsy

Emma Livingstone, an SLT living with cerebral palsy, set up the Adult Cerebral Palsy Hub to campaign for better support and services for the adult cerebral palsy community.

Take a look at their website <http://adultcphub.org> for information on their #StampOutTheGap campaign and their petition for change <https://tinyurl.com/vn9fj5mh>.

We Need Your Help! Newsletter - 21st Birthday Special

As we approach the 21st Anniversary of the first 1Voice event we'd like to share our members stories of attending their first 1Voice event. Do you have a story to share? Whether it's a quick snippet or you want to tell a longer tale, we would love to hear from you. Get in touch with your stories at 1voice-admin@1voice.info by 15th October 2021

A little template to help jog memories, but please don't feel tied to this, we'd love to hear your stories in whatever form

Date of your 1st 1Voice event:

Theme:

National/Local/Online:

Stand out memory:

A Huge Thank You to Kate & Sally



Kate McCallum and Sally Featon stepped down as 1Voice trustees after the summer.

We're so grateful for the support they have both given to 1Voice over a number of years and for the fun and enthusiasm they have always brought to our events. We look forward to continuing to welcome them at our events, online and in person.

A very big thank you from all of us.



Mhari

A new addition to our 1Voice family! We're delighted to announce the arrival of baby Mhari. Huge congratulations to our trustee Fran and her partner David.

Active 1Voice

We really enjoyed watching Team Paralympics GB compete in the Tokyo Paralympics. Perhaps it's inspired you to take up a new sport. Here's some of our members sharing their favourite moments of being active and at times very adventurous!



3 easy steps:

1 Sign up for FREE and select us as your chosen charity

2 When you shop, use Give as you Live Online to visit your chosen retailer

3 Your purchases will generate FREE donations for us!

Give as you Live® Online

Support us with Online Shopping

If you're considering online shopping for your Christmas preparations please consider support us by signing up for Give As You Live or Amazon Smile. A percentage of whatever you spend will be donated to 1Voice at no extra cost to you. <https://www.giveasyoulive.com/join/1voice-ct>



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