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20 Years of 1Voice

Unfortunately we had to cancel our national residential weekend this year. It would have been our 20th Birthday. It has been a good time to reflect on what has been achieved over the past 20 years. Over the years we have held events at many locations and with varying themes. From shadow puppets in Year 1, to Harry Potter, Going for Gold (Olympic year) and even 1Voice 1Vote in an election year!

October is **AAC Awareness Month** and we would like to help increase the awareness of AAC and 1Voice. We aim to share a daily profile on our social media platforms of one of our members. Each profile will tell us a little about yourself and your involvement with 1Voice and what the charity means to you. We would love to hear from you. Do you have a favourite 1Voice weekend or memory? Do you have any photos you can share with us?

Looking to the future of 1Voice, over the next few months we will be asking members to tell us what you think of 1Voice. Are we doing the things you want us to do? Is there anything else you would like us to think about? Is there anything we are doing that you would rather we didn't? We will be asking for people's views on a range of subjects including role models, our events, local activities, and our ways of communicating what we are doing.

Thank you for your help with making 1Voice the organisation it is. Please get in touch with your comments and/or suggestions at 1voice-admin@1voice.info.

1Voice Virtual Zoom Event

Saturday 24 October 2020

Presentations and Quiz 1.30-4.30pm

DJ OLIVIERO 6.30-7.30pm

Join 1Voice for some online fun. Hear from a number of our AAC Users on a range of topics and then join in the quiz. DJ Oli will be back in the evening with one of his famous discos.

If you would like to do a presentation (no longer than five minutes) please get in touch at events@1voice.info.

Contact Jo at events@1voice.info or on 07943 618525 if you are coming to allow the meeting details to be shared with you.



1Voice Teens An exciting new Facebook group for AAC users aged 13 to 21. The aim of the group is for teenage AAC users to have somewhere to chat, make new friends and share stories. The group is private and secure and we only add people who are members. If you do not have a Facebook account but would still like to join you can use a family members but just remember to put your name after your post so we know who it is. We look forward to welcoming new members.



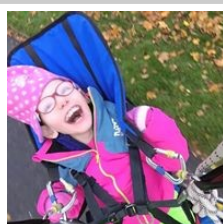
Communication Matters
more than just talking

The CM Sessions

A series of Twilight Presentations for AAC Awareness Month

The CM Sessions will have both academic and social elements and will be held every Thursday in October from 3.30pm online.

Find out more at communicationmatters.org.uk/what-we-do/the-cm-sessions/



Bendrigg Weekend We know that many of our members will still be staying very close to home but if your family is starting to go out again, would you like to join other 1Voice families for a weekend of activities at Bendrigg Lodge on 26 to 28 February 2021? Places are strictly limited and will cost up to £165 per person. Further details of the measures Bendrigg are putting in place to safeguard attendees are available on request. Contact events@1voice.info if you are interested.

The Shouting Mute

Dave Young is an inclusive writer, theatre-maker and performance artist and has run creative writing workshops at our previous two residential weekends. Here he tells us more about his work.



1Voice Residential Weekend 2019

“During the development of my solo project, 'Grow Up and Just Love Chocolate', I started thinking about voices, and how we define each person's voice. Your voice is much more than the way you talk, however that may be. Your voice comes from your mind and includes your self-expression and the choices you make. These choices and expressions define your identity, they make you feel like you, they tell the world who you are. That is your voice.

If you create a culture for yourself that doesn't include goals or ambitions, you're not going to achieve anything, but if you choose some goals to aim for then you instantly increase the likelihood of achieving something. **If we don't dream, we won't be successful.** Our choices matter.

Some dreams might seem ridiculous and unachievable but there will always be some level of that dream that is possible. I want to write a novel one day. At the moment I don't have time for such a big project, but I do have time to write poems, plays and stories. I never thought I would be fortunate enough to attend a 10 week creative writing course, or write scripts for stage performances, but I did and I have. So if someone dreams of something, their interest should be encouraged. To love something and be passionate about it is a precious joy in life. If we all apply interest, excitement, fun and most importantly education to our passions, we will all be able to learn and enjoy our individual and unique lives.

A great place to start discovering interests is through clubs and activity groups. Clubs that integrate young people with disabilities and learning difficulties with young people who are able bodied are great, both socially and educationally. In my experience, arts based activity groups are even more inclusive, welcoming, and adaptable which means everyone can contribute in their own way. All you need is a good facilitator, or you could start a group and explore how a group of people can do things differently.

Once any person has discovered their skill or talent, nothing else matters. Other people can try to define or judge them but once that passion is there, it can't be stopped. From the moment I discovered my skills for performance art and poetry, I found ways to do things differently and that I had the ability to change my life through the choices and effort I make every day.

I like to be as independent as possible and I find that possible through creative arts. I am proud to have created my show Grow up and Just Love Chocolate. It is my own unique expression. I could perform the script by myself, but I choose to get other people involved. I need support for lots of things, but we all do to different degrees. My carer and my mum create grids on my eye gaze and find ways to adapt my equipment to make my life better too, because although the technology and equipment designed for me is fantastic, the engineers don't think of everything, so a little creativity and makeshift solutions here and there really help. If we all just opened our minds, in every moment of our lives, we could achieve so much more.

The arts sector in particular is a very sensible and worthwhile career choice for disabled people. It's the most accessible arena for us, and expressive art helps all of us understand our world and how we can contribute to the community around us. Through art we learn how to express ourselves and witness other people's expressions. We quickly realise that being different is in fact being normal, and it doesn't matter that any of us are disabled because we all have unique lives, are all different, are all individuals and are here to simply experience everything in whatever way we know how.”

Follow Dave's blog at <https://theshoutingmute.com/blog>