

Our Vision Our Future

Accessing Ability - Fulfilling Potential
Self Advocacy - Self Help
Friendships and Relationships



Annual Report 2022-2023

We have been running for 31 years!
Registered Charity 1184451





Our Vision Our Future
Based in Chesterfield
The Ragged School
For people who live
In Derbyshire



What makes **Our Vision Our Future** different from other organisations?

We are a Self Advocacy, Self Help Group run by and for adults with Learning Disabilities aged 18 and over.
The decisions that move our group forward are made by us.
Our members are in control of the work we do.
We get help to **access our ability and fulfil our potential.**

'Don't ask our supporters, ask us!'

Self advocacy can change people's lives...

Many people who join our Self Advocacy, Self Help Group have been told for years that they can not do the things they want to do. This is wrong.
Through the support, knowledge and information we give to each other, we grow in confidence and learn about our rights, this helps us to be more able to make decisions that are good for us.

We support each other to be as independent as possible.
We are supported to do as much as possible for ourselves.
Because we are fully involved and listened to and our views are taken seriously, we are more able to make choices and speak up for ourselves.
We are happier, more relaxed and confident.
Our self esteem and self worth gets better along with our health and well being.

With the right support we stop saying "I'm sorry" or "I can not do this."

With the right support so many things are possible...

We are independent and community based.

What Our Vision Our Future is about Our Aims and Objectives...

Promote Self Advocacy, self help and the understanding of rights and responsibility



Promote inclusion and reduce isolation and loneliness by supporting friendships and relationships



Promote choice and control, making decisions and the development of problem solving



Enable members to use and improve their skills to help them reach their full potential and make a positive contribution within our group and in the community



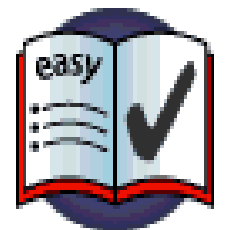
Build confidence, self esteem and independence



Improve social and life skills including keeping safe and a good knowledge of 'Hate Crime'



Increase levels of communication by using easy words and pictures as needed and the use of social media



Promote healthy lifestyles



Our Vision Our Future

Management Committee 2022-2023



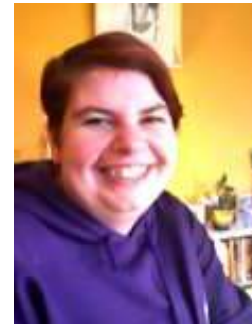
Maria Britland
Chairperson



Emma Daniell
Vice Chairperson



Victoria Vale
Secretary



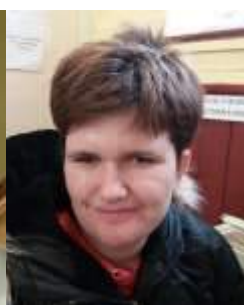
Alex Sanderson
Treasurer



Helen
Blanksby



Millie le
Messurier



Carley
Gregory



Keith
Quinn



Emma
Kellet



Marvin
Britland



We have had a very busy year! We worked with Hubbub Theatre Company to put on 2 Shows.
We went on lots of trips and tried new activities.
We also worked with other groups and organisations to raise awareness about different issues that affect our members.
We would like to thank all our funders, supporters, members, volunteers and workers who help to make all our work possible!
Maria Britland — Chairperson



I started working for Our Vision Our Future in February 2023. I really **enjoy it as everyday is different. It's such an amazing group of** people to work with as everyone is so welcoming and friendly. I really enjoy supporting the members in cooking meals as I think it is important to work together and it gives the member more independence.
Chloe Jarvis - Activity and Events Worker

Volunteers and Paid Workers



Andrea Southey
Project Coordinator



Andy Priestley
Social Connections
Activity Worker



Lynne Hemsley
Support Worker



Chloe Jarvis
Activities and Events Worker



Jason Reid - Volunteer I started in October 2022 and help with the accounts and bookkeeping. OVOF is a great place for people to feel welcome, safe and cared for without judgement. I have seen in my time as a volunteer that people create strong bonds between each other which they may not have otherwise. Almost like a family.



Janet Pawley - Volunteer. My son comes to OVOF, it's brilliant, he really enjoys it. **It's a friendly place and makes everyone welcome.** We have a lot of fun and laugh a lot. All members take an active part in running the place and achieve a great deal. **It's been a tough few years but it feels great to get back to normal seeing members doing all the things they love as well as trying new activities.**

**Volunteers
always needed!**

We are an active group and like to try lots of new things both indoors and out in the community.



A Right Royal Variety Show!

To celebrate the Queens Jubilee we were awarded funding from Foundation Derbyshire (Arts Council) Lets Create Jubilee Fund. We worked with Hubbub Theatre company to create our show



“It was brilliant –amazing. I got tears in my eyes as I was so proud of all my friends”

“We all pulled together and worked as a team”

It was a wonderful experience. It made me feel confident “

“I loved it! I am going to do more drama in the future”

“I read a poem and helped my friend read hers too. Having people watching me I felt nervous then happy afterwards. I liked the dance party at the end.”





“It was very entertaining. I really enjoyed it. It made me feel more confident. We all played our part and worked as a team.”



“I loved all the songs. It made me feel happy”



“I was a bit nervous but I did it and enjoyed it. It got me out of my shell and I got to know other members better over the weeks”

“I could not stop dancing!”

“I liked how everyone joined in”

“I loved working with all my friends. I want to do it again!”

The Queen's Jubilee

We celebrated The Queen's Jubilee weekend with an Afternoon Tea Party, Queen Themed Quiz, Bingo and Music



"It was a really special day"

"Nice to be with all my friends"

"Fun times!"

"I will remember this day for a long time"

"It was a good day with nice food!"

Chesterfield Museum's Community Exhibition

Members made felted squares during Lockdown the finished piece went on display in the Pavements and Assembly Rooms

"I feel really proud seeing my work on display for everyone to see"

"This was good fun"

"I've never made things with felt - I liked it!"



Working with other Groups and Organisations

We have good links with other groups and organisations and enjoy working with and meeting new people



Members working with **Community Growth CIC**



Dr Melanie Hani from **Adult Social Care**
Expressing feelings through art making. This work was on display at the Relate building in October.

Working with Oonah and Lisa from the **NHS Learning from Lives and Deaths of People with a Learning Disability and Autistic People (LeDeR)**.



Cancer Awareness session with the **NHS, Strategic Health Facilitation Team**.

“We talked about our experiences with doctors, nurses, hospitals so we can make things better for others”

“Talking about cancer was difficult but it’s important that we know how to look after our selves.”

Working with The British Red Cross

First Aid Training

Mental Health Sessions: Tackling Loneliness

Adapt and Recover from Adversity



Jobs to be Done!

We are a user led organisation and do as much as we can for ourselves.
We enjoy our work, making good use of our skills and talents



Typing documents into Braille



Reading out our group rules

“I like keeping busy and helping my group”



Making hot drinks



Managing our Diary



Keeping our space clean and tidy

“I am good at making phone calls and writing emails”



Setting up our space then clearing away at end of the day



Washing and Drying the Pots

Annual General Meeting

We had our AGM on Wednesday 26th April 2023
Members Voted in their New Committee and we had 4 Guest Speakers

Well done to all our members who helped run the AGM, applied to be on the committee, gave speeches, and voted for the new committee. Thank you to all our guest speakers Sandra Pink from Links: the Chesterfield and North East Derbyshire Council for Voluntary Service and Action Limited, John and Elaine Johnson from Adaptive Karate Chesterfield and Steve Ball from Derbyshire County Council.



"I was really nervous reading my speech but everyone clapped afterwards and I felt proud of myself."



John and Elaine Johnson from Adaptive Karate talked about how well members are doing in their **sessions and also said "It was good to see how all the members run things and make all the decisions for themselves."**



Sandra Pink from Links CVS
Sandra spoke about OVOF becoming an Incorporated Charity and what this meant.
All members agreed on this decision.



Steve Ball from Derbyshire County Council introduced himself and said "It's good to see public funding being spent so well"

Hate Crime

Stop Hate UK came and did a presentation and workshop about keeping safe

Angela Wright and Ian Davey from Stop HATE UK did a Hate Crime Awareness session with members.

We learnt about hate crimes, how to stay safe and how to report incidents.



The State Funeral of HM Queen Elizabeth II

We watched the funeral, signed the book of condolences at St Mary's Church and laid flowers at the bandstand in Queens Park

"I felt really sad when I heard the Queen had died - it was good to be with friends on the day of her funeral".



Keeping Active and Feeling Good!

Members keeping active with horse riding at Villa Mar, Accessible Tennis and Adaptive Karate.

“I did not think I would be able to get on the horse as I was so scared but with a bit of help I got on and really enjoyed it”



Accessible Tennis at Chesterfield Lawn Club

“Tennis is really good fun!”

“I love doing Karate - it makes me feel good!”



Adaptive Karate with John and Elaine

Cooking and Baking Sessions

We have a monthly lunch club and baking sessions



"I love cooking and sitting down to eat with all my friends"



"I really enjoy cooking."

"I'm not able to bake at home so it's nice to be able to do it at my group"



"It's good to learn new things"



Members Leading Groups

Members setting up different groups and activities

Chris's Music Group

"It makes me feel good leading a group"



Keith's Gardening Group

"I like helping others get Involved"



Fran's Craft Group

Group
"I like showing everyone how to make things"



Becky's Keep Fit Group "I do Zumba every week and like sharing the moves I have learnt"

Dronfield 41 Charity Golf Day

Thank you to Dronfield 41 Charity Golf day we raised £449 .
This will go towards an activity or trip.



The Deep Hull

Funded by money raised from Dronfield 41 Charity Golf Day and The National Lottery Community Fund



"I loved the penguins!" "A good day out"
"I want to go again!" "I liked being with all my friends"

Van Gogh Immersive Experience, Leicester

We stepped into Van Gogh's paintings in this exhibition which used large projections of his paintings onto the walls and ceilings.



"Wow!" "Amazing" "Something a bit different"

"Really enjoyed this" "I felt relaxed" "I loved all the colours and music"

Keeping Busy and Active

We like keeping busy doing arts and crafts, playing pool, DIY, going for coffee, singing and dancing



“There is always something going on in the group.”

“ We choose what we want to do and make the decisions about activities, trips, training and meetings.”



Decorating Mugs with Pottery Bee



Bowling at Chesterfield Bowl

Our member Helen helps organise monthly Bowling sessions for members

"I love bowling with all my friends—we always have a good time"



Walking with Alpacas

We walked and fed alpacas at Peaky Pacca's Holymoorside



"Fab day out!"

"An alpaca called Linda gave me a kiss!"

'Loved it!'



Sailability at Carsington Water

The Instructors took everyone out on the water, they were really patient and kind especially when people were worried and hadn't done it before. Thank you to the sailing club - we had a lovely day. Funded by Mencap



Great day out!

“It was good to try something new”

“I never thought I would be able go sailing”

“The staff were really friendly and patient and they made sure all of us got out on the water.”





“Loved it! I got really scared getting into the boat but once I was in and on the water I didn't want to get out and went around twice!”



Christmas Panto

Sleeping Beauty at the Winding Wheel



"A magical show—brilliant!"

A Countdown to Christmas

Our second show of the year working with Hubbub Theatre Company



"A great night out"
"Looking forward to the next one!"
"I liked being part of the group"

"I liked working with Hubbub —everyone's ideas were included. We voted on ideas when we had too many."



"Very entertaining - made me laugh out loud!"



"I loved watching all my friends in the show"

Celebrating Christmas and December Birthdays!

Magician, Karaoke Carols and a buffet lunch



“It’s good to be with my friends to celebrate Christmas and birthdays”



Christmas Meal at Chesterfield College



Christmas Tree Festival at the Crooked Spire

Members made clay and Alpaca fur Christmas decorations with Jane from ‘Peaky Pacas’

“The fur felt really nice — it was very relaxing to make”



“It was nice to see ‘our’ tree in the church”



“I really enjoyed making these”

What our Members Say

We are a user led organisation our views and opinions matter!
We feel heard and listened to at our group



“I really enjoy coming to the group being with friends, trying new things. I went on a trip to the Deep recently and really enjoyed it”
Connor



“I love this group! I’ve made loads of friends who are like a family to me. My confidence has grown since coming to OVOF 8 years ago. I used to need support to go to the group but now I come by myself sometimes which has given me more independence”
Millie



“I can catch up on socialising with people I’ve not seen for a while and I enjoy doing arts and crafts and colouring”
Cuan



“Nice group with kind people. I like writing and asking quiz questions and helping with shopping”
Stewart

What our Members Say

Members can meet new friends, try different things and find their skills and talents



"I'd be sat at home alone if I didn't come to OVOF. I come to socialise and like going on trips and doing activities. I now go dancing every week with the group and love it!"

Amber



"I like playing pool and bingo and going on trips."

Michael



"I like making cards and sell these to raise funds for OVOF. I also like to come up with ideas for trips and activities. I feel listened to and respected"

Fran



"Since my dad died I've been at home by myself—the group has helped me make new friends—I like meeting different people"

Mandy

Funding

Thank you everyone for your funding and support.
This helps us keep going through these challenging times



The National Lottery Community Fund - Accessing Ability, Fulfilling Potential Project.

£239,356 for core costs, activities and trips from 2019 for 3 years.

Due to Covid-19 and lockdown an extension of this grant has been agreed until May 2024.



Derbyshire County Council

Supports Self Advocacy, Self Help and Safeguarding

£30,375 this year to cover some of our core costs.



Foundation Derbyshire — Arts Council

Lets Create Jubilee Fund £6215

We worked with Hubbub Theatre to create show to **celebrate the Queen's Jubilee at the Winding Wheel Theatre.**



Mencap Round the world Challenge awarded us £1300

To help our members keep fit and active. This will be spent on tennis sessions, karate, sailing, Horse Riding, Dancing, Alpaca walking and Photosymbols Library subscription to help show activities in easy read.



Dronfield 41 Club invited us to a Charity Golf Day event—we raised £449 (we also carried over the previous years fundraising giving us at total of £900.55)

This went towards a day trip to The Deep in Hull. Our first trip since Covid!



Adult Social Care and Health

Adult Social care continued to support us with supplies of hand gel and soap.



Donations are welcome and gratefully received
<https://www.gofundme.com/ourvisionourfuture>

Our Vision Our Future

Contact Details



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Facebook: www.facebook.com/ovof.chesterfield
Twitter: @OVOF_E_Midlands



Opening times for Members
Mondays and Wednesdays
10.00am to 3.00pm with some flexibility
for activities and events outside these days and
times
Committee Members meet on Fridays to share
ideas and get jobs done.