

# Our Vision Our Future

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



Annual Report 2020 - 2021

The year of the Pandemic Covid - 19

**We were very proud to receive The Queen's Award for Voluntary Service in June 2020.** An MBE, The highest award a voluntary group can receive in the UK



We have been running for 28 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



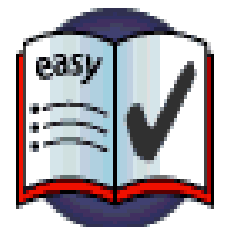
Build confidence, self esteem and independence



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 life styles





# Our Vision Our Future

## Management Committee 2020 - 2021



Maria Britland  
Chairperson



Emma Kellet  
Vice Chair



Andrew Cross  
Secretary



Alex Sanderson  
Treasurer



Helen  
Blanksby



Greg  
Latham



Kirsty  
Charlesworth



Keith  
Quinn



Tim  
Proctor



Marvin  
Britland

Andy Priestley — Social Connections Activity Worker  
Joined Our Vision Our Future in February 2021



Andy says, "I first met members on their doorsteps. I helped to give out activity packs to keep them busy at home. We came together on Zoom where I was able to support Monday morning music sessions.

Thankfully we are back together in small groups now.

**I've enjoyed joining members for walks, tennis, outdoor physical activities and art and craft sessions.**

Maria Britland, Emma Kellet, Greg Latham and Andrew Cross led the interviews. All members were actively involved in the job description and interview questions.



Maria Britland:  
"I've never interviewed someone before so it was a good experience."



Greg Latham:  
"We enjoy working with Andy and look forward to the future".

# Volunteers and Paid Workers



Jo Sutton  
Project Coordinator



Andrea Southey  
Development  
Worker



Andy Priestley  
Social Connections  
Activity Worker



Lynne Trueman  
Support Worker



Liam Harris - Volunteer  
I have had a great time and learned a lot that will help me in the future. I helped to keep members safe on the internet during lockdown.



Ruth McIntosh - Activity Worker  
We said goodbye to Ruth at the end of her 6 months probation period. She was very friendly and we enjoyed her company.



Alex Deck IT Support Worker  
Left us in December 2020 to advance her gardening career.



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 year but OVOF has kept friendships going by visiting and phoning us and providing gifts and craft activities to keep us busy.

## Volunteers always needed!

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

Your support and ideas will be valued.

In return you will gain valuable experience whilst having a lot of fun.





**Covid - 19 and Government Rules**  
**Hands Face Space**  
Staying at home to protect ourselves and others



**STOP CORONAVIRUS**

Before closing for lockdown we did a lot of work to understand what Coronavirus is, how to protect ourselves and others from catching it.



We held workshops about coronavirus  
Healthwatch Derbyshire supported us with this work.



We learned the importance of washing our hands properly and often.



Why we must stay at home.  
Why we must stay 2 meters apart from those we do not live with if we have to go out.



Face coverings - when to wear them and how to wear them.



Why keeping to these rules will help us and the NHS, our National Health Service.



We made sure all our members received their 2 Covid-19 vaccinations if they chose to have them.  
We worked with Healthwatch to help our members understand what the vaccination was for and how they would get it.  
We also helped them to make sure they were on the Learning Disability Register.





All members, workers and volunteers were given hand sanitizer and face coverings and shown how to use them



### Many thanks to Moira Scarborough

Moira has given her time throughout the pandemic to us and to other organisations. We were given face coverings at the start of the pandemic and at Christmas time. Moira made over 400 face coverings for us.



# Staying connected

## Finding new ways of working

to help our members cope and stay safe throughout lockdown

### How being stuck at home made us feel



Worried, anxious, frightened, lonely, bored, nervous, sad, scared, stressed out, frustrated, fed up, depressed, isolated, upset,  
**I miss my friends...**

This has been a very challenging and stressful time for everyone, especially for our members who found the changes to their daily routine hard to cope with, confusing and distressing.

After encouraging and supporting our members for so long to get out and take part in their community, it has been extremely hard for them to understand why they must stay home.

### What helped us cope and manage our feelings?

#### Door step visits from our workers

**"It's good to see a friendly face, it's hard staying in and being on my own all the time".**



#### Remote working - working from home

We phoned our members for several months 2 times a week offering a friendly chat and support as needed. This helped them cope with the changes to their routine, keep them safe and well and to keep friendships going.



**"We looked forward to the calls, it cheered us up."**

**"Knowing we could call someone if we were struggling and in need of help or feeling down helped a lot."**



#### Celebrating birthdays

All members got a birthday card  
Lynne phoned members on their Birthdays.  
Lynne and James Sandner put  
Happy Birthday messages onto Facebook.



## Staying connected and learning new skills Keeping in touch with our friends



We were supported to use our phones to keep in touch with each other. We have become more able and confident at doing this and more able to support each other.



We have learned to use WhatsApp to send messages and do video calls. It is good to see each other and chat.



We have learned to use messenger for our own group chats with friends.



Alex Sanderson our Treasurer has worked hard to oversee these meetings, enabling people to join in.



Facebook is proving to be a huge success with members who share and comment on how they are using their time during lockdown, their hobbies and interests.

We have many photographs to look back on once Covid-19 is over.



**It's been a very long and hard time.**

We missed being able to see our friends.

We are proud of ourselves for learning new skills and getting better at using Social Media.

We are proud of ourselves for helping and supporting each other to cope, to keep going and stay strong.



## Shopping and medication

At the start of lockdown workers helped with shopping and made sure members got their medication.



## The Volunteer Centre

### Chesterfield & North East Derbyshire

Once this service started our members were made aware of it and helped to access it if needed.



## Beat the Street Chesterfield

Members made videos introducing themselves.

They spoke about what we do at OVOF.

We took part in the Beat The Street Challenge - a walking challenge using swipe cards and a map to find 'beep boxes'.

We loved it and walked a lot of miles.



## Seated Dancing

Members enjoyed dancing with Tracey Barnes from

Dancing for Health every Tuesday and Thursday on zoom.



## Marches Energy Agency

Provided pre-payment vouchers of £49 to 4 of our members at risk of self-disconnection having their gas and electric supply stopped resulting from the pandemic.

**"It costs a lot more when you are in all day."**



## Safeguarding

We have responded to a number of safeguarding issues involving internet scams, working closely with other organisations to deal with them and provide support.



## New members

We have continued to welcome and support new members throughout the pandemic.



Helping our members to cope with the boredom,  
loneliness and isolation of lockdown by delivering activity packs.  
Colouring pages and pencils, card making  
party hats, blowers and balloons to celebrate upcoming birthdays.



Cards made  
by our members

Mark Gedney  
Helen Blanksby  
Zoe French



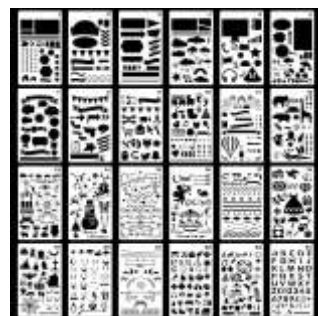
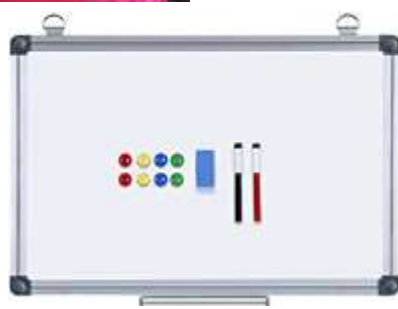
Art work displayed in the Ragged School windows  
Along with pictures of support for The NHS and essential workers





## Tesco Bags of Help COVID-19 Communities Fund £500

**“Thank you very much! Getting a gift especially something we asked for lifted our spirits, it made us excited and happy. Getting it through the post or by a visit was a nice surprise”**



### Examples of some of the gifts we received:

Memory sticks; word search; pens and felt tips; reading books; poetry books; joke books; jigsaws; white boards; art and craft materials; colouring books and colouring pencils; board games; music to sing and dance along to and more...

**“These gifts kept us busy and helped us to keep going.”**



# Activity packs with Easter eggs Door step visits

We had a lot of fun making our bonnets  
and really enjoyed the chocolate



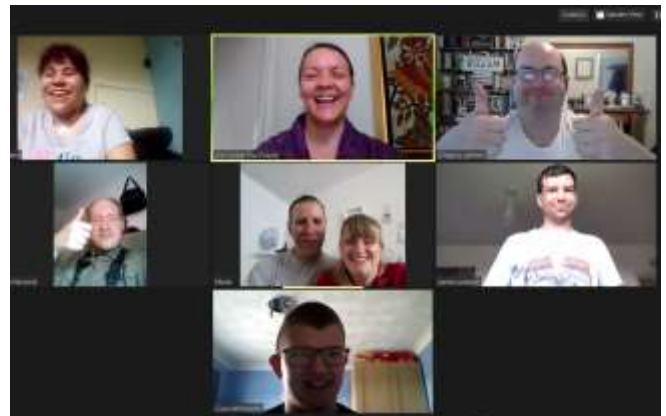


## Staying connected with our community

We continue to work together with other groups and organisations. Since Covid-19 began we are meeting online with many more people and taking advantage of the services they offer



Meeting up on zoom  
Christmas and Halloween  
Chatting and having fun



Confidence has grown as members and workers have learned to use zoom.

It has proved to be a helpful way for members to stay connected and chat, to share their feelings, help each other with their problems, give advice and share information.

### Friday zoom meetings

Members meet up for a chat and catch up.

Activities include quizzes, relaxation sessions, laughter yoga, music, singing and sharing of art work.

We have enjoyed meeting with other organisations and guest speakers.



### Georgia Bird Foundation

Thank you to Ellie Scott for the fantastic choir sessions and the video cover of the song

**'Sing'**

by Gary Barlow and the Commonwealth Band.

We have had to adapt and find new ways of working to meet the needs of our members our community and the challenges that lay ahead

We continue to change and adjust our service in line with advice from the Government, Derbyshire County Council and the NHS



### Derbyshire Constabulary

Thank you to PC Levi Tabbron, we talked about staying safe online.

### Plastic Free Chesterfield

Greg Hewitt joined members talking about reducing our use of plastic and we have signed up to the Plastic Free Pledge.



### Derbyshire Healthcare NHS Foundation Trust

Andrea Miles Strategic Health Facilitator (Learning Disabilities) joined us twice to talk with members about healthy eating and exercise and also about the importance of hand washing.





## Derbyshire Healthcare NHS Foundation Trust

Thank you to Daniel Roberts the new Strategic Health Facilitator for Adults with Learning Disabilities. He joined members on zoom to talk about looking after our mental health.



## Traverse Ltd

Members took part in paid interviews with researcher Louis Horsely to share their experiences with health and care services in Derbyshire.



## Citizens Advice North East Derbyshire

Thank you Angela Lobley, Derbyshire Scam Watch Project Coordinator for raising awareness of different scams



## Social Care Training Ltd

James Churchill joined us to talk about 'SMARTS' which is short for Supporting Me About Rights To Sexuality.

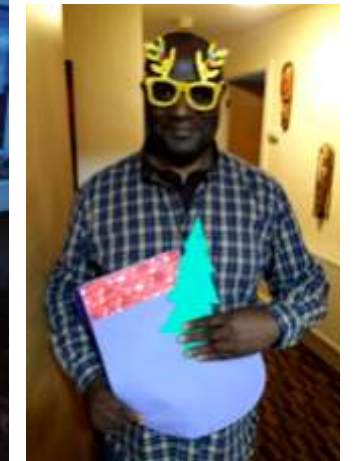


## Music Group

Andy our new worker has organised and supported our Monday music group with music themed quizzes, singing and movement to favourite songs and using home made instruments.



Christmas time - door step deliveries of art and craft materials  
Christmas face coverings, novelty glasses and selection boxes







## Christmas Activity Pack Art Exhibition

Our art work was displayed in the windows at The Ragged School

We made our own cards to send to each other and decorate our Christmas tree



Our base was closed but work carried on. We were very pleased to see our work in The Ragged School windows. My friends and family saw it too.







The Queens Award for Voluntary Service  
We were awarded an MBE for outstanding achievements and service in the community  
Member of the Most Excellent Order of British Service  
The highest award given to voluntary groups across the UK



“A big thank you to everyone at Our Vision Our Future for their hard work, for their friendship and the way they support each other. This is helping us to keep going through Covid-19.

Receiving The Queens Award for our voluntary work is wonderful news. It makes us proud and means a lot to us.

Having our work recognised makes us very happy and gives us so much to smile about, especially during this ‘Stay at Home’ time.



We wish to thank Julia Cook and Derbyshire Voluntary Action for nominating us for The Queens Award

For their letters of support we wish to thank:



Simon Rose  
Derbyshire Healthcare NHS Trust Foundation



Toby Perkins Member of Parliament





# The Queens Award for Voluntary Service

## Door step visits

### The Queens Award Badge and a Certificate from Our Vision Our Future



Sadly, due to Covid-19, the summer garden party at Buckingham Palace planned for May 2021 for those receiving this award has been cancelled.

Once it is safe a Presentation by HM Lord-Lieutenant of Derbyshire will be arranged.

It was nice to be given The Queens Award badge and a Certificate.

It was good to see our workers and share our excitement about getting this award.



## Funding from We are 500 together - £200

Provided gifts to those who are more isolated,  
Those who have not been able to access social media  
Goody bags with treats, including toiletries and biscuits



“ I don't usually get much, this is lovely, thank you”

“This is great, I love sketching”

“Thank you, thank you very much”

“Brilliant, this is a surprise. Thank you very much”

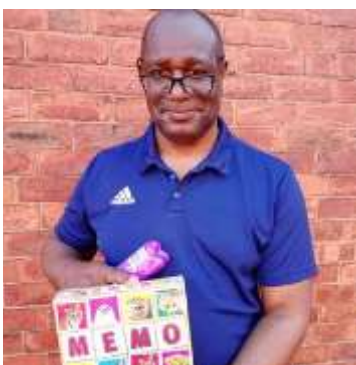
“I'm bored, it's hard being stuck at home. This will keep me busy for a bit”



“I don't know what to say, I needed things to keep me busy, I love it, thank you, tell them thank you”

“I haven't seen my friends in ages, this really helps, thank you”

“I can feed the birds now, I love watching them”





## Tackling Inequalities Fund £5,086

Helped to pay for additional costs due to Covid  
Coming out of isolation - preparing for our return



We have a Covid Risk Assessment  
All members, workers, volunteers and visitors are made aware of our new rules.



We have been very organised, offering well planned activities to 6 members in the morning and 6 members in the afternoon.  
24 sessions over 3 months.

This is overseen by Andrea as each place is by invitation only and done in a way that gives all members an equal chance to come in.



We purchased a thermometer. Everyone has their temperatures taken along with a check for any symptoms of Covid.



We purchased social distancing and hygiene signs.



We purchased hand sanitizer and automatic soap dispensers.

We clean between sessions and at the end of the day.



We purchased 2 Apple iPads and cases which enabled members to continue to use their skills, maintain contact with friends and other organisations.

The iPads have been great for taking photos which we share on Facebook.





Activities to improve our physical, emotional and mental well-being.



**Physical activities in Queen's Park**

"It was great being with my friends again doing something fun."

"Loved being out, I could forget about Covid for a while!"

"Brilliant being with my friends again."

"At last, I was afraid I wouldn't see my friends again."

"I was worried Our Vision Our Future wouldn't open again."



# Exploring new walks around Chesterfield led by members





Accessible Cycling with Inclusive Pedals in Queens Park  
Basketball  
Disability Tennis at Chesterfield Lawn Tennis Club



Amazing - Great fun - It makes you feel good - Love it - I feel free - This makes me happy





# Indoor Activities







Adrian Brown

## A Poem by Adrian Brown 'Ever Changing Seasons'

Rainbow high  
 Rainbow low  
 Spreading it's message of the weather  
 Set fair, no rain  
 No More hail, no more snow  
 No storm any more  
 You with your message of hope, mine with poem  
 Clouds will be few and far between  
 No more sleet, no wind  
 Seasons ever present, ever changing

Thinking of you all, stay in and stay safe.  
April 2020

Adrian Brown  
18th October 1962 - 25th November 2020

His passing was not due to Covid-19.

Walking with friends



We celebrated 28 years and VE- day  
Pictures by Mark Gedney



## Thank you for your feedback -

“The way Our Vision Our Future has supported its members throughout Covid-19 has been amazing.” Jane (Social Worker)

“I am really impressed with the activities sent through the post and regular phone calls to see how Olivia was doing.” Angela (Parent of member)

“It was lovely to meet everyone they are a great bunch of people. The members were also really helpful and supportive with some issues I had with Zoom!” Andrea (LD Nurse)



Thank you to Tanya Smith for her generous donation of art and craft materials which keeps us busy for hours.



Thank you to the members of The Chesterfield Ragged School, Evangelical Church for their support and flexibility throughout the pandemic.

### Spring by Emma Kellet

Spring has sprung  
The birds will sing  
The trees will blossom  
The bees will buzz

Spring has sprung  
Flowers are budding  
Bulbs are growing  
The grass is a lovely green  
And rivers are a flowing

Beautiful colour everywhere  
Beaches busy  
Seas a swishing  
People swimming  
Having fun galore

**That's what Spring is for**

**“It's been a difficult experience not seeing our friends for such a long time. Our Vision Our Future helped us stay in touch with each other. We learned new skills which helped our confidence, Zoom was new to me. Getting visits, phone calls, gifts and art activities to keep us busy helped us to keep going, be brave, and kept us safe.”**

Maria Britland - Chair Person

Our Vision Our Future stayed open all the way through lockdown, our workers made sure we were alright and coping.

Getting gifts and activities to do at home helped a lot  
**so I didn't feel so isolated.**

It was good to keep going with our committee meetings on zoom.

Emma Kellet - Vice Chair Person

Covid-19 has given us many challenges  
and a great deal of extra work.

Thank you everyone for your funding and support  
which has helped us to keep going through this very difficult year  
and face the challenges that lie ahead



The National Lottery Community Fund - Accessing Ability, Fulfilling Potential Project.  
£239,356 for core costs from 2019 for 3 years.  
Due to Covid-19 and lockdown an extension of this grant has been agreed.



Derbyshire County Council  
Supports Self Advocacy, Self Help and Safeguarding  
£30,375 a year helps to cover some of our core costs  
Due to Covid-19 and lockdown this grant has been extended to  
March 2022.



Public Health  
England

Derbyshire County Council  
Public Health Covid-19 Fund 1966.55  
Project - Staying connected and creative with art and craft.  
This funding will support the changes to our service due to  
Covid-19 by providing art and craft materials  
and helping to pay for additional staff time (wages) and travel ex-  
penses along with the PPE needed for our members,  
volunteers and workers.



Tackling Inequalities Fund £5,086  
This funding enabled us to bring members back and  
provide activities in a safe environment.  
Additional staffing and travel costs due to Covid.  
Sanitiser, signage and a hand held thermometer.



**TESCO**  
**Bags of Help**

Tesco Bags of Help Covid-19 Community Fund £500  
With this money we were able to give every member a gift.  
A gift chosen by themselves, something fun to ease boredom.



We are 500 Together gave us £200  
Provided gifts for those more isolated, those not able to  
access social media or their friends.



Simon Rose organised a Go Fund Me fundraiser and raised  
£160 which will help fund therapeutic pottery sessions.



Co-op £20 Voucher  
Helped to pay for the Easter eggs.



Tesco donated Christmas chocolate.



Mencap Round the world Challenge awarded us £2000  
to help our members get active again after Covid-19.  
This will be spent on tennis sessions, cycling, dancing,  
a mini exercise bike, a dance mat, help towards wages  
for additional staff hours and a Smart TV which will help us  
connect to other organisations through zoom.

Donations are welcome and gratefully received

<https://www.gofundme.com/ourvisionourfuture>

# Our Vision Our Future

## Contact Details



### Our Vision Our Future

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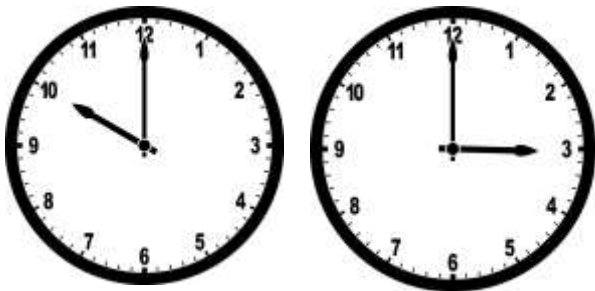
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Facebook: [www.facebook.com/ovof.chesterfield](http://www.facebook.com/ovof.chesterfield)  
Twitter: @OVOF\_E\_Midlands



Opening times for Members  
Mondays, Wednesdays and Fridays  
10.00am to 3.00pm with some flexibility  
for activities and events outside these days and  
times