



OUR VOICE SA

Annual Report

2022 - 2023

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Chair Report



This year has seen growth in all areas of Our Voice SA.

The Board has met regularly throughout the year. Working from the 2021 PATH the Board has focused on three main areas, community, funding and hosting another conference. This focus has seen Our Voice SA being attending several local community and interstate events, sharing information about what we do and how people can be involved.

We have also worked with Purple Orange to ensure future funding applications can be made to continue the current project work. Finally the focus on hosting another conference has been ongoing and we are very excited to host our third conference in early 2024.

**It has been
a year of
growth
for OVSA**

The Reaching Out Project has been steadily growing over the past 12 months. OVSA are now running workshops and peer networks in 5 regional and 3 metropolitan areas. We have also successfully supported 6 separate reference groups within organisations based in Adelaide. From June 2022 – July 2023 OVSA has run over 150 activities with 182 individuals attending.

Our Voice SA continues to speak up on things that are important to people living with intellectual disability. This year has seen us advocate on topics such as accessible transport, NDIS, Disability Royal Commission, access to health services, accessible housing, cost of living and employment.

All of this work wouldn't be possible without the support of our Board members, Peer Network members, Peer Mentors, Country Connectors, Project Staff and JFA Purple Orange. Thank you all for your hard work.



Ian Cummins
Our Voice SA Chairperson

OVSA Board Members



Ian
Chairperson



Tiffany
Deputy Chair



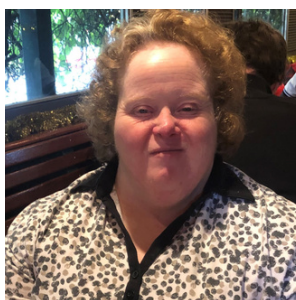
Janet
Treasurer



Gavin
General
Member



Maria
General
Member



Rachel
General
Member



Anthony
General
Member



John
General
Member



Judith
General
Member



Denice
General
Member



Libby
General
Member
Retired

OVSA Staff



Ali
Project Leader



Tristan
Project Officer

Country Connectors



Kate
Mt Gambier



Sarah
Mt Barker



Pippa
Riverland

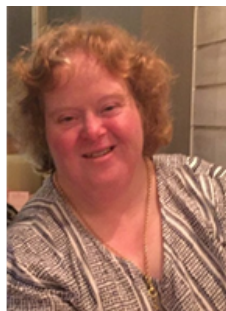


Cyanne
Whyalla

Peer Mentors



Jenny
Mt Barker



Rachel
Adelaide



Melinda
Adelaide



Shelby
Riverland

Highlights



1102

People



123

Peer Network
Meetings

19

Workshops



8

Focus Groups



9

Events



5

Letters

4

Videos



Ian's Award

Every year in Australia people are recognised for their outstanding service to the community.

In 2022 Ian was awarded the Order of Australia for services to people with disability.

“I do a lot of work for the community and speak up for those with intellectual disabilities, I try to help them open up more.”

Ian was a founding member of Our Voice SA, is our current chairperson and long time advocate for people living with intellectual disability.

Ian has had an active advisory role with many different organisations and government committees.

Through this work Ian makes sure that the voices of people living with intellectual disability are heard.

Congratulations Ian and thank you for all your hard work.



Speak Out Conference

In November 2022 four OVSA members along with staff and a volunteer travelled to Hobart for the 40th Speak Out Conference.

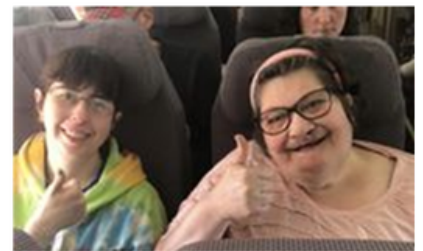
We talked about how OVSA started, the hard work we have done in South Australia and how we are working with organisations and government to make changes for the future.

Libby, Melinda, Jenny and Lizzy told their stories about self advocacy and how being part of OVSA has helped them.

Other highlights of the trip included seeing old friends, making new friends, sailability, using flowers to print on fabric, riding in a sports car, taking a 3 wheel Harley Bike trip around the suburbs, the celebration dinner and exploring Hobart.

Thank you to Speak Out Tasmania for having us!





Adelaide

Our Voice SA have been actively expanding their project activities in all metropolitan areas.

We have run 5 capacity building workshops, 58 peer network meetings and 11 board meetings. We have been running peer networks in 3 metropolitan locations and across 6 organisations. These organisations have benefited by improving their procedures, accessibility of their information and direct feedback from individuals within these groups.

This has a flow on effect for members as it leads to more opportunities for members to directly address concerns within organisations as well as the wider community.

In late 2022 we held a training day for the Country Connectors and Regional Peer Mentors in Adelaide. It was a great success with many robust discussions. We were able to talk about the success factors and barriers that are being faced for the project in the regional areas as well as ways of supporting each other. We met again in early 2023, this was the first time that we have been able to bring all staff together in one room. This led to an efficient planning and brainstorming experience. Working through the activities that all areas of the project are planning throughout the year.



Along with project activities OVSA members provided their expertise towards important policy that effects the lives of all people living with intellectual disability. OVSA members were included in various consultations and co design opportunities on topics such as employment, home and living, attitudes in healthcare, cost of living, NDIS Review, Disability Royal Commission and accessible communities.

We partnered with Flinders University on a study about Loneliness. We helped them design questions, run focus groups and write a Easy English report. We then went on to film 4 videos about loneliness, how to include people with intellectual disability and how to help yourself.

Another big collaboration we had was with Painting Around is Fun. Charndra helped us create two artworks for International Day of People with Disability; “Self Advocacy” and “Peer Support”.

We would like to thank the various groups and organisations who have partnered with us throughout the year and we look forward to working with you long into the future. South Australian Council on Intellectual Disability, Flinders University, Australian National University, Inclusion Australia, The Social Deck, Minda, Bedford, Barkuma, Lighthouse Disability, HomePlace, SA Law Reform Institute, Australasian Society for Intellectual Disability, Office of the Public Advocate, Wellbeing SA, and Painting Around is Fun.

We are excited for another busy year ahead.

Ali and Tristan

OVSA Metropolitan Project Team



Mt Gambier

We started off as a small and quiet group but in the end, our group has grown, and it has been a very busy year in Mount Gambier!

Over the past 12 months we have run, 8 Peer Network meetings
7 workshops, 80's Disco, Created art for SALA 2023.

Most of us had not heard the words Self Advocacy before starting the workshops.

We learnt that we can speak up in lots of different ways and who we can speak up to. We are now using our voices and helping others be heard! We did this when we wanted to change where we had our peer network meetings.

We have been meeting in a few different places. The Town Hall was good for our workshops, but not good for peer network meetings. Copenhagen had lots of good food, but we wanted to be out in the community. The Pantry was lots of good fun, lots of people to talk to, but the toilets were not accessible to some of us. We have been waiting for the library café to open, we wrote them a letter about it. We are very happy to be using this space for our meetings.



The group organised and hosted an 80's themed disco. The group had to decide what food to have, the music, they designed the invitations and promoted the disco to lots of different groups and organisations. The disco had 45 people attend, special guests included the Mayor of Mount Gambier and SA Police.

We were also able to join in other local events like the International Day of People with Disability 2022 Art Exhibition. We shared our photographs at the Town Hall and the were seen by over 100 people.

The group wanted to do more art, we decided to do our own art expo for SALA. The theme for our art was 'Hear me ROAR' was based on the OVSA lion. We created pieces of art about things that were important to us, we then turned them into placemats. The exhibition was be part of the Connecting Expo.

We are all looking forward to another busy year in Mount Gambier.



Mt Barker

The Mt Barker Peer Network has had a busy and productive year meeting at a local coffee shop and the community centre. Members have enjoyed being part of the community and growing in confidence, at the café members ordered their own food and drinks building on the decision-making skills learnt in the workshops last year.

Members have grown their skills in speaking up about what was going well and also what wasn't and reminding each other how do we speak up. The Mt Barker group also wrote a letter to the NDIS Review about the things that work and don't work for them and the things that they would like to see change.

SACID came and ran some workshops for the group. We really liked the Healthy Habits workshop. This led onto creating the opportunity to taste new foods and what does a healthy lunch look like? We had several fun meetings trying new foods and creating our own lunches and morning teas for work the following day. The group really enjoyed the opportunity to do this, and everyone voted to do it again.



We also had Charndra from Painting Around is Fun help us create some art. The art works were displayed in the Mt Barker library to celebrate International Day for people with a Disability.

Mt Barker Peer Network members were also able to attend some big events like the SACID conference and the local disability community disco.

We are all looking forward to another busy year ahead.

Sarah McInness
Mt Barker Country Connector



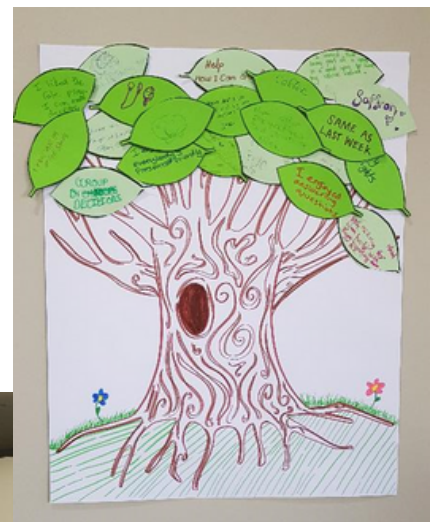
Riverland

The Berri OVSA is made up of around 15 adults with intellectual disabilities. They come from all areas of the Riverland.

Over the last 12 months, Berri OVSA has met 10 times. Members enjoy coming together and are very involved with planning and running meetings. At each meeting we have an easy read agenda and easy read minutes from the previous meeting. Those who want to take it in turns being chair and secretary. We also have presentations from participants either about themselves or on a topic of their choice. Sometimes this is done with a PowerPoint presentation and other times is done with Pippa interviewing the person about their topic. Members have a real sense of achievement after giving a presentation to the group.

We have had guest speakers and presentations from.

- State Emergency Service (SES)
- Country Fire Service (CFS)
- SACID
- Mission Australia
- Top Team Fitness
- OVSA Workshops



We also had some fun sessions throughout the last 12 months, starting with a pyjama dance party in December 2023 to celebrate International Day of People with Disability.

At one meeting we had a treasure hunt with a self-advocacy theme. The hunt was run both outside along the river as well as inside for those who didn't want to go for a walk. Everyone had fun guessing the clues and doing the activities. The treasure at the end was a chocolate egg for all!

Another meeting we had arranged a speaker from Disability Rights Advocacy Service to attend a meeting, but unfortunately, they were sick on the day. Instead, we dragged out a number of different games and puzzles. The energy (and noise!) in the room was high that day!

We also stole an excellent quiz from the Whyalla group. The questions were self advocacy focused and members showed just how much they have learned over the last 2 years.

And finally, we had a mask making session, ready for our masquerade ball that is coming up at the end of November. After the fun of the pyjama party last year, the group wanted to do another dance. The ball is to celebrate International Day of People with Disability and is a great way to finish off a busy year.

Pippa Pech
Riverland Country Connector



Whyalla

In the past 12 months the Whyalla Peer Network has grown, not just in size but in their skills as well. Members have improved in their confidence talking with other members, asking questions, and trying new things.

Throughout the year the group have had the opportunity to have their voice heard through meeting with the local MP, talking to local council about accessible events and participating in consultations.

They have also had some fun times together. WheeliNet visited to run wheelchair basketball. Members all loved the challenge of something different, fine tuning their wheeling skills by weaving through cones without running them over.

We had a fun interactive game day, where members challenged their fine motor skills through team games or solo activities. Stacking dice with tongs was a challenge for some at first, but by the end of the day it was a breeze! The games were all about team work and relationship building.



At the end of 2022 we ran a disco gala with Optimal Support, TADSA and Mission Australia. We had a great time with 35 people living with intellectual disability attending.

It is great to see the Whyalla Peer Network growing together.

Cyanne Westerman
Whyalla Country Connector



Finance Report 2022 - 2023

Please contact us for the
full audited report

OVSA Account



Total Assets

How much money we would have if we sold everything

\$2,015



Total Liabilities

How much money we owe

\$12,154



Net Assets

How much money we would have left over if we paid everything we owe

(\$10,139)

OVSA Project



Income

How much money the project got

\$370,939



Expenses

How much money the project spent

\$369,268



Surplus

How much money was left over

\$1,672

Notes



OUR VOICE SA

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New members welcome