



Our Voice Our Choice

Annual Report

2024 – 2025

Our Voice Our Choice (OVOC) is a self-advocacy group for adults with a Learning Disability, Autism and Neuro-divergence based in Ceredigion. OVOC is managed and is further developed by a small team of dedicated volunteers who themselves are Autistic or Neuro-divergent and they are the Trustees of the Charity. OVOC employs no staff and works in partnership with All Wales People First (AWPF), Pembrokeshire People First (PPF), Carmarthenshire People First (CPF) and Mencap Ceredigion(MC).

Through our engagement with our members at our informal social meetings and our shared lived experiences of services in Ceredigion, we can gather and evidence any concerns which affect members of Ceredigion's Learning-Disabled community.

Through our affiliation with All Wales People First we have members who participate in their National Council and Regional Council meetings. We also have representation at the Ceredigion Disability forum, and our representatives take concerns to the relevant meetings. We have attended a wealth of meetings in the past year, and the main areas of concern have been proposed changes to Welfare Benefits, public transport, and accessible formats.

We have attended a wealth of meetings with the "Dream Team" which also has representation from PPF and CPF. Through the Dream Team meetings, we engage with the Health Board, Ceredigion County Council, Pembrokeshire County Council and Carmarthenshire County Council on their combined provisions and proposals for people with a Learning Disability (Regional Independent Living Plan). This is a tri-

county platform for public service providers to engage with representatives from the Learning Disability community.

Through the Dream Team we have also participated in Welsh and UK Government consultations. We have also been working with the Dream Team on their independent living charter for people with a Learning Disability which also increases awareness of their rights. This charter is called 'My Charter' and public service providers and other organisations providing support to the Learning disability community will be encouraged to adopt the charter.

We have attended many All Wales People First events and this year our Chair was awarded a national Mirror award for campaigning and raising awareness amongst the Learning Disability community about the adverse effects of the proposed Welfare Benefit reforms. Our Chair actively encouraged and empowered people and organisations to participate in the UK Governments consultation on their proposed changes.

Following engagement with our members the need for training on Healthy Friendships and Relationships was identified. Following a successful grant application, we delivered two workshops in Cardigan with the assistance of Caerphilly People First. These workshops were well received and generated a lot of interest in other workshops.

In the coming year we aim to continue the activities from this year, further increase our membership, and to increase our engagement events with our local community. We are a relatively new Charity, and we are proud of our accomplishments to date, and we will endeavour to build on these as we move forward so we can ensure the voice of Ceredigion's Learning Disability community is heard both locally and nationally. We also recognise the importance of working in partnership with other organisations representing the interests of people with a Learning Disability and we would like to extend our gratitude to Mencap Ceredigion, All Wales People First, Pembrokeshire People First and Carmarthenshire People First for the opportunities they have afforded us. We are also grateful to Ceredigion County Council for providing us with core funding which enables us to carry out our activities and meet our objectives.

Charity Name: Our Voice Our Choice

Charity no: 1201554

Report Title: Annual Accounts

Accounting Period: 1st August 2024 – 31st July 2025.

Starting Balance 01.08.2024	£8,311.08
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Income

Grants.

28.02.2025 Carmarthenshire People First (Grant)	£3000
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Misc.

17.04.2025 All Wales People First (Travel)	£212.70
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Total Income	£3212.70
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Expenditure

Cymdeithas Mudiada (Grant)	£1476.13
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Office	£583.98
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Promotional Material	£35.00
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Volunteer Costs	£880.66
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Total Expenditure	£2975.77
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Assets	£0.00
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Liabilities	£0.00
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