

## What we do...

Promote Self Advocacy skills and understanding of rights and responsibilities

Promote inclusion and reduce isolation and loneliness

Promote choice and control, improving decision making and problem solving skills

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

Increase levels of communication by using easy words and pictures

Promote healthy life styles

## Where are we?

**Chesterfield Ragged School**  
Markham Road,  
Chesterfield  
Derbyshire S40 1TA

**Tel: 01246 556694**

Mobile: 0785 267 0929

Email: [ourvision\\_ourfuture@yahoo.co.uk](mailto:ourvision_ourfuture@yahoo.co.uk)

Website: [www.ovof.co.uk](http://www.ovof.co.uk)

Facebook: [@ourvisionourfuture](https://www.facebook.com/ourvisionourfuture)

Twitter [@OVOF\\_E\\_Midlands](https://twitter.com/OVOF_E_Midlands)

### Opening times

Monday 10 am - 3 pm

Wednesday 10 am - 3 pm

Friday 10 am - 3 pm

**Cost £5.00 a day**

## Our Vision Our Future

making a difference

Based in Chesterfield

For people who live in Derbyshire



## Our Vision Our Future



**A safe place  
to meet  
and make friends**

**Our Vision Our Future** is run by and for adults with Learning Disabilities

Our work involves  
**Self Advocacy and Self Help**  
**Accessing Ability - Fulfilling Potential**  
**Friendships and Relationships**  
**Tackling social isolation**  
**and loneliness**

Members are encouraged and supported to speak up and do as much as possible for themselves.

We promote equality and value diversity and offer real opportunities to members to have both choice and control of their lives.

We build around individuals' strengths and potential: members are listened to, fully involved and their views are taken seriously and valued.

## Be as active as you wish...

Drop in for a coffee and a chat

Play pool, table tennis

Day trips

Accessible cycling, horse riding

Swimming

Walking, including alpaca trekking

Music, dance and drama

Karaoke

Art and craft

Cookery, lunch club

Parties - celebrating birthday

IT - safe use of computers

Workshops about health and wellbeing  
and keeping safe

Training - we regularly work with medical  
students to help them to understand our  
problems

Become a Committee Member  
Take part in meetings and work with  
other organisations who value our work

**We have fun and laugh a lot!**



## A social life for adults with Learning Disabilities.

Having fun, making friends and doing the  
things we want to do, out in the community  
or at our space on Markham Road.

Drop in for an hour, join us for the day  
or a special event.

*Find your creativity and express yourself  
Use and improve your skills and talents,  
Learn new things  
Gain confidence  
Become more independent*

## Volunteers

Your support and ideas  
will be valued



*“When I came here I had no confidence, I  
was unhappy, I had no friends. I found it  
hard to speak to people. Now I arrange  
and chair meetings and speak with  
professionals. I feel good about myself  
and have lots of friends” Millie*

*“I only had my dog for company before  
coming here, I was lonely with no  
confidence. Now I have lots of friends with  
lots to talk about” Shaun*

*“OVOF gives me a life, a purpose a reason  
to get out of bed, keeps me well and active.  
It keeps me busy and occupied as I have  
jobs to do” Greg*

*“OVOF supported our relationship and our  
move into a bungalow. Our dream came  
true, we got married. Without OVOF we  
wouldn't have met” Maria and Marvin*

*“I am amazed at the variety of things they  
do here, my daughter had few opportunities  
after leaving college and spent a lot of time  
with us. She reads and writes for the group  
and gets involved in training. She has lots  
of friends and a boyfriend” Parents*