

# Join in and get involved!

Come and help  
make a difference  
to yourself and  
other people

## You'll be warmly welcomed.

**Previous events have included:**

- Healthy Living
  - Sports Weekend
  - Mobility
  - Employment and employability
  - Benefits - your rights
  - Fun weekend to broaden horizons
- ...and a whole lot more.

## How to join in

To join contact:

Mark Harris  
Your Voice Development Officer  
ASBAH  
42 Park Road  
Peterborough  
PE1 2UQ  
Email: [markh@asbah.org](mailto:markh@asbah.org)

Tel 01733 421322  
Fax 01733 555985

Email: [barbarai@asbah.org](mailto:barbarai@asbah.org)

[www.yourvoicegroup.org](http://www.yourvoicegroup.org)

Once you have joined Your Voice  
you will receive our newsletter:  
Your Voice, Your Choice



If you would like to make  
a donation to Your Voice, please visit  
[www.asbah.org/fundraising](http://www.asbah.org/fundraising)

This leaflet is available on the ASBAH website  
[www.yourvoicegroup.org](http://www.yourvoicegroup.org) If you would like this  
leaflet in an alternative format, please contact the  
ASBAH helpline on 0845 450 7755 (local call rate).



association for  
spina bifida  
hydrocephalus  
ability beyond disability

Registered charity no. 249338  
Registered in London no. 877990



# Your Voices

The Association for Spina Bifida and  
Hydrocephalus's Disabled Users Group  
**Join in and get involved**



association for  
spina bifida  
hydrocephalus  
ability beyond disability



# Welcome to Your Voice

If you are over 18 and have spina bifida or hydrocephalus then

**Join in and get involved!**

Joining the group is the perfect way for all adults (over 18) with any form of spina bifida and/or hydrocephalus to get together.

We organise meetings and fun events at different venues around the country where a wide range of practical activities, training, and new experiences will broaden your life.

Your Voice, ASBAH's Disabled Users Group, was set up in May 1992 to give adult service users the chance to play an active role in the development of ASBAH's policies.

## Our aims

- To empower disabled people with spina bifida and/or hydrocephalus allowing them to experience new activities, life skill training - all with an element of fun and sociability.
- To promote positive attitudes to disabled people with spina bifida and/or hydrocephalus through the social model of disability.
- To develop and support Your Voice activity throughout the UK.
- To lobby for comprehensive civil rights for all disabled people, with particular emphasis on those with spina bifida and/or hydrocephalus.



## Our achievements

- We have welcomed many new participants to a series of enjoyable and interesting events.
- The Your Voice group has contributed to ASBAH policy through close links to ASBAH's Board of Trustees.
- The group has responded and contributed to a number of Government consultations and initiatives on disability.
- Members of Your Voice have participated in International conferences organised by "IF", the International Federation for Hydrocephalus and Spina bifida.
- YV events have brought together ASBAH service users with a wide variation in their degree of disability to learn, discuss and gain from other people's social and personal experiences.

