

# Speak Out in Hounslow

***Our Mission:*** We work to support & empower adults with learning disabilities &/or autism in Hounslow to speak up, be heard, affect change and have real life & social opportunities.

***Our Aim:*** To improve the lives of adults with learning disabilities &/or autism in the London Borough of Hounslow.



Registered Charity number: 1089995  
Registered Company number: 4296856  
(Limited by guarantee)

Annual Review  
2020-2021

# Welcome to the Speak Out in Hounslow Review of 2020-2021 (numbers correct as at 31st March 2021)



*Nick Benjamin & Sally Malit*  
Co-Directors  
Speak Out  
in Hounslow

Hello from the Speak Out in Hounslow Directors...

This review tells you about the numbers from the year 2020 to 2021. What a very strange year. It was when we first heard about Covid-19 and we all experienced the lockdowns. What an awful time.

At Speak Out we were unable to run our usual face-to-face activities but we are really pleased that Speak Out didn't need to close at all during the main part of the pandemic. All our staff kept working and we pretty much become Speak Out online! There were Zoom meetings, telephone calls, texts and the Speak Out Radio Show keeping everyone going. We ran quizzes and sent two wonderful puzzle books to all our members.

We are so proud of our wonderful staff who kept things going during difficult times & proud of you our members who kept cheerful & positive!

## We run 4 main projects



Campaigns & Advice



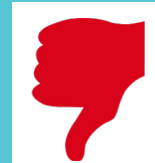
Keeping Safe



Manage your Life



Express Yourself



We hate the phrase Service User!



So we call the people who use our service

## Members

We have:

# 675



# 9

Speak Out Staff



# 4

Sessional Staff



# 30

Wonderful Volunteers

# Speak Out in Hounslow

# Annual Review 2020-2021

# Our Projects in numbers...



## Campaigns & Advice (C&A)



63



Volunteer  
Members

25



Attendees

592



## Keeping Safe



Facebook &  
Facebook Live  
interactions  
over the year

27,324

Daily  
Average

75

During the full lockdowns, figures for Manage Your Life & Express Yourself were counted in total as both project areas supported our members together.



## Manage Your Life



Contact by phone,  
WhatsApp  
& Zoom with  
members

2,912



In person  
activities  
attendees

210



## Express Yourself

Speak Out  
in Hounslow  
Radio

Speak Out Radio  
Show listens  
across the year

1,922



Information &  
Activity Packs posted  
to members

1,800

Speak Out  
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**Speak Out in Hounslow - money in and money out**  
**In the year 2020-2021...**  
 we received grants & donations of: **£192,367**  
 we spent on running Speak Out: **£183,862**

Full details can be found in our annual report by searching for Speak Out in Hounslow at [www.companieshouse.gov.uk](http://www.companieshouse.gov.uk)

## Funders, Supporters and Providers

We couldn't do it without you. A huge thank you to everyone who supports us. From individual donations, to organisations who let us use their space for free. We must thank in particular The Big Lottery Fund and London Borough of Hounslow. Many thanks from the Management Committee, Directors, Staff and Members to the following funders and providers for their support in 2020-21.



 **London Borough of Hounslow**

 **LOTTERY FUNDED**









## Keep in touch...



Our staff phone numbers are on the "Contact Us" page our website  
 Directors: Nick Benjamin 07949 076062 Sally Malit 07949 076081

 [SOH.org.uk](http://SOH.org.uk)
 [facebook.com/speakoutinhounslow](https://facebook.com/speakoutinhounslow)
 [@speakoutinh](https://twitter.com/speakoutinh)

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