

All Wales People First

Talk Back

*The National Voice of People with
Learning Disabilities in Wales*

Summer 2017



**All Wales People First join
Cardiff People First for their
event at Glamorgan
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Editorial

Welcome to the Summer 2017 edition of Talk Back.

If you have anything you want to share in the next Edition, then please send an email to. kelly@allwalespeople1st.co.uk



Joe Powell - National Director
joe@allwalespeople1st.co.uk



Kelly Stuart -
Executive Assistant to the National
Director kelly@allwalespeople1st.co.uk



Business Manager - Business and Finance Manager
victoria@allwalespeople1st.co.uk



Tracey Drew
National Council Development Officer
tracey@allwalespeople1st.co.uk



Rebecca Wide - North Wales Development Worker
becky@allwalespeople1st.co.uk



Matthew Brindley - South Wales Development Worker
matthew@allwalespeople1st.co.uk

Regional Events



What do the Police, Health Boards, Fire Service and Regional Partnership Boards all have in Common?



That's right, they all work in more than one county in Wales. Except Powys, Powys is so big it has a Health Board and Regional Partnership Board all to itself!

AWPF thinks local groups will have a bigger voice if they work together.



Rebecca and Matthew, Development Workers, are helping self-advocacy groups think about how they could work together to have a bigger voice. They are helping local groups to join together to plan events across regions.



RCT and Merthyr Tydfil together are known as Cwm Taf region. RCT People First are planning an event to find out how people with learning disabilities in the 2 counties want to work together more.



Pan Gwent People First is made up of Monmouthshire, Blaenau Gwent, Caerphilly, Newport and Torfaen counties. They are planning an event to look at the Learning Disability Strategy, or plan, in their area.



If your self-advocacy group would like to plan a regional event, get in touch with a Development Worker.



Matthew works in South Wales and Ceredigion. Rebecca Works in North Wales and Powys.

New Business and Finance Manager



All Wales People First has a new Business and Finance Manager.

Her name is Victoria Sidwell-Brown.

She started working for us on the 12th June.

Victoria will advise the National Director about the best way to make sure that All Wales People First makes the best business decisions.

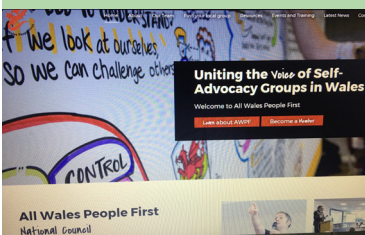
Victoria will be responsible for making sure All Wales People First's finances are in good order.

We are delighted Victoria has joined our team.

-Joe Powell

Website launch

www.allwalespeople1st.co.uk



We are very excited about sharing our new website with members!

We will be launching the new website at this year's Annual Conference.

Anyone at the conference will be able to have a look the new website.

It is not too late to book a place at the All Wales People First Annual Conference. Contact kelly@allwalespeople1st.co.uk

Annual General Meeting



All Wales people First will be holding an Annual General Meeting on Wednesday 4th October this year.

The meeting will start at 10.40am, and will finish at 11.10am

It is important that members come to the Meeting so that they can make decisions about All Wales People First.

Full Members can make decisions by voting about the things which are on the Annual General Meeting agenda.

The Annual General Meeting is on the same day as day 1 of the Annual Conference.

You can book a place for the Annual General Meeting and the Annual Conference by emailing kelly@allwalespeople1st.co.uk

Out and about with Joe



Joe and Kelly attended Cardiff People First's event at Glamorgan archives on 4th July.

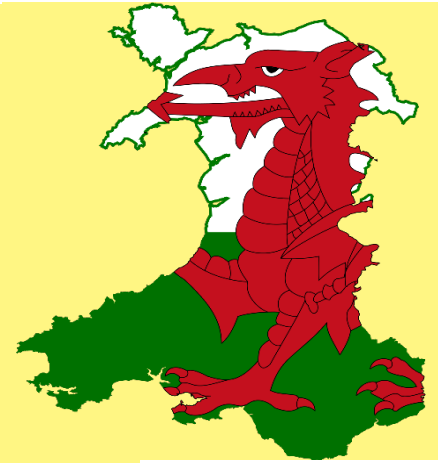
We learned a lot about the archives from the tour guides at Cardiff People First.

Have a look on the front cover to see some of the things we did.

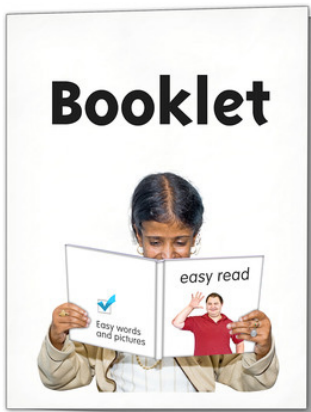
If you would like to invite Joe to attend one of your group events in the future, please email an invitation to joe@allwalespeople1st.co.uk



News from Groups



RCT People First



Rhondda Cynon Taf
PEOPLE FIRST LIMITED

We have made an easy read document called the Cwm Taff Statement of Intent.

This is a consultation document on how services will work with us in the future. We are currently asking our members what they think about the document and if there is anything missing that should be in there.

Pan Gwent

We are working with Pan Gwent on the Learning Disability Strategy Review



Learning Disability STRATEGY 2012-2017



To find out more about this Strategy please view the following websites or call:

www.winterthurhills.wales.nhs.uk	www.northernhampshire.gov.uk	01873 735446
www.knaap-gwent.gov.uk	www.newport.gov.uk	01473 654456
www.caeophilly.gov.uk	www.tofeem.gov.uk	01485 762200



Newport People First



Members visited Gwent wildlife trusts open day at Ebbw Vale.



Members took part in a wood carving class, met some friendly owls and also attended a relaxation and meditation class. It was a great day out and members really enjoyed the day



Alex and Rhiannon delivered training in safeguarding to members of the Circles Network group at Newport YMCA. The training was about identifying abuse and what to do to avoid it or you to report it to if you are a victim of any kind of abuse



Swansea People First



Hi my name is Neil from SPF.
Over the last year we have been
working with the City and County of

Swansea to try and get people with learning disabilities to have
more say the support they receive and what organisations work
with them.



We started a group called
'Nothing About Us Without Us'
last year and have been very
busy.

We have come up with a list
saying how we want our support
to be.

We've done a questionnaire with 215 people to ask them what
they think about their support.

Using the results we picked two things we wanted to make better.

1. How people could be part of choosing their staff.
2. How people could be supported to make their own choices.



We asked lot's of people to
come to a big meeting to think
about what good, ok and bad
would be like for these two
questions.

More from Swansea People First



This is the start of building a way for people with learning disabilities to tell how well the services they use are meeting their needs.

It has also been used to allow people to rate the supported living providers who want to work with them in Swansea.

It has been very hard work but our voices have definitely been listened to. We had to give evidence to back up our decisions and all our talks had to be recorded. We had to look through the answers the providers had given to our two questions and match them up with what everyone said they thought good, ok and bad meant.

We will be having a big celebration soon to thank everyone for their hard work. We hope that we have shown that what we think matters and that people with a learning disability can be part of important decisions as long as things are done in a way we can understand and be part of.



People First Bridgend



People First Bridgend became a Charitable Incorporated Organisation (CIO) on 12th April 2016. We used to be a charity called Bridgend People First. The Charities Commission told us we had to have a new name when we became a CIO.

We have a board of trustees who are all connected with learning disabilities & autism through personal & professional experience. To ensure we are a member led organisation, the trustees are directed by our 25 strong Advisory Group, which is made up of people with learning disabilities & or autistic spectrum disorder.

We have a new Manager Jason Tynan & new Independent Professional Advocate called Joy Gwilliam. Our Administration & Finance Assistant is Adam Wakeford

Catherine David will be leaving us for pastures new, so good bye & good luck Cath!

Our new offices are Mulligan Centre, One Central Park, Western Ave. Bridgend Industrial Estate, Bridgend CF31 3RH

We also have a new Facebook Page @peoplefirstbridgend and a twitter account @PFBridgend

Our new look web site will be live soon!
www.peoplefirstbridgend.co.uk



I have attended lots of conferences and met with ministers and a wide range of other professionals to promote the shared lives scheme and to give examples of how the scheme has changed my life.

I have now been looked upon as an ambassador for shared lives. I have also done a video in my house with my carer to promote the scheme to other people who would like to be carers, and also to individuals who may like to live in a shared life scheme.

I am very proud of myself for being chosen to promote the shared live scheme for North Wales.

LGBT -This is what we need

Health priorities in learning disability services are

- Challenging behaviour.
- Mental health.
- Offending behaviour.
- Complex needs.

We believe that problems with relationships and sexuality make all these things more difficult for people to deal with.

1 - We need more education about lgbt and relationships.

2 - Relationships should be made part of peoples reviews and care plans.

3 - People with learning difficulties should be able to have a health professional that they can talk to about their sexuality or any relationship problems.

This will help fight against prejudice and help people to live their lives the way that they want to without being scared or treated differently or badly.

Caerphilly



Mood Awareness Programme (MAP)

Caerphilly People First members have recently completed the 11-week Mood Awareness Programme (MAP) which aims to teach people about mood problems (this might include feeling depressed, anxious, upset or worried). The course was a joint project between Cardiff University Mental Health Centre, the National Centre for Mental Health, and Aneurin Bevan University Health Board, and was shaped around the needs of people with learning disabilities. The course included discussions on what causes mood problems, and what can help with mood problems. It taught members about feeling calmer, being healthy, eating well and exercising, getting on with others, medication, and other therapies.



Ffion, Chairperson of Caerphilly People First, who is one of the people who attended, said 'the course really helped me because I suffer with anxiety and depression. We learned different meditation and relaxation techniques, and now, whenever I get angry or upset I meditate and count to ten.'



More from Cerphilly People First



Lloyds Bank Foundation Events

In June, Caerphilly First staff and members attended two events in Cardiff run by Lloyds Bank Foundation for England and Wales, and Wales Council for Voluntary Action.



The first of these events—held in the afternoon—was named the 'Facing the Future Summit' and was an interactive event aimed at helping charities in Wales explore what the future might hold and how they can be stronger in order to face these challenges.

The second event, held in the Senedd in the evening was the 'Small but Vital Charity Reception', and this event was designed to provide opportunities for Assembly Members to network with charities and to hear about the Lloyds Bank Foundation's work in helping charities to support people to break out of disadvantage.



Hearts 1st Project

We have been working hard on our Hearts 1st project.

We want to be healthy and happy. We organised an Exercise Event and contacted Simon Jones from Disability Sports Wales to help.

We held a meeting with Simon to organise the Event.

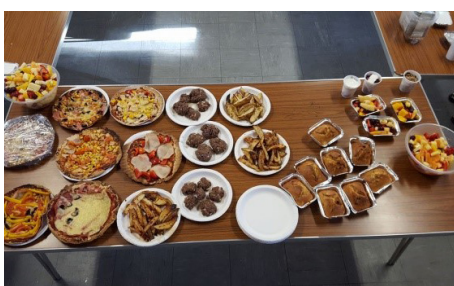
It was a great success

Parents, carers and PCSO's joined in with us.



We planned a Healthy Cooking Event with Dieticians Marie and Jo

We wanted to cook things we like but in a healthier way, it was great fun



Our cooking looked great and tasted great.

It's up to us now to use what we have learned to be healthier



We held a Hearts 1st Fun Quiz with our Volunteer Alison.

All about our Heart and how it works It was great fun and we learned lots

Here is the winning team the "Jacket Potatoes"

More from Vale People First



We also organised a 1st Aid Awareness course with Adult Learners Wales.

The members had a wonderful fun day.

Peter said "I might be able to save someone's life one day, I have learned so much. People said to me I would not be able to do it, I have proved them wrong."



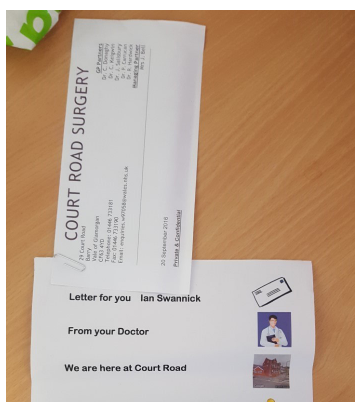
We had a consultation with Learning disability wales and public Health Wales to make Screening invite letters more accessible, after all, they are our letters



The group hard at work trying to make invite screening letters more clearer and easy to read



The group hard at work trying to make invite screening letters more clearer and easy to read
As you can see we have been very very busy.



facebook



All Wales People First, June 24th- Kelly Stuart

We have some FREE exhibition and main stage places available to our member Self-advocacy groups!

All Wales People First Annual Conference 2017

Exhibition space for Day 2: Self-advocacy festival AdFest

Thursday 5th October 9.30am-3pm

Do you have a project or service which you would like to share at the All Wales People First Annual

Conference?

Do you want to share what good work your group is doing or has done?

We have a limited number of FREE, member exhibition places on Thursday 5th October

We have a limited number of FREE main stage presentation slots available to Self-advocacy and People First member

Groups on Thursday 5th October

The exhibition and presentation opportunities are FREE, but all exhibitors and presenters need to book and pay for a place as a residential or day delegate.

For more information, please contact Kelly@allwalespeople1st.co.uk

Round up



Joe Powell, National Director June 15th

Attended a joint meeting between the CSSIW National Advisory Board and Ein Llais (the regional boards that feed into the National Advisory Board at the Welsh Government offices at Cathays Park in Cardiff today. We were joined by the minister for Social Services and Public Health Rebecca Evans who spoke about a large extra investment this financial year into preventative services (20million pounds). The meeting focused predominately on the Regulation and Inspection Act and a joint consultation response from the National Advisory Board. All Wales People First will certainly be contributing to this and we will also consider whether we should submit an individual response on behalf of the membership.



All Wales People First, July 19th- Tracey Drew Today is International

Changing Places Awareness Day. If you don't know about Changing Places take a look at www.changing-places.org



All Wales People First

Annual Conference 2017

AdFest Thursday 5th October

