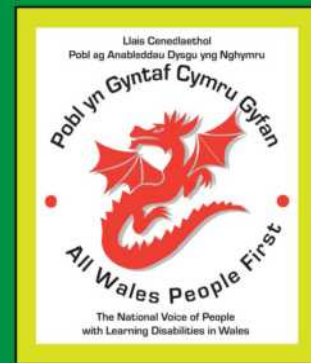


**ALL WALES PEOPLE FIRST.....**



**#AWPF2018**

**Conference Report**  
**Ramada Plaza Hotel, Wrexham**  
**16th and 17th October 2018**





**All photographs  
credited to  
Natasha Hirst**

## **Joe Powell, National Director, All Wales People First**

This year's conference, our first in North Wales, is the final in a trilogy of conferences looking at the history, health and future of self advocacy for learning disabled adults in Wales. We've found out that self advocacy is valued and still needed by members. We asked and decided All Wales People First still needs to exist to support local groups and to make sure the messages of members reach the people in power and we discovered what good self advocacy looks like and created the MIRROR Principles.

### **This year's conference looks wider again—how do we work with other disabled people to have a stronger voice on issues we have in common?**

Member's views in the workshops will inform the way All Wales People First moves forward over the next three years.

- In the words we use, and their effect on the wider disability movement,
- How self-advocacy fits with advocacy for other people,
- How we join together with other disabled people to ensure our rights are reflected in government policies
- How people with learning disabilities can be included in reviewing legislation.





**Devil's Advocacy** Joe introduced a film showing three disabled people answering questions about their experiences of disability. Joe then asked the conference -

**“Are your experiences the same as other disabled people?”**

**Being Valued**

“The people in the film didn't talk about getting their voices heard”

**“I have to do the same things as non disabled people to be valued - like being in employment”**

“It should be for all people to be valued. I was born with Down's Syndrome and I have my rights. I have powers; a voice!”

**Employment**

**“I went to university. I went to Oxford and the Oxford degree proved that I could do a job”**

“When I left school I was told I'd never get a job so not to even try”

“I've been in employment since I was 14. My employers have been really supportive and flexible”

“I've had a few people discriminate against me in work. They would look at me to check up on me”





## Benefits

**“There are extra costs to being disabled”**  
**“You have to fill in these horrible forms about all the things you can’t do - I hate it!”**

“My DLA stopped. It’s now PIP. My mum gives me money to spend.”

“I run a self advocacy group. I asked them what they think about the benefits system. Half are on PIP but they’ve lost half of what they usually get. It’s been very tough for them.”

## Policy

**“We need to see government policy taking account of people’s needs.**

**We have the same rights as everyone but our rights are not being upheld”**

“I think society, people in general is too lazy to accept disabled people”



## What can we do about how society treats disabled people?

“We should show our talents - my talent is ballroom dancing!”

“Go to the services first - ask can you do it?”

**“The name of this conference is All Together Now - the majority of us here are members of People First. We need to share contacts. The more voices we have together the more chance we have.”**





## **Workshop: Speaking Up for Disability Rights in Wales**

Facilitated by Michelle Williams and Matthew Brindley

The aim of this workshop was for members to learn about the Human Rights of People with a Learning Disability.

It was also an opportunity for members to decide if Self-advocacy and People First groups in Wales should speak up more on Learning Disability Rights. This could be in places like the United Nations in Geneva and in the UK Parliament in London. And to tell us about the most important Human Rights issues they face.

**“We need to be speaking out together and be connected with each other more”**

**“They should ask us what we think”**

**“We should work more with Inclusion Europe to coordinate self-advocacy and Human Rights”**

Key Human Rights issues that need to be addressed:

- The right to work,
- Impact of benefit cuts and assessments,
- Bullying and being treated differently in school,
- Having the right place to live,
- Support for parents to keep their children,
- Transport
- Accessibility





## Workshop: Golden Thread of Advocacy

Facilitated by Hannah Thomas and Paul Swan

This workshop was about what the Social Services and Well-being Act says about advocacy and how self-advocacy fits with other forms of advocacy.

Under the Act, local authorities **must** arrange provision of independent professional advocacy when a person has communication barriers and they need care and support from services. The Act also says that each form of advocacy has benefits and local authorities should recognise and value all forms of advocacy.

### Self Advocacy Groups need to

- **Get people to listen to our voice**
- **Take every opportunity to campaign to make professionals aware of self-advocacy**
- **Raise awareness of the MIRROR Principles**
- **Make contact with the right people in the council**
- **Participate in community events to promote self-advocacy so people see us as normal people having**

### What does this mean for self-advocacy?

People First groups need to be involved with local authorities and health boards in designing advocacy services to make sure that self-advocacy is not forgotten about.



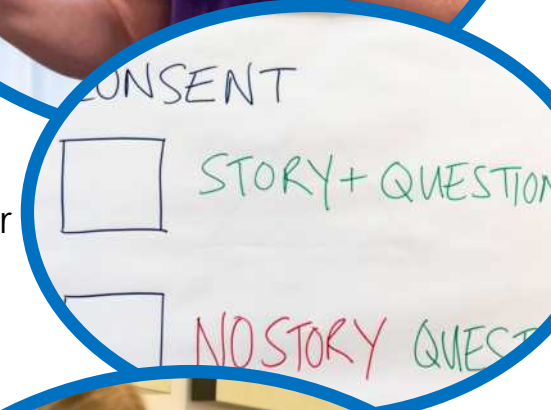
## Workshop: Measuring the Mountain

Facilitated by James Andrews and Katie Cooke

The Measuring the Mountain Project is asking people to share their stories and measure the impact the Social Services and Wellbeing (Wales) Act has had on their lives. James stressed the importance of people with learning disabilities being included in reviewing the Act.

This workshop asked people to tell their stories and give feedback about the accessibility of the project measuring tools.

Members really liked telling their stories but found the measuring tools very difficult to understand. The project uses a triangle to measure how successful something has been but members thought this was not accessible. It was also hard for members to remember exactly when things had happened, for example, before or after an assessment for services.







## Workshop: What's In A Name? Members only workshop

Facilitated by Louise Price and Tracey Drew

What do we mean by the label 'Learning Disability'?

- **Cognitive Impairment** - A difference in how you think, learn or understand
- **Needing help with everyday things** like meeting new people, cooking or dealing with money
- **Present in childhood** and had an impact on how you developed



In other countries these three things are called other things. In England and Scotland they use Learning Difficulty and in America they use Mental Retardation.



The term Learning Disability makes other disabled people think about the Medical Model of disability and not the Social Model. We prefer the Social Model.

### What else have you been called?

- Imbecile
- Spastic
- Handicapped
- Service User
- Mad
- Deformed
- Different
- Special Needs



### What label do you prefer?

1. No label
2. Learning disability
3. Learning difficulty
4. Progressive learning

...but we need more time & people to decide.

**“I’m scared to put ‘learning disability’ on a job application form.”**

**“I don’t understand cognitive impairment”**

**“It doesn’t matter what words you use. It’s how you treat us that counts”**





# AdFest Exhibitors

Houses of Parliament

Engage to Change

NWAAA

Learning Disability Wales

Mencap Cymru

Big Lottery Fund

Conwy Connect

National Assembly for Wales





Gerriant Jones Griffiths & Elsa Jones  
Engage to Change Project



Claire Hough  
Welsh Government, Learning Disability,  
Improving Lives Programme



Samantha Williams & Karen Warner  
Learning Disability Wales



Ffion Bethel, Nicole Bird & Sharon  
Cochrane  
Caerphilly People First



Steve Williams  
Houses of Parliament



Fiona Owens  
Mencap Cymru

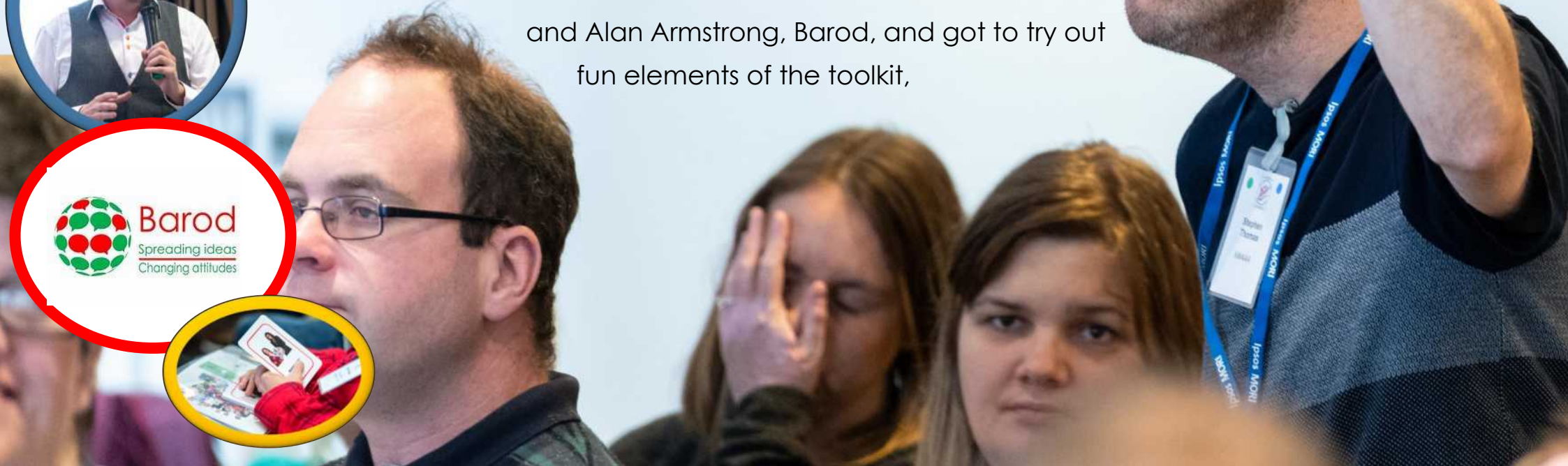
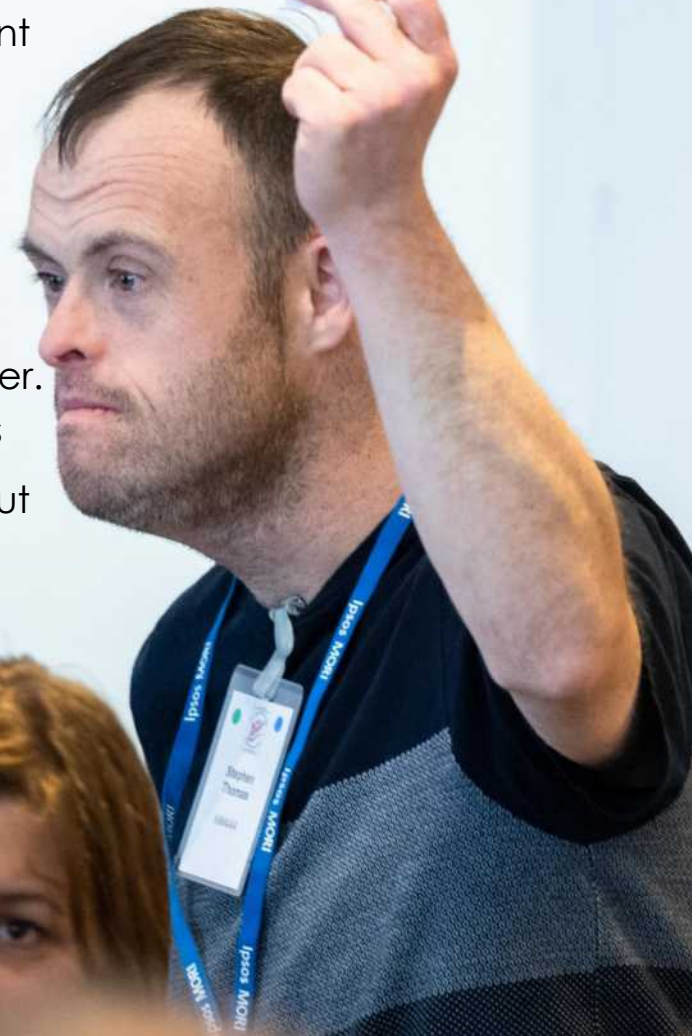
# AdFest Presentations



## Self Advocacy Toolkit Launch

All Wales People First joined Barod CIC and Independent Researcher—Jan Walmsley, to launch a toolkit for self-advocacy projects.

Jody Mellor, DRILL Wales Programme Officer explained the importance of disabled people being involved in research and Jim Wright, Torfaen County Council, explained how he would use the toolkit as a commissioner. Delegates watched a film introduced by Simon Richards and Alan Armstrong, Barod, and got to try out fun elements of the toolkit,



## Members

**James Andrews**, Gwynedd  
**Ann & Neil Williams**, Swansea  
Dedication to their groups



## Ideas

**Angie Edwards**, Carmarthen  
(Collected by Lucy)  
Winning an  
NHS 'Hack'  
Day



## Rights

**Our Voice Our Choice**,  
For starting a new self  
advocacy group in Ceredigion



## Reflection

**North Wales Participation Group**,  
For reflecting on self advocacy across  
the region and working together for  
the good of all.



## Organisation

**Lynne Evans & Dawn Price**  
For their work across RCT, Merthyr  
& Blaenau Gwent and forming  
Cwm Taff  
People  
First



## Review

**Glayne Walker**  
For a supporting AWP as a  
Member, Committee  
Member and as  
Co-Chair of the Board  
of Directors for the  
maximum time  
allowed.



# Conference Evaluation

## Day 1

Have you enjoyed day 1? 100% YES

What have you enjoyed most today?

- Joe's speech 25%
- Devil's Advocacy 12.5%
- Workshops 50%
- Something else 12.5%

Have you enjoyed the food? 94% YES 6% NO

Has the conference been well organised? 98% YES 2% NO

## Day 2

Have you enjoyed AdFest, day 2 of the conference? 100% YES

What have you enjoyed the most today?

- Stalls 30%
- Speakers 24%
- Toolkit Launch 24%
- Activity 22%

Have you enjoyed the food? 96% YES 4% NO

Has the conference been well organised? 100% YES

If you've been here for both days, which day did you prefer?

Day 1 45% Day 2 55%





**All Wales People 1st** @AllWalesPF · Oct 16  
A packed conference to start the first day here in Wrexham #AWPF2018

2 5

Disability Wales Retweeted



**Barod CIC** @Barod\_CIC · Oct 17  
Today is the launch at #AWPF18 of the @drill\_uk funded self-advocacy toolkit. It will help self advocates to plan projects in a way that makes it easy to check if they are working and easy to prove to funders that it is worth their money. 1/3

1 4 3



**Barod CIC** @Barod\_CIC · Oct 17  
Congratulations to all this year's winners of #Mirrorawards #awpf18. Here's a link to the @AllWalesPF MIRROR principles [allwalespeople1st.co.uk/wp-content/upl...](http://allwalespeople1st.co.uk/wp-content/upl...)

**All Wales People 1st** @AllWalesPF · Oct 16  
"Words can hurt. The saying 'sticks and stones will never hurt me' isn't true". #Awpf2018



1 1



**All Wales People 1st** @AllWalesPF · Oct 16  
"I feel valued when I go out with friends. They like me for who I am. My learning Disability doesn't make a difference". Member #Awpf2018

4 5



**People First Caerphilly** @CaerphillyFirst · Oct 16  
@AllWalesPF #AWPF2018 Members voting on the Annual Report



2 3

All Wales People 1st Retweeted



**Steven Williams** @StevenCymru\_HoP · Oct 17  
Thanks to @AllWalesPF today for a fab conference. Enjoyed getting the chance to talk on the main stage about our EMPOWER programme- and nice to see some familiar friendly faces. See you next year? #AWPF2018

3 2 4

All Wales People 1st Retweeted



**Conwy Connect** @CC4LD · Oct 17  
As the conference draws to a close, the weary campers prepare for the journey home #AWPF2018 #learningdisability #conwyconnect Thanks @AllWalesPF it's been a blast X



2 9



**Barod CIC** @Barod\_CIC · Oct 17  
If you want to play along with delegates at #AWPF18, think of one self advocacy project that matches each card (extra marks if each project you list is run by a different organisation), from the @drill\_uk @BigLotteryWales funded research, led by @JoePowellIAWPF of @AllWalesPF



Hannah Thomas and 1 other liked



**Cwm Taf People First** @TafCwm · Oct 17  
End of a fab @AllWalesPF #AWPF18 conference



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