



All Wales People First

Talk Back

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

Autumn 2017



Annual Conference Special Edition

Pictures by Natasha Hirst

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Editorial

Welcome to the Autumn 2017 edition of Talk Back. We are really excited about sharing what we have been up to.

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



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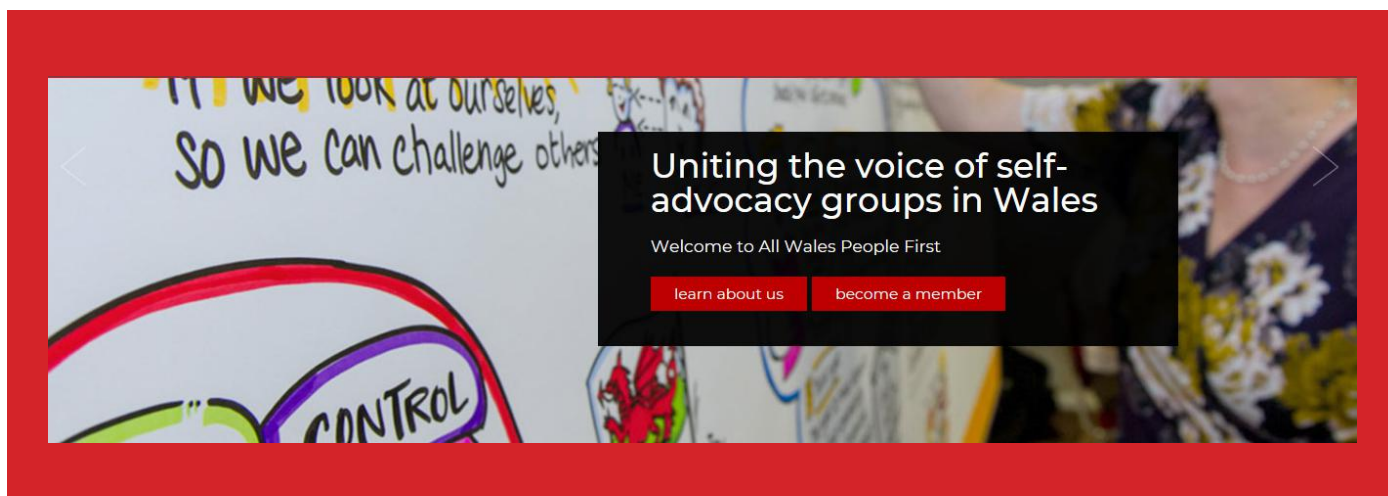


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Our New Website is live!



If you joined us for Adfest on 5th October, you may have already seen our new website.

We are really pleased to let members know that our new website is now live.



Why not take a look and let us know what you think?

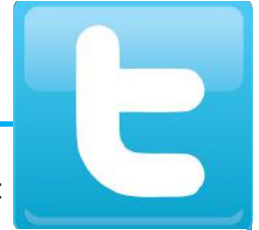
Our website address has not changed. You can take a look by visiting:

www.allwalespeople1st.co.uk

Thanks to ProMo Cymru for working hard on our new website.

www.allwalespeople1st.co.uk.....www.allwalespeople1st.co.uk

Annual Conference 2017



All Wales People First @ AllWalesPF

“When we talk about sustainability, we mean groups working together to be strong and grow”

#awpf2017



All Wales People First @ AllWalesPF

“As staff, we need to do less talking , and help members to speak up”

#awpf2017



All Wales People First @ AllWalesPF

“People First is a hook to introducing people to self adocacy and growing my confidence”

#awpf2017



All Wales People First @ AllWalesPF

“Can groups run themselves?
We can and we will...with some help if we need it”.

#awpf2017



All Wales People First @ AllWalesPF

“We are all self-advocates and have a voice. We need All Wales People First to help unite our voice”

#awpf2017



Thanks to everyone who attended this year's Annual Conference at the Aberavon Beach Hotel.

You all made the conference a huge success!



Thanks to our Workshop facilitators, to Board and National Council members for your hard work on both days, and thanks to Scarlet Design Graphic Facilitation, and Natasha Hirst Photography.



It was great that so many members shared what they think about All Wales People First.

The Devil's Advocacy Campfire Discussion gave us lots to think about on day 1.



Full Members and Associate Members shared some really valuable experiences during the workshop sessions too.



We will be using all of your contributions when we put together All Wales People First's next Business plan.

It was great to see so many people for on day 2 for our Self Advocacy Celebration - Adfest.



We look forward to seeing you all again next year. Together we can Save our Self Advocacy!





SOS

Save Our Self-Advocacy



All Wales People First Conference 2017
Beaches Hotel Aberavon
Wednesday 4th and Thursday 5th October



S

Save Our

All Wales People

Beach

Wednesday 4th





BOS

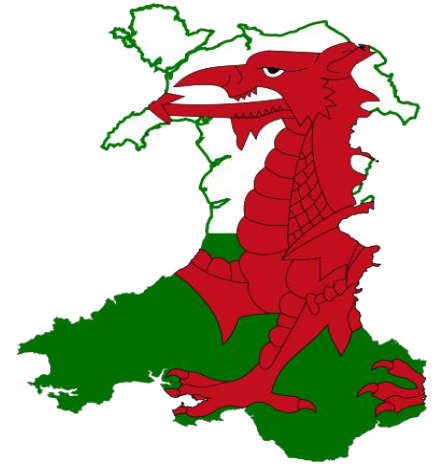
Self-Advocacy



People First Conference 2017
The Grand Hotel Aberavon
Wednesday 4th and Thursday 5th October



News from Groups



Pembrokeshire



Some PPF members took part in the Narberth Carnival.



We made bees, butterflies and a dragon fly in workshops with Span Arts.



Then we walked in the carnival procession on August bank holiday.

One of our members, Sam Griffiths, was Queen Bee and we won a trophy for best male costumes!



We had a great day and we look forward to next year!



Here are NEWSA'S representatives from Denbighshire coming down to the All Wales People 1st Conference being held in Port Talbot.



They all really enjoyed the Conference and really liked the new Venue.



None of us had ever been to Port Talbot before so it was a first for all of us.



The weather was kind like the hospitality.

It was a really good experience and the Festival culture was a great success with James Lewis, Emma Ashley and Tom Spencer. Well done and thank you.



Friday 20th October

We raised public awareness at Rhyl College Llandrillo for Hate Crime.



We gave out hundreds of leaflets saying Hate Crime is unacceptable and must be reported.

Bridgend

People First Bridgend New Team

Who's who



Danielle, Learning Facilitator



Liz, Person Centred Planning Coordinator



Joy, Independent Professional Advocate

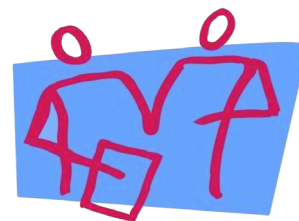


Adam, Finance & Admin Assistant



Jason, Manager

People First Bridgend
Pobl Yn Gyntaf Pen-Y-Bont



putting people first
rhoi pobl yn gyntaf



Phone No: 01656 815 976 01656 668 314

www.peoplefirstbridgend.co.uk



Macmillan Coffee Morning

Caerphilly People First staff and members recently took part in their second Macmillan Coffee Morning fundraising event.

The coffee morning is an opportunity for people to get together over a cuppa and some cakes, and donate money to Macmillan cancer support.



This year we raised £141, which is excellent (last year we raised £53). So thanks to everyone who took part, and to everyone who baked such delicious cakes for such a good cause!



The Caerphilly We Want

'The Caerphilly We Want' is a well-being plan which is committed to improving the outcomes for all residents living in Caerphilly County Borough.

Recently, Caerphilly People First members took part in a consultation on the plan, where they discussed which organisations should be involved, how organisations can save money by working together, the support needed to be a volunteer, encouraging people to be more healthy, and making the community safer.

How can you help me to understand things around me

How can you best support me

If I need help please call

If also known by the LD / CMH Team please contact

I agree for the Police to keep the information on this form about me on their computer systems. The Police will use this information to find out how best to support me if I ever need their help in person or on the telephone.

Consent

Please sign here

If applying by email your printed name will count as a signature

Signature on behalf of _____ Date _____



Don't forget to keep your card with you at all times.

If you have a friend who you think would benefit from carrying the card, or lose this form, then please call 01745 586720



Hi my name is Catherine Watchorn and this is some work I have been doing about the Keep Safe Cymru card.

The card is designed to make vulnerable people more aware of their personal safety, to encourage reporting of a crime. especially hate crime.

The Keep Safe Cymru card can be carried by anyone with a learning disability, dementia, mental health or communication need.

The card will hold basic information about the individual such as how they communicate, if they have any health issues and any emergency contacts such as parents or carers.

When an individual registers for a Keep Safe Cymru card they will also be given access to the Police Disability Line. This is a dedicated non-emergency telephone number for people with a disability to use to contact the police. When calling this number the call handler will be aware before they speak to the caller that they have a disability.

This is not an alternative to the emergency 999 service; it is to be used instead of the non-emergency line only.

Newport



We have had a busy time at Newport People First.



Our Be Active and Be Social Group organised a walk at Cwmbran Boating Lake using public transport



Our Golden Oldies group have also been busy working on a Transport campaign. Here are some of the group using public transport to travel



The Golden Oldies group also had an information stall at the Over 50 Information day in Newport. The public liked our transport campaign. Here is Alan Deacon with Jeff Cuthbert, the Gwent Police Crime Commissioner.



Our Pretty in Pink Group have completed an accredited Assertiveness training course and we are working to train other groups. We have been busy organising a fashion show.

facebook



All Wales People First, National Director- Joe Powell 26 October

Please check out the National Independent Safeguarding Board Wales Facebook page (link below). Some of you may remember me posting about the work we did with them re their annual report and accessibility session held with our National Council. Please give the page a like and check it out :)

[https://www.facebook.com/Safeguarding-Wales/...](https://www.facebook.com/Safeguarding-Wales/)

National Independent Safeguarding Board Wales.



National Independent Safeguarding Board Wales

Bwrdd Diogelu Annibynnol Cenedlaethol Cymru

Round up



All Wales People First, National Director- Joe Powell 1 November

Attended my first meeting of the Accessible Transport Group at the Welsh Government buildings in Merthyr today. It is a really positive group who are passionate about improving transport for people with disabilities. There are three public consultations out now for improving transport and we will share these with local groups. All Wales People First will be responding to the consultations based on comprehensive feedback given to us by members of the National Council.



All Wales People First 26 October

We've had a great two days at the Learning Disability Wales Annual Conference #loveyourhealthLDW. Thanks to the LDW team for putting on such a fabulous event! Lots of great workshops and presentations, which helped us to learn more about things like -
Healthy teeth
Doing some exercise
mental health and wellbeing
annual health checks.
Lovely to see so many AWPf members over the two days!

