

Why self-advocacy?



OUR LIVES - OUR RIGHTS
REDUCING DEPENDENCY, PROMOTING RIGHTS

YOUR VIEWS ARE VALUED...
TAKE PART! CAFE CONVERSATION
60 places on a training course - we have funding to do this
TRAINING FREE

SELF-ADVOCACY
WE NEED TO UNDERSTAND
If we look at ourselves, so we can challenge others
Think about... What is self-advocacy?
ME Look AT

CHOICE RIGHTS CONTROL HAVING A VOICE
I AM A LEADER
ALL WALES PEOPLE FIRST - We already do advocacy, we can lead on this!
We want to do this with **you!** Grassroots people

1 First right
Normal patterns of life in the community - live in your community and use all the things there
Shopping! Work! gym! church! pub! sports centres!
To have a choice you need a voice
Important!

2 Second right
The right to be treated as an individual - Everyone's different, we're not all the same. We don't want everyone to wear pink!
To have support from your community and services, so you can LIVE THE LIFE YOU CHOOSE

3 Third right
The right to have support from your community and services, so you can LIVE THE LIFE YOU CHOOSE
SUPPORT INCLUDED: PEOPLE FIRST SPECIAL SERVICES POLICE

SELF-ADVOCACY IS:
• Speaking up for yourself
• Knowing about your rights
• Having the opportunity to express your rights
• You can change things so you can make your life better

SPEAK UP!
It's hard to speak up if you:
• Nobody listening to you
• Being treated less importantly than you
• Talking to you as if you are a child
• Feel alone, no friends or family to support you
• So people will LISTEN
• Stuck to someone else's rules.

HISTORY IN WALES
1967
1980
1991
2001
2004
2006
2010
2012
2014
2016
• GOT PEOPLE TOGETHER AT SCVO
• LEARNING DISABILITY WALES
• MID GLAMORGAN PEOPLE FIRST
• ALL WALES PEOPLE FIRST - MEMBER-LED COMPANY
• 16 MANIFESTOS + 240 + 320

WHAT NOW?
Keep on believing in yourself
Believe
Keep challenging people
Challenge
It's OK to make mistakes
OK
If someone makes you feel bad about yourself - stay away
Stay away
Stick to your ideas and what you want to do
You want
Going forwards slow, going back can be fast
Forwards slow
Tell people about All Wales People First
Tell people

WE LEARNED ABOUT AND VOTED:
ANNUAL REPORT AGM

2016 ALL WALES PEOPLE FIRST CONFERENCE
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Visual minutes captured live at the event.

self-advocacy fact sheet

Produced by All Wales People First

Self-Advocacy Factsheet

What is self-advocacy?



Self-advocacy means speaking up for yourself.

It is about letting others know how you feel.

It is about knowing your rights.

And getting your voice heard?



Why is self-advocacy important?



Self-advocacy helps a person to have a say in the important decisions which affect their life.

It allows them to have choice and control.

Self-advocacy allows a person to be independent.



It allows a person to be a part of their local community.

Self-advocacy also helps a person to stay safe.



This is because we are the first people to know when something is wrong in our lives.

Self-advocacy also helps a person to fight for their rights.



And make sure their rights aren't taken away.

We believe that self-advocacy is the most important form of advocacy.

How can I become a self-advocate?



There are many self-advocacy groups across Wales.

Some of them are 'People First' groups.

And some of them are not.



You can join one of these groups.



These groups can teach you to speak up for yourself?

And how to work with others to make life fairer for people with learning disabilities.



They do this by becoming involved in politics.

Telling local authorities what is important to them.



Telling the government about your experiences.

And how they can make life fairer for you?



Members of self-advocacy groups have worked on changing many things.

Such as: -

- Making benefits fairer.
- Reporting Hate Crime.
- Making sure people have safe housing.
- Helping to make sure people get the right care in hospitals.
- Helping to make transport accessible.
- Doing learning disability awareness courses with local hospitals.

**Check out the
All Wales People First Website
www.allwalespeople1st.co.uk**

What is People First?



People First is a movement which started in Oregon, USA in 1974.

It came about when one of the delegates said he didn't like being called 'retarded' or 'handicapped.'



He said he wanted people with learning disabilities to be seen as 'people first.'

This is where the movement started.

What is All Wales People First?



All Wales People First is a national self-advocacy organisation.

We represent both 'People First' and other self-advocacy groups in Wales.

Not all self-advocacy groups in Wales are 'People First' groups, but they do share our values.



All Wales People First: -

Shares knowledge and information.

Fights for equal rights.

We want people with learning disabilities to be valued.



We also : -

- Collect people's news and views.
- Share information.
- Find out what's going on in the country.
- Find out what's important in people's lives.
- Campaign to improve the lives of people with learning disabilities.
- Put people in touch with each other from all over Wales.
- Help self-advocacy groups to be in touch with the government in Wales.
- Support self-advocacy groups to get going and keep going.

Why should my local authority fund self-advocacy?



The Social Services and Well Being (Wales) Act wants to give people more choice and control over the services they use.



The Welsh Government want services to be preventative.

This means making sure people get help at the right time.

Self-advocacy groups are the ultimate 'preventative services' for people with learning disabilities.



This is because: -

- It gives the person choice and control.
- It makes sure people get the right support at the right time.
- It greatly reduces dependance on peer advocacy.
- Self-Advocacy can save service



providers money.

- Self advocacy groups help people with learning disabilities access their local communities.
- Self-advocacy is key to ensuring that people with learning disabilities can access a range of services as outlined in the population assessment of the Social Services and Well Being Act.

**Check out our political Manifesto
In the download section of our website**





Most regions in Wales have a People First or self-advocacy group.

You can find them at: -

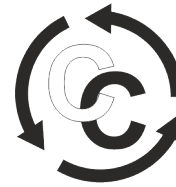
NORTH WALES



Anglesey

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Gwynedd,
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Contact: Caroline Campbell
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NORTH WALES (CONTINUED)



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Website: www.nwaaa.co.uk

“People First has helped me to grow in confidence and speak for myself”

Lucy Hinksman
Chair, All Wales People First National Council.



Gwynedd

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WEST WALES



**Carmarthenshire
People First**

An organisation of and for
adults with learning disabilities

Carmarthenshire

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POWYS



Powys People First

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625603

Email: powyspeoplefirst@hotmail.co.uk

“Self-advocacy helps you stand up for your rights”

**Catherine Watchorn
Vice Chair, All Wales People First
National Council.**

WESTERN BAY



Bridgend

People First Bridgend,
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**Your Voice
Advocacy**

Supporting people with learning disabilities since 198

Neath Port Talbot

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Email: info@yourvoiceadvocacy.org.uk
or dwagstaff@yourvoiceadvocacy.org.uk

CWM TAF



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CARDIFF AND VALE



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GWENT



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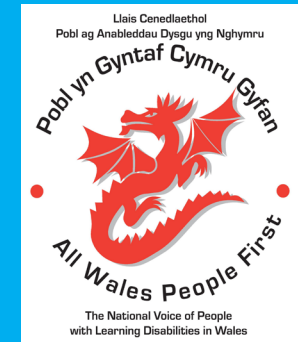
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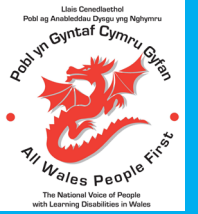
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