



All Wales People First

Talk Back

The National Voice of People with Learning Disabilities in Wales

Winter 2017



Engage to Change Project Lead Ambassador

Pictures by Natasha Hirst

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Editorial

Welcome to the Winter 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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Welcome to the team!



All Wales People First are delighted to welcome Gerraint Jones-Griffiths to its workforce.

Gerraint was appointed as the Lead Ambassador for the Engage to Change project.

The role of the Lead Ambassador is to raise awareness of the Engage to Change project across Wales, and to line manage the Ambassadors.

The interviews took place on Tuesday the 23rd and Wednesday 24th of January.

On Day one we prepared the candidates for their interview.

On day two we held the formal interviews.

On the interview panel was: - Kurtis Marshall, Vale People First. Stacey Baker, Elite Supported Employment Agency, Joe Powell, All Wales People First.

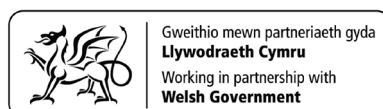
The interview panel were really impressed by all of the candidates.

We felt they all could have done the job well.

Gerraint Jones Griffiths will start his position soon.

We are looking forward to working with him.

We would like to congratulate Gerraint and all of the candidates for giving very strong interviews.



Cyflwynir gan
Delivered by



Evaluation

What you think about us...



Thank you to everyone who took part in the All Wales People First Evaluation.

This will help All Wales People First: -

- Improve how it represents members.
- Improve how it works with local groups.
- Improve how well it works with the third sector in Wales.



We had three consultations.



- One for members.
- One for support staff.
- One for the rest of the third sector in Wales.

We want to show our members, staff and the third sector in Wales that we listen to others point of view.



And most importantly, that we do something about the things you want us to improve.



We are going to put the feedback we get into a report.

Evaluation

What you think about us...

This report will tell us what we need to do to be better.



And what we already do well.

The final report will be on the All Wales People First website.



The members of the National Council in January and the Board of Directors (and the All Wales People First staff) in February will also have a say in the direction of All Wales People First.



Members and Board feedback and the report will inform our next Business Plan.

And our new Social Services and Well Being Wales bid.



I would like to thank you all for your honesty.

The All Wales People First staff team and I, will be working hard to make All Wales People First the organisation you want it to be.



Development work Regional update...



AWPF is helping People First and Self Advocacy groups across Wales to be stronger and more sustainable.

Sustainable means groups have good ways of doing things, have enough money and work well together.



Development work

Regional update...

Our Development worker Matthew is working with groups to help them do this.



This year AWPf is supporting Self Advocacy events in each region of Wales. Nearly fifty members and support workers came to the event in North Wales. At the event members decided who should run the North Wales Regional Participation Group for people with learning disabilities and learnt about the North Wales Learning Disability Strategy.

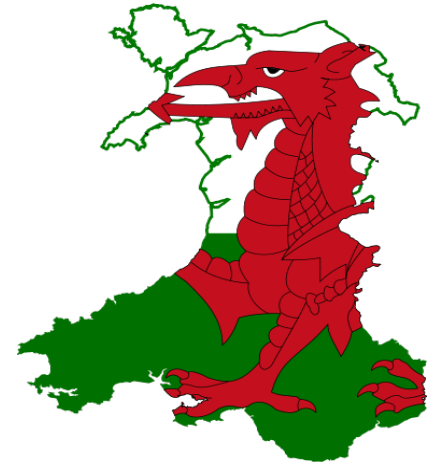


The next Self Advocacy event is in Cwm Taff where people with a learning disability will decide if they want to set up a Cwm Taff People First group.

If you want to know more about our development work or your group needs support contact Matthew on his mobile 07376372383 or email matthew@allwalespeople1st.co.uk



News from Groups



RCT

RCT People First are holding an event on 23rd March to look at the future of self advocacy across RCT & Merthyr.

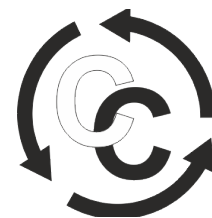


Invites are extended to members of the Rhondda Cynon Taff & Merthyr Area, Cwm Taff Health and Social Services.

We are now working with the Cwm Taff Health and Social Services Partnership Board to design services for the future.

We have delivered training to Student Nurses, Doctors, Police, Members.

We received training on Ipads, The United Nations Convention on the Rights of Disabled People, Screening for Life, and MIRROR training.



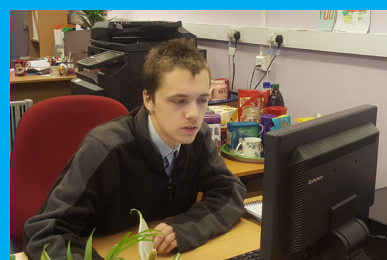
We have been promoting Self Advocacy and feeding back from The Regional Participation Meeting to the Partnership Meeting.



This is made up of the Heads of Service in the six local authorities that make North Wales, including Health Officials from Betsi Cadwalader and two of our service members.



Michelle Williams working with Joe Powel adding why Conwy Connect has helped her, and using Buddies as a great example.



Shayna Harris gave her important feedback as rep for Conwy on how the Regional participation meeting has been going.

Nigel Arrowsmith is our great addition to the Conwy Connect team working hard on his computer.

Nigel has come from The Engage to Change project and has already proved worth his weight in gold with his I.T.skills.

Bridgend



People First Bridgend have had a very busy start to 2018. Sharon our national council rep can no longer attend meetings so Tina has stepped in.



We have been taking part in lots of local consultations including one about concessionary bus passes and communication access services.

The local police service have been to talk to us about hate and mate crime.



We have been working on setting up our own photo bank for easy read documents, Danielle has had us posing for photos.

Back in January we took part in the medical student training. We spent 2 days at the princess of wales hospital and trained over 50 students about how to make a hospital visit better for someone with a learning disability. On the training days we went for lunch at the local pub. We really enjoyed delivering this training and can't wait for next year.



Rhian from Glamorgan archives has been to tell us about history projects, we hope to plan something for the summer.



Leadership Course

From November 2017 until January 2018, five members of Caerphilly People First— Ffion Bethell, Sharon Cochrane, Amy Jones, Michelle Manning and Kath Toms attended a Leadership Course run by Katrina Kurowski. The aim of the course was:



To help people understand why we need leaders.

To help people understand what makes a good leader.

To help people develop their confidence as future leaders.



Filming in hospital

Caerphilly People First were recently asked by the Learning Disability Health Liaison Team from the Aneurin Bevan Health Board to take part in the

production of a short film on mental capacity, which will be used to teach health professionals about mental capacity. Sharon Cochrane volunteered to take part in the film and played the role of a very nervous patient who is having blood taken for the first time. This scene of blood being taken was shot twice. Once showing the correct way, and once showing the incorrect way, in order to show how it should be done, in line with the mental capacity act.

Pembrokeshire



At PPF we are delivering even more living skills courses now.

Our 'Moving On' course is all about learning practical living skills and how to manage feelings and emotions. We believe that learning about feelings and skills like how to relax are very useful skills for life. The local authority commissioned this work and we see many people from our local community. The course is fun and easy to join plus it's free.

Two of our members receive their Agored Cymru certificates in emotional resilience.

We have also been running our usual groups and clubs.
Gamning Club.

Cooking, (cooking with kate who teaches healthy and affordable cooking).

Art club, (Rob holds this group on Monday afternoons).

Well being group, (explore healthy exercise and diet and meet new people).

Baking group.

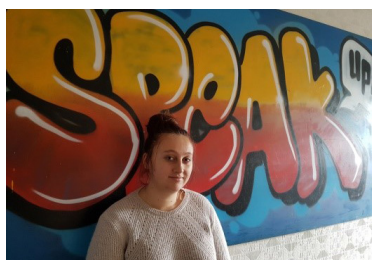
Young Tudor Project for Young people with autism.

Vale



Hi, I'm Stacey I'm 21 years old I have a disability called dyscalculia which affects me with numeracy.

I've been a member of Vale People First since 2014 and it brought me so much confidence and independence I feel like I have got so much power with me to do what I want, I don't feel weak anymore .



Recently I went for an interview for a job with Vale People First and that was successful. The new project is called Active Communities. That was the day my dreams came true as I'm working with people who has the same needs as me.



Active Communities is a project for people who have a learning disability who like to go out in the community and get their voices heard. We will invite professionals to come in and talk to us and share ideas.



We've already made a great start; we were invited to the Welsh Government office in Cardiff to discuss the "Learning Disability Improving Lives Programme". It was a great opportunity to have our own opinions and voices heard. During the meeting we talked about where we live, the health service, care and support, friendships and being part of the community also paid jobs and transport. At the end of this project we will hand out a booklet to professionals and service providers to let them know how we would like our lives to be.

Newport



Members organised an end of project celebration event and fashion show



Gwent police came to our office to talk to our members about online abuse and bullying.



Members delivered Safeguarding training to members of the Circles Network group at Newport YMCA



We have had a new group start called "Our Rights Our Choice". Rhiannon is the Project Officer. At our first meeting we invited Alex from the NHS mental health team to talk about mental well-being.



Members organised a trip to Cwmbran Boating lake which was very well attended



Members have started filming the mate crime films with Torfaen people first. The funding was from the Police and Crime Commissioner Gwent Partnership Fund.

Cardiff



Changes to Standing up speaking out

From January we have made some changes to the standing up speaking out group in Cardiff, we have now started having local groups to help our members get out into their community more. Also we have started having tours of service providers in order to see how accessible the buildings are. The changes were made because the members wanted to use their community more, the benefits to getting out into the community is instead of having to go into the town centre to go shopping they would have the confidence to use their local community more. We have been on two tours we went to the Eastern Leisure Centre as well as the Welsh Millennium Centre and the members have given the staff positive feedback about their buildings.



facebook



All Wales People First, National Director- Joe Powell 15 March

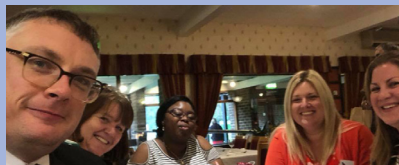
Pleased to be able to blog with Sophie Howes of the British Institute of Human Rights about the rights of people with learning disabilities. Please read and share but most importantly please sign the UDHR birthday card in the article and let's get the message out to as many people as possible that our rights need to be respected and protected. The birthday card will be delivered to the United Nations and the UK Parliament on human rights day on the 10th December.

"I want to hear about human rights for people with learning disabilities in the context of the positive and active role they can play in British society. As tax payers. As equals. Most importantly of all, as human beings."



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

Had another positive day at Learning Disability Wales conference 'Love Your Health' attended with my AWPf colleagues Kelly, Tracey and Vicky. Best part of the day for me was hearing about the wonderful work of the Paul Ridd foundation.



Round up



All Wales People First, 9 February-

How amazing is this. Adam Hughes of Vale People Firsts fab Facebook post outlining his desire to work has not only gone viral but has been published in the Penarth Times. It was such a well articulated post and encapsulated the experience of many of our members really well. Amazing stuff Adam.



All Wales People First 21 February -

Today we were joined by members from Caerphilly, RCT, Blaenau Gwent and Merthyr People First for a training session about contract tendering. Our trainer, Dewi Smith from WCVA worked us really hard, and we learnt a lot through doing group work and sharing our ideas.

