

Llais Cenedlaethol
Pobl ag Anableddau Dysgu yng Nghymru



All Wales People First

Talk Back

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

Winter 2018

“As Chair of the National Council, I’m going to do my best to make sure that people with learning disabilities have a voice”

Simon Richards



New National Council representatives

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Editorial

Welcome to the Winter 2018 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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Regional Development Update

Powys Self-advocacy event...

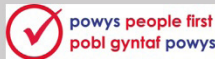


At this meeting you will learn more about self-advocacy in Wales, talk about how you want to work together in Powys, watch an amazing Theatr Wildcats show and enjoy a free lunch!

When: Monday 11th March 12.00am-4.00pm (lunch included)

Where: Centre CELF, Tremont Road, Llandrindod Wells LD1 5EB

For more info contact: matthew@allwalespeople1st.co.uk



Swansea Bay Self-advocacy event...



At this meeting you will learn more about self-advocacy in Wales, meet other people from self-advocacy groups and talk about how you want to work together. There will also be a free lunch!

When: Wednesday 13th March 2.00 - 5.00pm (lunch included)

Where: Penlan Social Club, Heol Gwyrswydd, Swansea, SA5 7BT

For more info contact: matthew@allwalespeople1st.co.uk



All Wales People First's development work is supporting lots of exciting partnerships between self-advocacy and People First groups across Wales.

We are working with Powys People First bringing together groups from across the region to talk about self-advocacy and working together.

In West Wales we were very happy to join Carmarthenshire People First, Pembrokeshire People First and the new self-advocacy group in Ceredigion Our Voice Our Choice for their first regional meeting.

The North Wales Participation Group will soon be recruiting a new coordinator with a learning disability and we are helping them do this.

We are also helping Swansea People First and Your Voice Advocacy work more closely together and supporting a Swansea Bay self-advocacy event to ask members what they think.

National Council Residential 2019



On January 28th and 29th the National Council met for a 2 day meeting in Aberavon. This meeting is the start of a new 2 year term for Reps.

This is the first time the National Council has a Representative from every county in Wales. Joe welcomed Samantha from Ceredigion and Bradley from Merthyr Tydfil.



On day 1 of the meeting the National Council elected Simon Richards as their new Chairperson and Linton Gower as Vice Chair.

They also listened to Joe Powell, National Director, give his report about what he has been doing on their behalf since the last meeting in November.



Reps bring issues from their local groups that need a national focus. At this meeting there were discussions about Access to Work and cuts to funding for self-advocacy.

National Council Residential 2019



On day 2 of the meeting, Reps were joined by members of the AWPf Board of Directors. Bryan Collis and Sophie Hinksman, Co-Chairs of the Board, led a discussion about the values of AWPf. Reps created a new set of values that describe what we believe, what we do and how we should do things.



AWPF believes in being open, honest, celebrating achievements and making decisions thoughtfully, fairly and together.

We believe that people with learning disabilities should

- Believe in ourselves, our hopes and dreams.
- Have equal rights.
- Have a positive image.
- Have access to self advocacy.
- Be informed and be able to voice choice and control.
- Know about rights, especially Human Rights.
- Be included as active citizens in Welsh Society.
- Be treated as adults
- Be respected and respect others.

Principles of Self-Advocacy	
M	<p>Members</p> <ul style="list-style-type: none"> • We have control of the organisation, we oversee everything • We decide what the group does and ask for help when we need it • We are part of the management committee • We learn skills to take on more responsibility
I	<p>Ideas</p> <ul style="list-style-type: none"> • We find out what is going on in our community • We're not afraid to try new things • What works for us is often a good idea for others • We share our ideas
R	<p>Rights</p> <ul style="list-style-type: none"> • We have accessible information to help us know our rights and teach others • We support each other when our rights are ignored • We work together to make sure our rights are upheld • We have the right to make choices • We help decision makers to include us
R	<p>Reflect</p> <ul style="list-style-type: none"> • We learn from our experiences and the experiences of others • We spend time thinking about what is working or not working • We think about why we are doing things
O	<p>Organisation</p> <ul style="list-style-type: none"> • We plan together • We have good policies and ways of doing things • Our organisation is fair and friendly to all • We make sure we let people know what is going on
R	<p>Review</p> <ul style="list-style-type: none"> • We listen to the views of members, staff and others • We change when we need to • We look back to see if we are doing well • We celebrate achievement

End of the Development Project

Farewell to Matthew Brindley...



March 2019 will see the development project in All Wales People First end. The project started in January 2017 when Rebecca Wide and Matthew Brindley were appointed as Development Workers.



Rebecca left the North Wales role after several months and Matthew went from South Wales Development Worker to working across the whole of Wales.



The aim of the project was to support local self-advocacy groups to respond to the Social Services and Wellbeing Wales Act by helping groups to

- Work together in the Health Board areas,
- Framing themselves as preventative services
- and be more sustainable, with strong governance and good financial planning.



Over the past two years, Matthew has met with members, staff and trustees from groups across Wales. He produced a report about how sustainable self-advocacy groups were in 2017 and has worked with groups ever since to plan and develop both locally and regionally.

End of the Development Project

Farewell to Matthew Brindley...



Groups have worked hard alongside Matthew with some notable achievements.

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- Formation of Cwm Taff People First
- Self-advocacy returning to Ceredigion
- North Wales Participation Group continuing to meet and creating a tender to employ a Coordinator with learning disabilities.
- Regional events in North Wales, Cwm Taff, Cardiff & the Vale, Gwent, Powys and Western Bay.
- Supporting members to join Regional Partnership Boards.
- Strengthening governance and financial security in several groups.
- CIO and bid writing training.



All Wales People First have been privileged to work alongside Matthew for the last two years. His gentle and unassuming approach to development work will be greatly missed. Joe and the rest of the team would like to say a huge thank you to Matthew.

News from Groups



Cwm Taf



Lynne Evans recently applied to be part of the Welsh Government's Learning Disability Ministerial Advisory Group. This is what All Wales People First had to say about Lynne's appointment...

"Congratulations to Lynne Evans, a founding member of RCT People First, who is the new South Wales representative on the Learning Disability Ministerial Advisory Group (LDMAG).

Lynne has been involved in self-advocacy for over 30 years and will be a valuable, experienced voice for self advocates on LDMAG"

Blaenau Gwent



Alex Wooler is the representative for Blaenau Gwent on the All Wales People First National Council



We are involved in the Gwent Advocacy Strategy. We have been working in partnership with Newport, Caerphilly, Monmouth & Torfaen People First groups and the Golden Third Advocacy Project and the Gwent Regional Partnership Board.

We have been told that All types of Advocacy will be included in the Strategy and that no funding will be cut from People First Groups across Gwent.



Our Annual Conference will be on 1st March 2019 at the Learning Action Centre Ebbw Vale.



Gwent Advocacy Charter – this is a partnership with Torfaen, Caerphilly, Blaenau Gwent, Monmouth and Newport and Torfaen County Borough Council we are looking to get funding to set up a Social Enterprise around this and employ Charter Checkers across Gwent.



We have been advising Blaenau Gwent People First on how to put their documents in easy read.

Torfaen



We made a film about the Gwent Charter and put it on Facebook if you want to have a look.

We made a training presentation to get people to sign the charter and showed it to our local Equalities group and to Bron Afon a local housing association so they can sign up.



We shared a Christmas Party with Able Radio and Evolve, two local social enterprises.

were paid to be patients and teach students at the University of South Wales.



We went to the learning Disability Wales Conference and Sarah won a prize for the selfie she took on the way to the All Wales People First conference.

We were filmed by Gwent Police to train control room staff.



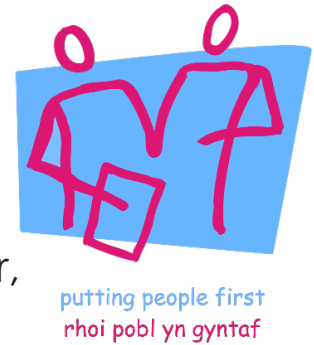
We have been giving free digital connections training across Gwent.

We went to Cardiff on the bus and did some Christmas shopping.

Bridgend



Anne Marie Hawkins has joined the team as a Young People First Facilitator, this means we will have self-advocacy groups for people aged 16-25.



We hope this means more people will learn about the importance of self advocacy and how this can make a difference to their lives and the community.

The training team have so many bookings we have to share the workload. We will be starting the year with the medical students training in the Princess of Wales Hospital. We really enjoyed this last year and we hope that the students enjoy as much as we do.

We are starting a new project with the local college. They are hoping we can help improve the information they have about how to support people with additional needs. This training is in February and 6 members will be starting by telling their life stories to degree students.

We are moving to a new venue, this means the People First Bridgend offices are going to be easier to get to on public transport. We hope this encourages lots of new members.



Powys Self Advocacy Groups

In our Self Advocacy group meetings we have been discussing Transition. This is a time in life where things can change. For example we have spoken about the change from children services to adult services.



The feedback from the members has been positive around the discussions with member saying they like to be involved and have their voice heard at a national level.



We have also discussed social isolation and how we can overcome this. Then to get creative juices flowing we have completed various crafts such as musical instruments, Christmas decorations and Halloween decorations.



Theatr Wildcats

The Wildcats have been working extremely hard putting together their next performance 'Similarities and Differences'. The work is all around how we are all different, how we are all the same, all lives matter and everyone deserves respect.



The Healthy Lives Project

The Healthy Lives Project has begun and the members have had a wonderful time visiting Swansea and Cardiff. We have been doing lots of walks and the members are getting quicker and fitter.



We were treated to a lesson in Nordic walking by Carol Tongue and her friends, which was enjoyed by all.



The team has been enjoying yoga sessions with Robs no worries yoga.

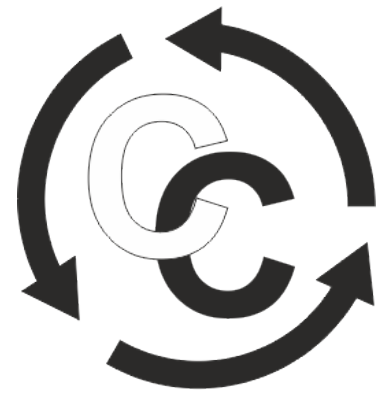
Soon we will be going on our holiday to Pembrokeshire. We will walk the coastal path and have some games on the beach.

Engagement Forum Meeting

We had the engagement forum meeting in November, this is a meeting with Powys Teaching Health Board, Powys County Council, Powys people first members and some carers.

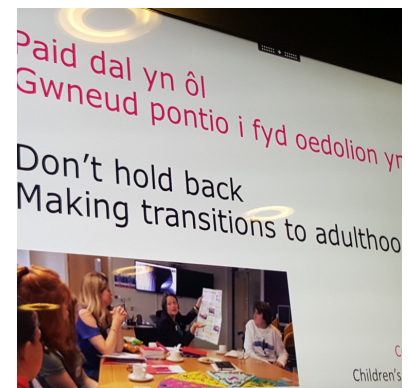
At the November meeting some of our members talked to Sandra, a learning disabilities nurse. She explained to the group all about the new Health Passport. This is a document people can take with them into hospital or for appointments that tells the doctors and nurses all the information about the individual.

Conwy



Our Christmas Connect advocacy group meeting combined business with a bit of a party with everyone bringing food .

We still did business with Katherine feeding back at the LDAG and using the training toolkit from the All Wales People 1st Conference.



Michelle Williams, Celia Lewis and Joe Powell of All Wales People First had a meeting with Janet Finch-Saunders AM about transport difficulties which Conwy Connect members are experiencing.

Denbighshire



Self-Advocacy Denbigh



Members of the Self-advocacy groups in Denbighshire are directing the way Denbighshire Participation Group is working.



The chair of the group Malcolm McGuire changed the name of the group from Strategic Planning Group (SPG) to Denbighshire Participation Group.



This describes much better the cooperative work between people with learning disabilities, carers, care providers and social services.



The self-advocacy groups in Denbighshire also had a big part in setting the theme for the work ahead. Next to transition the group members will prepare events around employment for people with learning disabilities.

facebook®



All Wales People First, National Director, 13 December

Kelly and I attended an AT Autism conference on autism and the criminal justice system in Westminster today called 'Rough Justice'. This is part of work we want to do to increase self advocacy to people with learning disabilities and autism in the criminal justice system as part of our new MIRROR Strategy (Business Plan)



All Wales People First, National Director - Joe Powell 21 January

Was privileged to be invited to take part as a panellist at the NHSCEHR 'Lunch and Learn' session which aims to help NHS staff explore and discuss topical issues which may aid their learning and development. Today we talked about the Social Model of Disability. I was joined on the panel by Rhian Davies, Director of Disability Wales, Mared Jarman of UCAN Productions and chaired by Rosaleen Moriarty-Simmonds.



Round up



All Wales People First, 4 December

Attended the first ever Learning Disability Ministerial Advisory Group (LD MAG) at the Welsh Government buildings in Cardiff today.

Today's meeting focused on transition and it was good to be able to share our members experiences of transition from November's National Council with civil servants from the Improving Lives team.

The meeting was chaired expertly as ever with Sophie Hinksman and the former minister Gwenda Thomas. Catherine Watchorn represented North Wales.



All Wales People First, National Director - 11 January

Attended the Code of Practice on the delivery of Autism services round table at the Welsh Government buildings in Cathay's Park this afternoon. This work is out to full public consultation which ends on the 1st March. I have been told that an easy read version of the consultation will be published very soon