

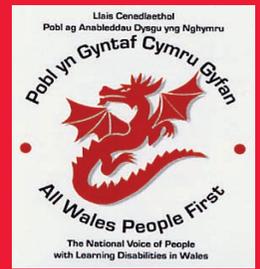




# Foreword

Lucy Hinksman

Chair of the All Wales People First National Council



The Manifesto sets out the words of people with learning disabilities who came to our 2015 Annual Conference.

We asked them what is most important in their lives. Time and time again people said they want to be full and active citizens. They also said they want to take more responsibility for their own well being.

Our Manifesto asks the Welsh Government to play its part in helping us to achieve these values. People with learning disabilities can be part of the big solution if we have the right things in place. They are not complicated or expensive things, they just support the idea that we are all different. And they make Wales a fair place for everyone.

Wales should be proud that we led the way for people with learning disabilities. We want to work with you to make sure that we keep moving forward and never go back.



Front cover designed by:  
Sarah Rosser, Kate Bass,  
Sammy Tahramanis,  
Alex Wooler.

# What is All Wales People First?



All Wales People First is the United Voice of Self – Advocacy Groups and all People with Learning Disabilities in Wales.

It Shares Knowledge and Information to Achieve Equal Rights and a Positive Image.

All Wales People First.....

- collects people's news and views
- shares information
- finds out what is going on around the country
- finds out what is important in people's lives
- campaigns to improve the lives of people with learning disabilities
- puts people in touch with each other from all over Wales
- helps groups to be touch with the National Government for Wales
- supports self advocacy groups to get going and keep going

All Wales People First is a member led company, limited by guarantee, registered in March 2009.

Our values are embedded in the People First Manifesto 2016, in the United Nations Convention on the Rights of Persons with Disabilities, the Human Rights Act and the Social Model of Disability.





# Our Calls to Action



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**The National Council**



# Self Advocacy



## We ask the Welsh Government to:

- **Make sure that local authorities recognise self advocacy as a Preventative Service**
- **Make sure that local authorities provide it, so that we have choice and control and can play a part in society and a part in keeping ourselves safe.**

Self advocacy gives us confidence and allows us to grow as people. It gives us a sense of achievement and purpose. But it's easy to lose your confidence.



You have to keep practising to get better all the time.

People need to understand we have the right to speak up for ourselves. Groups of self advocates (like People First) help us to become part of the community.



They give us a voice, develop friendships, understanding and peer support.

Speaking up at the right time helps to stop a crisis from happening so that small problems are dealt with before they become too big.



We learn about our rights and get the chance to speak to people who can make change happen.



In the long run self advocacy is cheaper than anything else. It gives people power and equality, the same as everyone else.



# Planning Our Lives



## We ask the Welsh Government to:

- **Make sure health boards and local authorities give us the right support to gain the right skills so that we have choice and control over decisions that affect our lives and are able to get our rights and entitlements.**
- **Make sure that individual reviews and individual plans are done in a way we can understand them.**

We get the greatest sense of well being from making our own decisions. We still have less control than other people.

Some of us are not respected by our families and sometimes have to battle with them to have control. Some of us feel imprisoned and trapped.

Not everyone has choice and control over their money.

Not everyone wants complete control because they are afraid of getting into difficulty.

But we don't want no control at all.

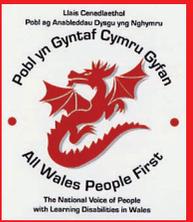
Control comes from better information and things like Direct Payments and from getting skills like assertiveness and self advocacy.

We are often not allowed to take risks. People do risk assessments on us because they think we can't do things, when we can.





# Community



We ask the Welsh Government to:-

- **Tell us how well local authorities are supporting us to take part and feel valued in society like it says in the Social Services and Well Being Act. Tell us in a way that we can understand.**
- **Make sure that Learning Disability Hate Crime is taken as seriously by all Polices forces as it is for anyone else and that LD awareness training is carried out by Police forces so that they understand the issues for us as victims and witnesses.**
- **Make sure that local authorities create Information, Advice and Assistance services that we can understand and only employ staff that know how to communicate with us.**
- **Make sure that local authorities make public transport safe and accessible, and run a service at prices we can afford.**

We want to be a real part of our communities.

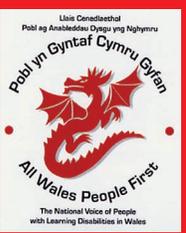


We need more opportunity to meet people and make new friends. Having a good mix of friends and activities is important to us.



We have a right to feel safe in our community. Above all we need choice in our lives.





# Transport



## We ask the Welsh Government to:-

- Lead the way in making sure that there is enough public transport in all areas of Wales so that we can achieve our own well being.
- Make sure that local authorities make public transport safe and free from bullying, keep prices down so that we can afford to use it and give us information that we can understand, so that we can play an active and equal part in our communities.

Good transport leads to fulfilled lives. It crosses over into every aspect of our lives.

The free bus pass is very important to us.

But people who plan transport services are not listening to us. There are difficulties with buses at night, buses in rural areas, and buses on Sundays. So if we go out, to get to work or to see our family and friends, we can't get home again. Poor bus services isolate people.

It's difficult to understand 24 hour clock timetables.

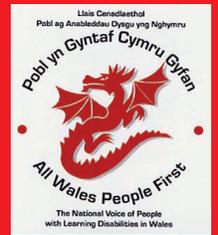
A phone App would **TELL** us the times of the bus.

Community transport is OK but if we can't afford it, we can't use it.





# Health



## We ask the Welsh Government to:

- **Lead the way in getting local authorities to give us Easy Read information about living healthily, especially where we are supported by Social Services in our homes.**
- **Make sure that staff in the Health Service have the right training in Learning Disability Awareness, the Mental Capacity Act and know how to work with us, eg more learning disability nurses and better use of Health Passports and the Traffic Lights system.**
- **Make sure that we get information we can understand when we go into to hospital.**

We know we should do lots of exercise and eat a good diet but we need help and advice to make healthier choices. We want more, free, healthy living courses and information we can understand.



Health checks are good but there is no advice, no feedback and no results. The invitation letters are hard to read and some of the questions at the health check are hard to understand.

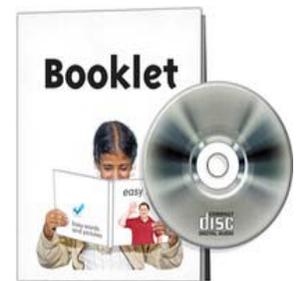


Some people are afraid of the health check because they don't know what will happen there.

A good GP can make a huge difference.

Nobody talks to you in hospital and they often don't give you enough information.

To have equal health, we need good accessible information and good communication.





# Housing and support



## We ask the Welsh Government to:

- **Make sure that we can get a place to live in communities that are safe and that we are given priority, so that life is not made worse because of where we live.**
- **Lead the way on Direct Payments, with the support to manage them, for those of us that want it.**
- **Support the CSSIW and HIW to develop and keep up good standards.**
- **Check how well local authorities empower us to make the important decisions that affect our lives.**

Living independently makes ordinary everyday choices possible, things other people take for granted.

People who do not live independently feel they are treated like children. There are rotas for the TV, friends or partners cannot be brought home. And going out to meet up with friends has to be arranged.

Not everyone wants the same type of independence.

Some would like to be near their parents. Some want more support than others. Everyone wants to be near public transport and in a community where there are things to do.

Everyone wants to feel safe. There needs to be much more choice in accommodation.

We should be able to make our own choices about everything that's important to us.

Having the same staff, not chopping and changing, is important too.





# Relationships



## We ask the Welsh Government to:-

- **Write national guidelines for social workers, managers of care services and day centres and people who provide support, about sex education for people with learning disabilities and how to support and respect relationships.**
- **Make sure that everyone who works with us gets rights training about sexual relationships for people with learning disabilities. This training should involve us.**
- **Make sure that all of us have control over choosing and training the staff who work with us. We should be the people who say how well they are doing their jobs.**
- **Write national guidelines about those of us who are heterosexual, lesbian, gay or transgender so that we can talk about our sexuality and can have meaningful relationships with the partner we choose.**
- **Make sure we can get peer group support.**

There should be equality, respect and Human Rights for everyone who wants, or who is in, a relationship. It is really difficult for us to find someone to like, or love. There are not enough social spaces or opportunities to socialise.



Sometimes when people do get into a relationship they don't know they are being abused. This happens through on-line friendships too.

We need courses that will help us to understand when things are wrong and to learn about sexual health.

Counselling can be good but different counselling skills are needed for people with learning disabilities.

Self advocacy and peer advocacy can help.

There is no support for those of us that are gay, lesbian, bisexual and transgender.

Equality, Human Rights, training, counselling, advocacy and support should be the same as it is for anyone else.



Lots of people try to stop us from developing friendships and relationships. Support staff in our homes find this subject really difficult.





# Work and Education



We ask the Welsh Government to:-

- **Make sure that people with learning disabilities are being included in the workforce and that best practice is shared.**
- **Work with the UK Government to find ways to make job centre and benefit information easier to understand.**
- **Make sure that children with learning disabilities can, with the right support, go to mainstream schools, if that is what they want and that all children in school get training which helps them accept people's differences.**

We need to have the same opportunities at school as other children, like learning technology.



Bad behaviour (like bullying) needs to be challenged.



School needs to be safe.

We are pushed into college from school.

**But** work is important. We need more help to get into and stay in work. We need courses about what we need, not courses that are easy, or cheap, for tutors to run, eg cooking year after year.



We need proper support and supported employment agencies.

Some behaviour in the work place is bullying. There needs to be **RESPECT** in the workplace – for each other as well as other people.





# Young People



## We ask the Welsh Government to:-

- **Make sure that the move from child to adult services is smooth and that independent living skills, like travel training, life planning, ambition and choice and control is high on the agenda. This will help us to live as independent adult citizens.**
- **Make sure that young people know how to use computers and the internet.**

Young people with learning disabilities are happy when they can make decisions about their education and decide on college courses that will help.



They want to be able to move away from home, learn how to pay bills, open a bank account, move into the world of work and have a social life.



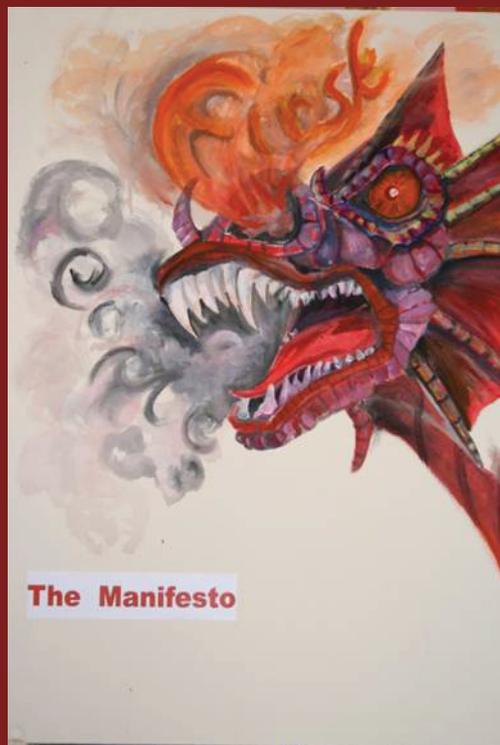
But it is hard to decide on a job or career when the choice is limited.

Family get in the way of moving away from home and it's hard to achieve independence when we don't get the right support at the right time, when transport is poor and we have no support network or a limited social life.



We want to have ambition, such as learning to drive, we want to develop confidence and assertiveness, and we want to make and build relationships.





**All Wales People First  
61 Caerleon Road  
Newport  
NP19 7BW**

**[info@allwalespeople1st.co.uk](mailto:info@allwalespeople1st.co.uk)**

**[www.allwalespeoplefirst.co.uk](http://www.allwalespeoplefirst.co.uk)**

**Front cover designed by:  
Sarah Rosser, Kate Bass,  
Sammy Tahramanis,  
Alex Wooler.**

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