



All Wales People First

Talk Back

The National Voice of People with

Learning Disabilities in Wales

Autumn 2019



David Llewellyn,
Winner of the
Ideas MIRROR
award for 2019
receiving his
Award at
AdFest 2019

Presented by
Tracey Drew, on behalf of
the Ideas award sponsor
Active Quote

AdFest 2019 Edition

Pictures by Natasha Hirst

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Editorial

Welcome to the Autumn 2019 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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Engage to Change Roadshows



Engage 2 Change held two Roadshows. One in Ebbw Vale on the 24th September. And one in Carmarthenshire on the 25th September.

The roadshows helped to let people know how the project was going.

Project partners gave presentations at the roadshows.



This included presentations from people on the project.

Employers and parents of people on the project. Some of these appeared as a video.

The presentations showed the positive impact that the project was having.



Lead Ambassador Gerraint Jones Griffiths And ambassador Michael Allcock spoke at the events.

They spoke about their experiences on the project. How the project helped them.

Engage to Change Roadshows



How others can join the project.

And how employers can become involved in the project.

Chief Executive Joe Powell also spoke at both events.

About the project.

The targets the project has hit.

The targets the project has missed.

And what we are doing to put things right.

He also talked about the wider legacy of the project.



This is to try to change government policy.

To make employment better for everyone with a learning disability in Wales.

Not just people who are 16-25.

At the end delegates had the chance to speak to project partners.

Project partners answered the delegates questions.



The event was well attended.

And the event got very good feedback.

The project hopes to hold more roadshows soon.

AdFest 2019

Twitter feed...



All Wales People First @AllWalesPF
“Thanks to our fantastic
#AdFest2019 Photographer
@HirstNC for taking the official event pictures!”



All Wales People First @AllWalesPF
#AdFest2019 delegates learning about the
National Lottery Community Fund
@TNLComFund



All Wales People First “74% of @AllWalesPF
members attending #AdFest2019 said being
part of a self-advocacy group has helped
them to feel less lonely”



All Wales People First @AllWalesPF Member
Hannah Thomas welcomes guest speaker
Julie Morgan AM - Deputy Minister for Health
and Social Services, to #AdFest2019

AdFest 2019 Selfie booth...



AdFest 2019 Exhibitors...









AdFes





News from Groups



Prestatyn



At our last self advocacy meeting Arriva came to talk to us about the problems that we have with the buses and their drivers. Arwel Roberts from the Council also attended the meeting.

We had prepared questions about the problems that we found using the services. We started out by talking about the Orange Wallets.

Anthony from Arriva said that he will take the information back to the head office, and we agreed to help design some posters for Arriva.

We said that we are more than happy to come and help Arriva with any new training that might help if they are taking on any new drivers.



“The Dream Team”, a group of people with learning disabilities from Pembrokeshire, Carmarthenshire and Ceredigion, won big at the prestigious NHS Wales Awards last week.

Representatives of the Dream Team were delighted to pick up the award for Empowerment and Co-production at a glitzy black-tie event in Cardiff on 19th September.

The award recognises The Dream Team's

development of the LD Charter, which sets out what people with learning disabilities want in their lives, and the input and influence the Dream Team has on decision making across the three counties. The Dream Team makes real the oft-quoted statement “no decision about us, without us”.

James Dash, Chair of the Dream Team, commented: “We are delighted to have won this award, not just for the 19 members of the Dream Team who have worked so hard to get their voices heard, but also for the wider community of people with learning disabilities, and their completely reasonable demands to live meaningful lives and to be treated with respect and understanding.

“The award is just the beginning”, continues James. Our mission now is to get everyone to sign up to the Charter, and make it happen across the region and beyond.”

To find out more, go to ldcharter.com, check out @ld_wales on Twitter or email ldcharterwestwales@gmail.com



We have been really busy lately planning for the Autumn and Winter.

The Teaching Research and Advisory Committee at the University of South Wales starts its new year with another 46 new students starting their learning disability degree and hoping to qualify in 3 years as a Learning Disability Nurse.

We attended their student conference to welcome them and introduce ourselves and to congratulate those who qualified last year.

We have already delivered Communication Training to them and have a long list of training that we shall be involved in delivering up until May next year.

We are still involved in the Advocacy Strategy making sure that People First groups across Gwent are not forgotten and that we can help secure funding for all the groups across Gwent in the future.



We have held our 7th Regional People First Group and have applied to the Charity Commission to Register Cwm Taff People First as a Charity.

We are still involved in the Cwm Taff Advocacy Strategy making sure that Self Advocacy is included and that information is in easy read.

Our new staff Team



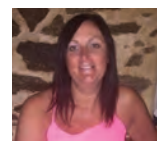
Lynne Evans, Trustee/Director.

Dawn Price, Organisational Manager.



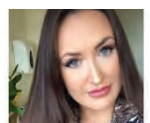
Pauline Carter, Cwm Taff People First Co-ordinator.

Emma Alcock, Our Voice Matters Co-ordinator Parents/Carers.



Jenny Mushiringani, Engagement & Co-production Co-ordinator

Samantha Taylor, Local Group Facilitator – Taff Ely



Stacey Harding, Illustrator

Millie Campbell, Local Group Facilitator - Rhondda



Article and Interview by Kurtis Marshall – Promotions Adviser for Vale People First, through the Engage to Change Project.

“Alex and Sam’s Journey to love and marriage”

Kurtis: How long have you been together ?

Alex & Sam: We have been together 8 years. We have lived together since 2016 in our own flat in Barry.

Kurtis: What was the highlight of the day ?

Alex: My Brother Marc bursting in dressed as a dinosaur before our first dance !

Kurtis: How do you feel now being married ?

Sam: I am enjoying married life ! My advice is to not let anyone interfere – stick to what you want and be strong – don’t let anyone tell you what to do!!!

Kurtis: I had the honour of being the best man. It has been a wonderful journey watching Sam and Alex reach their dream of becoming man and wife.

Liz Davidson – Coordinator, Vale People First: Big congratulations to our members Sam and Alex Stevenson. This story shows how people with learning disabilities can achieve their goals and their dreams with the right support and attitudes. We are very proud of our trailblazers and wish them every success in their new roles and Man and Wife.



Welsh Ambulance Service

Ffion Poole, Sharon Cochrane, and Kath Toms, supported by Christy Taylor, recently visited the Welsh Ambulance Service in Swansea to help them create an easy-read leaflet on how to do CPR and use a Defibrillator. We also had the opportunity to use a dummy to practice how to do CPR and also use a defibrillator. We had a great day, and after all the hard work Jason, one of the paramedics, let us have a go in the ambulance car.

Carers' Week

Caerphilly People First recently attended a Carers' Week event in Newbridge, where there were numerous stalls and information stands set up by organisations such as the ambulance service, SENSE, Co-op funeral care, drug and alcohol support for youth, the Alzheimer's Society, and GAVO.

At the event we learned that unpaid carers looking after loved ones living with illness, disability and mental health conditions, or as they grow older, are seven times more likely to be lonely compared with the general public.

Urgent support is much needed as the number of adult carers rises by a third to nearly nine million, and seven national charities have called for a change in the way society supports unpaid carers.



We are very sad to report that Nicola Taylor passed away over the weekend of the 16th November.

Nicola was an active member of Torfaen People First, and an outstanding self-advocate.

Nicola was the All Wales People First National Council Rep for Torfaen for many years, and she attended many events including All Wales People First Annual Conferences and the Manifesto Launch in 2016.



Nicola was always passionate about speaking up, and helping other members to grow their confidence to be self-advocates.

Nicola lived the life of a real self-advocate, embracing every opportunity to live the life she wanted.



Nicola will be sadly missed as a friend and People First member, and our thoughts are with her family and all who knew Nicola.

Joe Powell - Chief Executive, All Wales People First



Members had a great meeting with Steve from the Can Do Project last Friday. Members made up toiletry packs for the homeless in Newport. Members will now deliver the packs to the Homeless centre at Albert Street in Pill to be handed out to those who need them.

It was great to work with Steve again and this particular project gave the members great pride that they were helping others less fortunate than themselves.

We had a very successful meeting with Zara from Mind who spoke about mental health and well-being such as understanding anxiety and panic attacks.

Zara explained how to get in touch with her and how easy it is to access their services.

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**All Wales People First,
Chief Executive,
Joe Powell -August 29**

Was wonderful to speak with members of the Menter Fachwen Advocacy Group in Cwm-y-glo, Flintshire today. I spoke to members about our current (and new) MIRROR Strategy (Business Plan), in particular the things we are going to do to make North Wales feel more connected. North Wales members told us they wanted us to do more to make them feel connected at the National Council, Conferences and within our 2017 Evaluation. Thanks to James Andrew for inviting me and thanks to all of the members of the group for making me feel so welcome again.



Round up



**All Wales People First,
Chief Executive,
Joe Powell -September 20**

Was lovely to meet with Sue Ledger and Jan Walmsley (introduced to us via Barod CIC as part of the SA toolkit project) at Friends House, Euston, London this morning to discuss a research project looking for ways to link people with more profound learning disabilities into self-advocacy. This is part of our commitments in the MIRROR Strategy to try to extend self advocacy those who are typically excluded and to address long term observations that the self-advocacy movement in Wales (and as far as we know everywhere else) has never addressed this issue. We have talked about initial ideas and an initial group is going to be set up with prospective project partners about how we take the work forward. I don't want to reveal partners at this stage as it's all in the development stage but I am personally excited about the potential of working with them and I hope this work will make a real difference

