

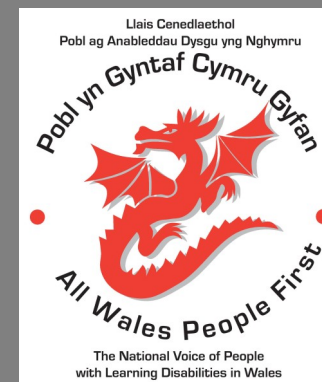


All Wales People First

Adfest 2019

Loneliness & Social Isolation

Festival Report



Village Hotel, Cardiff

17th & 18th October 2019



Day 1

Simon Richards, Chair of the All Wales People First National Council, welcomed everyone to Adfest 2019.

Linton Gower, Vice Chair of the National Council, co-chaired.



All photographs credited to Natasha Hirst.

Joe Powell, Chief Executive, All Wales People First, shared a short montage of news and events from the year. Brexit, elections, continued austerity, changes to benefits and funding for self-advocacy all had an affect on the lives of people with learning disabilities in Wales.

Joe talked about the importance of the Social Services and Wellbeing (Wales) Act.



"One of the things that goes in our favour is the fact that the Social Services and Well Being Wales Act (and other important government laws) talks about empowering people to make the decisions that lead to their own well being outcomes. In other words, you should have a say in what you want to do and what makes you happy. But, people with learning disabilities can only do this if they are part of an independent group who teaches them the skills to speak up. This is where People First and the other self-advocacy groups come in."

Joe explained how Adfest is an opportunity to stand up and be heard.

"We want to bring the third sector (so that is charities), Public Sector (the police and hospitals) and important decision makers (such as councils and Welsh government) to AdFest so they can work with and consult with you. This not only makes your voice stronger; it means you can work in co-production with them to design the services you need, and most importantly, we show why self-advocacy is crucial and why we need to fund it. We also want to show ordinary people in society that people with learning disabilities in Wales should be included as citizens in Wales and that they need us to take part. We want to show who we are and why we are proud to be who we are."

"show people why self-advocacy is important and why self-advocacy groups need to be funded"

“Everyone deserves a good life”

Julie Morgan AM, Deputy Minister for Health and Social Care

Julie gave members key messages when she spoke on day 1.

- People with learning disabilities are more likely to feel isolated and lonely, especially during times of change.
- Having a learning disability can make it harder to have confidence in yourself or for others to have confidence in you. This can stop you going out.
- Being part of the community takes courage.
- Welsh Government are working to stop loneliness and isolation.
- Welsh Government can't stop loneliness and isolation by themselves. They are writing a strategy or plan so they can lead others in stopping loneliness and isolation.
- All Wales People First are working with the Improving Lives Strategy and our comments on transport are being used in the strategy to stop loneliness and isolation.

**“Together we can
make a warmer,
kinder Wales”**



Get Yourself Connected Members were asked questions about loneliness, relationships and community. They gave their answers anonymously using voting buttons.

63% feel **lonely**.
Most people are lonely in the evenings and on weekends.

90% have been in love ❤️
and over half have had **sex**

71% have experienced **Mate Crime**

 most people know their **neighbours**

42% see 3 to 5 different **groups** of people a week

would go to paid staff if upset or having a bad day, most people would talk to friends or family **13%**

24% don't feel **connected** to a community

74% said being part of **People First** has made them feel less lonely

"I was lonely but I heard of the self-advocacy group and went to the first meeting. They made me a member of the group and I felt less lonely. I feel better for it."





Helen and Adam, Pride Cymru

Adam gave an emotional account of his journey to being proud of who he is to help people understand Pride and LGBT+.

The workshop highlighted common experiences of people with protected characteristics, like hate crime, discrimination and lack of understanding.

People in the workshops were keen to hold a Pride event at Adfest, not just around LGBT+ but focussing on

- Acceptance
- Information
- Respect
- Understanding
- Education in schools
- Healthy relationships



Samantha, Eden Communities Project

Samantha helped people to think about how connected they are using a game with wool.

The Eden Project supports lots of initiatives to help people connect with other people. Samantha focussed on the BIG Lunch which helps anyone plan and hold a party in their street, town, local park etc.

As part of the workshop, people were encouraged to write notes to people with something kind written on them. The notes were hidden throughout Adfest for people to find and make them feel happy for the rest of the day.





Andrea and Elisa, National Centre for Mental Health, Cardiff University

The workshop focussed on identifying how **research** can help understand the link between wellbeing and community in the lives of people with learning disabilities and/or autism spectrum disorders

Happiness and healthiness were key themes to wellbeing. People also recognised that self-advocacy and community presence were important factors, along with good support to maintain wellbeing.

The aims of the research should focus on the meaning of wellbeing, how this changes across a person's lifespan and how we can improve understanding of disabilities in communities.

Rob, Able Radio and Tracey, AWPF

Storytelling is a powerful tool for changing how people feel about themselves and how other people see them. People talked about where stories are shared and how to keep safe when telling our stories on social media.

People at the workshop were helped to decide on a story to tell about themselves and how to make it interesting.

Rob recorded individual people telling their story. All the stories were later shared on Able Radio on Wednesday 30th October 2019.

Stories recorded ranged from falling in love, representing GB at the Paralympics and speaking up for your rights.





Day 2

Self-Advocacy in Action!

Delegates were free to walk around and choose what they wanted to do throughout the day from the following activities



- Information stalls
- Consultation and Activity rooms
- Self-Advocacy Sinema room
- Mainstage Speakers
- Arts and Crafts
- Chill out area



Consultation & Activity Rooms



Self-Advocacy Sinema

For the first time ever, there was a room showing films about people with learning disabilities, including the premier of Hijinx's latest film - The Audition.



Other films included

- Fathers with learning disabilities
- Drag Syndrome
- Memories of Ely Hospital



Chris Baker from

Lottery Community Fund answered questions about applying for a grant



Sharon Williams

& David O'Brien from Public Health Wales filmed people talking about healthcare.



Rob Symons

from Able Radio recorded sounds bites and stories



Arts & crafts were offered

by Sandi Mitchell, including designing the First Minister's Christmas card.

Information Stalls

Exhibitors

National Centre for Mental Health. Cardiff University

20 Degrees Consultants

Cardiff 3rd Sector Council

Learning Disabilities Wales/Engage to Change

Gig Buddies

Mencap

Mirus

Pride Cymru

Public Health Wales

South Wales Police and Crime
Commissioner

Stay Up Late

My Mates, Monmouthshire County Council

Tai Pawb

TRAC/ Cwm Taff People First

Welsh Ambulance Service

Welsh Government - Autism Policy

Welsh Water

Wales Cooperative Centre, Digital Communities Wales Project



Mainstage Speakers

- Alun Hughes, 21 degrees consulting
- Elisa Vigna & Andrea Meek, National Centre for Mental Health, Cardiff University
- Kylie Smith, Gig Buddies
- Helen Rankin, Pride Cymru
- Sharon Williams, Public Health Wales
- Sarah Mahon & Hannah Jenkins-Jones, Police & Crime Commissioner
- Darren Johnson & Simon Richards, Stay Up Late
- Ceri Meloy, Tai Pawb
- Matthew James, Welsh Ambulance Service
- Elinir Price & Julie Annett, Welsh Government



MIRROR Awards 2020



Members

Winner: Ann O'Lea

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Ideas

Winner: David Llewelyn Lewis

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Rights

Winner: West Wales Learning Disability Charter, Dream Team

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Reflection

Winner: Denbighshire Self Advocacy

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Organisation

Winner: Torfaen People First

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Review

Winner: Zara Kahleem

Sponsored by



Evaluation

What did you like best about day 1?

1. Joe's speech
2. Workshops
3. Meeting the Minister & the AGM

Which day did you like best?

Day 1 - 50%

Day 2 - 32%

Both - 18%

Did you enjoy the food?

Yes - 90%

No - 10%

Did you enjoy Adfest 2019?

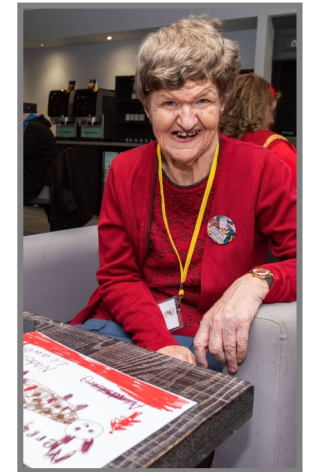
Yes - 96%

No - 4%



**Well organised.
Learnt a lot.
Felt part of a
community.**

***It is impossible to put into words
just how awesome this event has
been. From the venue, food,
talks, freebies, people and
especially the information
available. Fantastic! Brilliant! Well
done***



***I have had
a fab time.
Can't wait
till next year***

What did Twitter say about #AWPF2019 #Adfest2019?





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