

All Wales People First

Talk Back

The National Voice of People with

Learning Disabilities in Wales

Spring 2019



AdFest
Isolation and Loneliness

**Celebrating the place of people
with Learning Disabilities
in Welsh Society**

Consultations + Stalls + MIRROR Awards +
Film Booth + Cinema + Disco + Workshops
+ Annual General Meeting

Village Hotel, Cardiff
17th and 18th October 2019

***“So looking
forward to it.
Lets make it
the best AWP
Conference
Yet!”***

Simon Richards,
AWPF National
Council Chair

Have you booked for AdFest 2019 yet?

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Editorial

Welcome to the Spring 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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Please speak out

Consultations...



All Wales People First have been responding to consultations.

A consultation is where your opinion is asked about something.

This could be the Welsh Government.
Your local authority.
Or someone else.

All Wales People First have responded to four consultations.
These were consultations by the Welsh Government:

- Additional Learning Needs Bill
- Autism Code of Practice
- Connected Communities - Tackling loneliness and social isolation.
- Improving public transport

We have put our members views in to the consultations.
It is important we make sure that our members rights are heard.
And respected.

Please tell us your views on things which matter to you.
You might want to tell your National Council representative.
Or you might like to email us.

I am going to put one day per month aside to speak with
members across Wales.

You might want to tell me yourself?

However you decide to tell us.

Please speak out.

Joe Powell

Lucy Hinksman Presents

Hwlffordd through the lens...



HWLFFORDD THROUGH THE LENS
LUCY HINKSMAN
PHOTOGRAPHY EXHIBITION
OFFICIAL OPENING 4th APRIL 2019, 6PM
at the VC GALLERY, 30 High Street,
Haverfordwest, SA61 2DA
OPEN THROUGHOUT APRIL



Board member Lucy Hinksman held her first ever photo exhibition.

It happened between the 1st and 30th April. There was an official launch on the 4th April. The exhibition was called Hwlffordd through the Lens.

Hwlffordd is Welsh for Haverfordwest. Lucy's pictures were of her home town of Haverfordwest.

Many people came to see Lucy's exhibition. Some People came from the local community.

Some people came from local People First groups such as:

Karen Chandler and Ness Powell from Pembrokeshire People First.

Sarah Phillips from Carmarthenshire People First.

Anne and Bryan Collis, Mal Cansdale, Alan Armstrong and Nicky came from Barod CIC. Joe Powell came from All Wales People First, joined by former National Council Development Worker, Yvonne Boxall.



Lucy Hinksman Presents

Hwlffordd through the lens...



The most impressive visitor was Edgar Cahn. Edgar Cahn is a very famous person in the disability world.

He started the idea of timebanking.



He comes from America.

And used to be a speech writer for President Kennedy.

He was very impressed with Lucy's work. As was everyone else.



I had a wonderful day out at the exhibition. Lucy has inspired me to get creative.

We would also like to commend Barry John of the VC Gallery for giving Lucy this opportunity.

The VC Gallery is a wonderful community organisation.



They made us (and everyone) feel welcome. All Wales People First would like to congratulate Lucy for this amazing achievement.

Joe Powell.

AdFest 2019

17th & 18th October...



The National Council have chosen Social Isolation and Loneliness as the theme of this year's AdFest.

Lots of people with learning disabilities are lonely or find it difficult to go out and make friends. There are lots of reasons for this. For example, no buses in the evening or no support available.



AdFest will look at the barriers to relationships and ways you can get involved in your community and make friends.



Day 1 will include

- Joe's opening speech
- Julie Morgan, AM, Deputy Minister
- A Big Talk about friendships and relationships
- Workshops about health, research and getting involved.
- Cinema room – watch short films
- Self-advocacy groups sharing info
- AGM – Hear about what AWPf has done over the past year.



In the evening you can enjoy a meal together and a party.

Day 2 will include



Adfest 2019

17th & 18th October...



- Workshops about government policy, communicating and friendships.
- Information stalls
- Craft stalls
- Cinema room – watch short films
- Self-advocacy groups sharing info
- Main stage presentations



mirror
ideal rights reflection
members organisation

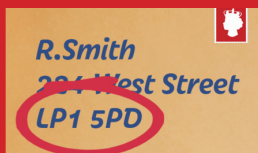


Also on Day 2 we will be hosting the MIRROR Awards – an award ceremony to celebrate self advocacy groups and individual members.

Bookings are now open for AdFest!!

You can get a booking form by visiting our website
www.allwalespeople1st.co.uk

Or



If you prefer a paper copy by post, please email
victoria@allwalespeople1st.co.uk
or telephone 07498024763

Please book early as the overnight places are limited and usually sell out quickly.

Bookings close on 31st August.

We look forward to seeing you there!

News from Groups



Vale



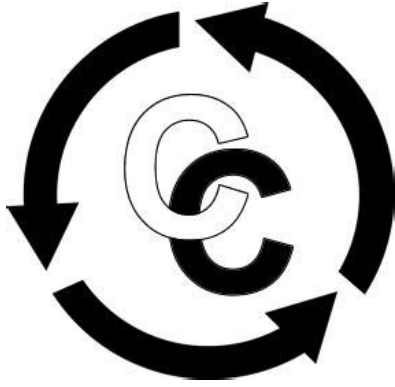
Good news! I have a new gig buddy - My Uncle Gary. He is also helping me with my own business doing discos and an Elvis Presley tribute act.



I am really excited to be part of Gig Buddies because I can go to more events and meet new friends with learning disabilities.

I am looking forward to doing the disco on 17th October for the All Wales People First AdFest. I hope to see you all there!

Ian Swannick



We have had 2 recent events with our Connect Buddies. Burger and Bowl and also Connect Buddies the future including friendships and relationships.



What an amazing night we had at The Ffrith Prestatyn Mega Bowl. 34 participants had a Burger and chips before starting a game of bowling (You've got to have fuel if you're going to win).

A great mix of people looking for a buddy to get out and do more and newly recruited volunteers looking to find the right person to link up with.



We actually had 5 matches on the night. That's 10 happy people sorted off on their adventure that is nearly on third of all participants; not forgetting some were only there to thrash someone and role in glory.



Denbighshire has two very active self-advocacy groups.

The Denbigh group is involved in two projects.

One is the Safe Places scheme, the other Sports4Us project, which is highlighting the lack of sports and games available to support people with learning disabilities.



The group met with Brett Jones, who is the Disability Sports Wales Officer in Denbighshire and discussed, what is available in Denbighshire.

The Denbighshire Participation Group (DPG) expressed interest to have an event about this in the near future.



We have a survey for this; please help us to find out:

What is available for us?

What do people want?

The Prestatyn Group is currently working with DPG to plan an event and a presentation about Employment for people with Learning Disabilities.



“Congratulations to Mencap Ceredigion and Our Voice Our Choice. It’s exactly one year ago since Matthew and Tracey went to help out at the new groups’ first self advocacy meeting” - All Wales People First

Thanks to all the staff at All Wales People First for the support, training and encouragement. It’s been a pleasure to work with you.



The best thing about being involved with People First nationally, is meeting many members from over Wales, who are now firm friends. What a great team!

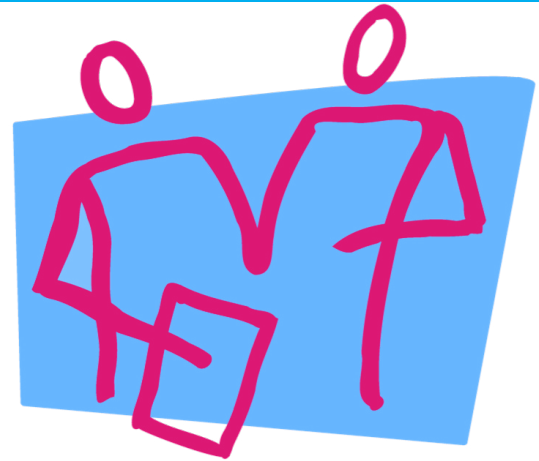


We all are making genuine change for the good for people with learning disabilities across the Nation. Here’s to the next BUSY year ahead!



Our voice our choice team recently had their first day at the Mencap Ceredigion office. They will be in the office every Friday so you can call in for a chat!

Samantha Jones is the Ceredigion representative on the All Wales People First National Council.



putting people first
rhoi pobl yn gyntaf

People first Bridgend have been out training again. This time at Bridgend college.

Student nurses have had training about what it is like to have a learning disability and we stayed for lunch so they had an opportunity to chat about our lives and what we like. This was a great session and nobody wanted to leave at the end!

Adam B and Gavin G were asked to support Bridgend college when interviewing social work degree students. They attended training in Cardiff and Adam was invited to be on the panel to interview 4 students. Adam was very professional and gave excellent feedback to the rest of the panel.

The members have been having training themselves, this time about relationships. 21 people have been on this training. We spoke about friendships and romantic relationships. There will be more sessions over the next few months and we will be practising some of the skills learnt at the friendships sessions.

Autism Information Day

Ffion Sharon and Christy recently attended a coffee morning in Rhiwbina, Cardiff, hosted by the Autism Directory. The Autism Directory helps autism families and individuals find autism related services in their local area and beyond. This can include schools, colleges, legal advice, therapies, recreation, and supported living.



Speaking at the event were Rhys Jenkins of Channel 4's The Undateables and Bethan Woods from The Welsh Autism Show.

Rhys and Bethan talked about their autism and how it has affected their lives.

The event also featured plenty of information about The Autism Directory's services, support, Disability Living Allowance and Personal Independence Payments.

You can access the Autism Directory online at www.theautismdirectory.com or you can contact them on 01443 844764



Welsh Government Consultation

Three members of Caerphilly People First - Sharon Cochrane, Ffion Bethell and Kath Toms - supported by Christy Taylor, recently took part in a consultation workshop run by Learning Disability Wales, on behalf of the Welsh Government.



The workshop gave our members, as well as members from RCT People First, the opportunity to give their views on the Welsh Government's new 'Cymru Sans' (Welsh version) and 'Wales Sans' (English version)' fonts.

Aa

A font is basically a style and size of written characters. These new fonts are designed to deliver accessible information as part of the Welsh Government's marketing and communication teams, and will be used on leaflets, booklets, websites etc.

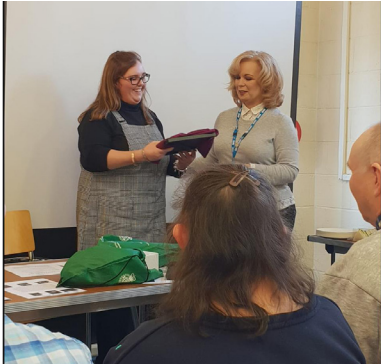


People gave their views, with some saying that certain versions of the font were hard to understand, and others saying they could only understand the font when it was written in capital letters.



Everyone enjoyed taking part in the workshop and welcomed the opportunity to give their opinions.

County Meeting



In February we held the Caerphilly People First County Meeting, and the guest speaker was Mandy Jenkins from the Welsh Ambulance Service.

Mandy talked about the great working being done by Ffion Poole and Colin Hills, learning disability community champions for Caerphilly.



Mandy stated that Ffion and Colin both do an amazing job, and to recognise their passion, commitment, and hard work, she presented them both with certificates and t-shirts including the title 'Community Champion for Learning Disabilities'.



Ffion talked about what her role involves, which includes visiting organisations or groups to deliver ambulance training.

facebook®



All Wales People First, Chief Executive- Joe Powell April 29

Was great to spend the day with Rhiannon Currie of Newport People First filming as part of Mencap Cymrus Our Social Networks project. The project is about friendships and relationships. Rhiannon and I gave two very different personal perspectives. Hopefully we can share the film with you on here, once it's complete.



All Wales People First, Chief Executive- Joe Powell April 19

**Happy Easter
to all Page visitors
Hope its a great one**



Round up



All Wales People First, April 12

Gerraint and I attended and spoke at Ap Cymru and NCMH (National Centre Mental Health) Autism awareness event at Cardiff University today. I spoke about personal experience and how it's influenced my work with AWPf and Gerraint spoke about E2C and his experiences as Lead Ambassador on the project. Gerraint and I are delighted to take part in this very positive day to celebrate world autism awareness day. We've been joined today by Engage to Change partners Learning Disability Wales, Elite Supported Employment Agency and Project search

