



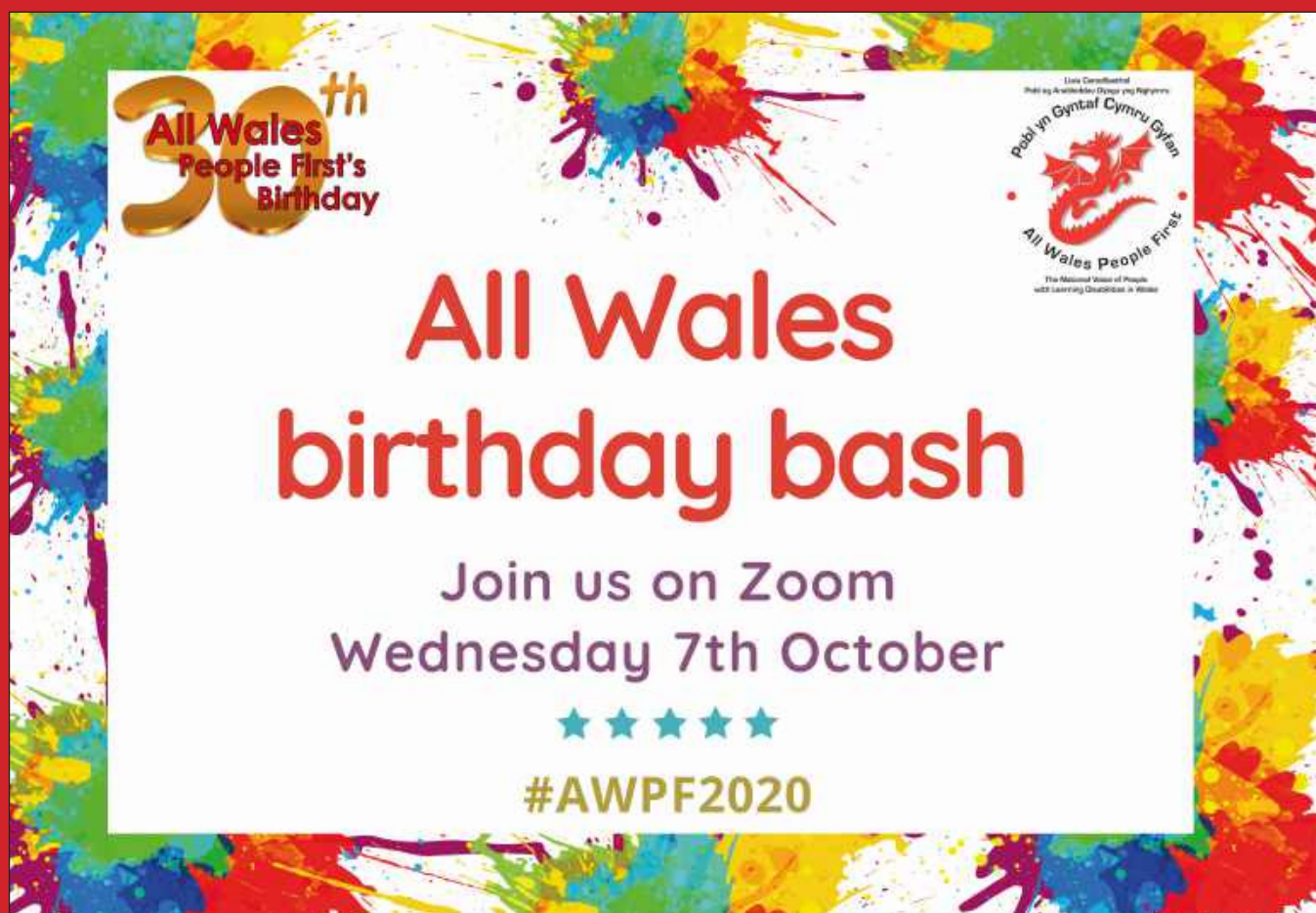
# All Wales People First

# Talk Back

*The National Voice of People with*

*Learning Disabilities in Wales*

## Summer 2020



## Coming out of lockdown

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## Editorial

Welcome to the Summer 2020 edition of Talk back. Things are not quite back to the way we've been used to working before Covid, but we are pleased to be moving out of lockdown.

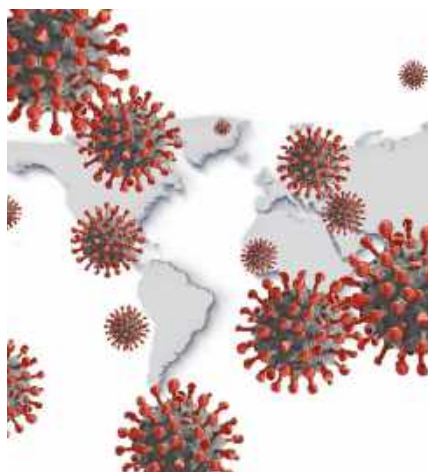
We are continuing with our work on the new 2020 - 2023 MIRROR Strategy, and even though we can't get out and about yet, we are doing lots of work to make sure your voices are being heard and that your needs are being met during these difficult times.

Since the last edition of Talk Back we have written another Covid report and sent it to Welsh Government and partner organisations.

We have also written a policy statement about support services during Covid 19.

We will be posting information to all our full members very soon, about our 30th Birthday Bash. We hope you can join us for a fun online Zoom event.

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



# The Team

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# Photography Project



Through Our Eyes Photography Project update for the Autumn 2020 Talkback

We have appointed Lucy Hinksman as our Project Photographer.

Lucy is a self-advocate and a photographer. Lucy has lots of great ideas for the Through Our Eyes project.



We are happy that Lucy has joined our team. Lucy will work with Natasha Hirst who is the Project Manager.

The Through Our Eyes Photography Project started in April.

Because of coronavirus we have not been able to visit members.



We are doing project activities online.

We want to change the way people think about people with learning disabilities.

We want people to learn about the things that are important to you.

# Photography Project



We want people to value and respect people with learning disabilities.

We ran a Zoom roadshow in August.

The roadshow talked about the Through Our Eyes project and asked members for their ideas.



Members told us about the roles they have that they are proud of.

We will work with you to make photos and videos to share your stories.

We will use social media and memes to share your messages with other people.

You can have training to use social media and make your own photos and videos.



We will run a photography project workshop at AdFest on October 7th.

You can share your ideas with us for photos and videos we can make together.

# Photography Project



We have a photography competition about 'Life in Lockdown'.

You can enter 5 photos.

You can also enter 1 video.

The competition closes on September 30th.

You can follow us on social media and share your ideas with us.



We have a Facebook page

<https://www.facebook.com/ThroughOurEyes0>

We are on Twitter.

<https://twitter.com/ThroughOurEyes0>

We are on Instagram. <https://www.instagram.com/throughoureyes0/>



You can email Natasha on

[natasha@allwalespeople1st.co.uk](mailto:natasha@allwalespeople1st.co.uk)

Article by Natasha Hirst

# Birthday Bash Event 7th October



Are you all set to join us for the All Wales People First online Birthday Bash event on Wednesday 7th October ?

As It's our 30th Bithday this year, that calls for a big self-advocacy style celebration! We hope you can make it.

The Birthday Bash starts on Zoom at 11.00 am  
The Zoom link is:

<https://tinyurl.com/happybirthdayAWPF>

Meeting ID: 832 3362 7635

Passcode: Adfest2020



The Fringe event starts at 6.00 pm.

The Zoom link for the Fringe Festival is:

<https://tinyurl.com/y2zzs9fm>

Meeting ID: 890 7994 0152

Passcode: Fringe2020

Gerraint's Hootenanny starts at 7.30 pm.

The Zoom link is:

<https://tinyurl.com/y3pzku4c>

Meeting ID: 824 0544 7276

Passcode: Adfest20



**If you have trouble joining on the day, you can call     Claire on 07399 059631 or  
                         Kelly on 07508228474**

# Member stories

## Sam's story



You may have been keeping up to date with Sam's diary updates through our website or Facebook?

One of Sam's experiences during the Covid Pandemic has meant that she has had to be confident about using her self-advocacy skills.

Sam felt that she was being treated unfairly and she challenged that treatment in the right way to bring about a change for the better.



### **This is Sam's story for August 2020**

"I'm not at my house today, I'm at my fiancé's.

It's nice to be seeing each other again. I'm allowed to do the bubble thing now.



For the last two weeks after I came back from Porthcawl I was forced by my supported living provider to self-isolate.

Me and my housemate had to keep away from each other. It was awful. I felt like a prisoner in my own home.

# Member stories

## Sam's Storym



I felt like I didn't have the same choice as a person without a learning disability.

I spoke with the British Institute of Human Rights, who helped me to understand my rights under the Human Rights Act.



I spoke with All Wales people First too, and they helped me by writing to my supported living provider to explain why I felt I was being treated unfairly.

I'm proud that I was able to question and challenge my forced isolation.  
I'm not in isolation now.

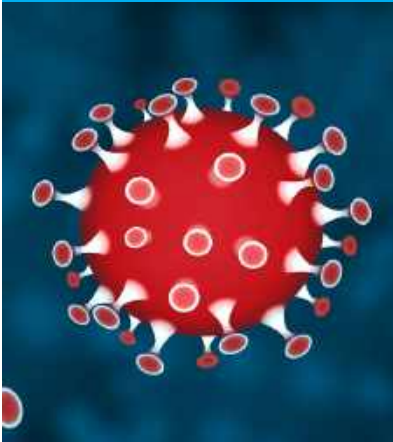
Me and my fiancé's family are off to Butlins next weekend. After such a stressful time I'm really looking forward to a nice break.



I can be in a bubble with my fiancé's family which is good.

I know I've got to keep my distance from people we don't know though."

# Coronavirus pandemic



## How the coronavirus pandemic has affected you

In the last issue we talked about how the coronavirus pandemic affected you when lockdown started. It seems a long time ago now. Things have begun to reopen and we can go outside more.



Rules are changing very quickly. There are different rules in different parts of the UK. It has been difficult to understand what we can and can't do.

Local groups and All Wales People First are giving regular updates on what we are allowed to do. There are videos on Youtube by Gerraint Jones Griffiths and James Andrew. We also have a toolkit to give you information about things that might be worrying you and links to organisations that can help.



We have been talking to our members and groups about how these changes have affected them. We have published a second report to share with other

# Coronavirus pandemic



organisations including Welsh Government. This is so that they can continue to understand how people with learning disabilities are feeling and coping.

How you've been feeling

Groups have told us that members have got used to the lockdown. Lots of people are glad to be able to see friends and family again. There is a new challenge because people are now anxious about going back out into their community.



Some people are feeling bored being at home all the time. They are excited to be able to go out to shops, pubs and cafes again. They want to go back to work and volunteering.



Other people are worried about going out because places can get very busy. They don't want to get too close to others and are finding it hard to keep 2 metres from other people.

Some housing providers have stopped people staying away overnight and some

# Coronavirus pandemic



have stopped people going on holidays. Local groups and All Wales People First are working hard to get clear guidelines and rules for people with learning disabilities. It is important that everybody is treated equally and fairly in all areas of Wales.



How local groups have been supporting you  
Even though group offices shut at the beginning of lockdown, their staff have continued to help you. Lots of you are taking part in:

Video and telephone calls

Group chats

Online events such as quizzes and bingo

Activity packs



Some groups have started some outdoor activities such as walking. Some offices have begun to reopen but only for staff at the moment. This is to keep everybody safe.

Some groups have given iPads and other tablets to members to help them get online. People have learnt lots of new skills and want to carry on using them in the future.

# Coronavirus pandemic



In some areas local groups have made up wellbeing packs with information and treats. These have been given to members and vulnerable people in the community to help them feel less lonely.

## Your Stories

We've been asking you for your experiences during lockdown. Visit our website or Facebook page to read the diaries but here is some of what you've had to say:



"It will be weird going back to work – I've enjoyed lock-down because I've used Zoom and other technology to meet up with people and make new friends.



I saw my boyfriend in Carmarthen on Monday for the first time in 14 weeks. We had a wander around the shops. I went to Carmarthen by train – that was ok and the journey was quiet. You have to wear a mask and some seats are blocked off to enable social distancing. I'm getting used to wearing a mask now."

**Sophie**

# Coronavirus pandemic



"I've really enjoyed the Gig Buddies Kazoom parties I've attended and I've joined Electric Umbrella group too.

I've been out and about quite a lot recently. I've been shopping (and I wore a mask which felt ok). I also went to the Mountain View Ranch with my support worker and to Barry Island to go on the rides and have an ice cream. I'm going to Barry Island again at the weekend."

**Nicole**



"So excited! I'm off to Porthcawl with my Fiancé this weekend. We're going to sit in a beer garden. Not done that in so long. Ben booked it last week as a last minute special treat. He's treating me to a nice weekend away after the rough few months.

Bit of a quiet day today but the rest of the week is busy with work meetings. I've got three on Thursday."

**Sam**



# Coronavirus pandemic



"I've not been feeling good at all over the last few weeks. I started to feel a bit better last week when I could see my fiancé at social distance. It's been so long since we saw each other.

My Grandfather had Coronavirus and was very unwell, but thank goodness he's pulled through and, on the mend now.



I can see quite a few queues outside shops as I'm walking through town. I won't be going shopping though. People get too close even though we're supposed to be social distancing.

When we walked to the beach over the weekend, it was good to see that everyone was keeping their distance so nothing like Bournemouth and Ogmore."

**Stacey**



# facebook



## All Wales People First, June 21

Thanks to our video contributors and Facebook

supporters for helping us to reflect on the organisation's history and sharing some fond memories during learning disability week. What a great launch for our 30th Birthday celebrations!

#AWPFLetsStayConnected #Learning-DisabilityWeek #LDWeek #LDWeek2020 (Kelly)

# 30<sup>th</sup> All Wales People First's Birthday



## All Wales People First, Chief Executive - Joe Powell

**June 26** Yesterday I attended

a DRILL event celebrating the achievements of the researched projects. I spoke about our joint Toolkit project with Barod and Lucy Hinksman gave a fabulous presentation about work she is currently doing with Barod on the Bridges project.

# Round up



## All Wales People First, July 7

Delighted to announce that All

Wales People First have agreed to be Welsh Partners with the BIHR - The British Institute of Human Rights in delivering online rights training on Section 8 of the Human Rights Act.

Section 8 covers respect for private and family life as well as home and correspondence. We feel this is most important of all given both members current experiences with Covid 19 and long term problems members face in terms of having intimate and sexual relationships. The training will help people with learning disabilities to understand their rights around this issue.

This is one of the commitments we made in our MIRROR Strategy 2019-2022.

Details will follow very shortly. Joe Powell.

**The British Institute of Human Rights**

bihr.org.uk



# facebook