



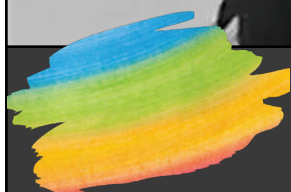
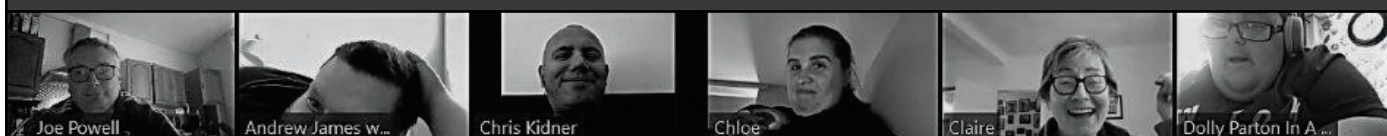
All Wales People First

Talk Back

The National Voice of People with

Learning Disabilities in Wales

Spring 2021



Self Advocacy TV - Front cover

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Editorial

Welcome to the Spring 2021 edition of Talk back.

We have continued our work on the MIRROR Strategy to make sure that your voices are being heard by those who make decisions.



Since the last edition of Talkback, there has been an Election in Wales. In the run up to the election we shared Easy read versions of party manifestos to help you to decide who you wanted to vote for. We hope you managed to have your say by voting on 6th May.

We have sent out conference packs to all of our members, and we are looking forward to seeing you all for our AdFest conference on 23rd June 2021.



Don't forget to join our other online events - Self Advocacy TV and Gerraint's Nightclub. Contact gerraint@allwalespeople1st.co.uk or claire@allwalespeople1st.co.uk 07399 059631 to find out more

The AWPF team

The Team

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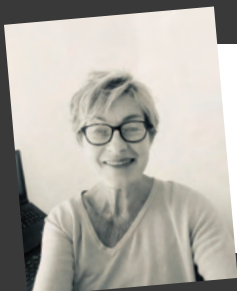
Sarah Ansell - Support Worker

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Assistant **claire@allwalespeople1st.co.uk**



Through our eyes photography project



We had our first Steering group last month. The steering group are helping us to make decisions about photos and videos that we will create with our members.

We shared with the steering group the research and ideas we had found. We then talked about the ideas and photos that the steering group liked.



"Through Our Eyes"

Everyone came up with some really good ideas about how we can use photos. I have set up a what's app group to make it easier for the group to share photos with us.

We are really happy that everyone has agreed they will take part in workshops. Members were also keen to have photography accessible training videos learning how to use their cameras and phones more.



We would love our members to share photos of your proudest moments with us. We will use your photos on the Through Our Eyes project and share them with everyone at Adfest. The theme this year is 'Pride' We are proud of who

Events 2021

we are. We are proud of the positive things we make in life.

My proudest moments are working for a big photography event Ironman, held my 1st Photography exhibition, passed my driving test and talking with the BBC.

What are you most proud of?

You can email Natasha on
natasha@allwalespeople1st.co.uk

You can email Lucy on
Lucy@allwalespeople1st.co.uk

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/>

Article by Lucy Hinksman

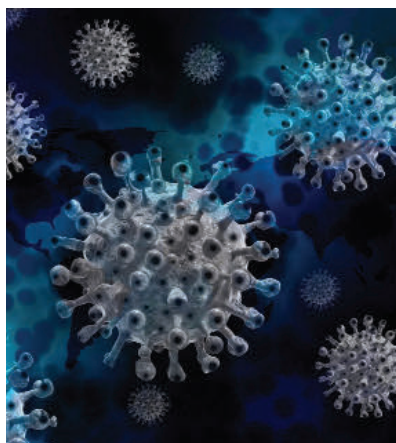
Chief Executive's update



Covid 19 has been very difficult for people across Wales.

Even more so for people with disabilities. People with learning disabilities have been affected even more than people with other disabilities.

We have been feeding in your stories to the Welsh Government so that we can help make things fairer.



We don't want the Government to think that these problems have been caused by Covid 19.

These problems were there before that. I have been meeting with other people with disabilities on a report about the impact of Covid 19 on disabled people.



It is a sub-group of the Disability Equality Forum.

The report we have written is called:
'Locked Out: Liberating disabled people's lives and rights in Wales beyond Covid-19'

Chief Executive's update



It is not available to the public yet
We hope that it will be available soon.
The First Minister Mark Drakeford has promised to set up a task and finish group to look into the issues.

It will be made up of disabled people.
We will make sure that your views are listened to.



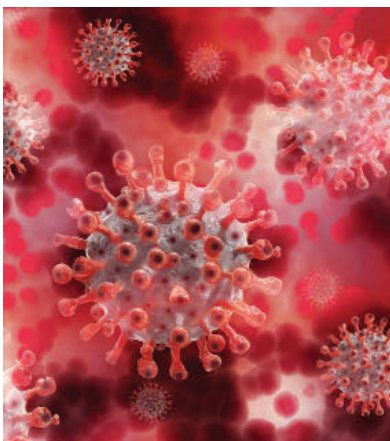
I have also been asked to chair a task and finish group for the Improving Lives programme.

The group looked into how well the Improving Lives programme had worked for people with learning disabilities in Wales.

There were lots of positive things about improving lives.

But there were lots of things that did not happen.

This is because the Improving Lives programme had to be suspended because of Covid 19.



Chief Executive's update



We had three meetings to talk about what we should do.

I have written this up in a paper.

We have produced this in Easy Read for the members.

We have called for many things.

Most importantly that self-advocacy for people with learning disabilities is key to a new strategy.

Under a theme called Voice, Choice and Control.

That the Learning Disability Ministerial Advisory Group continues for five years.

We said that there should be a commissioner overseeing this strategy.

And this person should have a learning disability.

We need to make sure that people with learning disabilities are living closer to home. And are not kept in hospitals or places they don't need to be in.

We have made the case that Isolation and Loneliness should be a priority in the new programme.

And that people with learning disabilities



Chief Executive's update



should be central to the design and measuring of how well this programme is working.

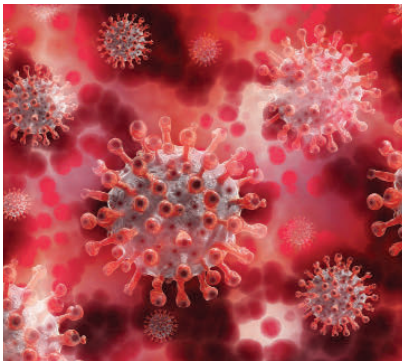
The report asks that people with learning disabilities are able to feedback how well their Regional Partnership Boards are working. Whether they are listening to their points of view.

Or providing the services people with learning disabilities need.

In order to live as equal citizens in Wales.



The report had much more to say. We will share it with you when we are allowed to.



The report will be looked over by the Deputy Minister for Health and Social Services. And the Welsh Government.

They will decide what parts of the report they will do.

So we can't make you any promises.

Other than the fact we have made the case for self-advocacy in Wales.

And we will continue to do so.



Joe Powell - Chief Executive

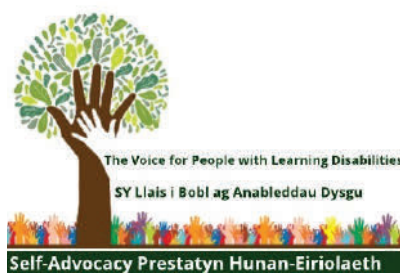
Regional update



Updates from Local Groups

Denbigh Self-Advocacy Group has invited everybody to join their virtual meetings in the last 12 months. It is an informal meeting - but we still get work done.

In the last weeks, we prepared a letter to the new police commissioner. We discussed the letter with Mold Self-Advocacy Group and the LGBT Drop-in. The letter and the response will be published in the next edition of "Denbighshire Ahead".



Prestatyn Self-advocacy is asking questions about employment for people with Learning Disabilities. We met in a new Network meeting with Social Services in Denbighshire, which is called DSSAN (Denbighshire Social Services and Self-Advocacy Network). We will discuss the issue further with the Transformation Team.

We have also applied for funding for Digital Inclusion Support of the Group. The funding project is called "Learn to Teach". Bryn, the chair said in their presentation, "We want to show others what we did".



The North Wales LGBT+ Learning Disability drop-in is now a self-advocacy group for

Regional update



people with Learning Disabilities who are LGBT+. We expressed our wish to be represented in the Police LGBT+ Equality Meeting the Regional Participation Group the National Council.

We have a new name "Rainbow Gogs Yr Enfys" and soon we will have a logo too.

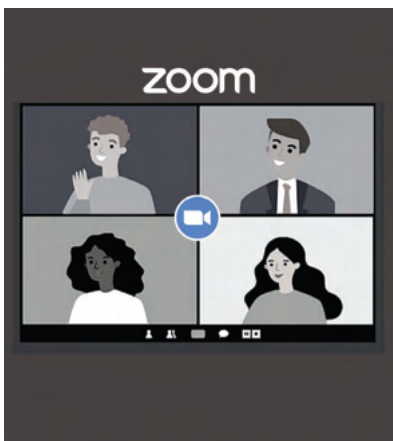


putting people first
rhoi pobl yn gyntaf

The STORM project **People First Bridgend** are doing in partnership with University College London and Mencap is ending. Action plans have been developed with members of the Advisory Team. One of them included that an Advisory Team meeting be chaired without any support staff.

On the 19th of May, Adam and Dan turned their videos and cameras off and Raymond chaired the meeting. Raymond was a fantastic chair and leader. He took the meeting through an agenda and virtual presentation that he and Dan developed. People First Bridgend's staff and trustees are very proud of how much the Advisory Team has developed under lockdown.

On the 20th of May, People First Bridgend delivered a presentation to Bridgend



Regional update



Council's Extended Management Meeting. The meeting was chaired by the new Corporate Director of Social Services, Claire Marchant. We talked about:

- the work of People First
- the importance of funding all forms of advocacy
- the need for service-user representation

Adam Wakeford presented and Adam Bartle, a member of our Advisory Team, wrote a speech about his experience with People First. The presentation was very well received, and we have been asked to speak at one of the Council's Scrutiny Committees in front of councillors.



Adam Bartle's speech and attendance at the meeting was also part of his STORM action plan, to further develop his confidence and self-advocacy skills.

Some members of the Advisory Team have been sent back to their day services, which has meant they haven't been able to come to our meetings. This is very frustrating. We are working hard to make sure that members still attend and can continue developing as they have during lockdown.



Regional update



At **Caerphilly People First**, Ffion has recently joined the 'Stay Up Late' Ambassadors team. Stay Up Late is a charity which promotes the rights of people with learning disabilities to live the lifestyle of their choosing.

They are concerned that people with learning disabilities and autism aren't able to Stay Up Late and do the things so many people - who don't need support - take for granted, such as going out to see bands, clubbing, or seeing friends.



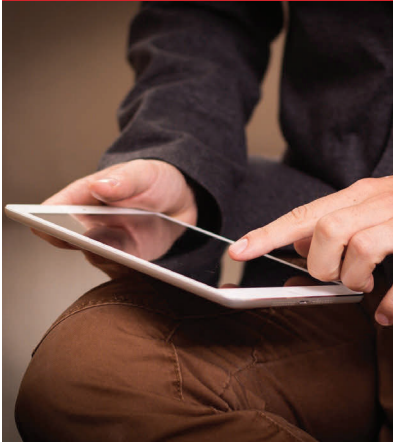
They have found that lots of people with learning disabilities aren't able to lead full and active social lives because their support workers finish at 10pm, which means lots of people with learning disabilities leave events at 9pm. Stay Up Late believes that people with learning disabilities have the right to stay up late and have some fun.

Ffion says: I like to go to concerts and socialise with my friends and family. I am new to Stay Up Late and Gig Buddies and everyone has made me feel so welcome. I hope I can make lots of new friends and help others.

Staff and members recently took part in two



Regional update



online training sessions provided by Digital Communities Wales. Their aim is to reduce digital exclusion in Wales.

The first session called 'Introduction to Zoom' gave information on

- setting up an online Zoom meeting and sending out invitations
- the various features available on Zoom
- how to protect your Zoom meetings and other safety features.



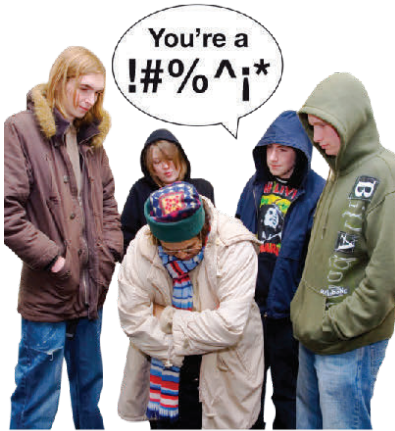
The second session, held a week later, was called 'Helping People with Learning Disabilities to Get Online'.

In April our Chairperson Ffion Poole spoke about living with autism to year 2 Learning Disability students at the University of South Wales. Autism is a lifelong developmental disability which affects how people communicate and interact with the world. It was a rollercoaster for Ffion and her family – she wasn't diagnosed with autism until she was 9 years old. Ffion would like to say, "Don't label people with autism or a learning disability, as we are no different to anybody else - labels belong on jars."

Now Ffion is the chair of Caerphilly People



Regional update



First and delivers training such as Hate crime, Learning Disability Awareness and Safeguarding, and also has paid employment. Ffion is an inspiration to us all. On Thursday 8th of April Vision Awareness Training was organised for **Your Voice Advocacy** and **West Glamorgan People First**. We looked at different types of vision impairments.



Many organisations have a sight loss Champion. To be a champion you need to make three pledges to help people with sight loss access your organisation.

Jason said he would like to be our Champion. Jason is registered blind. Everyone in the group thought Jason would make a great Vision Loss Champion.

Jason's three pledges are:-

1. Talking video of all the venues we use.
2. Larger print to be available. Using A3 instead of A4 for our Activity packs
3. Having someone available to guide you at events.

Thanks to Jason's work Your Voice Advocacy and West Glamorgan People First can now use the Sight Loss Logo.



facebook



All Wales People First, Chief Executive - Joe Powell
1 June

Thanks to all who attended today's National Council meeting on Zoom. A positive meeting as ever. Thanks to all of you for your feedback to our co-researchers Jan Walmsley and Claudia Magwood who gave feedback to members about how well AWPf had been doing the things we promised members and groups in our MIRROR Strategy - Business Plan.

Thanks also to Sarah Ansell our support worker, who did a fab job on her debut in supporting the Chair and the Vice Chair to run the meeting.

Round up



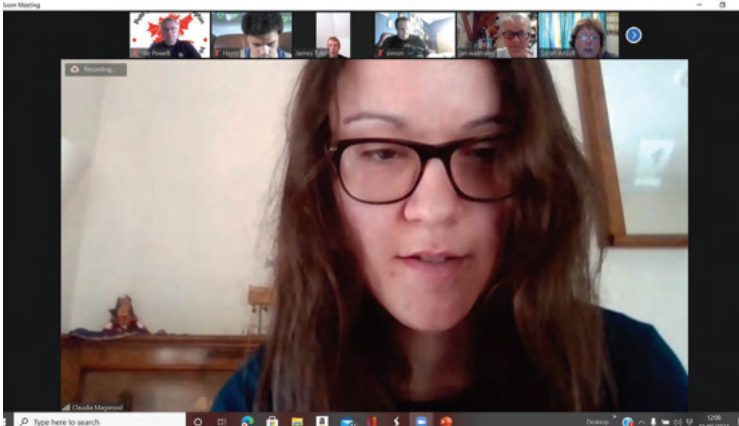
All Wales People First, Chief Executive - Joe Powell 6 May

Welsh Election Day.

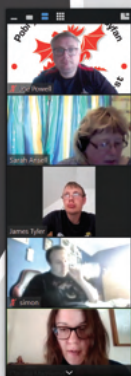
An appeal to all members and all people with learning disabilities to please use your vote today. Let's make it clear that we are politically active and that we are also citizens of Wales. Whatever your political views are, back them at the ballot box with your mark.

I've voted this afternoon.

<https://www.google.com/.../uk-wales-politics-56766948.amp>



What might success look like?



We asked this question at Adfest in October 2020.

Here are their answers:

- Live as equal citizens – 4
- Able to have relationships – 7
- More opportunities for paid work – 6
- Live independently – 2
- Being able to make choices – 2
- Being part of the community – 2
- Housing – 2
- Free from abuse – 1

We think it is a good idea for AWPf to discuss with its members what is most important to change.

This will help AWPf decide where to put most energy



Welsh election 2021: Polls open for voting
Voters will elect 60 Senedd members and four police and crime co...

