



# All Wales People First

# Talk Back

*The National Voice of People with Learning Disabilities in Wales*

## Autumn 2021



**Through our Eyes Photography Project**  
Ghost hunt photoshoot with Cwm Taff People First

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## Editorial

Welcome to the Autumn 2021 edition of Talk back.

We are loving being out and about more and seeing you in person. It was good to see so many of you at our AGM event online and face to face in Cardiff.

The Through Our Eyes Photography Project team members have been enjoying lots of face to face photoshoots with groups all over Wales recently. You can read more about their adventures on pages 4 -7.

The AdFest planning group has been busy designing next year's AdFest event already. We are keeping our fingers crossed that we will be able to hold AdFest 2022 as a face to face event in North Wales next June. More information will follow soon.

We are still running our usual online events - Self Advocacy TV and Gerraint's Nightclub. Both on Zoom.

For more information and how to join in, take a look at our Facebook page or contact [gerraint@allwalespeople1st.co.uk](mailto:gerraint@allwalespeople1st.co.uk) or [claire@allwalespeople1st.co.uk](mailto:claire@allwalespeople1st.co.uk)





## The Team

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# Through our eyes photography project

## The project team



**Natasha Hirst**  
Project Manager



**"Through Our Eyes"**



**Lucy Hinksman**  
Project Worker/  
Photographer

We have been really busy visiting groups in the last few weeks. Thank you to everyone for being so welcoming.

We have updated our photography workshop. The workshop shows members how they can take interesting and creative photos using their smartphones and cameras. Support staff said that they have learned a lot too.

With Pembrokeshire People First we talked about how we can use photos to tell a story. Photos are a good way to share our messages with other people.

Using photos on social media is a great way to show other people what your groups are doing.

- Would you like to learn how to take better photos? Let us know if you would like us to run a photography workshop for your group.

We have visited groups to take photos of members. We are creating photos of people with learning disabilities that are positive.

# Through our eyes photography project



It is amazing to see all of the different activities that the groups are doing. Some of our members are very busy people!

We have taken photos of groups out on walks and doing outdoor activities.

Members have also been going to meetings and consultations to make their voices heard. We have taken photos of this too.



Bridgend People First held a consultation with members. Members were talking about their priorities for local campaigns.

Caerphilly People First went on a lovely walk. We talked about how important nature is for our mental health.



Mencap Ceredigion painted an amazing mural and it was great to take photos of that. RCT People First had a brilliant activity day at the Daerwynno Centre.

We did fun challenges and went on a ghost walk through the woods. It was quite spooky!





# Through our eyes photography project



Congratulations to our project photographer, Lucy Hinksman, for holding a successful photo exhibition in Haverford West!

All Wales People First held their AGM in Cardiff. We took photos of the AGM and of our new National Council members.

There was an open mic night before the AGM and we took photos of everyone walking back in the rain.



We had a lot of fun and the photos show what a great time we had.

We also interviewed some of our members about their experiences of living with a learning disability.

Interviews help us to share more of your stories and views. We will use quotes from the interviews for creating images with text on, like posters.



We will also use parts of the interviews for a short film.



# Through our eyes photography project



- Let us know if you have any activities or meetings coming up that we could take photos of.
- If you take photos and you'd like to share, we would love to see them!

**You can email Lucy on**

Lucy@allwalespeople1st.co.uk



**Or Natasha on**

Natasha@allwalespeople1st.co.uk

**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 Natasha Hirst**

# Chief Executive's update



On the 5th of October All Wales People First held a National Council and Annual General Meeting.

This took place in the Marriott Hotel in Cardiff. During this meeting we asked members to look at:

- Our Logo
- Our tagline 'The voice of people with learning disabilities in Wales'
- The name 'All Wales People First'

We pledged to do this in our MIRROR Strategy This is because many people still have not heard of All Wales People First.

We wondered if a new name and logo would help us to:

- Communicate better who we are
- And what we do

Some of the comments made about the logo were:

"I think it's appealing, and it matches what All Wales People First does"

"The writing should be bigger"

"I don't think we should change the logo or name"

"The logo should have the Welsh flag on it"

"The logo is amazing"





# Chief Executive's update



"Don't change the logo"  
"Cool dragon, I love it!"  
"Disabled people on the logo"  
"Keep the logo"  
"Logo is good"

What do you think about the name All Wales People First?



"Don't think you should change it"  
"Use the proper Welsh Dragon"  
"Needs adapting – not always clear to many people what it means"  
"Great name"

"Think it's a good name. We all know. It's spreading the name to all is important"

"Keep it the same"



What do you think of the strapline

'The National Voice of people with learning disabilities in Wales?

"The strapline captures what we counties of People First is really. And it stands out"

"The strapline should have self-advocacy in it"

"Happy with it"

"Happy with the strapline"





# Chief Executive's update



"Good strap line"

"Needs to include "Action" or "Change".  
Something to explain that it is an active organisation"

"Keep it – nothing wrong with it"

"But not in Wales, English"

Overall, most people didn't think we should make any changes. This means our logo; strapline and our name will stay as it is.



The main focus of the AGM was on making changes to the Mem and Arts of All Wales People First.

The Mem and Arts are the rules we have to follow to run All Wales People First.

The National Council agreed what proposed changes could be put to the full members at the Annual General Meeting.

The main changes agreed at AGM are:

- The National Council to meet four times a year instead of three.
- Regional Councils to be added to the Mem and Arts.
- The three board members that the board can appoint are allowed to vote.
- But, the board must tell the National Council who they have appointed.



# Chief Executive's update



- And the National Council can still remove that board member if they think it is necessary.
- Co Chairs of the board have a casting vote if a board decision is tied.
- Co chairs of board to be re - elected every two years instead of one.
- The board is to give advice and take advice from the National Council.
- National Council to decide on a list of who should be a member of All Wales People First. This is so staff can accept applications on their behalf.
- The National Council and the Board should meet once a year.
- People under the age of eighteen can not be a member of All Wales People First.
- Votes at the AGM to be decided by a majority of votes. The National Council can change the number of votes needed to agree a decision.

Our solicitors will write the changes in to a new Mem and Arts for us. Thanks to all who took part - As a member led organisation, only you can make the changes the organisation needs to move forward.

**Joe Powell**



# News from groups



**Mold self-advocacy** - We are working on an action plan for self-advocacy in Mold. We will work with the NHS in North Wales to make a plan for the future. Hate crime and Safe Places are at the top of our plan list. The local Diversity Officer will meet with us in November.



**Denbighshire virtual meetings** - We had our DSSSAN meeting about transport in October. We will take part in the NHS consultation 'Planning for the future'.



**Denbigh self-advocacy** - We are back to work on Safe Places in Denbighshire. Peter will be speaking with shops and businesses.



**Prestatyn self-advocacy** - We have new laptops and members are learning new Computer skills. We also presented our 'Barriers to work' film at the Learning Disability Wales conference.

**Rainbow Gogs Yr Enfys** had two sessions talking about sex with the Sexeducation Company.

## News from groups



At **Newport People First** we had our first cookery class. We cooked jacket potato with a variety of fillings.

We had a good turnout of members. This new project will encourage healthy eating and cooking on a budget



Zarah and Rhiannon met with members from Monmouthshire People First. They met in a cafe, had some food and had something to drink, and spoke to the members about what we do and what the other members are doing. It was great meeting up with Rachel who is a new member of staff.

Zarah and Rhiannon visit Bleanafon heritage site to plan a walk for the new walk leader project.



# News from groups



**Carmarthenshire People First**  
An organisation of and for adults with learning disabilities

## Carmarthenshire People First

These have been strange times for us all. There have been big changes in the way we run our groups.

We went online and became experts at doing Zoom meetings.

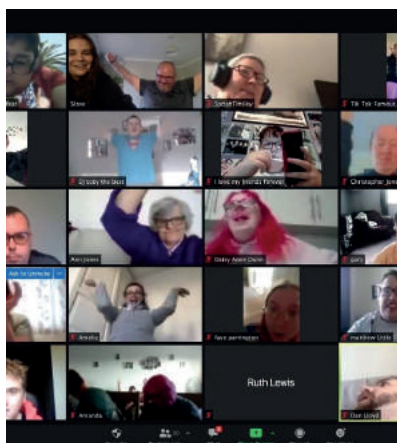
We started WhatsApp and Messenger groups. We had online meetings, quiz nights and parties.

We looked at hobbies to keep us busy and we wanted our wellbeing to be safe and happy.

In May we started our Walk & Talk Groups. A safe way to meet up outdoors and see each other in person.

We have spent the summer walking and having picnics.

It has been so good to see people again.



Sadly, we lost one of our Members, Vicky Lanfear, who was an important Member of Carmarthenshire People First and the Dream Team.

We had a Scavenger Hunt for Vicky in



# News from groups



**Carmarthenshire  
People First**  
An organisation of and for  
adults with learning disabilities

October as a celebration of her life.

We may do the Scavenger Hunt every year.  
We are a bit worried that this winter will be  
very hard for our Members.

We want to be safe and so we are having a  
Winter Wellbeing week at the beginning of  
November.



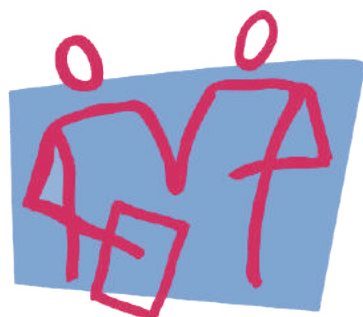
We are looking at having sessions on how to  
keep healthy during the winter.  
Our sessions will be healthy eating, the  
importance of vitamins, smoothie  
making, gentle exercise and keeping your  
mind healthy.

We hope everyone is well, safe and happy.

## **Carmarthenshire People First Members**



# News from groups



putting people first  
rhoi pobl yn gyntaf

## People First Bridgend

We have been making progress in being more involved with the Regional Partnership Board.

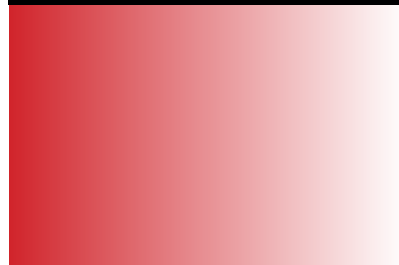
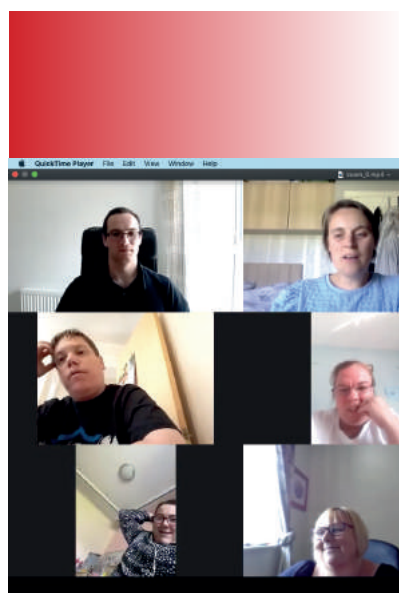
We now represent Bridgend learning disability advocacy at several Cwm Taf Morgannwg meetings, including sitting alongside Cwm Taf People First in the new regional learning disability steering group.

We have also undertaken several activities for our Regional Partnership Board, including facilitating a consultation event for the Population Needs Assessment.

We were visited by Cwm Taf People First who did one of their Roadshow events in Aberkenfig.

Both events were well attended and enjoyed by people with learning disabilities in Bridgend.

We plan to do more face-to-face events like this in future.



## News from groups



Bridgend County is continuing with its local learning disability service development plan, which People First Bridgend are involved with.

We noticed that there was no representation from parents/carers, and no intention or way for anyone with a learning disability to be involved in the plan's development.



We told the council that they needed to follow principles, including those of co-production.

The council acknowledged this and put everyone involved in the plan on co-production training, including managers, social workers, nurses and support providers.



This was run by Co-production Network Wales. Everyone agreed that before the plan moves forward, a new parent's forum should be started, and we need to make sure the plan is led by people with learning disabilities. This will be our priority moving forward.



## News from groups



### Caerphilly People First -

Ffion and Natalie were recently involved in training student nurses at the University of South Wales. They played the role of patients on a hospital ward. Ffion said "It was really fun and great to be able to visit the University and see people face to face once again".



We have recently been working in partnership with Bijal Ruparelia, a Safeguarding Consultant working for Lloyds Bank Foundation. Bijal helped us with safeguarding support and advice. We have put together an easy-read version of our safeguarding policy



The Reconnect Focus Group recently visited Springfield, a day centre that's been converted into a cafe for the community. It is run by people with learning disabilities. We were invited to attend before the official opening so that staff could practice serving customers. The food and service was amazing. We are looking forward to going again when the cafe officially opens. A massive well done to them!

## News from groups



**Conwy Connect** - I feel very proud and privileged to be given the chance to be the first Regional Self Advocacy officer for people with learning disabilities in North Wales. Now I have an opportunity to do as my job what I was already passionate about. And I am paid to do something I have done voluntary in the past.

### My job description



To get the voices of people with Learning Disabilities heard.

To raise awareness of what people with Learning Disabilities can do, what we want and what we need.

To highlight important issues for people with Learning Disabilities.

To get people with Learning Disabilities to be involved and join Self Advocacy groups and make new friends.

To get new Representatives for counties to join our North Wales Participation Group. I have enjoyed meeting professional people and they have given me good feedback too. The most important thing is people have listened to what I'm saying. **Michelle Williams**



# facebook®

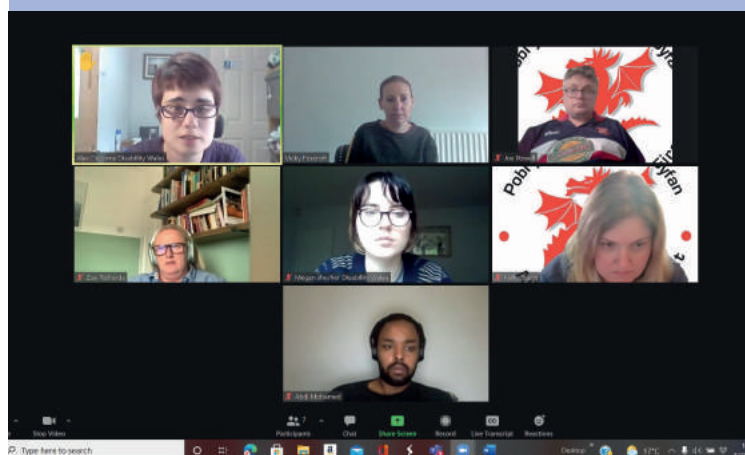


**All Wales People First, Chief Executive - Joe Powell**  
**12 October**

Kelly Stuart and I, along with Zoe Walters of Learning Disability Wales and Megan Thomas and Alex Osbourne of Disability Wales met with the Shadow minister of Disability Vicky Foxcroft MP this afternoon on Zoom with a view to holding an event that will gauge the priorities of all disabled people following Covid and the uncertain economic times. I will be co-chairing the event with Vicky.

All the organisations involved as well as consortium partners have done a lot to get the voices and views of people with learning disabilities and parents and carers to the Welsh Government since the outbreak. It will be nice to see Welsh organisations also playing a part in informing at a UK level too.

Will give you more details as and when they become available



## Round up



**All Wales People First, Chief Executive - Joe Powell**  
**3 November**

Thanks to the National Council AdFest sub-group for meeting today and giving us our steer for AdFest 2022. Thanks to our Member Engagement Advisor Tracey Drew for supporting the co-chair of the National Council, Simon Richards to chair the meeting.

AdFest 2022 will be called 'Reconnect' and will focus on people with learning disabilities taking their place in society post Covid.

It will be held at the Quay Hotel in Conwy on the 21st and 22nd June 2022. It will also be broadcast live on Zoom.

We will have more details with you soon.

