

AdFest 2022

Reconnect

21 & 22 June

Quay Hotel & Spa, Deganwy

Festival Report



Introductions

"Lockdown forced people to go online and use Zoom to stay connected...members would contact me to start their own group." **Joe Powell**

Day 1

James Tyler - Chair, and **Simon Richards** - Co-Chair of the All Wales People First National Council welcomed everyone to AdFest 2022.

Joe Powell - Chief Executive talked about the Covid 19 pandemic. He asked the members what they found difficult and whether there were any positives during lockdown. Some positives were:

- Members had more influence in Welsh Government policy than ever before
- Members showed great leadership skills
- People First and self-advocacy shone because groups stepped in to support members where their services had stopped
- Members learned new skills through connecting online
- Inequalities were really highlighted and decision makers listened to us.
- We built stronger relationships with other organisations through working together



Professor Stuart Todd University of South Wales Covid Impact Study

*"There were some good things,
things we want to hold on to."*

Professor Stuart Todd

Professor Stuart Todd asked us to look back at our own experiences of the pandemic and what we learnt from it. Understanding where have come from is helpful to moving on.

He explained how the Covid Study worked and shared some of the key things which they found out through interviewing people with learning disabilities. They found people were frightened for themselves and others and they didn't feel they were getting the support they needed.

The study isn't finished yet though. They will be asking the people who took part how they feel now.



*"There are things which don't go back
together again well...sometimes it's about
reconnecting differently rather than picking
up where we left off before Covid..."*

*"Maybe not everyone
understands how difficult it's been for people
with learning disability and telling that story is
really important to moving on."*

Devil's Advocacy

"During hard times we have to learn how to do things better.' Sometimes in a crisis we learn new things that make things better for the future."

Devils Advocacy gives members a platform to share their views on some challenging subjects.

Joe asked members six questions based on how fair things were for people with learning disabilities during Covid. Members had a lot to say on each subject...

Annual health checks - Checks shouldn't have stopped during Covid *"we are vulnerable and our health is important"*

Day centres - Services shouldn't have closed *"If it wasn't for People First, I'd have been stuck in my bedroom"*

Employment - People with learning disabilities shouldn't have been the first to lose their jobs during Covid *"They have families and responsibilities too"*

Isolation & loneliness - It was hard being isolated in supported living *"being isolated from family and dealing with deaths - the loneliness was hard"*

People in care services - *"I was locked down 3 times in the complex and had to stay in my room"*

Relationships - *"If I could have contact with a carer then why not a partner? Other people could".*



Workshops

Magic moments

"Services often do satisfaction surveys to ask about how good their service has been but satisfaction surveys don't help us learn. They don't tell us how they make people feel."

The same is true for care and support plans. They look good on paper but they don't tell us how they make people feel."



"Feelings matter most." **David**

Nick Andrews from Swansea University, and Richard Williams from West Glamorgan People First ran the workshop.

Nick explained how stories can be used to help learning and making services better. The stories about good things are called Magic Moments. The stories about bad things are called Tragic Moments but this workshop is only talking about Magic Moments. Richard and Nick asked people to pick a picture or emotion card from a selection on a table. The one they pick should remind them of a moment in their lives that was good – a magic moment story.

Richard shared some stories from West Glamorgan People First members and then people in the workshop were asked to share their stories.



Workshops

Health & Wellbeing

"I like going swimming in a wetsuit with my support worker. I enjoy a hot chocolate afterwards."

Fran

Sam Hall and Gerraint Jones Griffiths ran the workshop. Sam shared her experiences and achievements in the Special Olympics. She showed her medals from the event in Russia.

Sam talked about Carmarthen People First's Winter Wellbeing packs and explained that a healthy diet and exercise are important to her as an athlete.

Members asked questions and shared what they do to keep healthy and look after their wellbeing.

Gerraint talked about All Wales People First's Wellbeing survey. He asked members if they work and if they can do things which make them feel happy and well.

"I like to walk around Colwyn Bay with Conwy Connect."

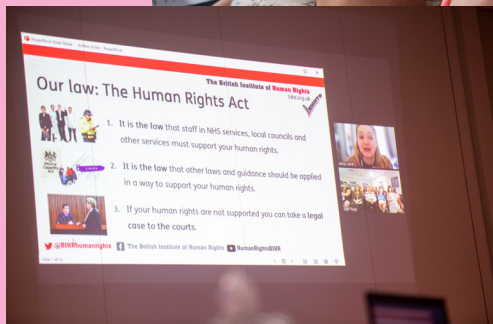
"I've got a volunteer job. I enjoy work and would prefer paid work."

"I enjoy shopping. I can't go anymore, it's too expensive."



Workshops

Holding on to your rights



"Human rights rules protect all of us. Everyone has human rights because they are human. Human rights is not a gift or a test"

Annie from the British Institute of Human Rights joined on Zoom to run the workshop.

Annie explained what our human rights are, how we can use them, and how the BIHR can help people to us their human rights.

There are 16 human rights and members got a lot of them right!

Annie explained that some rights are absolute rights. These can never be taken away or limited. Non-absolute rights can be limited but there has to be a check first.

Members shared what they thought about an example story when a couple had been dating for a while and wanted to have more privacy. The social worker said no because one partner has a heart condition.

Members said they would speak up about their human rights if the same happened to them.

Annie explained that we can speak up for ourselves and we can ask staff members to tell us how they are meeting their legal duties towards us. We can record the impact that their decisions have on us.





INTRODUCING GERRAINT'S
Nightclub



Speakers tent



Cwm Taf People First talked about the group's Health Campaign, and how they've co-produced a training pack with the Health Board and RIIC Hub. 9 members are trained Health Champions and they've had more funding to train another 10. They hope to deliver training in GP surgeries and have made a short film.



Welsh Ambulance Service

The Welsh Ambulance service talked about the NHS 111 service.



Cardiff People First & Cheeky Pants talked about re-usable period pants, and explained how there are different pants to suit flow. They explained how easy they are to clean too! The audience had a look at some sample pants.



North Wales Together. James Lewis and Shell Williams shared a little about their work as Board Members of North Wales Together, and with other organisations across North Wales.

Speakers tent



"Through Our Eyes"

The All Wales People First EGM took place at 12pm. Members agreed changes to the Mem and Arts. They are the rules we have to follow when running All Wales People First.

Everyone had a break to have some lunch and catch up with friends.

Gig Buddies Cymru Talked about Gig Buddies Cymru, what they do and how to get involved. They explained how things work with matching up gig buddies. Victoria shared what she does as a Social Media Content Volunteer.

All Wales People First showed a video where each of the staff team introduced themselves and said a bit about their role with the organisation.

Through our Eyes Photography Project team explained what the project is about and how people can get involved by having their picture taken or even learning more about photography.

Exhibitors

Cardiff People First & Cheeky Pants

Cwm Taf People First

DEEP

Gig Buddies/ Ffrindiau Gigiau

Improvement Cymru

Learning Disability Wales

North Wales Participation Group & Conwy Connect

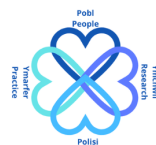
Rainbow Gogs yr Enfys & NWAAA

The Ambition Part Project & North Wales Together

Welsh Ambulance Service, NHS Trust



Developing evidence Enriched Practice - DEEP



Datblygu Ymarfer a Gyfoethogr gan Dystiolaeth - DEEP



Learning Disability Wales
Anabledd Dysgu Cymru



Proud to be
North Wales Learning Disabled & LGBT+ Self-advocacy Group



Gogledd Cymru Gyda'n Gilydd
North Wales Together
Gwasanaethau Ddi-dor i bobl ag Anableddau Dysgu
Seamless services for people with Learning Disabilities



WHY NOT US?



Photography studio

*What helps wellbeing?
"Meeting Zoom friends face to
face for the first time is so good!"*
Ffion

The Through our Eyes Photography Project team were busy in the photography studio and all over the conference venue.

They took lots of action shots of the conference; out and about on walks; Gerraint's Nightclub; and studio portraits.

They are busy building a big online photo library which shows people with learning disabilities in a positive way.

The project will be launching an exhibition of pictures at the Senedd on 24th November 2022 and the exhibition will be there for two months for visitors to see.



"Through Our Eyes"



MIRROR Awards

Members - The Linton Gower Memorial Award, for a member who has done something outstanding towards the running of their self-advocacy group. Sponsored by: North Wales Together, Social care and wellbeing collaborative

Award winner: Scott Wilson

Ideas - a member, or a group, who have worked with others on an idea. The idea should be something that improves the lives of people with learning disabilities in Wales. Sponsored by: TAPE Community Music & Film

Award Winner: Mahfuz and Ellesey of Tape/ Backstage Youth Club

Rights - a member or group who has helped people know about or access their rights. Sponsored by: Bild

Award winner: Michelle Williams



MIRROR Awards

Reflect - a member or group who can show they have learnt from their experiences and made a change.

Sponsored by: AT-Autism

Award winner: Gwynedd Self advocacy

Organisation - for a group that has worked together to be a strong group and included everyone.

Sponsored by: Learning Disability Wales

Award winner: Carmarthenshire People First

Review - for a group or member who has achieved something special.

Sponsored by: Mirus

Award winner: Cwm Taf People First

Congratulations to award winners and thanks to our award sponsors!

AT-Autism



What did you think?

"It's nice to get to know people and nice to be off Zoom" **Sam T**



"It's special that it's happened as the Pandemic is slowly coming to an end" **James**



"Loving it..making new friends" **Kara**



"The buzz over the last two days has been absolutely incredible" **Gerraint**



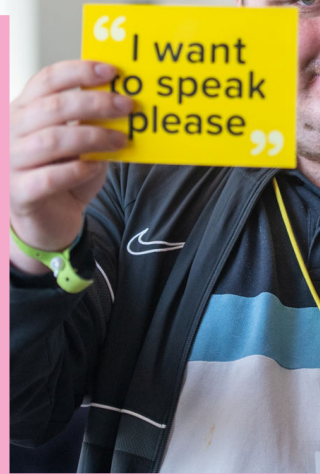
"Amazing! I feel more independent and confident" **Sam H**

"Brilliant! It's a good time to get back to AdFest..seeing everybody" **Shell**



A group of people, including students and staff, are gathered around a large conference table in a meeting room. They are all smiling and waving at the camera. The room has large windows and a white door in the background.







“See you all next year!”

