



All Wales People First

Talk Back

The National Voice of People with Learning Disabilities in Wales

Autumn 2022



"This is a celebration of so many things.. People with learning disabilities have chosen the way they want the world to see them

..These images are a genuine co-production between the people in the photographs and the people taking them."

Through Our Eyes photography exhibition - Page 6

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Editorial

Welcome to the Autumn 2022 edition of Talk Back.

We've been seeing lots more of you face to face lately. We love being tagged in your social media pictures! We've visited quite a few of your self advocacy group events since the last TalkBack, and you've attended the Through our Eyes exhibition events at the Senedd. It's been great to see you.

Gerraint will be running The SATV Roadshow throughout 2023 so If you'd like us to run one from your group, then please get in touch with

Gerraint@allwalespeople1st.co.uk

Gerraint is still running the nightclub event on Zoom every other Tuesday night too.

Contact **Gerraint** or **Claire** for the link if you'd like to join in.

The National Council have been busy planning AdFest 2023 and we're excited to announce that the next one will take place in Cardiff on June 19th & 20th 2023

#LDAdFest2023

The Team

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Member article

James Tyler



Hello, I'm James Tyler. Some of you may know me? I'm the All Wales People First National Council Chair and a member of Pembrokeshire People First.

Christmas isn't quite here yet, but It feels like Christmas has come early for me. I'd like to share my happy news with you all...



Many years ago when I was about 10 years old, I used to live in Weston Super Mare. I had a good friend named Caroline.

Caroline used to visit her Grandmother in Weston Super Mare and we met one day when I was out with my Dad.

Caroline and I would often get together on weekends, and I remember we'd listen to 90s music at her Grandmother's house and play video games at my Dad's house. Fun times!



When I was about 12 I had to move to a care home away from Weston. Caroline and I lost touch for a long time. I told the care home about my good friend, but they said they weren't funded to take me out on visits. Social media wasn't really a thing back then

Member article

James Tyler



so the next time I saw Caroline was briefly in 2004 before she moved to New Zealand. I've tried a few times to look Caroline up on Facebook, but I didn't know her surname so I couldn't find anything. Then one day I did a different search, which led me to get in touch with New Zealand People First.



They passed my details to Caroline, who is a member of Christchurch People First. Caroline got in touch with me recently and we haven't stopped chatting on video messenger since! Turns out that she has also been trying to look me up on Facebook over the years, but didn't know my surname either.

It's good to be back in touch with my childhood friend and to chat about what we've been up to and what our plans are for the future.



I think People First isn't just about self-advocacy, it's good for connecting people too.

Here's to a positive 2023!

Through our eyes photography project

The project team



Natasha Hirst
Project Manager



"Through Our Eyes"



Lucy Hinksman
Project Worker/
Photographer

It has been an exciting few weeks for the Through Our Eyes project. We opened our photography exhibition at the Senedd on the 16th November.

The exhibition shows photos of members doing things in life that are important to us. There is a video of members talking about self-advocacy and why it is important that we can all make our own decisions.

Jane Hutt MS, the Minister for Social Justice, has sponsored our exhibition. Jane has been a big supporter of People First groups for a long time. We are very pleased to have her support to share our members' stories.

We had a big celebration event and officially launched the exhibition on the 24th November.

The First Minister, Mark Drakeford MS, spoke at our event. Mark Drakeford explained that people with learning disabilities are valued and make a difference in our communities.

He said that self-advocacy and being in control of our lives is very important. He told

Through our eyes photography project



us that it is a priority for Welsh Government to improve our welfare and our rights.

Lots of members and organisations came to our event. It was great to celebrate with you. Members said they enjoyed the exhibition, and they think it should tour around Wales. Members hope it will change the way that politicians and other people think about people with learning disabilities.



Joe Powell spoke at the exhibition too. Joe told us that negative perceptions are the biggest barrier for people with learning disabilities.

Joe said it is important that we own who we are, how we want to be seen and how we want to be included.



Photos from Through Our Eyes will be seen by all the people and politicians who walk through the Senedd. Some photos will also be used online and in the media. This will show people with learning disabilities in a positive way.

Lucy spoke about her experiences of working as a photographer on the project.

Through our eyes photography project



She is proud to have taken photos of the incredible things our members do.

We ran a social media training session for members, in partnership with ProMo Cymru on the 8th December. The training was about using social media safely to promote your groups and activities.

Our exhibition will be up until 4th February 2023. It is free to visit. Anybody can visit when the Senedd is open.



The Senedd is open on:
Monday to Friday 9.30 to 4.30
Saturdays and bank holidays 10.30 to 4.30
The Senedd is closed on Sundays

The Through Our Eyes project will finish in December. There will be new resources on the All Wales People First website for groups to use.



There will be a library of photos. Groups will be able to use the photos to promote their activities.

Through our eyes photography project



A smaller selection of photos will be available for the media and public bodies to use. This will increase positive representation of people with learning disabilities.

We hope that our photos and videos will encourage more people with learning disabilities to get involved with People First groups.

Thank you to everyone who has taken part in the Through Our Eyes project. You've helped to make it a great success!

Lucy and Natasha



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 Lucy on

Lucy@allwalespeople1st.co.uk

Or Natasha on

Natasha@allwalespeople1st.co.uk



#ThroughOurEyes0 exhibition launch



"Through Our Eyes"

"Congratulations on the exhibition it's outstanding"



"The pictures are fantastic!!"



Joe Power
advocates i
celebration
Victory for se



"It's a huge privilege to have...[@AllWalesPF](#)
#ThroughOurEyes0 ...here in the Senedd right in the he
of Welsh democracy. Now all visitors and staff will hav
chance to see the exhibition" [@PrifWeinidog](#) [@Senedd](#)

"Really interesting to know
that a library of all the photos is
being set up so that they can be
used for public literature"





well @JoePowellAWPF How about that. A wall of fabulous self
 is in the Senedd. Really looking forward to today's @ThroughOurEyes0
 on event starting at 2pm. The exhibition will be open for 2 months.
 r self advocacy @AllWalesPF



“Amazing!”

heart
 ave a
 ddWales



“Good to hear the
 commitments from Welsh
 Government about continuing
 support and recognise people with a
 learning disability”

Chief Executive's update

50 Years of Disability Wales



Disability Wales celebrates its 50th anniversary this year. I was honoured to attend their celebratory meal, Conference and Annual General Meeting on 18th and 19th October. At the meal we heard from many speakers including:

- Disability Wales Chair, Willow Holloway.
- Chief Executive of Disability Wales, Rhian Davies.
- Minister for Social Justice, Jane Hutt.
- Chief Executive of the WCVA, Ruth Marks.
- Rosie Moriarty-Simmonds, High Sheriff of South Glamorgan



Mark Isherwood MS for Flintshire and strong supporter of disabled rights was at the meal. First Minister Mark Drakeford was a keynote speaker at the conference.

Both events were the first public events held by Disability Wales since the start of the Covid 19 pandemic. It was great that Disabled Peoples Organisations (DPOs) could come together and share in this historic moment. All Wales People First is a DPO and a member of Disability Wales.



This follows our pledge in the 2019-2023 MIRROR Strategy (Business Plan) to work with more disabled people.

Chief Executive's update

50 years of Disability Wales



Disability Wales was originally known as 'Wales Council for the Disabled' and was different to the way it is now.

A big part of changing how they did things was to embed the Social Model of Disability into their work.

The Social Model of Disability says that it is society that disables us not our impairments.

The Social Model says that if Society removes the barriers which prevent people with disabilities from being part of society, then people are no longer disabled.

Disability Wales have been the most important organisation in persuading the Welsh

Government to adopt the Social Model of Disability. All Wales People First have some cultural differences to Disability Wales.

That means we do some things differently.

But both organizations have the same aims.

And that is to remove the barriers which stop people with disabilities from taking their place in Welsh Society. We will continue to work with Disability Wales and other DPOs to try to reduce the inequalities for disabled people in Wales.

Congratulations to Disability Wales on their 50th anniversary. Here's to the next 50 years.



News from groups



Mold Self-advocacy launched a film at the Prestatyn "Hear our Voice" conference. The film talks about hate crime and self-advocacy. A feedback film was made about it and will be shown in February. "Film making is not an easy job. But we did it, and it looks Fab" Thanks to Gareth from North East Wales Cohesion Team and Rob from 73Degrees film making.



Denbighshire Self-advocacy worked with other North Wales Self-advocates to write letters, take part in consultations. We supported Prestatyn Self-Advocacy in their "Hear our Voice" conference. We are preparing the next DSSSAN meeting with Denbighshire Social Services.



Prestatyn Self-advocacy The 'Hear our Voice' conference was attended by more than 100 people. Bryn Owen, the chair of Prestatyn Self-Advocacy, opened the event. The group will make a booklet about the conference and will arrange a workshop for North Wales self-advocacy groups to plan the next one.

Thanks to Catriona Learmont from the Lottery and Lucy and Kate from Outside Lives.



News from groups



The Rainbow Gogs yr Enfys spoke about transport problems for LGBT+ people particularly in rural areas. We had an interesting session and decided to write letters to organisations and businesses as well as politicians to explain why transport issues are important for us.



Self advocacy Denbigh is the organiser for Safe Places in Denbigh. Lots of work has to be done. We got funding for this year. In our January and February 2023 sessions we hope to learn more about finding and preparing for a job and telling people who we really are.



Clwyd Peacocks / Peunod Clwyd,

The Clwyd Peacocks have had a few more meetings, the name of the group is chosen, we are now looking to design a logo, and carry out a vote for a Chairperson, Alex and Becky have put their names forward, so we will be having a vote in our next meeting



Gwynedd Tea at Three met with Gwynedd Council to give their views about what has been working, and things the group want to change. They will be meeting up with the Council again in January 2023.

News from groups



Your Voice Advocacy has been very busy

Our event about Health Checks went very well. We hope it has good results for adults with learning disabilities



We have 2 new staff members that our trustees interviewed.

Our Trustee board is now Member Led. Another 2 of our members became trustees at our AGM.

Our new office is very nice. It is good to have a café downstairs. Come and visit us some time at the Forge Fach Centre in Clydach.



News from groups



Caerphilly People First

We were recently joined by Jeff Cuthbert, the Police and Crime Commissioner for Gwent. Jeff and his team presented certificates of thanks for the feedback we provided in August to help create hate crime awareness leaflets.



On 16th September, Ffion and Christy attended the Student Learning Disability Conference at the University of South Wales. The theme was 'It's Good To Be Back'. Ffion and Lynne from TRAC talked about what the TRAC (Teaching & Research Advisory Committee) team does. TRAC is a group of people with a learning disability which meets monthly to share their knowledge, thoughts and feelings about key issues that affect them daily.



On 5th September Ffion and Sam delivered a Safeguarding training session to staff at the Islwyn Park Coffee shop. It was great to be back out in the community delivering our sessions. We can't wait to do more training in the future. Get in touch if you'd like us to deliver training on Safeguarding, Learning Disability Awareness, or Ambulance Training.



News from groups



Conwy Connect

It's been a busy few months. We've been attending our usual social activities such as art, gardening and walking.



We held a talent show in October. The pictures show some of our members from the Forum that performed in the show. Members who didn't want to perform in the show were happy to be in the audience to support everyone taking part.



Coming up, we are planning to go out for a couple of meals together to celebrate people's birthdays. Also, we will be getting together at Conwy Connects' new office for Mince Pies to celebrate Christmas!



This will give members a chance to have a look at the new office. Our new office is where the members could meet in the New Year.

News from groups



Cwm Taf People First

We have changed our name and are now called Cwm Taf People First. We are now a Charitable Incorporated Organisation with the Charity Commission.

Our first ever festival was a huge success. 200 people came and 56 people stayed overnight in tents & barn accommodation. We had 21 stalls, 13 workshops and entertainment that went on late into the night.



Our My Day My Way Project has been looking into what makes a meaningful day.

2 local councils are now looking to make changes to the way they provide daytime opportunities.

Stepping out into Nature is proving to be a great success with over 100 members being supported to get out into nature, understand climate change and what can be done to protect it for the future.



We now employ 9 people with learning disabilities in various roles within the organisation

News from groups



Pembroke People First

Take a Bow is in full panto swing this month. This is our first try at a panto and we are very excited to show off what we can do. Our show is on the 30th November and is called the Wizard of Snoz.

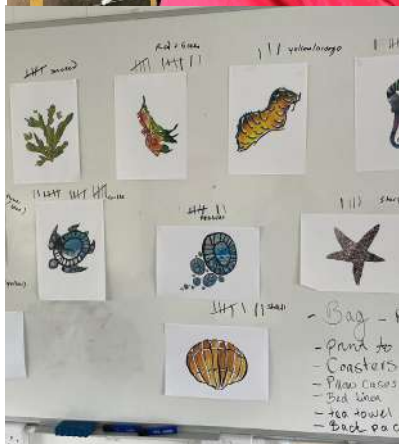


We have been busy with our latest project – Môr. Môr is an enterprise project. We design, make and sell products that also helps to create an income and job opportunities for our membership.

The group works with members to help them develop all the different job skills needed to run a business. At the heart of Môr is working together as a team, supporting each other and embracing all our different skills and abilities, and making sure everyone has the opportunity to develop their working practice the way they want to.

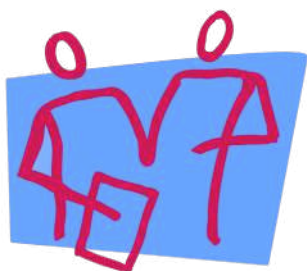
We have developed, tested and sold some amazing products.

What's Next for Môr? We are currently setting up the Pottery so that people can come and do pottery and learn ceramic skills to make amazing things which we will be able to sell.



News from groups

People First Bridgend
Pobl Yn Gyntaf Pen-Y-Bont



putting people first
rhoi pobl yn gyntaf

People First Bridgend

We have been busy this year, having fun and doing some hard work. Tricia Simon started as facilitator for our Advisory Team

self-advocacy group in July. We finally had our first face-to-face meeting together in August, then had another in September. In August we focused on jargon-busting and speaking up when we don't understand.

We have written a leaflet with photos of our group and the different fun things and work we have done. We are planning the next few meetings, focusing on the cost of living crisis, the changes to human rights laws and having a visit from the learning disability liaison nurse.

Our local authority did their second away day at Court Coleman. 5 of our members and 2 staff went. About 30 people came from learning disability services. There were lots of hard words and ideas used, but luckily we used the skills from our Advisory Team sessions to make sure we were heard and listened to. We are working together to make transport better, have more evening activities, use more technology and work together better.



News from groups



North Wales Flyers

Here are some of our Reps who could come to our September meeting in person. If you look closely, you can see there were 2 more Reps on Zoom!

The North Wales Flyers have now been meeting together for six months. Our group is getting stronger and has grown. We have 4 new Reps – which is great.



Wrexham, Conwy and Anglesey now have 2 Reps for their counties. We're hoping to have 2 Reps from Gwynedd when they announce their 2nd Rep from their group.



Denbighshire and Flintshire are hoping to have 2 Reps very soon. This means there are more voices of people with learning disabilities being heard across North Wales.

News from groups



It's better when all the Reps get together because we can share more ideas – and it's nice to make new friends too.

I am very busy co-ordinating things for the group.



The Reps decided one visitor a meeting was enough. We have started to have visitors and our first visitor was the Chair of the Regional Partnership Working Group for people with learning disabilities.

At our last meeting in November, we started to talk about publicising the North Wales Flyers. The Reps are now going to talk with their groups about publicity and a new logo. Watch this space!!



Shell Williams - Co-ordinator for the North Wales Flyers

facebook®



All Wales People First, Chief Executive - Joe Powell - 31 Oct

Was really nice to attend my first in person meeting as a board member of the BIHR - The British Institute of Human Rights this evening in Islington. The work of the BIHR is very important and human rights generally are very important to our members, especially right now. Was great to see the work of Pembrokeshire People First referenced with regards to the Easy Read work the organisation has produced for the BIHR regarding human rights too. Today in addition to the board meeting I had the opportunity to meet the staff team and hear about their excellent work.



All Wales People First, Chief Executive - Joe Powell 21 Oct

Lovely to be part of this fab article by Saba Salaman but lo and behold, when I read it I noticed our very own Simon Richards Vice Chair of the National Council (and squirrel whisperer) has also made a contribution. Nice words Simon. Cardiff People First
CL-INITIATIVES.CO.UK Community Living - what does it mean to you?

Round up



All Wales People First, Chief Executive - Joe Powell 12 Oct

Was lovely to be able to present my 'lose your illusion' presentation again to psychology students at the School of Psychology, University of Cardiff. My presentation talks about my own experiences and those of our members and the work of People First. It aims to show the next generation of psychologists that mental health problems in people with learning disabilities and autism are not necessarily a part of their impairment but are often caused by society and systems which reduce the opportunities for our members to fulfill their true potential.

