

All Wales People First

Talk Back

The National Voice of People with

Learning Disabilities in Wales

Winter 2022



#LDAdFest2023 is coming!
19 - 20 June 2023



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Editorial

Welcome to the Winter 2022 edition of Talk Back. We're busy planning lots of out and about stuff for 2023 and we hope to see you out on our travels.

Gerraint has some SATV Roadshows and other events in his diary already. If you'd like us to bring a stall to your event or to run an SATV Roadshow 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 and staff team have been busy planning and booking AdFest 2023 and we're excited to announce that bookings are now open!

MIRROR Award nominations are open too. There's more information on our website and in the information flyer with this edition of Talk Back

#LDAdFest2023 #LDMIRROR

The AWPf team



The Team

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Member article

Lucy Hinksman



Hello, I'm Lucy Hinksman. A lot of you may know me already as I've been involved with All Wales People First for many years. I've been working on the Through our Eyes Photography Project for the past two years.

I'm sad that the project finished in December. I've really enjoyed having a paid job being able to develop my photography skills and meet new people.



I'm still doing part-time work in my other job with Pembrokeshire People First as a Citizen Champion. I'm doing lots around engagement. How the group can engage with more members.

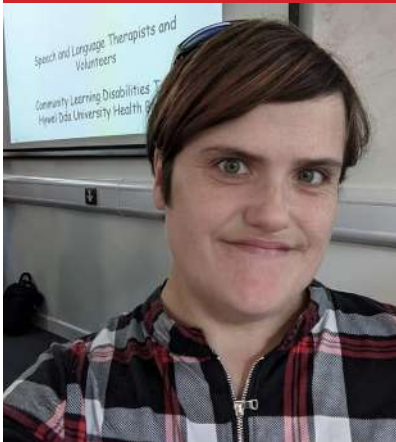
My boyfriend and I are doing some work with Visit Pembrokeshire too. We've been invited to go on a holiday to test out some places and promote Access for All Pembrokeshire. My dog Ruby is joining us and we're all looking forward to it!



I'm also doing some unpaid work with Disability Arts Cymru. I made the Connection

Member article

Lucy Hinksman



with them through working on the Through our Eyes Photography Project. I'm keen to stay on my photography work journey and I think building my network is an important part of that growth.

Disability Arts Cymru have supported me to create my own website and look at other photographer's work. I'm working on my portfolio too. I hope that all of this will lead to more paid photography work in the future.



One day I'd like to do lots more freelance photography work. My ultimate goal is to be an official photographer at big events like Wales Rugby.

It's been a strange few years of highs and lows. Lots of changes too, which I don't find very easy. Who knows what this year will bring but I'm feeling very positive and ready to get stuck in.

I want to keep that positivity and focus. Here's to a great 2023!



Lucy Hinksman

Through our eyes photography project

The project team



Natasha Hirst
Project Manager



"Through Our Eyes"



Lucy Hinksman
Project Worker/
Photographer

The Through Our Eyes photography project has officially finished! What an incredible time we've all had. Here's what we have achieved:

We ran more than 50 Through Our Eyes in-person events, workshops and photoshoots. About 300 people with learning disabilities took part in the project.

More than 100 other people engaged with the project.

We had 7 Through Our Eyes online events and workshops

In December we held online social media training for members.

Our exhibition at the Senedd was up from 16th November to the 4th February.

We had an amazing celebration event with First Minister, Mark Drakeford on 24th November.

We had activities at the Senedd for International Day of Disabled People on 3rd December

Minister for Social Justice, Jane Hutt, had a tour of the exhibition with members.

About 13,000 members of the public saw the

Through our eyes photography project



exhibition.

Our exhibition was reported on in the media. There are articles and videos about the exhibition. Some of our members gave interviews too.

Lots of members and groups visited our exhibition and shared photos with us.

Don't worry if you didn't get chance to see the exhibition. The exhibition photos and much more are available in our online photo library!

<http://bit.ly/AWPFLibrary>

Groups can use the photos to promote their activities.

Some photos are available for the media and public bodies to use too. This will increase positive representation of people with learning disabilities.

We have created guidance for the media on why it is important to use positive images of people with learning disabilities.



Through our eyes photography project



Keep a look out on our website as we will be adding resources to the project page

<https://allwalespeople1st.co.uk/throughoureyes>

This will link to videos, training, top tips and other information.

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

Members told us that it is important for the exhibition to be seen all around Wales.

We would love to know your ideas for where the exhibition should go. What activities should we do if the exhibition tours around Wales?

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/>



Chief Executive's update



Rest in peace

We would like to pay tribute to Karen Eveleigh of the Welsh Government and Helga Uckermann of Denbigh Self-advocacy in Denbigshire.

Both sadly died recently.

Karen Eveleigh was a civil servant who worked for the Welsh Government.

She oversaw the Improving Lives programme in Wales.

And played a large part in the Welsh Government's Covid response for people with learning disabilities.

Karen was a strong champion for the concerns we raised on behalf of our members within the Welsh Government.

She genuinely cared and tried her best to make the changes needed to make things fairer for people with learning disabilities in Wales.



Helga Uckermann was a support worker who worked for 'Denbigh Self-advocacy' in Denbigshire.

Helga worked very hard and was committed to self-advocacy in Denbighshire.



Chief Executive's update



She played a large part in setting up the first LGBTQ self-advocacy group in Wales, Rainbow Gogs yr Enfys.

This is a great achievement.

She will be missed by all members and colleagues she worked with.



Both Karen and Helga will be a big loss to people with learning disabilities in Wales.

We send our condolences to their family and friends.

Visit to Westminster

On Wednesday 25th January All Wales People First visited the Houses of Parliament in Westminster, London

This is where some of our laws are made.

We thought it was important to visit because All Wales People First is an organisation which wants to make changes by working with politicians.

I was joined by James Tyler - Chair of the National Council, David Whittle - Co-chair of the AWPf Board of Directors, and our Member Engagement Advisor Tracey Drew.

Tickets to watch Prime Ministers Questions (PMQs) are free.



Chief Executive's update



You need to write to your Member of Parliament to ask for tickets.

My Member of Parliament is Jessica Morden. She arranged for us to visit PMQs and to have a tour of the Houses of Parliament.

The Tour was great. It taught us a lot about how the Houses of Parliament were built.

The current Houses of Parliament were rebuilt in the 1800's after a fire. Only Westminster Hall survived the fire.



We managed to go inside the House of Lords. We stood in front of the red benches.

We then went to see PMQs. It was very interesting.

We sat in the public gallery. The Prime Minister paid tribute to 94-year-old Arek Hirsch.

He is one of the last Holocaust survivors.

Arek Hirsch was also watching PMQs.

It was interesting to see PMQs in real life.

The Prime Minister Rishi Sunak and the Leader of the opposition party had a heated exchange of words.

After PMQs we were met by Jessica Morden MP.

She showed us the Terrace area and we had our picture taken with her.



Chief Executive's update



The day before PMQs we had a visit around London.

We saw:

- Big Ben/ Houses of Parliament
- The Millennium Wheel
- 10 Downing Street
- Buckingham Palace
- Scotland Yard
- Nelsons Column
- Trafalgar Square.



We passed near Horse Guard parade.

We think we saw Kate Middleton the Princess of Wales.



Being escorted by police back to the palace.

We finished our day with a visit to the 'National' art gallery.

It was very interesting.



Thanks to my MP Jessica Morden and her assistant Dan Parker for arranging our visit to the Houses of Parliament.

And making us feel very welcome.

Article by Joe Powell

News from groups



Mold Self-advocacy

We have been making a video to help other people know about hate crime. We've been working with an expert film maker. "He interviewed us all on camera"-Gary, Group Chair. The Group have been involved in planning the film, filming and thinking about how to get it seen by lots of people. They have worked in partnership with the North Wales Community Cohesion Team. The film will be launched in March at the N.E.W. Futures event in Wrexham.



Prestatyn Self-advocacy put a lot of their time into the Hear Our Voice conference that happened in October. The conference was a partnership with Outside Lives.

140 people came to the conference. There were people with learning disabilities, professionals, carers and politicians. We talked about Hate Crime, health equality, Human Rights and supporting friendships and relationships. Malcom said "it went rather well, it was well attended, people learnt a lot. The Police and Crime Commissioner being there was really good, I was his PA for the day, it felt great."



News from groups



Proud to be

North Wales Learning Disabled &
LGBT+
Self-advocacy Group



Rainbow Gogs yr Enfys

We have written a letter about how support services are not flexible enough to help us socialise. We also say that public transport is not good enough in rural areas. These two things mean that LGBTQi people with learning disabilities are missing out on events, friendships and LGBTQi activities. We are stuck at home in the evenings, and it makes it difficult for us to join in with our own community. "its important that we tell people about the probems, I'm worried about not going out because of petrol prices, and only having so much to spend"- Debbie

Our letter is being sent to lots of Decision Makers, like social services Heads, Department for Transport, and all the Welsh Ministers who might be able to help.

Self advocacy Denbigh have been learning about how to get grant funding.

At their Christmas party and quiz they talked about the good work they had done in 2022 and what they wanted to do in 2023.

News from groups



Gwynedd Tea at Three Self advocacy group

Harry and Andrea had a meeting with heads of Social Services. This was very productive, the council will now be looking to put in place new activities in areas that have been left out. There will also be a chat group added to the online services provided by the Social Services well-being team.



Clwyd Peacocks Self Advocacy group

Alex Owen has been elected as the new chairperson of the Clwyd peacocks group in Ruthin. During February we are hoping to have further members as part of this growing group.



The Roaring Môn Group have agreed to work in partnership with Anglesey County Council to make sure that self-advocacy is an important part of Council decision making for Learning Disability Services.



Tribute to Helga Uckermann

It is with great sadness that we are sharing the news, that Helga Uckermann passed away suddenly on the 25th January.

Helga worked with self-advocates in North Wales for 5 years. Helga has always worked

News from groups



with people, supporting them to make the world a better place. She cared about human rights, equality, politics and the environment.

Bryn Owen, Chair of the Prestatyn Self-advocacy group said "I liked Helga because she was sensible with all meetings we had. She was a very kind and considerate lady who thought of everyone and respected their views. Each one of my Advocacy Group will miss her. Sending thoughts and best wishes to the family and all who knew her closely."



Gwynfor Lewis, Treasurer of the Prestatyn Group said "I like Helga because she trusted me".



Gary Angel, Chair of Mold for Flintshire said "She's been good with me, she helped me with my confidence, she helped me be a good Chair. We've been making a video, she called me a film star!"

Jo Wilton said "I liked Helga because she helped me, made me feel good about myself. I will miss her a lot".



Lots of people have been in touch to say how amazing Helga was, and how much good work she did.

We already miss her.

News from groups



Our Voice Our Choice Ceredigion

We are now a charity. It took time and many meetings, but we had lots of help from Philippa Davies AWPf Self advocacy Group Development Manager, which was fantastic.



We had another fun day for members. We enjoyed a free swimming session then lunch at the Three Compasses pub in Newcastle Emlyn and spent the afternoon talking about our rights and things we felt needed to be done to improve our lives



Some of our group went to Cardiff to see the Through our Eyes project at the Senedd. Bethan Kench, National Council member was able to ask the First Minister a question about the terrible transport problem people with learning disabilities in rural areas suffer. Members enjoyed a fish and chip supper and took part in a Ceredigion County Council consultation.



Bethan Kench attended the National Council meeting in Llandudno with Anita Clasby, Chair of OVOC and Carl Fowler Treasurer of OVOC.

News from groups



Your Voice Advocacy

Some of our members visited the Richard Burton Archives at Swansea University Library.

There are over 1.6km of shelves!



They can be moved along tracks to stack together or be open.

The shelves are full of things from the past that are one of kind, like diaries and letters.

To keep them safe the room is locked and the staff help people use the archives.



In the room there are lots of ways to check for fire, floods, mould and even bugs.

There is a reading room where things can be looked at more closely.

You can touch some things but photos stay in special wallets to keep them safe from fingerprints.



The group looked at some documents from the last 100 years.

We also saw photos by Raissa Page of people with disabilities from the 1980's.

News from groups



Caerphilly People First

In November 2022, Ffion, Christy and Sam attended the launch of the Through Our Eyes project at the Senedd in Cardiff Bay.

The Focus Group was recently joined by Jeff Cuthbert, the Police and Crime Commissioner for Gwent. We were presented with certificates of thanks for the feedback we provided to help create hate crime awareness leaflets.



In December, Ffion, Nat, Hannah, Amy and Christy attended the Showing Resilience Through the COVID 19 Pandemic conference at the University Of South Wales. We spoke about our experiences of COVID, including vaccines, lockdown and coming out of lockdown. Ffion talked about the Reconnect Focus Group.



We have received £3,000 from the Comic Relief Community Fund in Wales for a community group where adults with learning disabilities will come together and learn cooking skills. The sessions will also help people to build friendships and socialising skills and reduce isolation and loneliness to improve mental health.



News from groups



Conwy Connect

It has been an exciting start to the new year for our members.

Before Christmas members decided that the Forum meetings should be face to face. These are held at Conwy Connects new office.



The first face to face meeting was at the beginning of January. It went really well and members were so happy to be in the same room as each other.



In the next few months, members are looking forward to days out together. Members have a meal planned, meeting at Conwy Castle and going on the tram in Llandudno.



A couple of the members, Lloyd Jones and Peter Jones from the Forum are now on the Board of Trustees, representing the members.



News from groups



Cwm Taf People First

Safe Places is in RCT. Staff and volunteers have been working with Pontypridd library, Aberdare library, Treorchy library For them to be a safe place.



We have a hate crime campaign called Be our voice! We are working with RCT Community Cohesion Team



"Through Our Eyes"

Some of the Stepping Into Nature volunteers went to see All Wales People First's Through our Eyes Project exhibition at the Senedd.

Members took part in hackathons at USW that were run by the Regional Partnership Board.



Some of our volunteers who have been doing work about Community Safety visited the Police Heritage Museum.



We had a Health Promotion Day in November. Thank you to Lynne and Sadie our volunteers who spoke to people about our work.

News from groups



Newport People First

We had a combined meeting with Cardiff People First and Gavin who is managing the new visitor centre at Newport Transporter Bridge.

We discussed doing a takeover day at the Newport Transporter Bridge, where our members will take on the role of the staff at the new visitor centre.

We met Rose from The Gwent Wildlife trust at 14 locks who gave us a talk about the basics on how to build a fire from scratch. It was interesting to realise how different types of wood, fuel and teamwork was required in making a successful fire. Having the experience of building a fire from scratch, I feel like I've learned a new life skill. We cheered our success by roasting marshmallows and making hot chocolate over the fire!

We had a brilliant Relationship Workshop delivered by Ffion from Caerphilly People First. She delivered the session with honesty, empathy, professionalism and fun. Diolch yn fawr iawn Ffion!



News from groups



Vale People First

In August 2022 we held a members day. Following on from this it was highlighted that members wanted to be more in control of their organisation.

In November 2022 we held our AGM. We voted 5 members to form the member committee. The newly appointed members met on 23rd January for their first official meeting.

There are lots of new opportunities, and changes to come within the organisation. The committee will play a crucial part in helping to make decisions and speak on behalf of the membership.

AGM 7th March 2023



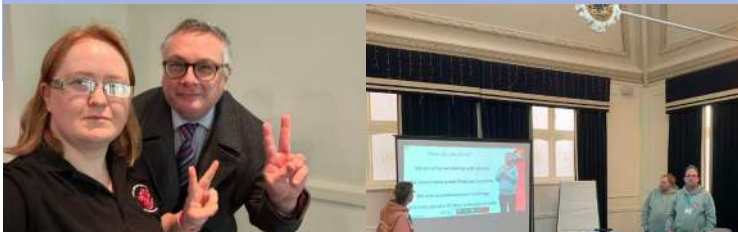
All Wales People First will be holding an **Annual General Meeting 5.30pm-6pm on Tuesday 7th March** at The Holiday Inn Newport, NP19 2YG and on Zoom for more information - www.allwalespeoplefirst or email info@allwalespeople1st.co.uk

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

Attended the last National Council meeting of 2022 today at the George's Hotel in Llandudno. Very busy agenda today which included presentations from Terry Mills, employment champion from the Welsh Government, Paula Phillips from Improvement Cymru and the health champions from Conwy Connect for Learning Disabilities. We also held our AGM today. Thanks to everyone for their hard work and time today, especially our member engagement staff.
All Wales People First



All Wales People First, Chief Executive - Joe Powell 1 January 2023

Happy and Prosperous New Year to all my page visitors



Round up



All Wales People First, Chief Executive - Joe Powell 7 December

Attended Lives through friends board meeting today in Shrewsbury. Lives through friends looks to give people with learning disabilities and autism, real lives in the community using an individual and bespoke approach. I'm hoping this connection could be really positive for our members in Wales. Lives through friends were the organisation who bust me out of social care, and initiated the beginning of my journey to All Wales People First. I'd love to think we could help our members in a similar way.

