# AdFest 2023

Our right to human rights



Llais Cenedlaethol Pobl ag Anableddau Dysgu yng Nghymru

Qodiyn Gyntaf Cymru 7/ Wales People Fires The National Voice of People

with Learning Disabilities in Wales

19 & 20 June **Marriott Hotel** Cardiff



### **Introductions**

"During difficult political times, tough decisions are made. It is important that those decisions are fair and don't impact the most vulnerable people." Joe Powell



### Day 1

**Tracy Austin** - Chair, and **Samantha Hall** - Vice Chair of the All Wales People First National Council welcomed everyone to AdFest 2023.

**Joe Powell** - Chief Executive said that everybody has faced challenges over the last year:

Coming out of Covid

The impact of Brexit

The cost of living crisis

The UK Government want to take away the Human Rights Act 1998 and replace it with a law called the Bill of Rights.

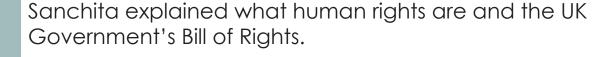
Any changes to the Human Rights Act could weaken our human rights. We need to make sure that we don't lose our human rights.

This year's AdFest is all about human rights. The event is called 'Our right to human rights'

### Sanchita Hosali British Institute of Human Rights

"Human rights help us to live with dignity and respect."

Sanchita Hosali



The Human Rights Act is the Law which protects our human rights in the UK.

In June 2021 the UK Government made the Bill of Rights Bill. They wanted the bill to replace the Human Rights Act.

Lots has happened since then. Lots of people shared their views on the Bill. The Bill has not yet become law. We hope it never does!

"We also have to keep watching what other laws the UK Government wants to make which can still harm our Human Rights Act"

The European Convention on Human Rights is important too. It has a court which people in the UK can go to, if they have tried all the courts here. Or in an emergency.

More information is available at www.bihr.org.uk



### **Rights Round Robin**

"We're talking about the right to freedom and what it looks like for us when our freedom is restricted" #LDAdFest2023

**Themes** 

Reducing restrictive practice
Relationships
Employment
Possessions & supported decision making
Fair trial & not to be punished
Discrimination

We each took part in two Rights Round Robin sessions. They were run by Improvement Cymru; Innovate Trust; National Centre for Mental Health; Drive; British Institute for Human Rights; AWPF.

The discussions and activities helped us to know about the Human Rights Act and how it is used every day.



### Found word poetry

Stop the uproar, a human rights poem.

Not to have human rights, is like a war crime It's about time, We speak out to change people's minds The Government needs to give A right to live So we can choose to love to vote to be ourselves to have a family, And live meaningfully and happily. This needs to be law Otherwise there will be uproar!!!

A poem is a way to express what we think or feel about something.

A found word poem uses words or phrases found in a piece of writing.

We created our own poems about Human Rights



### Workshops Relationships

"Consent is your decision to say yes and your decision to say no"



Ffion Poole, Caerphilly People First and Innovate Trust held a workshop about our rights and relationships. We talked about what is important to us when we think about relationships and what the barriers are for us.

We should have the right to decide for ouselves about these things:

Love; marriage; living together; having sex; consent; going on holiday together; having children; adopting children.

We need support with some of these things. For example with having children, contraception and knowing what a healthy relationship looks like.

We shared some of the barriers to relationships that we've experienced:

Predjudice; parents objecting; distance; mental health; living with parents; stigma about learning disability; house rules; no transport, no money.

### Workshops Right to assembly

"One of the Articles in the Human Rights Act is about the right to assembly to have a bigger voice - like People First"



"What happens to make those changes? all things advocacy? saying things which are important to you?"

The facilitators made up a character called Bobbi.

We were asked to decide who Bobbi is.

We decided that Bobbi is a man and an adult.

We thought about Bobbi's life, what it is like now and what he wants to change in his life.

We worked in groups to think about how we could help Bobbi to make the changes in his life that he had chosen for himself.

We said what support he might need to get where he wants to be. We said who might help Bobbi.

We shared some of our own experiences about making our own life choices and how we made those choices happen.

Decisions like moving out of our parent's home; having children; finding a job.

It is important to have the right support. For example mental health; developing skills such as IT; support staff; parents.

### Workshops Right to fair treatment



"Restrictive practices cannot" be used without permission. Advocates can help to give or withdraw permission"

We watched a video which explained restraint.

We looked at some pictures of different types of restraint. The different types of are:

- **Physical**
- **Environmental**
- Mechanical
- Chemical
- Seclusion
- Segregation (or forced isolation)
- Coercion

Restraint can cause physical and psychological harm

Some restraint is needed to protect people from harm but it must be the least restricted option, it must be time limited, and it must be suitable for the situation.

The use of restraint is governed by:

- Mental Capacity Act
- Iaw
- Mental Health Act



### Workshops Mindfulness

"Mindfulness is about clearing our minds of worries and stresses and strains. We can do this with our breathing"



We looked at two pictures and said what we thought the people in the pictures might be thinking.

The person in one of the pictures looked sad. The other one was releasing balloons and we thought they looked happy.

We shared what makes us happy. Things like food, nice weather, socialising, relationships, sex, freedom of choice.

It can be hard to have freedom of choice and to do things which make us feel happy when there are barriers. Barriers could be no money and no support.

We talked about managing panic attacks by practicing mindfulness every day

"Focus on the bubbles and nothing else, to have a mindful moment"













## Activities



















## mirror

**Members -** The Linton Gower Memorial Award, for a member who has done something outstanding towards the running of their self-advocacy group.

Sponsored by: Mencap Cymru
Award winner: Adam Bartle &

Raymond Byles, People First Bridgend

**Highly Commended:** Lynne Evans

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: Learning Disability Wales

in memory of Alan Armstrong.

**Award Winner:** Cwm Taf People First

**Rights** - a member or group who has helped people know about or access their rights.

Sponsored by: First Choice Housing

**Award winner:** Kurtis Marshall

Highly Commended: Chloe Cannon













### **Awards**

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



**Sponsored by:** Drive Wales Award winners: Reuben Elliot.

Richard Hayman & William Ashford-Payne

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



Award winner: Conwy Connect







**Sponsored by:** Innovate Trust Award winner: Sarah Griffiths



Congratulations to award winners and thanks to our award sponsors!

























































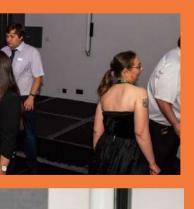




















# NightClub













































### Speakers tent

















Gwasanaethau Ddi-dor i bobl ag Anableddau Dysgu Seamless services for people with Learning Disabilities

BILD (British Institute of Learning Disabilities) talked about their work protecting and supporting the rights of people with learning disabilities; their Good Support Programmes; workforce and organisational training and qualifications; the Restraint Reduction Network; their other projects and work.

**Drive** talked about their work supporting adults with a learning disability to live in their own homes in the community.

They help people to find leisure, volunteering and work opportunities

Improvement Cymru talked about their work to improve the health of people with a learning disability, including their plan for 2022- 2026 called the Learning Disability Delivery and Implementation Plan.

North Wales Together talked about their Voice and Control project and the resources it creates. Resources like the My Life My Choice toolkit.

### Speakers tent

















Cardiff People First talked about their takeover days where they take over the running of a local community venue or organisation. Venues like the Dusty Forge and the Green Squirrel at the Railway Gardens.

ADSS Cymru talked about My Voice, My Rights, My Life, - a learning disability advocacy and self advocacy project. The work was comissioned by Welsh Government and is being done in partnership with All Wales People First and Practice Solutions.

Cardiff & Vale Regional Partnership Board talked about Our right to paid employment 'Working together - making it happen'. They employed two people with learning disabilities. They've worked with Cardiff and Vale People First to improve health outcomes for people with learning disabilities.

Public Service Ombudsman for Wales talked about their role and human rights. They look into complaints about public services. Services such as health care, social care, social housing. Their service is free to use.

### Speakers tent





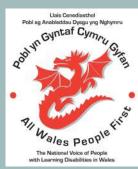












Learning Disability Wales and Gig Buddies talked about Learning Disability Wales, the Gig Buddies project and how it helps to tackle loneliness and social isolation for people with a learning disability. It's not just about going to gigs, gig buddies get together to enjoy all sorts of shared interests.

**Mirus** talked about how they have developed opportunities for people supported by Mirus. How the people they support represent others in their area and provide feedback and opinions on services to shape future work.

Conwy Connect for Learning Disabilities talked about the North Wales Health Check Project. The Health Check Champions gave a presentation on how health checks work. There are 6 champions who cover the whole of North Wales. They help people with learning disabilities to learn more about having a health check.

**Members open mic.** David Whittle led a discussion about bus pass applications. Members shared their experiences about renewing their passes. Lots of people have had their passes stopped.













# bild







### Gogledd Cymru Gyda'n Gilydd North Wales Together







## **ADSS Cymru**

Take Over

Day

Yn arwain Gwasanaethau Cymdeithasol yng Nghymru











**Learning Disability Wales** 







**Exhib** 







oitors













mirus possibilities into realities















### **Photography Exhibition**

It's amazing as
ever to be back with All Wales
People First and their members
for #LDAdFest2023"
Natasha Hirst FRSA

The Through our Eyes Photography Project exhibition made an appearance at #LDAdFest2023
It was great to have the pictures out of storage and back on display. They looked fantastic!

Do you recognise any of the visitors? We're glad that Lucy Hinksman and Natasha Hirst were able to join us. They both did the photography for the project.

Thanks to Natasha Hirst for doing this year's AdFest official photography. Natasha's pictures are featured throughout this report







### What did Twitter say?



Andrea Meek #LDAdFest2023 the @Engage\_2\_Change team would like to welcome @Harry\_Styles to the team





Restraint Reduction RRN's Alexis and Sarah were @AllWalesPF
#LDAdFest2023 yesterday, alongside @BildLindsey from @bild\_tweets,
sharing our recent #RestraintReduction work with @WelshGovernment
#CoProduction #HumanRights



Natasha Hirst FRSA It's amazing as ever to be back with @AllWalesPF and their members for #LDAdFest2023 The @ThroughOurEyes0 exhibition is back up for the day, make sure you take a look if you are here!



David O'Brien #LDAdFest2023 Great talk from @dr\_rajones from @lmprovementCym about the national program for people with a learning disability



Learning Disability Wales We had a blast at the @AllWalesPF
#LDAdFest2023 conference today! Thank you to everyone who came to talk
to us and @FfrindiauGigiau We loved hearing your stories about going out and
staying up late.



### What did you say?

"The effort and hardwork was outstanding from All Wales
People First, it was very enjoyable and looking forward to the next one"

"I thought holding the Rights
Round Robin tables in the big room
was too difficult to hear...It would
be better to have separate rooms"

"The workshop on restrictive practice was one of the best easy to understand sessions I have been to"

"I preferred the way we did the MIRROR Awards this year in the evening with dinner!"

"AdFest was awesome and I hope it continues, it was great to see everyone"

"It is a fantastic event.

Really liked the MIRROR awards as part of the evening and in between courses"

"Overall it was a great event and lovely to see everyone"

"Well done to the organisers everyone had a great time"

"Day one had the right balance of serious and fun"

AdFest is the self advocacy event of the year, and what an event it was once again this year!

Thanks to our delegates, members, groups, and support staff. Our Hear me! Include me! Respect me! project funder Welsh Government; Through our Eyes photography project funder the Big Lottery Community Fund; event sponsors and exhibitors for helping to make AdFest happen so spectacularly in 2023!

Thanks also to official photographer Natasha Hirst for the beautiful pictures we've used throughout this report, and to Lucy Hinksman for photographing the night out with GigBuddies Cymru.







Ariennir gan **Lywodraeth Cymru**Funded by **Welsh Government** 

















#LD/



















"See you all next year!"



