



powys people first
pobl gyntaf powys

AUTUMN NEWSLETTER 2014



FRONT COVER BY NAE COOK

POWYS PEOPLE PEDAL!!!!

On the 17th July we took part in a sponsored cycle ride in Cardiff at Pedal Power, where there are many adapted bikes, making it accessible to all!

We had a fantastic day out, lots of fun was had and lots of miles clocked up on the bikes! There were two courses to choose from (a 2km or a 4km) both of which were in a beautiful park. We had glorious weather for the occasion! Members and staff collected sponsorship for taking part in the event and we raised a grand total of -

£2536.74!!!!



MEMBER NEWS FROM AMERICA!!

I went to Memphis in the USA on holiday this summer. I visited Graceland where Elvis Presley once lived.

The weather out there was hot. I went with Jungle and Squashie. I flew from Heathrow and it took about 12 hours to get there.

I bought some souvenirs. I bought a mug, a flask, hoodies and t shirts, thimbles, keyrings and lots of Elvis things. It was great!



BY DAMIAN ANDREWS



CAMPAIGN GROUP

The Group has been meeting monthly in Brecon and there has been one meeting in Newtown this year. There will be further meetings in Newtown, starting in September.

In the Brecon Group May meeting, we had a visit from the Molo Community Partnership. The 3 health professionals who came to the meeting work with adults with physical disabilities in Kenya. They were interested in finding ways of working with adults with learning disabilities back in Kenya.

In June we invited John Forsey to talk about public transport cuts in Powys. John said they have set up a Transport Project Board to look at how they can provide public transport in the future. Darren Locke said he was willing to represent PPF on the Project Board. Other topics discussed were changes to Powys Leisure Services and adult protection involvement with Powys Council.

GOODBYE KIM



In July we sadly learned that Kim Squires had died. Kim was a committed member of Powys People First and Creating Together. She chaired Brecon People First, volunteered at our Llyswen Group for people with communication difficulties and she worked as a freelance trainer, delivering "Keeping Yourself Safe" training. She was a dedicated member of Theatr Wildcats and had performed in venues across Powys, as well as in Cardiff at The Unity Arts Festival. Kim was reliable, and keen to learn. At times she lacked confidence and belief in herself, but once she understood the task in hand she would run with it. She was a kind and funny person, whose smile could light up a room. Kim loved her native America, and told many a story about Chicago, the windy city, a place that was never far from her heart or mind. We saw Kim every week, either at groups and meetings or just when she popped into the office for a chat - all of us here will miss her terribly. Our thoughts are with you, Kim.



LLANDRINDOD WELLS

In the meetings we have talked about Direct Payments and Supported Tenancies. We have talked about what we would like to make in the Healthy Eating sessions.

We have also talked about transport and our concerns about cuts to bus services in Powys.



BRECON

Gwyn Owen from Powys Leisure Services attended. He talked about the proposed changes to services and why Powys are looking for a Not for Profit Trust to take over the Leisure Centres. We asked about the plans for Brecon Leisure Centre. We have invited Councillor David Meredith to our October meeting to find out more about the Powys plans for Leisure Centres.



YSTRADGYNLAIS

The Group discussed the changes that are happening within Powys County Council Adults and Children's Services. A new 'Single Point of Access' project is being developed. It will provide a communications system with one phone number with access to support and advice. Calls should go to the right person at the right time and the right place.



LLYSWEN

In our monthly meetings we have had lots of fun with music and parachute activities. We enjoyed a craft activity and got messy making a mosaic panel with Dave from the Creating Together team. We have met Darren Locke the new project worker and welcomed Clare Cooper as our new volunteer.



MACHYNLLETH

We invited Sally from The Centre for Alternative Technology (CAT) to our meeting. We asked her questions about her role as fund raiser for CAT. We also invited Christopher to talk to us about his job as a Prison Officer at Stafford prison, which was very interesting.



WELSHPOOL

We have been talking about the need for bus shelters in villages outside of Welshpool. We have also been talking about a proposed supermarket site, on the old market site in Welshpool. We have been discussing if this would be good or bad for the town.



NEWTOWN

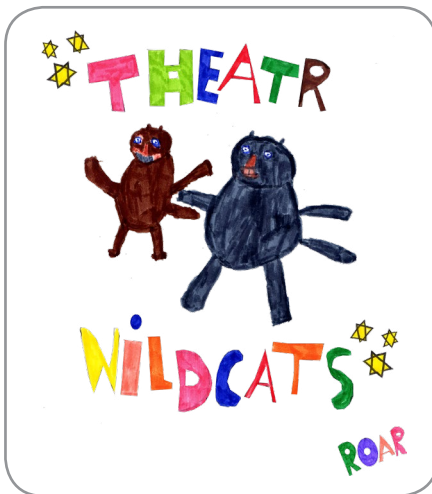
We have talked about our favourite cafes in Newtown, (why we like them) and about cafes with poor disabled access in Newtown. We had Darren speak to us about his new job with Powys People First. We have also been discussing the problems with rubbish and broken bottles left in public places in town.



LLANIDLOES

We have been using a parachute to play games, copying sounds and moving to music.

We enjoy a game of skittles together and playing percussion instruments in different ways - fast and slow, loud and quiet.



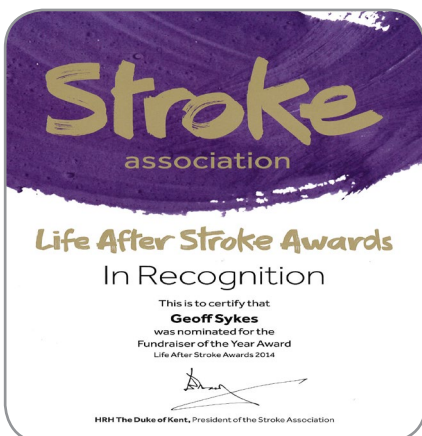
THEATR WILDCATS UPDATE

Theatr Wildcats are working on their next performance, "Highs and Lows". They performed an extract at Brecon Fringe on Saturday August 9th at St Mary's Church. After a rousing encore audience members said, "it was the highlight of the festival", and "The Wildcats have done it again!" "Highs and Lows" will take place in the first half of 2015.



The Wildcats dedicated the Brecon Fringe performance to Kim Squires, a dedicated and valuable member of the group. We all miss her very much.

The Wildcats have also been asked to take two assemblies at Brecon High School, using Forum Theatre to confront Hate Crime. We hope this will happen in November.



WELL DONE GEOFF!!

Geoff Sykes has been nominated for a Fundraiser of the Year Award!! Geoff has worked incredibly hard, taking on many challenges to fundraise, including raising money for Powys People First! Well done and thank you Geoff!!



creating together

Hello again from all of us at Creating Together. Since we last wrote to you we have been super busy and feel like we have not stopped!

On the 13th August we held a Memorial Garden gathering in memory of our friend Kim Squires. We had a lovely time potting plants, remembering Kim and we released balloons in her favourite colours.

We recently went on our summer trip to The National Woollen Mill in Carmarthen. We all had a fantastic time! Whilst we were there we had a guided tour which was very interesting. We also got to have a go at making our own felt pieces and of course we visited the gift shop and café! A great day was had by all and we can't wait to plan the next trip.

We have a wide range of fun activities over the next few weeks, ranging from tie dyeing to graffiti drawing! We are looking forward to working with you all soon on our super exciting projects!

A DOUBLE WARM WELCOME!!

We have welcomed two members of staff here at Powys People First - Debbie is now our Project Support Officer in North Powys and Darren is based in our office in Brecon. It's great to have you both on the team!



DARREN LOCKE

I was first involved with Powys People First in 2005, when I helped to set up the Llandrindod Wells self-advocacy group. I thought it would be really beneficial to have a group in Llandrindod.

I have been involved with Powys People First in many ways – through the partnership board, adult protection committee, Theatr Wildcats, self-advocacy groups, drop-ins, the campaign group and as a representative at All Wales People First Conferences. I have attended training, gained many skills and learnt a lot.

My confidence has grown completely. If somebody had told me I would be doing all of these things a few years ago, I would never have believed them. I also feel more independent, that I can go out and do things by myself; I no longer need to rely on other people. I feel like I can achieve anything!

I now work for Powys People First. I hope to share my skills and mentor other members in the future to help them build their own skills and confidence and do the best that they can!



COMPETITION TIME - WELL DONE NAOMI

Nae Cook from Builth Wells is the **winner** of the Front Cover Competition and a £10 gift voucher.

For your chance to win get your entries for the Winter Issue to us by the end of November 2014. You can post them to the office, email them or hand them to a member of staff.



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