



powys people first pobl gyntaf powys

SPRING NEWSLETTER 2015



FRONT COVER BY CATRIN JONES

ALL WALES PEOPLE FIRST RESIDENTIAL - BY DAVID WHITTLE

All Wales People First had a meeting at the Beaches Hotel in Prestatyn. The two days were about Social Services and the Wellbeing Act. I was supported by Darren Locke to go.

We had a vote for the new chair and vice chair of All Wales People First's National Council. There were two candidates – Lucy Hinksman of Pembrokeshire People First and Janice Partridge of Cardiff People First. They both gave a speech about why they should chair the National Council. The new chair is Lucy and the vice chair is Janice.

Two people from Disability Wales talked about an enabling project and direct payments. I thought it was interesting.

Somebody from the Welsh Assembly told us what the Assembly and the Wales Government does. They told us who our Assembly Members are and how to contact them. They also told us how to put a petition together.

We talked about Social Services and the Wellbeing Act Wales and how People First fits into the act and what services we could provide.

We had a talk from Samantha Williams who is the Learning Disability Advisory Group Information Officer. She told us about her role. We also talked about Easy Read Wales, which provides easy read information.

I thought it was a good two days, as the information was important and very useful. I also made friends.



WHAT THE CAMPAIGN GROUPS HAVE BEEN DOING

South Campaign Group - We have been talking about Herio and our plans for a celebration event in Cardiff. In the February meeting we looked at the easy read version of the new Commissioning Strategy by Social Services and Powys Teaching Health Board. Everyone agreed that it was much easier to understand.

We have talked about the Partnership Board and what is happening at the meetings. We talked about the new Social Services and Wellbeing Act sections 2 and 3 that the Welsh Government wanted the public to consult on. David also fed back on the All Wales People First Residential in Prestatyn.

We talked about helping people getting ready for the general election in May which will elect a new UK Government.

North Campaign Group - Danielle went to the partnership Board Meeting and fed back to the group about Care Bundles. She told us about the role of a liaison nurse who will make sure you get the right support in hospital. Some of us talked about our stays in hospital.

Joint Meeting - Brecon and Welshpool campaign groups met in Llandrindod on 17th March with John Forsey and Sue Glenn from Powys County Council, to talk about transport in Powys. We told them what we thought of the bus services and what we need to be able to get around in Powys.

POWYS COMMISSIONING STRATEGY

In January and February we worked on making the Commissioning Strategy accessible. This is a 23 page plan written by Powys Council and Powys Teaching Health Board. The plan looks at the period of time from 2015 to 2020. The aim of the plan is to change the health care and wellbeing of people with learning disabilities. Powys want to make the lives of people with learning disabilities better. Powys County Council asked us to make the plan easier to understand.

There will be meetings all over Powys in the next couple of months to talk about the plan. We looked at the 10 priorities in the plan and have tried to make them easier for everyone to understand. The plan looks at staying healthy, choice and relationships, support, somewhere to live, work, staying safe and moving on.



LLANDRINDOD WELLS

Lowri who works at the Welsh Assembly is due to visit us, she will talk about the Welsh Assembly. Our music and movement groups are lots of fun, Darren leads the session. We enjoy parachute activities and dancing to music. We have made lots of healthy snacks in our healthy eating session, we really liked the different types of hummus.



BRECON

We have moved to Brecon Youth and Community Centre. There is a pool table, computers, TV, a working kitchen and an accessible free car park at the back of the building. We have lots of fun and meet our friends there. In February we iced cakes for St David's day. We hope to do some baking in the next few months. You are welcome to join us there. The next drop in is April 28th 2015.



YSTRADGYNLAIS

In the February meeting we talked about the new Social Services and Well Being (Wales) Act 2015. We looked at the easy read booklet on Equality and Human Rights. We talked about being treated fairly and having respect for each other. It was really interesting and we all took home the easy read leaflets that Jan gave to us.



LLYSWEN

The Llyswen group started again this year in February. We used the colour red for our theme for February and made Valentine hearts.

We still have dance and music in this session and have lots of fun. The session is on the first Monday of each month running from 4.30 - 5.30pm.



MACHYNLLETH

Hannah from the Fire Service joined us. We watched a film about how fires start and how quickly they can spread. We talked about preventing fire in our homes. If you need smoke detectors at home, contact the Fire Service. They will come to your house and fit smoke detectors for free. We also tried on a fire service uniform.



WELSHPOOL

We discussed the Supported Tenancies Tendering process. We talked about transport, hospitals and planning for a Herio event in Cardiff. In March, Ruth and Rhian from our group took part in the Bangor University Learning Disability Research Conference. They said it was tiring, but they enjoyed it and learning about research.



NEWTOWN

Jean and Angela from "A Voice for You" visited us. They talked to us about what an advocate is. An advocate is a trained person who will spend time to get to know you and listen to you. An advocate can help you to - say what you want, know your rights and understand information. We have a leaflet about advocacy.



LLANIDLOES

We had a session all about the colour red. We each brought in a red item from home for everyone to see.

We made a card with red flowers on it. We tasted different red fruits. We also moved to music holding red balloons.

THEATR WILDCATS UPDATE

Come and watch Theatr Wildcats' latest show – **HIGHS AND LOWS!!**
On **Friday 26th June at 7pm** at Theatr Brycheiniog Brecon, tickets on sale now from the Theatr.

Drama, narrative, poetry, dance and movement tell the story of some of the high point and low points in the Wildcats' lives.



WHAT OUR VOLUNTEERS SAY ABOUT WILDCATS

"When you are in the group, you are just one of the group. There is no 'them and us', we are a team!" – **Nicola**

"It's enriched my life, I have met loads of wonderful and fun people... everybody feels included" – **Amy**

"I really enjoy Wildcats and making new friends, it's a very happy atmosphere" – **Paul**

"I look forward to Wildcats. Acting with the Wildcats is great, it's a lovely group, which has made me very welcome" – **Sandra**

GOODBYE, GOOD LUCK AND THANK YOU!

At the end of March this year our CEO Viv Hopkins retired from BCA. Viv worked with BCA for nearly 15 years, working with many of our members.

We all wish Viv a happy retirement, she will be missed.

Thank you Viv for all of your hard work and support throughout the years. Good luck!

creating together



Hello! We have been super busy recently learning all about felt making! We had a fantastic opportunity to work with a local felt artist, Emma. We first learnt how to wet felt. We used lots of soap and water to make large pieces of felt. It was very messy but everyone had a great time! Once all our lovely felt works were dry, they were made into lots of different things from bags to mobile phone cases.



Emma then showed us how to needle felt using dry wool. All sorts of exciting things were made, from cars and flowers to birds and squirrels! Needle felting takes a long time to make, and it took a lot of patience to create the finished pieces. Well done everybody!



With our afternoon groups we have also been using wool to make all kinds of great things. We have made our own stamps to print with, using a block of wood, wool and colourful paints.

Our members have also enjoyed creating some beautiful dreamcatchers, decorated with beads, ribbons and feathers. You can find us on our Facebook page for updates and photos of our sessions, and if you happen to be in Brecon check out our fabulous window display at the BCA office in Lion Yard! Happy Easter to you all.

CLAIRE COOPER

My name is Claire, I live in Brecon, and I live with my partner David. I like spending time with family and my friends, my family is important to me. I like going on holiday with David and my parents. We have been to Devon to meet David's Grandparents. We also went to France on a cruise and this year we are going to the Isle of Wight and hopefully we are going to Spain.

I am a member and a volunteer of Powys People First. I also attend the local Drama group, Theatr Wildcats, which I enjoy, I like seeing all my friends. We are practising for our next performance which will be held at Theatr Brycheiniog in Brecon on Friday 26th June 2015.

I also volunteer at the Llyswen communication group every month, I help set up the room, take photos of the group, I work with group members doing activities. We play ball games, do art work and food tasting. I also help plan the group. I also attend Computer Club on a Friday in Brecon. There is also a Drop-in once a month in Brecon, we meet friends, play games and have a chat over a cuppa.



COMPETITION TIME - WELL DONE

Catrin Jones from Ystradgynlais is the **winner** of the Front Cover Competition and a £10 gift voucher.

For your chance to win get your entries for the Summer Issue to us by the end of June 2015. You can post them to the office, email them or hand them to a member of staff.



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