



powys people first
pobl gyntaf powys

SPRING NEWSLETTER 2017



LLANDRINDOD FIRE STATION TRIP - READ THE STORY INSIDE!

LLANDRINDOD FIRE STATION VISIT

We had a fantastic visit to the Fire Station on Monday 13th March. We had a tour of the station. We were shown all the different parts of the fire engine, including all the equipment the Fire Fighters use. We saw the different types and sizes of hose, the water pumps, the ladders and other tools and equipment. We were able to hold the 'Jaws of Life', they are very big and heavy cutters which can cut people out of cars in an emergency.

We learned about the water truck, which can follow a fire engine to an emergency if they need extra water. The water truck can also collect water if there is a flood. We tried on the uniforms and helmets, the coats were very heavy because they are made out of flame resistant material to help keep the Fire Fighters safe. At the end we even got to have a go using with the hose! We had a target and had to try to knock it down, which everyone did! Thank you to all the staff, who made us feel very welcome and answered all of our questions, we learned a lot!



WHEN I WAS IN THE BROWNIES BY JULIE DEVEREUX

When I was 7 years old I went to a boarding school – Beechwood.

Brownie uniforms – already there, a belt and a cross over yellow tie. I was the first Brownie – to make my promise on Thursday night with Brown Owl and 24 Brownies altogether. A promise badge and Pixie badge for me and a Sixer I was then. Lynne was an Elf, Janet, Christine and Nelly were Pixies and Margaret was an Elf – I was a good Sixer and Nelly was a Second.

The Brownie Camp had bunkbeds in Newtown. Mum, Dad and Aunty Sylvia and Uncle Billy came to see us in Brownie camp – tins of sweets to share with Brownies! Swimming costumes and towels, with names on. I won 1 race, up and down the pool and on the last day we all had our Brownie promises and Venture badges to sew on our uniforms when we got home.

I was in Brownies until I was 11 years old.



THEATR WILDCATS

Over the last few months Theatr Wildcats have been busy workshopping new ideas and thoughts for their next production. Themes that have stood out for the group are - around money, food & drink and the different relationships we develop. Wildcats have started to look at how they can link all the themes together and using fairytales and songs seems to be a enjoyable and interesting way. After a two week break Wildcats will be working on scenes that may go into the next show using different types of theatre-acting, movement, mime and sounds. So watch this space for the date, time and show title!



LLANDRINDOD WELLS

This year the Llandrindod group agreed to film our news, instead of having written minutes. Our members get a chance to film each other speaking. This is much more interesting than reading the news in the next meeting. For our Easter session we made Easter nests out of chocolate and cornflakes – decorated with mini eggs. They were YUM!



BRECON

This year the Brecon group has moved to the Guildhall in the town centre. In January we celebrated Julie's birthday with her and had cakes. In March we had a visit from one of the job coaches – Claire Paladini, who talked about the role of a job coach and how you can get a job coach and work.



YSTRADGYNLAIS

The group has moved to the library in Ystradgynlais town centre. We have had some great discussions about jobs and get togethers. In the last meeting we talked about going for a meal in the new Wetherspoons in Brecon and look forward to meeting members from other groups there soon.



LLYSWEN

In February the group made colourful wall hangings with hearts and ribbons on for Valentine's Day which everybody enjoyed. In our last session we played percussion instruments and each person had a chance to lead the band. This was fun and we all used our listening and copying skills.



MACHYNLLETH

What makes us happy - Debbie and David like to support their football team. Eleanor was a villager in "Babes in the Wood" panto and played "Happy Birthday" on her recorder. Carina, Jonathan and Eleanor like to keep in contact with family who live in different countries by using Skype to call them. Jonathan said it's a lot easier to keep in touch with family and friends now. Rosie told us speaking up for yourself has helped her confidence.



WELSHPOOL

We had a sad start to the year, Rosie Rob, who was a close friend to some of our group has recently passed away. We all shared our memories about Rosie and will miss her friendship. We all welcomed Maureen and Perry who have recently joined our group. They like going to Shrewsbury with their friends looking for bargains around the shops.



NEWTOWN

Danielle has a new cat named Misty who needed a new home. Misty is mainly grey with white on her nose and chest. Danielle likes having the responsibility of looking after her cat. Jane likes looking after her cat Harry. Candis had some good news that Castell Y Dail now have two horses named Zac and Siren. Candis likes feeding and grooming the horses. Gary has enjoyed watching the Rugby.



LLANIDLOES

We had a spring and yellow session with daffodils and special yellow things that we like. We used a parachute to make waves and tried and keep lots of yellow balloons on the parachute. Philip was good at putting the balloons back onto the parachute when they drifted away. Sian sung her favourite song to us "Amazing grace".

GP TRAINING - APRIL 2017

Powys People First were asked by Nevill Hall Hospital to train qualified Doctors who are going to be GP's. This was an exciting opportunity to get lots of information over to them on how to treat people with a learning disability.

We asked members what experiences they had and how they felt when they went to the doctors. We got some excellent information from you and were able to make a presentation containing most of what you told us.

The training involved different role plays. Beth Broad, Clare Whittle, James Hampton, Alison Jones and Susan Deval were the trainers.

Everybody attended practice sessions and had lots of input into the training.

On the day everyone performed really well and the doctors were really pleased that we had given them all of the information.

We hope these new Doctors will now go their new surgeries and make improvements and teach other people how to make a visit to the doctors less frightening and that everyone with a learning disability is different.

COMING SOON.....

Welshpool People First have recently taken on an allotment. Watch this space for news on how to get involved.

Also, look out for new Outdoor activities taking place in South Powys!



GARETH DAVIES, LLANDILOES

On Hello my name is Gareth, I live with my family near Llanidloes. I have a dog called Poppy. I like visiting my family, friends and spending time with my girlfriend Katie. I am a member of the Llanidloes People First, I enjoy the different activities and meeting up with my friends there.

On Tuesdays I like to go to Enable in Newtown where I play basketball. I like circuit running and having a go on the trampoline there. My favourite hobby is swimming. Last year I did a sponsored swim to raise money for charity.

I like ceilidh dancing and going out to the Crown pub with my mum for a pint. Last summer I had a lovely holiday with my family at Tenby it was fun going on the beach.



KEEP WALES TIDY - WELSHPOOL

On Sunday 19th March I went with Debbie to take part in the Tidy Wales Community event in Welshpool. Lots of people turned up to help. I wore a Hi-Viz waist coat and gloves for Health and Safety.

I used a litter picker to pick up the rubbish. It was hard work picking up lots of cigarette ends, chewing gum, takeaways, wrappers and glass. It was disgusting!! At the end of the morning there was a big pile of bin bags all filled with rubbish that everyone had collected. Everyone did a fantastic job. I want people in Welshpool not to drop their litter on the ground, but to bin it!

Rhian










Things I Saw On My Nature Walk





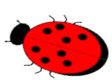




Put a check mark in the box when you spot these things while you are on your walk.

Flowers


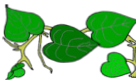





 Pink	 Red	 White	 Blue	 Yellow	 Purple	 Orange

Animals and Insects

 Bird	 Bird Nest	 Squirrel	 Butterfly	 Ladybug	 Bee	 Spider

Plants

In the Sky

 Tree	 Vine	 Bush	 Grass	 Sun	 Clouds	 Rain

COMPETITION TIME

For your chance to win the Front Cover Competition get your entries for the Summer Issue to us by the end of July 2017. You can post your pictures and photos to the office, email them or hand them to a member of staff.



COMMUNITY FOUNDATION
IN WALES
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