



powys people first
pobl gyntaf powys

SUMMER NEWSLETTER 2015



FRONT COVER BY JENNY SAVAGE

CAMPAIGN GROUPS

Brecon Campaign Group

In our recent meetings we have talked about bus transport in Powys. We responded to the recent consultation on cuts to bus services in Powys. We also sent questions to John Forsey about the cuts and he has agreed to attend a joint campaign meeting in September. We agreed questions on housing issues to take to the Powys Engagement Forum meeting in June. In our last meeting we agreed a response to the Social Services and Well Being consultation on advocacy.

Newtown Campaign Group

We all signed up to the Pegasus scheme with the police. Some members didn't feel confident to use a telephone in an emergency. We decided to do some role play about this. We worked in pairs, one person played the role somebody who had passed out in the street. The other played a person who got help by making an emergency 999 call for an ambulance. We all learnt a lot from role play. We want to make support staff, carers and friends aware of how important it is for a person with a learning disability to be able to use a telephone.



AFTERNOON TEA AT THE MUSE - 23RD JULY 2015

We raised over £100 for People First at our recent Afternoon Tea event in Brecon. Clare, Beth, Tina, Damien and Myfanwy are The Activities Group. They organised the Afternoon Tea event which we attended. We enjoyed eating lots of yummy cakes and biscuits. We also raised money by holding a raffle. Some of the cakes were donated by local businesses. Lots of people came and we had a chance to chat over delicious cakes and drinks.

Claire said that The Activities Group would like to organise events for Powys People First members. She said the Activities Group will meet in August to talk about organising the next event!



BILD CONFERENCE

In May, David and Susan went to The International Convention Centre in Birmingham. It was for the "Living a Good Life" conference. BILD's group of self-advocates organised the event.

There were lots of speakers and we saw a dance group called Dance Syndrome. Jen Blackwell started the group in 2010 with the help of her parents after she couldn't find a dance group to join. Jen has not let her disability get in the way of success. She is a masterful dancer and musician. We heard about people's experiences of support, the good and the bad. We listened to what people felt they wanted from support which was to be trusted and believed. We also heard about a young man's experience of "direct payments" which has totally transformed his and his family's life for the better. It was a great conference and we would recommend you attend next year if you get the chance.



COMPUTER CLUB QUOTES

"I have learned how to use word documents, the internet, and Facebook." – Damian

"I volunteer at Computer Club. I support members to use the computers." - Clare

"The best thing is the people you meet and learning new computer skills. I have enjoyed it very much." - Jenny



"I have learnt lots of new things and started to use Facebook. I can find my friends. I love coming to computer club every Friday." - Shaun

"I love helping out at Computer Club every Friday. I enjoy helping everyone to learn new skills. I love being on the computer." – Tracy

We meet on Friday mornings in Brecon. If you would like to join Computer Club in September please call Sophie on 01874 622240.



LLANDRINDOD WELLS

We talked about cuts to transport and All Wales People First. Rebecca told us that Natural Resources Wales has a plan to get people with learning disabilities more involved in activities outdoors. We made hummus, pitta pockets and spicy cous cous. Darren runs the music session, we have great fun with the parachute, playing instruments and listening to interesting music!



BRECON

We have made lots of delicious food including healthy pizzas, spicy falafels, biscuits and cup cakes. We have had a presentation from Geoff about his zip wire challenge and what it was like to go down a zip wire at over 100 miles an hour! We can play Pool, Air Hockey and Playstation games, as well as relax and catch up with friends over a cup of coffee.



YSTRADGYNLAIS

The group at Ystradgynlais had a pamper session, including hand massage and painting nails. We enjoyed having a chat and finding out what each other have been doing. The group discussed their holidays and taking part in theatre and dance productions. The group have been considering raising some money for charities in the future.



LLYSWEN

We have had fun creating a sea themed picture, using tissue paper, glitter, foil, sand and shells. Next we will look at the colour green and do some work with sweet smelling plants. Clare and Tina have been great helping us in the group Tina making tea and choosing some great music and Clare proving to be a fab photographer!



MACHYNLLETH

Eleanor gave a talk about the new Therapeutic Community Garden in Machynlleth. The garden grows flowers and vegetable and is accessible to everyone who would like to visit. We have started having "Social Friends time" every other month after our meeting. We meet up and have a meal, listen to music and play board games.



WELSHPOOL

We have campaigned about PCC transport cuts. We all signed a petition to save the Llanfyllin to Welshpool Bus service no 76. We also wrote a letter to Cllr John Brunt telling him how this will affect some of our members if the bus service is stopped. We have received good news that this bus service has now been saved.



NEWTOWN

Danielle brought in her peg loom and showed us how to make a scarf. We all had a go at using the peg loom with Danielle's help.

We have also been talking about the dog mess on pavements and cars driving too fast around some of the housing estates.



LLANIDLOES

We had a session all about the colour green. We each brought in a green item from home for everyone to see. We took it in turns to smell and feel different green herbs. We tasted different green fruits. We played parachute games with green balls and balloons. We choose a percussion instrument to play loudly and quietly.



THEATR WILDCATS UPDATE

Theatr Wildcats' performance of HIGHS AND LOWS was a great success! The group performed at Brecon Theatr to over 100 people, including Kirsty Williams AM and her children. Audience members said that this was The Wildcats best performance yet – they are going from strength to strength. They also had an excellent article in the Brecon and Radnor about what it takes to be a successful community theatre group. After a summer break, The Wildcats are planning some sketches for the Christmas Party – who knows what they'll cook up! Go Wildcats!



POWYS ENGAGEMENT FORUM

The last engagement forum was on the 25th June.

Susan, David, Debbie, Danielle, Darren, James and Rose from Powys People First attended the meeting in Llandrindod.

We were able to ask questions about housing to Dafydd Evans and Kelly Jones from Powys Housing. We asked questions on why it takes so long to get a house, whether people with a disability get priority with housing, what happens if someone is homeless and who is in charge of housing in Powys.



creating together

Hi my name is Nae Cook, I live in Builth Wells. I have been coming to Creating Together for 5 years. I really enjoy coming to Creating Together because I enjoy doing the activities. I enjoy card making.



My favourite animals are horses and ponies and I really enjoyed making my 3D horse pictures. I used cardboard and paper and stuck the shapes onto a wooden board. I painted it with acrylic paint.

Since I've been at Creating Together I have got better at drawing. I am more confident and I like helping people out.



I have been on all the summer trips and I like going out for the day. I am looking forward to this year's trip.

By Nae Cook
Creating Together Project Member

WELL DONE GEOFF

Powys People First member Geoff Sykes took part in another challenge this June. Geoff completed the Zip World zipwire course in North Wales. He reached over 100 miles per hour!! Geoff did this to raise money for Wales Air Ambulance - Great work Geoff!



A BIG WELCOME TO SUSAN!

Hello, my name is Susan Deval. In April 2015 I joined the team at Powys People First. They put me straight to work helping with the consultations we held about how Powys County Council and Powys Teaching Health Board can best meet the needs of people with learning disabilities. This was a great opportunity to meet lots of Powys People First members and I learnt first-hand what is important to people living in Powys.

I have really enjoyed helping at the drop-in and groups at Llandrindod Wells, Brecon, Llyswen and Ystradgynlais. I have been spending time with members, hearing their news, cooking in the healthy cook and eat sessions and attending meetings.

I spent an afternoon with Creating Together and learnt about all the wonderful things they make. Another highlight was watching "Theatr Wildcats" in their production of "Highs and Lows" at Brecon Theatre. This was a really moving performance, which did finish on a high with people smiling and dancing. Since starting everyone has been very friendly and supportive. If I haven't met you already I look forward to meeting you soon - Susan



COMPETITION TIME - WELL DONE

Jenny Savage from Talgarth 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 2015. You can post them to the office, email them or hand them to a member of staff.



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