



**powys people first**  
**pobl gyntaf powys**

**SUMMER NEWSLETTER 2016**



**FRONT COVER BY MANDY FURNESS**

## LIFE STORIES EXHIBITION

Over the last 3 years older members of Powys People First have been sharing their life stories and memories with us. Some of the ways people have shared their memories have been by writing poems, sharing photos and telling their memories in story form. Two of the members chose to express their memories by painting pictures and drawings. One member knitted a time line and another knitted a scarf in her football team's colours!

Powys People First put on exhibitions one in Brecon and one in Welshpool. We printed a book celebrating the lives of all the people who made a contribution to the project, and each person involved was given a copy of the book. We still have a few copies of the book for sale at £4.00 each.



## AMBULANCE TRAINING AT PENMAES

Darren and Alison have been promoting the 'When to call for an Ambulance' training at Penmaes school.

Darren did a training session in June for the 6th form of Penmaes School. He was presented with a certificate by the Welsh Ambulance service for being a Welsh Ambulance Service Champion. The certificate was presented by Mandy Jenkins Ambulance Wales and Dave Coombes from Brecon Ambulance station.





## ELECTION TRAINING IN POWYS

Herio is a joint venture between Powys and Carmarthen People First groups. We agreed that it was very important to offer election training to our members. We wanted to explain what powers the Welsh Assembly has and to give information about how the voting system is used in elections of Assembly Members.

We wanted to raise awareness of the devolved areas of responsibilities of the Welsh Assembly. Some of our members had not voted before and others didn't understand what the Welsh Assembly does.

We arranged a tour of the Senedd in Cardiff Bay. We watched the Assembly Members in action in the chamber. Lowri Williams did a workshop around the devolved powers and Kirsty Williams AM, met with us during our visit. The day was very enjoyable and we had a better understanding of what happens at the Senedd.

We then held 2 days of election training, one in Brecon and the other in Newtown. The training was fun and interactive. We talked about voting and the different ways you could vote. We looked at the devolved areas of responsibilities the Assembly has. We discussed the reasons people have for voting and we produced voting slogans to put on a banner. We filled in a question card to take home with us so we had questions to put to any politicians we met during the election campaign. Everyone who attended the training said they had enjoyed it and it would make them more likely to vote.



## 2016 SUMMER TRIP

This year's trip is to the Centre for Alternative Technology, Machynlleth on Monday 19th September. We will have the opportunity to meet up with friends, share news and ideas and explore the centre.

There are limited places available so please let us know if you are interested in going. It will cost £5 per person which will include transport and lunch.



## LLANDRINDOD WELLS

We have made food to share. Recently we made 2 different types of hummus to eat. Some of us hadn't tried it before, we tasted it and although it was different most of us liked the tastes. We have had really fun music sessions which Darren and Kylie have run. We used some Jimmy Shand Scottish music. It was great fun to sing and dance to the music, we all enjoyed it very much.



## BRECON

In July the Brecon group made flapjacks. Clare chose the recipe. We all enjoyed making them. They were sweet and we added fruit to them as a healthy option.

We liked the recipe so much we have included it in the newsletter.



## YSTRADGYNLAIS

On a beautiful sunny day in July we made the most of the weather. We went to Craig y Nos Park to spend the afternoon outdoors. We found a shaded spot near the lake to have lunch and hold our meeting. We had a walk around the park, fed the ducks and had an ice cream. It was a nice change to spend time outside in the lovely weather.



## LLYSWEN

In a recent session the group enjoyed making and listening to a variety of different sounds.

We used musical instruments, our own voices, music and various household items to make the sounds. We all thought this session was great fun.



## MACHYNLLETH

Eleanor talked about her voluntary work at the Centre for Alternative Technology. Jonathan talked to us about horse riding for the disabled, he enters Dressage competitions. After our meeting in June we had a social, we had a takeaway and played CD'S. Rosie joined us, we are pleased she is feeling better. Nerys brought in her cute puppy called Lily Mae for us to see. We all had a turn at holding her.



## WELSHPOOL

Beryl, Ruth and John were involved in our Life stories project for our members over 50. We held an exhibition of their stories in Welshpool Library in July. Our group have been planning to host a social evening at the Methodist hall Welshpool for Young People First to meet up with friends in August. We are all looking forward to a fun evening.



## NEWTOWN

Darren and Danielle held the 'When to call for an Ambulance' training with us. We discussed when we should call an ambulance. We used flash cards with pictures of different accidents and we had to decide which accidents would need an ambulance. We all felt more confident about calling 999 in an emergency. Jane showed us her holiday scrap book of recent holiday photos that she had taken in Tenby.



## LLANIDLOES

We had a yellow themed session. Medwyn and Simon came dressed in yellow, wearing cool yellow sunglasses and garlands. We did a parachute activity with lots of yellow balloons. Gareth and Philip tried to keep the balloons on the parachute when we were making waves. Sian sung her favourite song "Amazing Grace" to us. We also did creative movements to music holding yellow balloons.



Theatr Wildcats present

# i Believe

# i Can Fly



**Wednesday 28<sup>th</sup> September - 7.00PM**

**Theatr Brycheiniog, Brecon**

**TICKET PRICE - £5.50** - Book your ticket at  
Theatr Brycheiniog Box Office or call **01874 611622**

**Wednesday 5<sup>th</sup> October - 1.30PM**

**Newtown Football Club**

**TICKET PRICE - £3.00** - Ticket available on the door  
Call **01874 622240** for more information

Today's society can sometimes make us feel like a butterfly with a broken wing.

Using drama, dance, poetry and film Theatr Wildcats will take you on a colourful and thought-provoking journey of discovery.

A project run and managed by  
BCA Independent Advocacy Services  
Reg. Charity no - 1123605 Reg Co no - 06509168



**ALL WALES PEOPLE FIRST MEETING - 21ST JUNE 2016**

The meeting was held in Wrexham and was attended by David Whittle and Susan Deval. Following some great navigation by David we found ourselves at the venue. The meeting was well attended and people were in good spirits catching up with other members.

A warm welcome was given to new members of the All Wales People First Team Kelly Stuart who will support Joe and be his Executive Assistant and Tracey Drew the new National Council Development Worker.

Mark Llewellyn from Pontypridd University is doing some research he asked the group about their experiences of Continuing Health Care and how they had found the process of filling in the forms and whether they felt it was working for them. Only a few people in the group had been through the process. Some thought it had worked really well and others thought it had not. They felt worse off and that social services and health were arguing about who was going to pay for what. Mark is keen to hear from anyone who has experience of continuing health care so pop in the office or ring us and we can give you his number or pass on your stories for you.

Joe has sent letters to all the Local Authorities across Wales asking if they are cutting services to people with learning disabilities in their area. Powys has not responded yet.

The National conference will be held on the 3rd and 4th of October 2016 and will be at the Futures Inn in Cardiff. The theme of the Conference is Self-Advocacy and will be called "Our Lives and Our Rights". It will include the history of self-advocacy, a film of members' views about self-advocacy, a quiz, drama and theatre workshops, a clay workshop and much more. There was a vote for the evenings activity and it was agreed that if enough people attended the conference that a Disco would be held at the hotel.

If you are interested in attending the conference, please call 01874 622240.

## GEOFF SKYES - BRECON

Geoff Skyes is a member and volunteer of Powys People First. Geoff attends the Brecon self-advocacy group. Geoff has done a lot of fundraising for Powys People First and other charities over the past few years, challenging himself to many different activities.

This year Geoff has taken to the skies and spent a morning gliding over Talgarth and Brecon, all to raise money for Powys People First!

Geoff presented a cheque to Powys People First in August and will have his picture in the local newspaper. Powys People First would like to say a big thank you to Geoff, for all of his efforts and hardwork.

This isn't Geoff's first challenge, he has completed a swim, a cycle ride and gone to the top of Pen y Fan mountain, this was Geoff's Triathlon!! We can't wait to hear what Geoff will be getting up to next!! All in aid of great causes. Well done Geoff and THANK YOU!!



## COMPETITION TIME - WELL DONE

Mandy Furness 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 Winter Issue to us by the end of November 2016.** You can post them to the office, email them or hand them to a member of staff.



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