



powys people first
pobl gyntaf powys

NEWSLETTER SUMMER 2018



ABERYSTWYTH TRIP - PHOTOS BY PHIL WOOLLEY

ABERYSTWYTH TRIP

In May this year our campaign group had a day trip to Aberystwyth. We got up extra early to catch the minibus for 7.30. The morning started off with bright sunshine and we were all excited to go. We picked up some people in Llandrindod Wells and Rhayader along the way. We met Debbie and some members from North Powys at Llangyrig to start our adventure.

We had to go to Aberystwyth to catch the steam train to Devil's Bridge. Some of us had not been on a steam train before and we were very excited as the train pulled out of the station. The carriages were open and we could see everything. The train took us through fields and woodlands and then high up into the hillside until we came to our stop in Devil's Bridge where we stopped for our lunch. The driver of the train very kindly let us up into the cab to see where the coal goes to make the steam to power the engine. We were able to see beautiful views of greener than green fields, woodlands and beautiful spring flowers. We saw sheep and horses grazing in the fields. Luckily, Phil Woolley had brought his camera to record the day.

When the train journey had finished we all got back in the bus and drove to the sea front at Aberystwyth where we strolled along the sea front. The weather was glorious and we walked taking in the air, eating ice-cream and seeing the sights. Phil took some more photos of us enjoying our day out.

On the way back we stopped at Bwlch Nant y Arian to see the Red Kites being fed. Bwlch Nant y Arian is a wildlife reserve set in the hillside. The views were spectacular and we were treated to an amazing site of at least 100 Red Kites feeding. The birds whistled and swooped and dived gracefully through the air, showing us their beautiful brown, gold and russet coloured feathers. Some of us had never been so close to big birds of prey before and thought it was fantastic.

We had a fabulous day out, we managed to pack the day with beautiful sights, sounds and memories and some photos of the day as well.

You can see photos from the day on the front cover - enjoy!

AIN'T NO MOUNTAIN HIGH ENOUGH

We have had a wonderful year being involved with Cardiff People First and have shared many lovely days out in the countryside with them and the Brecon Beacons National Park staff.

Friendships have grown and we hope this relationship will continue. Cardiff People First worked really hard to get their lottery grant for their "Ain't No Mountain High Enough" project and we were really happy to help them when they invited us to Cardiff to be filmed by the television. There were great celebrations when we were all on the news.

We were also invited to a walk leader taster days where we learnt what a leader should carry in their rucksack to be prepared out on the hills. We also tried to Geo caching, orienteering and group shelter building. We hope we can join together for lots more walks.



ALL WALES PEOPLE FIRST AND THE NATIONAL COUNCIL

David Whittle, your All Wales People First representative has been attending meetings in Cardiff and Wrexham and taking any actions you have given him forward.

The All Wales People First annual conference will be held on 17th and 18th October in Wrexham.



LLANDRINDOD WELLS

We have been doing some work around Changes and talking about Changes that happen in our lives. We have also been having fun doing role plays of different times in peoples' lives. Some of the members were able to come up with good ideas and ways of managing a situation. The members said it was good to be able to be in control and it gave them confidence to speak up.



BRECON

Since the end of last year the Brecon group and the group that used to meet in Llyswen have joined together. We meet in the Subud centre now and everybody who attends can now take part in games, art, music, in fact a variety of activities as well as our self advocacy meeting. The group members have told us they like the meeting like this better. Recently we decorated stones and hid them around Brecon and the further community. This was fun and part of the Brecon Rocks 2018.



In the self-advocacy sessions we have been doing some work around Changes. Changes is all about the Changes that happen in our lives, how changes affect us. Members said they enjoyed doing this work, this is important, it helps them.



YSTRADGYNLAIS

We will be inviting all of our members from Ystradgynlais to a meeting in the Autumn to talk about when and where the self-advocacy group should take place and what everyone would like from the group - look out for your invitation - we hope you can make it.



MACHYNLLETH

We have been talking about our experiences of different schools we attended in the past. Some of our group liked school and made friends. Other people in our group experienced bullying by students and had felt let down by their school. After our People First meeting, our social friends group went out for a meal at the White Lion Hotel in Machynlleth. Debbie in our group is moving to Worcester soon. We are all going to miss our friend and wish her all the best.



WELSHPOOL

We welcomed Charlotte who recently joined our group. Charlotte talked to us about her voluntary work in the Pet Department at Coed y Dinas, Welshpool. Charlotte also enjoys her job as a waitress at the Lake Vyrnwy Hotel. Maureen and Perry talked to our group about their lovely day out by train to Aberystwyth. Rhian talked to the group about her glorious holiday in Blackpool. Rhian told us holidays help you to relax.



NEWTOWN

Claire from Community Connectors, talked to us about how they can support you to find out information about many different things in your area. Danielle wanted information about any local Poetry groups. Gary was interested in finding out about different sports groups in Newtown. Candis brought in books and pictures of horses, her favourite animal. Danielle has been busy moving into her new flat and making it all nice. Jane is looking forward to going on holiday to Disneyland in Paris.



CAERSWS

We had a Seaside themed session. We put our hands through sand in a bowl to find hidden sea shells. Gareth and Sian were good at finding them. There were lots of seaside items to explore and talk about. We listened to and sung "Oh I do like to be beside the seaside". We had a parachute activity to make large and small waves. Handel and Mervyn liked going under the parachute.

COMING SOON.....**NEW BIG LOTTERY PROJECT -****HEALTHY LIVES**

Exciting news This Autumn there will be a new project called "Healthy Lives Project". You are not able to join yet but we will keep you informed.

It will be an exciting project where the group will learn how to have a healthy life, healthy eating, healthy mind, and healthy body. We will have guest speakers, lots of trips and learning opportunities and qualifications to gain to go on your cv. It will be fun and you may well achieve things you never thought possible.

Look out for information about our launch event in September!

**AUTUMN GROUP DATES**

Llandrindod - October 8th, November 5th, December 10th

Brecon - October 16th, November 20th

Ystradgynlais - to be confirmed

Welshpool - September 6th, October 4th, November 1st

Newtown - September 12th, October 10th, November 14th

Caersws - September 26th, October 24th, November 21st

Machynlleth - September 20th, October 18th, November 29th

ENGAGEMENT FORUM MEETING

In the Engagement Forum meeting in July some of our members talked to the job coaches and asked some questions about getting work, and support while we are in work.

We told the job coaches about some of the difficulties members had before and after being referred for work experience. Some members talked about not being able to contact job coaches. Some said they were left confused trying to contact job coaches after work experience had been completed. Some members were confused about the lack of accessible information about their progress and feedback during work.

The job coaches listened to us and were able to answer some of our questions and said that the session was useful for them to hear what we said. The job coaches said they thought our idea for making an easy read pack to give to people who start work experience was good.

THEATR WILDCATS

On a chilly winters evening, 'Fairy tales in Reality' was performed to an audience of nearly 100 people, which considering the snow and ice was a fantastic number. Wildcats' friends, family, support networks, fans and the wider public enjoyed a modern performance filled with song, dance and drama.

The cast explored themes of money, food and relationships and whether we have control over any of these elements within in our lives. Using the wonder and magic of fairytales the piece made the audience smile, reflex and truly think about choices in life.

Currently, the Wildcats are working on a piece about hate crime and mate crime – they hope to work with local high school drama students to help get their voices heard and their message across.



AS THE SUMMER STARTS TO END AND WE COME INTO AUTUMN HERE'S SOME IDEAS OF THINGS TO DO TO ENJOY THE CHANGE IN SEASONS –

- Go for a walk and look out for different animals
- On a sunny day take a healthy picnic to the park
- Arrange to meet up with a friend and have a catch up
- Look for a new activity – a music group, dance class, poetry group, knitting club
- Take photos or draw pictures of trees as they start to change colour from green to brown/orange/yellow/red
- Have a chat to someone about how you are feeling
- Listen to your favourite music and have a dance



COMPETITION TIME

For your chance to win the Front Cover Competition get your entries for the Spring Issue to us by the end of February 2019. You can post your pictures and photos to the office, email them or hand them to a member of staff.

