



powys people first
pobl gyntaf powys

WINTER NEWSLETTER 2015



FRONT COVER BY ED SLANEY

LEARNING DISABILITY WALES CONFERENCE

Clare, Tina, David and Phil attended the Learning Disability Wales Conference in Newport in November. One of the highlights was Hijinx Theatre Group. They did a short drama about a young man staying with his grandparents. They did not want him to go out on his own. They asked the audience to stop the performance when they thought he wasn't speaking up enough. David was the first person to shout out and he was invited up on stage to play the role. He spoke up and argued with the grandparents saying he had a right to go out and be independent. Tina also spoke up and was invited up on stage.

Students and staff from Derwen College also spoke about what they do at their residential college .

David and Phil went to a workshop on Direct Payments, whilst Clare and Tina went to a Tai Chi and relaxation workshop.

There were a lot of stands to look around at the conference from various support organisations, colleges and other organisations. We all agreed we had an interesting and enjoyable time at the conference.



AMBULANCE TRAINING

In October, Mandy Jenkins from Welsh Ambulance Services came to speak to the Brecon group at our Drop In.

She talked to us about the right time to call an ambulance. Mandy gave a presentation, which was fun and we all took part in a quiz to help us learn.



Darren volunteered to help Mandy with her presentation. Mandy gave some handy freebies to us.

Next year we hope to take the presentation to the Newtown, Machynlleth and Welshpool groups.



YSTRADGYNLAIS HAS A NEW DROP IN!

We held our first Ystradgynlais drop in at the Youth Centre on Tuesday 17th November 2015. We were very pleased to see so many people turn up on such a wild, wet and windy day.

The terrible weather didn't stop us having a lovely afternoon. There was lots of chatter, tea/coffee drinking and playing of games. The group cooked some lunch together in the kitchen which everybody enjoyed.

Exciting ideas from the group for future sessions include bingo, dancing and quizzes. If you have any more ideas, please get in touch. The next Ystradgynlais drop in, at the Youth Centre, will be Tuesday 19th January 2016. Come along between 12.00 - 4.00 p.m.

CAMPAIGN GROUPS

John Forsey attended our Joint Campaign Group meeting in September. He answered questions on bus transport in Powys. We were invited to a Community Transport Forum meeting in Llandrindod, in December. We talked about what we want to say at the meeting. We feel it is important for both campaign groups to get together every few months to discuss what we are doing and we will meet again in December.

In our Brecon meeting we also talked about Changing Places toilets campaign. We are trying to get the toilets in Builth Wells converted. We are also looking at starting a campaign against the possible removal of 10 pin bowling from the Brecon Leisure Centre.

In our Newtown group we have been talking and sharing our experience about bullying on public transport. We wrote down our personal experiences to contribute to the Powys People First's Hate Crime on Buses Campaign. If you experience Hate Crime, please tell someone you trust.



LLANDRINDOD WELLS

We have had good attendances at our Drop In sessions. We have talked about Community Transport and the Learning Disability Wales Conference at our self advocacy meetings. We spent time in our last music session talking about Stella who recently passed away. It was an opportunity for everyone to remember Stella who was a much loved member of the group.



BRECON

PCSO Karen Clarke talked to us about Pegasus and Hate Crime. There are over 150 people in Powys now registered on the Pegasus scheme. She explained how useful being a member of Pegasus is. She brought some more forms for people to join and gave us some useful information about reporting Hate Crime and where to get support. We enjoyed it very much.



YSTRADGYNLAIS - SEE PAGE 3

YSTRADGYNLAIS HAS A NEW DROP IN!!

NEXT MEETING -

TUESDAY 19TH JANUARY 2016

WE HOPE TO SEE YOU THERE!



LLYSWEN

Our last session was filled with pop and classical music, moving the parachute to the different sounds and rhythms. This was very relaxing. We turned the lights down and put fairy lights under the parachute, they were very pretty and nice to look at. We also played fast and slow rhythms with instruments and played along to some pop music.



MACHYNLLETH

We have been talking about the lack of support and services for people with Autism. We had a meeting with Dr Nicola Jones Psychologist to find out more about Autism and to voice our concerns. After our meeting in November, we went out for a social to the Taj Mahal in Mach for a winter warmer curry. It was good fun!



WELSHPOOL

Hannah from the Mid Wales Fire Service came to our meeting. We watched a film and talked about how to prevent a fire in your home.

It was cool trying on her Fire Service uniform. We enjoyed our visit to the Elan Valley visitors centre. The treasure hunt was fun!



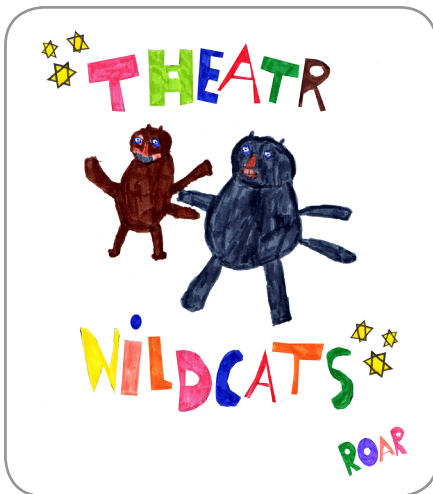
NEWTOWN

We have been talking about starting a Young People First group. The Mid Wales Fire Service visited our group. We learnt about fire hazards and how a fire starts. In the event of a fire - GET OUT, STAY OUT, CALL 999 AND ASK FOR THE FIRE SERVICE. We have also been talking about voluntary work and different jobs we would like to try.



LLANIDLOES

We had some very sad news that David Lewis passed away in November. We will miss having David in our group. We had a session all about autumn. We took it in turns to put our hands into a large basket full of autumn leaves to feel for and find conkers, cones, twigs, flowers. We used instruments to play rhythms. We would like to welcome John and Peter to our group.



THEATR WILDCATS UPDATE

Following on from the success of Highs and Lows (Theatr Wildcats summer performance), The Theatr Wildcats have been working hard to put on a Christmas show at the Powys People First Christmas Party. The group have been creating different performances for everybody to enjoy at the Christmas Party! Expect singing, dancing, jokes, poems and a lot of tinsel!!



The group are planning on developing a new show for next year which will get the audience out of their seats – time for you lot to get involved! Watch this space for updates!!

Merry Christmas from all the Wildcats!!

POWYS PEOPLE FIRST 2015 CHRISTMAS PARTIES!!



Don't forget our Christmas parties.....

North Powys - Wednesday 9th December - 6pm - 8pm - Plas Dolerw, Newtown - £4.00 (bring a plate of food)

South Powys - Thursday 10th December - 5pm - 9pm - Brecon Rugby Club - £5.50 (to include buffet)

RSVP - 01874 622240



CREATING TOGETHER BY JULIE DEVEREUX

I like to come to Creating Together, I have enjoyed making Christmas cards and baubles. We go out for Christmas lunch at the end of the year, which is really good fun. I like to attend every week and make all sorts of nice things. Attending Creating Together gives me the chance to meet up with friends and have a cuppa!

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Creating Together has had a fantastic year in 2015 and all the staff would like to congratulate all their members for their hard work and effort throughout the year. You have all contributed to making Creating Together a colourful, creative and captivating group of artists!

Merry Christmas and a Happy New Year from all at Creating Together!

YOUNG PEOPLE FIRST - NORTH POWYS

Danielle and Candis organised the first North Young People First. The social took place at the Black Boy pub in Newtown in November. We had drinks and chatted to friends. We are planning another Young People First social in the New Year. Any ideas please let Candis and Danielle know, cheers!



MEMBER PROFILE - BRIAN WILLIAMS

My name is Brian and I live in Llyswen. I go to the Brecon Drop In every month and to Creating Together on a Wednesday.

I wanted to let you all know that I have received three letters from the police thanking me for handing in items I have found. I have found keys, a crowbar, a prison card, a police card and a bank card.

The first item I found was a crowbar in 1994 and the most recent was a prison card. I have met with three Brecon PCSO's called Karen, Leanne and Simon.

I am waiting to go to Brecon Police station in January 2016 to be thanked in person for all my hard work.

I have also got four medals for competing in the Bob Cook games. I have one Bronze and three Gold medals!! I compete every year in the games which take place in Swindon, I really enjoy it!



COMPETITION TIME - WELL DONE

Ed Slaney from Brecon is the **winner** of the Front Cover Competition and a £10 gift voucher.

For your chance to win get your entries for the Spring Issue to us by the end of March 2016. You can post them to the office, email them or hand them to a member of staff.



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