



powys people first
pobl gyntaf powys

WINTER NEWSLETTER 2017



THE OUTDOOR PROJECT SUMMER 2017 - MORE INSIDE!

OUTDOOR PROJECT SUMMER 2017

This summer Powys People First held a Healthy Lives pilot project – members enjoyed a range of activities in lots of different locations. We hope you enjoy the photos and some highlights!

Llangorse Lake – Walking and bird spotting in the bird hide with Cardiff People First, led by Brecon Beacons National Park walk leaders. On another visit we took part in a Treasure Hunt.



Craig-y-Nos Country Park - Accessible walk around the park, team building games and birds of prey.



Everyone who took part really enjoyed themselves, enjoying the great outdoors, learning new skills, making new friends and getting fit and healthy. Well done to everyone who joined in.



OUTDOOR PROJECT SUMMER 2017



Centre Celf and Lake, Llandrindod Wells

Healthy cooking workshop and geo-caching around Llandrindod Wells Lake



Newport Wetlands

Visit to Wetlands Centre to learn about birds, walk around the wetlands



Danywenallt Youth Hostel, Talybont - on-Usk

Outdoor skills, map reading, pitching a large bell tent and a challenging walk



Pen Y Crug, Brecon

A hilly walk up to the top of the Crug above Brecon with amazing views, excellent fitness from all members!





LLANDRINDOD WELLS

With the campaign group and help from members in North Powys, we have been doing important work with Barod who produce easy read documents. We have helped them to understand what people with a learning disability need to feel confident and able to attend meetings, conferences, appointments. We look forward to seeing what Barod will produce.



BRECON

Brecon self-advocacy group has enjoyed visits from local community police officers. They have kept us informed about Hate crime. We visited Brecon fire station. In the New Year we are going on a visit to the police station.



YSTRADGYNLAIS

We had a visit from local community Police Officer Dan. Dan explained about Pegasus and mate crime. We decided that David (All Wales People First representative) should explain Pegasus at the next All Wales meeting and try to get it all across Wales as it only works in Dyfed Powys at the moment.



BRECON COMMUNICATION GROUP

We welcomed new members from day services which is wonderful. We explored sounds, smells and the feel of the seaside. We enjoyed musical instruments kindly lent to us from Brecon Town Band. The autumn session was great fun and we decorated fir cones and especially enjoyed the leaves on the parachute.



MACHYNLLETH

Nerys has now finished college and is enjoying her voluntary work in the Red Cross shop. Rosie invited all our group to her 60th Birthday party at Llanbrynmair. There was lots of singing and dancing. Jonathan is really pleased that he now has a personal assistant to support him in the community. After our People First meeting, our social friends group went out for a Christmas curry at the Taj Mahal. We all enjoyed being with our friends and the food was great.



WELSHPOOL

Some of our group are upset that their voluntary work at Cae Post recycling has now ended. Rhian had volunteered for over 17 years. We talked about why we had liked volunteering and how important those memories are to us. We welcomed Antony to our group. He talked to us about his job with Welshpool Town Council, which involves gardening and keeping areas of the town tidy.



NEWTOWN

Candis brought in her colourful rag rug and explained to us how she made it. Jane and Danielle talked to the group about how they care for their pet cats named Misty and Harry. They enjoy the responsibility of looking after them. Gary talked to us about keeping fit like walking, eating healthy food and the gym. Danielle recited two of her poems to us.



CAERSWS (LLANIDLOES)

We now meet at Caersws village hall. In our autumn session, we felt different leaf textures. We put our hands in a basket of leaves to find pine cones, conkers, and acorns. Philip and Mervyn were good at finding them. Sian sung "Amazing grace". We knocked down bottles with a large ball. Gareth knocked the most bottles down. Handel found this activity funny. Our group were invited to Handel's 60th Birthday party.



Theatr Wildcats present -

Fairytales in Reality



Wednesday 13th December 2017 - 7.00PM

Theatr Brycheiniog, Brecon

TICKET PRICE - £6.50 - available at Box Office or call 01874 611622

Come along on a magical ride through some of your favourite fairytales with Theatr Wildcats! The performance explores 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 this piece is sure to make you smile, dance and truly think about your choices in life.

An inclusive theatre company - group members use drama, music, movement and dance as a way to get their voices heard

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



CHRISTMAS PARTIES 2017

We are really looking forward to this year's Christmas parties!

Welshpool - Thursday 7th December
6.30 - 8.30
Welshpool Methodist Church Hall

Brecon - Monday 11th December
12.30 - 4.00
Brecon Workman's Club



TRIP TO BRECON FIRE STATION

This December Brecon People First visited the fire station in Brecon. It was a great success and the morning was very well attended.

Members had the opportunity to try on the firemen's outfits and helmets. We were shown around the fire station and fire engines. We then had a go at using the hose from the fire engine.



ENGAGEMENT FORUM

At the Engagement Forum we get a chance to talk about things that are important to us. Members from north and south Powys come to the meeting. Social Services and Health also attend. In this meeting it is important for us to speak up about things that matter to us, to help things change.

At the last meeting we showed our film about Hate Crime on public transport. The film was all about the experiences we had when travelling on transport in Powys. We made the film with the help of the Police in Brecon. The people at the meeting said it was important for us to share the film and that the people on the film were very brave to talk about their experiences. We told them about the importance of speaking up. We talked about the importance of reporting Hate Crime.

ALLOTMENT UPDATE

The Welshpool group have now secured a Welshpool town council allotment, in the hospital grounds. Some of our group are interested in having a micro plot, where they can grow a small quantity of vegetables and flowers. The large plot has needed a lot of work to clear the ground of weeds and to get it ready. We held a drop in morning where members could have a look around the allotment and have a go at planting, weeding and sowing vegetable seeds.

Please speak to Debbie if you would like to get involved.



COMPETITION TIME

For your chance to win the Front Cover Competition get your entries for the spring Issue to us by the end of March 2018.

You can post your pictures and photos to the office, email them or hand them to a member of staff.



COMMUNITY FOUNDATION
IN WALES
SEFYDLIAD CYMUNEDOL
YNG NGHYMRU



Powys