



powys people first
pobl gyntaf powys

SPRING NEWSLETTER 2016



POWYS PEOPLE FIRST AT THE SENEDD, CARDIFF

HERIO - A JOLLY TO THE SENEDD

The Herio group has decided to do training around why and how to vote. As part of the training there was a visit to the Senedd. The day involved a tour of the Senedd and a workshop about the devolved powers in the Welsh Assembly. Members from Powys and Carmarthenshire People First attended. We learnt about the history of the Senedd. We found it fascinating and very interesting. We also watched some of the questions to the Deputy First Minister. We could listen in and watch on special screens in front of us. Kirsty Williams our local AM for Brecon and Radnorshire asked a question about waiting times in GP surgeries.

We then went over to the old Assembly Building to a workshop around the 21 devolved powers in Wales. We watched a video on "why you should vote", which stars our very own Darren Locke. All of us who went will hopefully attend the training days we have planned. The training days are taking place on Thursday 24th March in Brecon and Tuesday 5th April in Newtown. Please call if you would like to attend. We all had a really enjoyable day in Cardiff Bay.



ALL WALES PEOPLE FIRST MANIFESTO LAUNCH AT THE SENEDD

On Tuesday 23rd February we had a good day out at the Senedd. There were lots of People First Groups there with stalls. The Manifesto was launched by Joe Powell who is the Director of All Wales People First and Kirsty Williams AM who sponsored the day at the Senedd. Powys People First exhibited their Life Stories Project, telling the stories of older project members through creative work.



CAMPAIGN GROUPS

We have held one meeting of the Brecon Campaign Group where we had a visit from Bets Ingram from Powys Council. Bets is working on the Strategic Equality Plan and wanted to ask us some questions about what disadvantage feels like.

We have also held two meetings of the Joint Campaign Group which has members from north and south Powys. In the December meeting we talked about the work we have been doing in North and South Powys as well as Herio and the All Wales People First Manifesto launch.



SPEAKING UP SESSIONS

In January we started working with a group of 6th formers from Penmaes School in Brecon. We are doing some work around Speaking Up and Assertiveness.

Some of the young people will leave school in the summer and will experience big changes in their lives. The sessions have been planned to help the young people talk about their futures, their hopes and their worries.

The group has taken part in discussions and roleplay and listened to speakers who talked about Advocacy.

The sessions have been very valuable. This week we are going to film the group talking about their future. We will show the film at Penmaes School and also give all who took part certificates of attendance.



LLANDRINDOD WELLS

The Drop-Ins are a fun and lively place to meet friends. We enjoy Darren's circle games and the healthy cook and eat. In the self-advocacy meeting we talked about what we thought was good and not so good about Powys People First, this will help with planning for the future. We completed questionnaires about voting for Mencap who are trying to get more people with learning disabilities to vote in elections.



BRECON

We continue with healthy cooking, playing games and socialising. We had a visit from Carmarthenshire People First in January. They are part of the Herio group and they did some filming for the election training. They asked us about why we vote. In April the Drop-In will be at The Muse in the centre of Brecon.



YSTRADGYNLAIS

We have had a couple of enjoyable Drop-Ins this year. We have made healthy lunches together for everyone to share. We did a quiz in January and did parachute games in the February session which everyone seemed to enjoy. In the meetings we have talked about what we have been doing and we also discussed what we would like to do in future Drop Ins.



LLYSWEN

Since Christmas we have had 2 group sessions. In the February group we did a sensory story using musical instruments to tell the story. This was great fun and enjoyed by all. The March session was themed around St David's Day with the group enjoying Welsh cakes, singing and Welsh choral music and painting dragons.



MACHYNLLETH

We talked about why some of our group feel anxious about visiting their Doctor. We want our Doctors to be friendly, to give us enough time to talk and to take their time when explaining, so that we understand. After our meeting in February, we went to the Taj Mahal in Mach for Eleanor and Jonathan's Birthday. It was good fun!



WELSHPOOL

Robert Robinson, the Welshpool Town Clerk talked to us about Powys Council cut backs on local services. He explained to us about the services that the town council have saved, including Meals on Wheels and the Day Centre. Welshpool People First were presented with a £400 cheque from the Bob Jones Memorial Fund at the Welshpool Town Hall.



NEWTOWN

Danielle brought in her keyboard and played tunes that we had to guess. We also had a go at playing the keyboard with Danielle's help. Candis brought in her notepad for us to look at her drawings. We all took part in a Powys Council Survey about Dog Mess in Powys. The Survey will help the council to target the worst affected areas in Newtown.



LLANIDLOES

We would like to welcome two new members to our group, Medwin and Simon. In our last meeting we all joined in with parachute games. Then we all chose a percussion instrument to play. We took it in turns to create a rhythm then we all copied the rhythm together.



THEATR WILDCATS UPDATE

Theatr Wildcats performed their Christmas Show at the Powys People First Christmas Party. There was singing, dancing, jokes and a very good Elvis impersonation and everyone seemed to really enjoy the entertainment!

The Wildcats are now back to work on their next performance which they plan to take to Newtown and Brecon in the autumn. It looks like it will be a fairy tale, but with a story that will mean something to all of us. More details to follow!



LIFESTORIES

We have been working on our Life Stories project for the last 2 years. Some of the older members of Powys People First have been sharing their memories of school, home, family and work. Some of the memories are written, some are on film, with lots of photos and some poetry. We have also gathered art work, drawings and paintings, favourite bits of music, knitting, medals and certificates. Even a football which holds a special memory for one person.

Recently, we went to the Senedd in Cardiff and took our Life Stories work. People who looked at our exhibition were really impressed and we had lots of positive comments. We will exhibit the Life Stories work this summer and are looking for a venue to show off our fabulous exhibition. We will also be producing a booklet that people can take away.

creating together

We are very proud of all the work that Creating Together and it's members have achieved over the past six years. Creating Together has been such a successful project, with many of you taking part and learning new skills.

We are very sad to report that Creating Together unfortunately did not receive further funding, therefore the project was unable to continue.

We hope you all enjoyed your time in the Creating Together workshops and at the Home and Meet Together sessions.

A big thank you to all of you who took part in the Creating Together workshops. Thank you to the fabulous creative staff team - Cate, Dave, Gayle, Mark and Tracy, we will miss you all! Enjoy the memories below!



MEMBER PROFILE CANDIS PENNY - NEWTOWN

Hello my name is Candis. I live in Newtown with my parents. I like going to the Newtown Powys People First and meeting my friends there. This year I helped to organize the first North Powys Young People outing at the Black Boy Pub in Newtown.

In the week I attend Castel Y Dail Day services in Newtown. We make Jams and pickles to sell there. We also sell kindling wood and plants.

I like animals especially horses they are my favourite. I used to go horse riding for the disabled. I would like to start riding again soon.

My ideal job would be to work at a vets or kennels. I like collecting tawny owls and porcelain dolls. I also like doing jigsaws and going clothes shopping.



COMPETITION TIME

To enter the Front Cover Competition and have the chance of winning a £10 gift voucher. **Send your entries for the Summer Issue to us by the end of June 2016.**

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



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