



powys people first
pobl gyntaf powys

NEWSLETTER SUMMER 2019



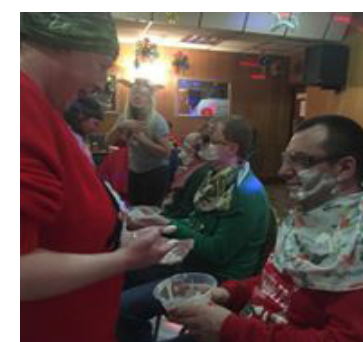
Art work by
David Whittle

EVENTS PAGE

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CHRISTMAS PARTY

It seems like ages ago, but we had our Christmas Party back in December. What a night it was! We had lots of fun with the Healthy Lives games, a raffle and amazing disco by Timmy B. Then to top it off Rob Davies, Paralympic Champion gave an inspirational speech and judged our Christmas outfit competition. It was great to see everyone laughing, dancing and enjoying the buffet.



POWYS BIG MEET UP

In March we held a Powys wide self-advocacy meeting, supported by All Wales People First. It was a great day with all members able to meet up and speak out. We discussed the importance of self-advocacy and the possibility of a changes project. The day was then finished with a performance by Theatr Wildcats.



THE HEALTHY LIVES PROJECT



Hello readers,

The Healthy Lives Project has been having lots of fun in and around Powys and beyond.

The first group has completed their course successfully in Brecon, Hooray!! Well done to everyone who took part, you were awesome.

Now the Builth Wells/Llandrindod group are working hard to pack lots of learning and trips in before sadly their course will come to an end in June. We will be holding a celebration evening of their achievements where they will make the food and perform the songs they have learnt to the audience.

So far both the groups have enjoyed lots of walking, learning how to cook healthy food, yoga, singing together, making new friends, learning how to be assertive, making bread at Talgarth Mill, how to look after their bodies and minds, camp fire skills with Tir Coed at Elan Valley, museum visits, seaside trips, staying at a youth hostel and soon a summer camp!!!! Its been busy, but its been great fun.

In the summer we will be doing some day trips, if you would like to join the group or come and meet us we will be happy to make you feel welcome



Keep healthy, keep Happy.

ALL WALES PEOPLE FIRST

David Whittle was voted in as your representative at the National Council Meetings, for the next two years. David attended a two day residential in January where they discussed the core values of All Wales People First. Then at the April meeting the members spoke about the LGBT community and people with learning disabilities and how they are represented and treated.



LLANDRINDOD WELLS



We have been talking about transport and the fact buses are cancelled or routes have been changed without asking anyone's opinions or letting people know. All Wales People First have a petition around changes in transport and proper consultation so we have supported this. We have also been discussing getting paid employment and the struggles some people have faced. We have also been working towards the art exhibition.

BRECON



The sensory group has been meeting each month and is growing which is great. We have been doing activities exploring the different senses. This is great fun, especially our touch activities where members have to guess what is in the 'sock'. The group enjoy the music side of the sessions, with a different theme to the music each time. Of course they have also been contributing to our art exhibition with flowers, hand leaves and photos.

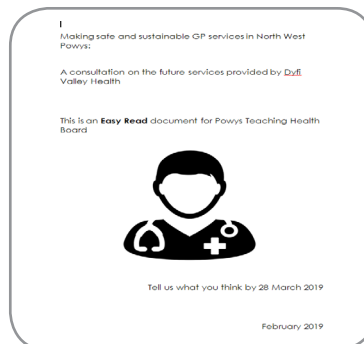


In the self-advocacy session we have been looking at changes that happen in our lives. This can be leaving school, moving out from a family home or getting a job. The group discussed who supported them and was it enough and if not what would happen differently if they had to do it all over again. The group has also been talking about matters close to them.

YSTRADGYNLAIS



It has been a success starting the group again and now meet every month. We have discussed a range of topics and the members have decided how they want the groups to run including group rules. As we hold the meeting in the Ynyscedwyn Arms, one month we all had a carvery after the meeting together which was very yummy! The group have also been contributing to the art exhibition, creating flowers, poems and videos.



MACHYNLLETH

The group have been discussing an NHS consultation about possible closure of a doctor's surgery near them. They have also been discussing day services, who attends and who does what. Eleanor has been continuing her work with Hijinx and will be performing in Cardiff with them in October with their performance 'Into the light'. Other members have been putting together the local magazine 'Here and now'.



WELSHPOOL

We have been discussing how the members like the group to be run and what they would like in the future. We also talked about changes, day services and Powys People First events. The members said they enjoyed the groups as a great place to share experiences and be accepted. We worked on the art exhibition creating hand leaves, flowers and discussing what makes us the same and different.



NEWTOWN

Due to Rosie temporarily running the North groups, the dates have had to be changed. So it has been difficult in Newtown to get all the members together. However, during the meetings we have had great discussions around day services, daily life and keeping fit. The members also spoke about best times and days for the meetings. Members spoke about volunteering which is enjoyable but would also like paid employment.



CAERSWS

The communication group has been great fun. We have been looking at music and how it makes us feel. Members have also been using ball games and the parachute to learn names. Mervyn treated the group to a beautiful poem written many years ago by his father. The group have been creating wonderful art work to go into the exhibition, things that make them happy and sad and hand leaves.

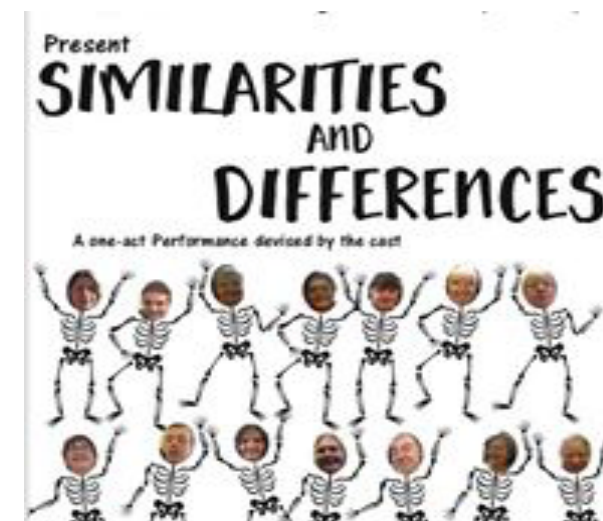
ENGAGEMENT FORUM MEETING

We attended the Engagement Forum in February; this is a meeting with Powys Teaching Health Board, Powys County Council, Powys People First Members and carers. The meeting was attended by Joe Powell, CEO of All Wales People First. Joe and David presented to the forum about the importance of Self-Advocacy and funding. The group also discussed possible future speakers and subjects, like easy read information, North Powys project and social care updates.



THEATR WILDCATS

During February Theatr Wildcats went on tour around Brecon. They presented their show 'Similarities and Differences' to Penmaes School, Brecon High School and a public performance at The Guildhall. The performance was a great success, with good feedback. It was great to interact with High School students and promote the group within the community. The show was about everyone being accepted no matter how different. A huge well done to the group for three such fantastic performances. A big thank you to all those who helped.



SIMILARITIES AND DIFFERENCES

an art exhibition

25 May - 29 June, Andrew Lamont Gallery, Theatr Brycheiniog



- What makes us all the same?
- What makes us all different?
- Do we all deserve respect?

These are the questions we have been exploring through the Powys People First self-advocacy groups and Theatr Wildcats. Are all people the same whether they have a learning disability, a teenager or older person? Using video, photography, self-portraits and sensory experiences the artists explore the themes of similarities and differences.

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COMMUNITY FOUNDATION
BY WALLES
SEFYDLIAD CYMUNEDOL
YNG NGHYTHRU

2019 GROUP DATES

Llandrindod Wells: 17th June, 8th July, 19th August, 9th September

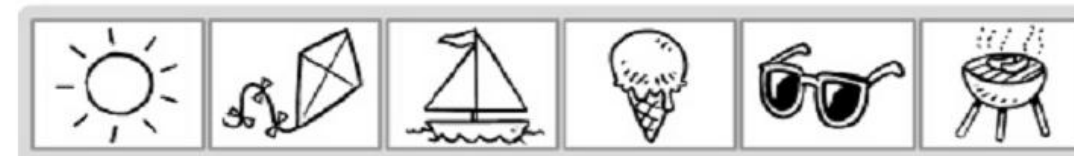
Brecon: 18th June, 16th July, 20th August, 17th September

Ystradgynlais: 11th June, 2nd July, 6th August, 3rd September

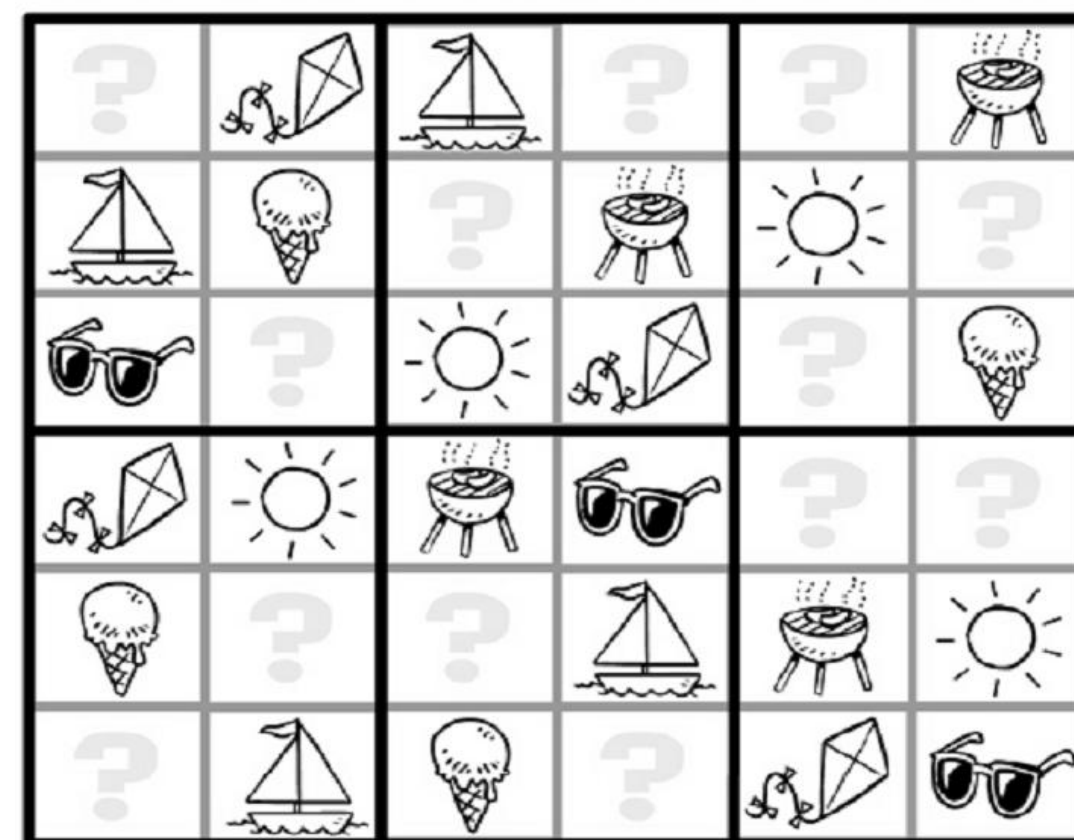
North Groups: Welshpool, Caersws, Newtown and Machynlleth

We are very pleased to say 'A Voice For You' (based in Newtown) will be running our North Self Advocacy groups. Shirley and Angela, who many know from their advocacy work and social club are currently looking at future dates and venues. As soon as they have all this in place will we let you all know the date for the next meeting.

Summer Fun Sudoku



Fill in the pictures below, so that every row, column and section contains only one of each ...



COMPETITION TIME

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

