



powys people first
pobl gyntaf powys

WINTER NEWSLETTER 2016



FRONT COVER BY ALISTAIR HARGEST

CHRISTMAS PARTIES

This year's Christmas parties were a big hit! We had fantastic turn outs in both Brecon and Newtown!

Both groups were treated to amazing performances in our Powys X Factor competitions, well done everyone. We enjoyed a lovely buffet and there were some fantastic moves on the dance floor. We hope you all had a lovely evening – Merry Christmas and a Happy New Year!



ENGAGEMENT FORUM

We have continued to have a presence at the meetings with 5 members attending and David Whittle co-chairing the meetings. In September we had a presentation on the Return to Home Project which may support people living outside of Powys to return nearer to home.

In November we had 2 presentations. The first was about the Blue Badge Engagement Plan which is looking at making savings of £175,000 from car parking in Powys. The second speaker was Dave Moody who is the Contract Monitoring Officer, he answered questions we had prepared on how monitoring is carried out, how often it happens and how service users are involved in it. We continue to have updates on changes happening in Powys such as the Day and Employment Project which is taking place in 3 stages.

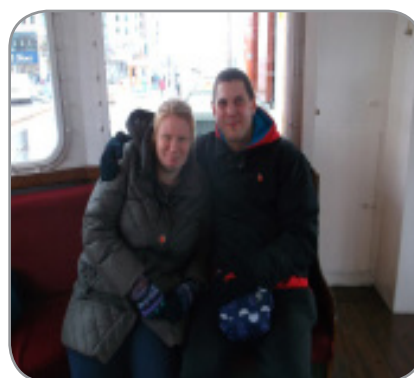
A POWYS PEOPLE FIRST WEDDING

Our very own Clare and David got married on Saturday 15th October 2016. They had a fabulous day surrounded by friends and family. The couple looked fantastic, as you can see from their photo whilst cutting their lovely cake.

David and Clare travelled to Bournemouth for their honeymoon.

They went to Weymouth for a day trip, enjoyed meals out and time on the pier. They also went on a boat trip and went on a steam train.

We all wish Clare and David the very best!



CAMPAIGN GROUP

John Forsey attended our July Brecon meeting. He answered questions about transport in Powys. These questions were about mobility scooters on buses, new bus service to Swansea and the phone app. We also showed him the Hate Crime film we made about bullying on buses. In the September meeting we talked about the consultation exercise on what people want in future from Powys People First. We will use the results to apply for Lottery funding. We have also held some Joint Campaign meetings in Llandrindod. In August

we talked about Herio and the I Belong film we were making. In November Darren Locke did a presentation on how to be an effective campaigning organisation.



LLANDRINDOD WELLS

We had visitors from the Newtown and Brecon groups at our last meeting. Neil, Lydia and David made wraps for us to eat. They tasted lovely everybody had a taste. We also had a music session with Phil and Kylie, we played with the parachute, and we all had a turn at playing instruments and drumming. It was fun. David and Darren both showed their films to the group.



BRECON

Our last meeting of the year was held in the Powys People First office. We had a full office on the day catching up with old friends and meeting some new ones. The meeting was lively and we all shared our news.

Brian showed us his parish magazine which he had been featured in. We all liked his photos.



YSTRADGYNLAIS

We had lunch at Merlins in Ystradgynlais. We all shared our news. We talked about where we would like to hold the next group meeting. Some people said they liked the New Life Church, some said the library. Alison said she would find out and let every know where and when the next meeting would take place.



LLYSWEN

Recently in Llyswen we did a feely box session where different objects were hidden in a box of hay. The group members had a lovely time feeling around for things hidden in the hay. Angela found squeaky toy which she thought was very funny. Morgan is pictured with his find. Clare our photographer has caught everyone in the act!



MACHYNLLETH

We have been talking about how our friendships make us feel we belong. You can have a laugh a joke with friends. You might be feeling upset or just bored, but they will understand you and still want to be your friend. Machynlleth Day services is a place where some of us feel we belong. Powys People First have been making a film about "I Belong". Our social friends group went out for a Christmas curry at the Taj Mahal in Mach. We all had a great evening.



WELSHPOOL

We hosted a Young People First evening in Weshpool which was well attended. We had a fun evening of singing and dancing to Mark playing his ukelele. Danielle also played "name that tune" on the piano. Robert won a prize for the best dancer. We talked about how self-advocacy has helped us. When you speak out about what is important to you, it can make you feel better, it builds up your confidence.



NEWTOWN

Rachel from PPF came to our Newtown meeting to film some of our members talking about how they feel they belong. Danielle was filmed playing an Adele song "someone like you" on her key board. Danielle also talked about how playing music and writing poetry makes her feel good. Candis was filmed talking about how family and friends make you feel you belong. Jane was filmed talking about how important her cat Harry is to her.



LLANIDLOES

We had an autumn themed session we took it in turns to feel the different leaf textures. We put our hands through leaves in the basket to find cone, conkers, winged seeds and acorns. Philip and Gareth were good at finding them. Simon and Medwyn brought in a cool hedgehog they had made out of a potato. Sian sung her favourite song to us "Amazing grace".

THEATR WILDCATS

It's been a very exciting and interesting few months for Theatr Wildcats. We performed our play 'I believe I can fly' in Brecon and Newtown. The performance used drama, dance, poetry and film, taking the audience on a colourful and thought-provoking journey discovery. We had great audiences and a fantastic review in the B&R! Well done to everyone involved.

After the performance we had a few changes in the running of the group. Rachel Philbrick who set up and ran Theatr Wildcats stepped down from her role to become the senior advocate with BCA. Rachel has built a wonderful theatre group and will be missed by all (although I'm sure she will keep an eye on us). Rosie Mellerick-Wheeler who started volunteering with the group two years ago has stepped into Rachel's shoes as the group's facilitator.

During the last few weeks the group has been workshopping various drama techniques and looked at pantomime, mime, Christmas songs and poetry. The Wildcats gave a fabulous performance at the Powys People First Christmas Party.



GOODBYE AND GOOD LUCK!

This Christmas we say goodbye to two members of staff. Mike and Darren have both worked with Powys People First for many years. We will miss them both very much and wish them the best for the future. Thank you Mike and Darren for all your hard work and contributions to making Powys People First the organisation it is today. Good luck!



EVERYONE LOVES CAT!

On Monday 19th September we at Powys People First held our annual Trip. This year we all met at Centre for Alternative Technology in Machynlleth.

The day was well attended and every one was excited at travelling on the water lift funicular. It was very steep and went quite high there was lots of laughter and chatter.

We held a meeting and everyone had a chance to speak. After lunch we went around the centre exploring. We went into a large tunnel to learn what it is like inside and how creatures store their food. There was an enormous mole larger than a person(which was not real). It was very dark inside the tunnel and there were shouts and screams of laughter as people bumped into each other.

We saw different ways of using water and wind to make electricity. One of the best parts was a large obstacle course that people enjoyed. Everyone encouraged each other to swing on ropes and go on balance beams, there was also an electric motorbike you could sit on.



AN UPDATE FROM BRIAN - BRECON

Brian has recently featured in his local community magazine – he is becoming rather famous! Brian wanted to share his article with Powys People First.

In the article Brain talks about the 5 most precious objects in his life –

- The Gold Medals he has won at the Bob Cook Games. This year he won medals in the 400m, 4 x 100m, 60m and the Obstacle Course.
- The Letters he has received from the police, thanking him for the items he has found in his village and handed in to the police.
- Roxy – Brian's rescue cat – who is excellent company and likes watching the birds with Brian.
- Brian's Model Trains – the 125 is Brian's favourite and it is very fast.
- The President's Recognition Award for Courage – Brian was presented with this award by the Brecon Lions when he lost his second leg. Brian campaigns against Hate Crime and Bullying – he says 'people should never be abused'.

Well done Brian – we are all really proud of you!



COMPETITION TIME - WELL DONE

Alistair Hargest 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 2017. You can post them to the office, email them or hand them to a member of staff.



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