



**powys people first**  
**pobl gyntaf powys**

**WINTER NEWSLETTER 2014**



**FRONT COVER BY TRACEY HAGLAND**

## CHRISTMAS PARTY 2014

Powys People First held their annual Christmas party at Brecon Rugby Club on Tuesday 9th December. There was a great turnout and a fantastic time was had by all. Powys People First Members provided the evening's entertainment by participating in Open Mic sessions. There were lots of different performances showcased; we were treated to a wonderful range of acts from poetry, dance and comedy to art work on display. A massive thank you to Brecon Rugby Club for the lovely buffet and to Darren Locke for organising a fabulous party to celebrate the festive season. MERRY CHRISTMAS EVERYBODY!!



## BINGO EXTRAVAGANZA!!

In October Powys People First held their first bingo evening at the Conservative Club, Brecon. The evening allowed everybody to come together, socialise, have fun and raise lots of money.

James did a fantastic job as our host and bingo caller. There was also a raffle, with a wide range of exciting prizes, all kindly donated by local businesses, Powys People First are very grateful for this support from the local community.

A total of £202 was raised for Powys People First!!



Thank you to everybody who supported this successful event. A special thanks to Claire Cooper and Alison for organising the evening and to Brian and Val at the Conservative Club for their hospitality. We are already looking forward to the next event!!

### ALL WALES PEOPLE FIRST CONFERENCE

Danielle Pelling, Darren Locke and James Hampton went to the All Wales People First Conference at The Future Inn in Cardiff on the 29th and 30th September. The conference was about employment. Mark Drakeford, the Minister for Health and Social Services gave a speech on employment, and his experiences. We heard from Lesley Griffiths AM. She told us that the Welsh Government are looking at getting more people with disabilities into work. We watched some presentations and films about work experience and getting the right job. Some films were about peoples' experiences of working and the highs and lows of employment.

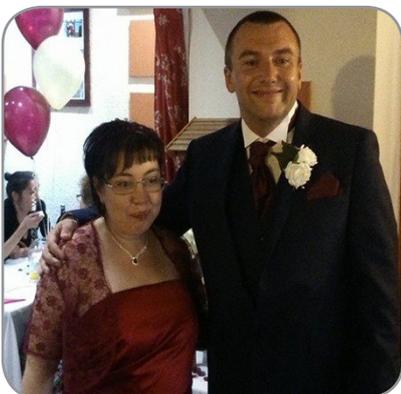
Danielle, James and others were filmed practising their interview skills. They spoke about the skills they could bring to a job and what they were good at. Everyone had lots to say. We saw the films and Danielle and James were very impressive. It was very enjoyable, it was good to meet up with people we hadn't seen for a while.



### WEDDING NEWS!!

Damian Mark Andrews married Myfanwy Evans on Saturday 20th September 2014!! The lovely couple were married by Richard Walker at St Mary's Church, Brecon.

Damian and Myfanwy's family and friends joined them to celebrate their special day. The wedding reception was held at The Gremlin where everybody enjoyed a lovely meal and a great party, including Karaoke!



Damian and Myfanwy had been friends for many years and in 2013 Damian decided to ask Myfanwy out for a meal and the rest is history!!

Everybody at BCA, Powys People First and Creating Together wish the happy couple all the best for the future!! Congratulations ♥♥!!



## LLANDRINDOD WELLS

We talked about Hate Crime and the Powys Council consultations. We have also talked about the Powys Learning Disability Partnership Board at our meetings. We have enjoyed music and games sessions. We made Christmas truffles at our last healthy eating session, which everyone enjoyed.



## BRECON

In September, we elected Beth Broad as our new Chair.

Councillor David Meredith visited us, he talked to us about the proposed changes to the Leisure Centre and answered questions from members.



## YSTRADGYNLAIS

The group are currently discussing a change of day and a move of venue to make it easier for members to attend the sessions.

We have had a great year of meetings and look forward to restarting in the new year.



## LLYSWEN

This year the group have enjoyed lots of activities including music, crafts and parachute games.

We are looking forward to starting the new, updated group in February.



## MACHYNLLETH

We've talked about Powys County Council's budget cuts. We are concerned that Pottors Recycling Centre is going to be closed to save money. We wrote a letter to our Councillor Michael Williams to see if he can help. We told him that we want Pottors to stay open, because it's good for the environment to recycle.



## WELSHPOOL

We invited Welshpool Town Clerk Robert Robinson to the group. He answered questions, and explained that the Town Council will be running some services such as the day centre for older people, Meals on Wheels and the tourist information centre. We are pleased about this.



## NEWTOWN

We talked about Mate Crime, this is when people pretend to be your friend because they want something from you. Graham Jennings, Police Community Support Officer, explained Mate Crime to our group and gave us a booklet to take home.



## LLANIDLOES

We have been using the parachute with balls and playing a percussion instrument of our choice to make up a rhythm and copy sounds.

We have been playing skittle and balloon games.



## THEATR WILDCATS UPDATE

Theatr Wildcats are as busy as ever. They are now rehearsing for their next performance, HIGHS AND LOWS, which will take place at Theatr Brycheiniog on June 26th. The Wildcats have also just starred in a video for Theatr Brycheiniog's website, which promotes the group.



We have recently welcomed Rosie, a new volunteer, who is offering excellent support to the group together with Nic, our long standing volunteer.

A very Merry Christmas to you all from Theatr Wildcats!

## HIGH SCHOOL ASSEMBLIES

In November, Claire Cooper, David Whittle, James and Alison took two assemblies at Brecon High School. They tackled the difficult issue of Hate Crime using Forum Theatre. We have received positive feedback for raising this important issue. Well Done!



## GP TRAINING

Darren, James, Mike and Jan attended a GP Training Day at Nevill Hall Hospital in November. They spoke to trainee GPs about what people with a learning disability need when they visit their GP. We discussed good communication and did some group work on how to achieve a successful consultation with your GP.



## creating together

We have been doing many exciting activities from cartoon drawing to water colours. 3 of our project members have facilitated their own candle making workshops. Nae Cook facilitated for the Howey group, Jenny Savage for the Brecon group and Tracy Evans for the Ystradgynlais group. All 3 Project Members were very good, Tracy said "I really enjoyed facilitating the class, I gained more confidence from doing this. I would love to do it again."

December has been a very festive month. We have been making mini Christmas trees from pine cones and book Christmas trees. Our members have particularly enjoyed making Penguin/Robin Christmas cards and decorating their own Christmas baubles to hang on a tree.

We would also like to welcome Gayle, who is our new Project Worker. We are really looking forward to working with her over the next year! Nadolig Llawen a Blwyddyn Newydd Dda! See you all in 2015!

Written by Tracy Evans

### CHRISTMAS CAROL SERVICE

This year's carol service will be held at St. Mary's Church, Brecon on **Wednesday 17th December** at 3.30 pm. Everybody is very welcome to join us, we look forward to seeing you there and singing along!!



## RHIAN EVANS

My name is Rhian, I live with my friends Nick and Mervyn in Welshpool. I have been a member of Welshpool People First since it started in 2009. Fantastic people at the group, I really like it.

For my birthday I had a surprise break in London . I went with Alison, a really nice person. We stayed in a hotel and visited Power Palace in Hampton Court. It was really really good. I learnt a lot about the history of Henry VIII, fascinating!

I like Arts and Crafts and going to Creating Together to make things. I love going to Powys Dance, really love it. We are practising a dance for a show soon. I like acting at Masquerade. I am the Wicked Witch in our Fairy Tale play. I have made a green witch mask with a hooked nose to wear for the play. I really love it.

Wishing fantastic people a Happy Christmas from Rhian.



### COMPETITION TIME - WELL DONE TRACEY!!

Tracey Hagland 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 2015.** You can post them to the office, email them or hand them to a member of staff.



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