



# CAERPHILLY PEOPLE FIRST

## Christmas 2012 Newsletter



### *Caerphilly People First Youth Project*

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The Caerphilly People First Youth Project is for young people aged between 16 and 25. The group's aim is to have their voices and opinions heard to give them confidence to make changes to move forward and take charge of their own lives.

Since the project began we have met up with Torfaen, Newport and the Vale of Glamorgan People First youth projects. This gave us an insight into the positive outcomes where the members are in charge of their own groups, enabling each member to speak up and have their voice heard.

Beginning in 2013 the group will be meeting every Monday evening (venue to be arranged). Over the next few pages, we will let you know in a bit more depth what it is the group does.

If you would like to know anything else about the project, you can contact Frances Hancock, Project worker, on **07903 621835** or email her at **yfrnc6@aol.com**



# Things We Will Do As A Group...



## Learn together

Choosing activities.  
Finding the right projects.  
Making it happen.



## Planning

Work in transition planning,  
working out what we will do as  
a team.  
Looking at the bigger picture.  
Working out what we want to  
achieve as a group.



## Listen to other people in the group

Sometimes we hear what people say but that does not mean we are listening.

Listening is about body language as well as hearing words.

We sometimes have to concentrate hard to hear what the other person is saying. It is ok to say you do not understand and it's ok to ask them questions about what they are saying to make sure you understand them.



## Training

Training to help people get work.

Running courses for the public or service providers.  
Self-advocacy.



## Speak up together

Learning to work with the group so you can speak up together.

Be confident—let your voice be heard.



### **Make decisions together**

People talk about choices, being in control and speaking up.

People share responsibility for making the group work.

Members run the group themselves.



### **Run projects together**

Take photos and films of our visits to other Young Peoples' groups.

Look for promotional material.

Report on new ideas we have.



### **Have Fun together**

Activities like music, dancing and eating out.

Art & games.

Competitions and more.



### **Share responsibility for making the group work**

A group is a way to meet other people.

People talk to each other about what they are doing.

Respect and value the role of other people in the group.

Write monthly newsletters.

Document the development of the group.

### **Social inclusion**

Young people are able to access equal opportunities.

Ensuring that services are responsive to the needs and aspirations of young people.

Young people are supported to have greater expectations.



**This Project is funded by  
Lloyds TSB Foundations**



# Hospital Experiences

It's the same old story—people with learning disabilities are being treated poorly in hospitals. A recent report by the Ombudsman stated that a lady with learning disabilities died in hospital because her learning disability wasn't taken into account. She was treated in a sub-par manner and things were not explained to her in a way she could understand. At a recent County Meeting, we asked our members for their experiences in hospital.

Louise said she's had horrible experiences in hospital. She wasn't given a menu to choose food from – she had to eat what she was given. Eileen agreed that the food in hospital is always terrible. Tracey asked the group if hospital staff asked permission before doing things, or explained what they were going to do. Eileen said that she wasn't given a diagnosis, and nothing was explained to her. When she was in Prince Charles hospital, she asked for a bedpan and was told that no bedpans were given out after 10 o'clock. Jamie said that when he was in hospital, the doctor came around with students, talked to them about Jamie, and didn't even acknowledge him. Tracey said that it might make people less fearful if they visited hospital a few days before, to make them more comfortable. People could also take one-page profiles in to hospital with them, to let staff know what things they like/dislike.  
**(Continued over).**



Caerphilly People First and Pan Gwent People First are doing our best to change this terrible state of affairs. Pan Gwent People First was asked by Aneurin Bevan Health Board to provide Learning Disability awareness training to staff at the new hospital in Ebbw Vale. Pan Gwent People First has trained members from 6 People First groups across Caerphilly, Blaenau Gwent, Torfaen, Newport and Monmouthshire. Members deliver the training with someone from the Community Learning Disability Team for Blaenau Gwent. Hannah and Sharon have been involved in delivering the training, and Hannah commented:

*“The training is very interesting. We allow time for the staff ask us questions. We teach them how to look out for people with learning disabilities and how to help us understand what they want to do.”*

After the training we ask people what they thought about it. So far they have said they have enjoyed it and really like hearing from People First members.





Meet the Members is a chance for readers to get to know the members who work so hard for Caerphilly People First. This month we're talking to Keri-Ann.

**Name:** Keri-Ann Willetts.

**Age:** 25.

**Where do you live?** Cefn Hengoed.

**Favourite T.V. Programme?** The Disney Channel (Hannah Montana, Shake It Up, Austin and Ally).

**Favourite Music?** Justin Bieber.

**What do you like about Caerphilly People First?** I love working in the office, doing things like shredding and photocopying.



**What do you do on the days you're not with Caerphilly People First?** I don't go to any day opportunities, I stay in my house.

**What do you like to do in your spare time?** I go on the internet and use Twitter, listen to music, go shopping, and write letters to Justin Bieber.

**What is your ambition for the future?** To work more with Caerphilly People First and to see Justin Bieber in concert!

**Do you have a message for our readers?** Caerphilly People First is great. It has helped me to become more confident and learn new skills.



# County Meeting Guest Speakers

At our December County Meeting we were joined by two guest speakers. The first speaker was Joy White, from the Aneurin Bevan Health Board, who talked about a new 'one stop shop' service which provides information to adults with Asperger syndrome or High Functioning Autism, their families and carers, within Gwent. Instead of having to make lots of calls to different organisations to get the information you need, you can contact Joy who will be able to offer advice about services (employment, training, housing etc), or identify gaps in services that need to be addressed. Joy is also available to meet with people in person. If you live in Caerphilly Borough, you can make an appointment to meet with Joy at Gelligaer surgery. She is there every Tuesday morning between 8:30am and 12:30pm and she said that, if transport is a problem, she can come and meet you. If you want to contact Joy, you can email her at: [joy.white@wales.nhs.uk](mailto:joy.white@wales.nhs.uk), or phone her on: **01633 623540**.

Our second guest speaker was Gillian Gervis, GAVO Volunteer Outreach Officer, who talked about the GAVO Sunflower Project. This is a project that gives people the chance to volunteer at the new hospital in Ystrad Mynach. There are currently 17 volunteers helping out at the hospital, and although the project is full at the moment, people can put their name down to do voluntary work in the future. Volunteers spend their time talking to patients, pampering them with hand and nail treatments, and generally helping to make them more comfortable. This is an important service because many patients have no family, or their family lives far away. If anyone is interested they can email Gillian at: [jillian.jervis@gavowales.org.uk](mailto:jillian.jervis@gavowales.org.uk), or ring her mobile on: **07774 313106**.



# Future Events

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**Thursday 17th January 2013:**

**Gwent Adult Safeguarding Board Sub-group**

**Tuesday 29th January 2013:**

**Participation Engagement Meeting**

**Wednesday 30th January 2013:**

**Health and Wellbeing Meeting**

**Thursday 31st January 2013:**

**Caerphilly People First County Meeting**



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