



Caerphilly People First *Newsletter - Autumn 2016*

All Wales People First Conference 2016

The following article about the All Wales People First conference 2016 was written by Amy Jones, a regular volunteer with Caerphilly People First:



Cyril Luke and Amy Jones at the conference

At the beginning of October, twelve members and staff from Caerphilly People First attended the All Wales People First conference 2016, held in Cardiff Bay. The theme of the conference was 'Our Lives, Our Rights'. We arrived on Sunday, the day before the conference, so we had some time to relax and get to know people from other People First groups.

On Monday we all got up at 7 am for an early breakfast, and to get ready for the big get-to-know each other meeting, which was good as we all learnt different things, such as what everyone would like to see happen with People First groups and people with a learning disability by the year 2020. Also on the first day's agenda was a presentation by Katrina Kurowski about the history of self-advocacy in Wales. On the second evening there was a disco where there was a really good DJ—we had a great time.



On the third day members attended different workshops. The choices included drama, poetry, and photography, but I chose to attend the poster-designing workshop. Also on this day people took part in a self-advocacy quiz.

This was the first All Wales People First conference I've attended, and hopefully it won't be the last. It's a great mix of important work and socialising, where we can meet people, and make new friends and contacts.



Community Voices Film Showcase

On 4th October, an event was held to showcase the success of the various Community Voices Projects. These are Big Lottery funded projects, administered by GAVO, which aim to provide people with the opportunity to have their voices heard in the development and delivery of local statutory services.

In October 2013, Caerphilly People First and Blaenau Gwent People First launched our project, which is called 'Experts Through Experience'. The project aims to expand the involvement of people with learning disabilities in the decision-making processes that affect their lives. The project also aims to inform parents and carers about how they can become involved in the process in order to influence the services received by people with learning disabilities.

In order to highlight the achievements of the various projects it was decided to produce films to feature the work carried out and the journey of the people involved. The showcase event gave people from each project the chance to come together and see the great work done by other Community Voices projects. The projects—from groups including Charter Housing, The Stroke Association, Newport People First, Royal Voluntary Service, Menter Iaith Caerffili, and the British Deaf Association—have worked on a range of issues including budget setting, accessibility issues, transport, health, and housing, and the films demonstrated this work brilliantly. Some of the projects have already ended, but our four-year project will finish in October 2017.



Sponsored Walk



On 12th August, staff and members of Caerphilly People First took part in a sponsored walk around Parc Cwm Darren. The sponsored walk, which raised over £500, was organised to pay the costs of attending the All Wales People First conference 2016.



We walked round the park twice (some quicker than others!) and really enjoyed the day and the exercise. Thanks to everyone who sponsored us.





Gwasb
Bwrdd Diogelu Oedolion Gwent Gyfan
Gwent-wide Adult Safeguarding Board

Safeguarding Training

Pan Gwent People First has been successful in obtaining funding from the Police Crime Commissioner from Gwent to deliver safeguarding training to two representatives from each People First group across Pan Gwent. The safeguarding training will teach people about different types of abuse, and how to protect yourself and keep yourself safe from abuse.

Caerphilly People First will be delivering the initial training at our base in Bargoed on 14th and 15th of December, and following this original training each group will then be given a training pack to deliver this training to their members. It is hoped that at the end of the process the training will have been delivered to 150 people in Pan Gwent.

Caerphilly People First would like to thank the Caerphilly Workforce Development Team, and also Louisa Laurent for the help they have provided in putting the training course materials together.

Student Nurses



University of
South Wales
Prifysgol
De Cymru

Caerphilly People First has once again been hosting student nurses from the University of South Wales. They have been with us getting to know more about our activities and the lives of our members. We'd like to thank Sasha, Lesley, and Jasmin for blending in so well with the team and mucking in with the work we do.

Macmillan Coffee Morning

On 28th September Caerphilly People First held a coffee morning to raise money for Macmillan Cancer Support. Staff, members and friends of the organisation attended the get-together where there were many varieties of home made cakes on offer, with the result being that we raised £53.74 for Macmillan cancer support. Thanks to everyone who baked the cakes and everyone who contributed money to this great cause.



Charitable Donation from the Freemasons

On 28th October, Caerphilly People First were invited to a presentation evening at the Freemasons Lodge in Caerphilly, where we were presented with a charitable donation of £400.

Cyril attended as the representative of the organisation, and he briefly described the aims of Caerphilly People First and the work we do.

We would like to extend a grateful thank you to Mr Alan Bye and his fellow Freemasons at the Henry Pendrill Charles Lodge in Caerphilly for choosing Caerphilly People First as one of their charitable donations for this year.

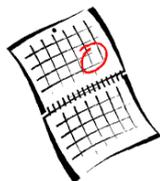
GAVO Volunteer Achievement Awards

The GAVO (Gwent Association Of Voluntary Organisations) Volunteer Awards 2016 were recently held at Blackwood Miners Institute, where one of our members, Amy Jones, received the runner up award in the 'Personal Journey' category.



Amy is a regular volunteer with Caerphilly People First and is a big part of our team here in the office where she carries out the usual office duties such as photocopying, typing, writing reports etc. Amy also attends meetings on behalf of Caerphilly People First where she is encouraged to speak up for the rights of people with learning disabilities. In addition to this, Amy provides training for the organisation including POVA (Protection Of Vulnerable Adults) and Safeguarding. Amy provides this training to many organisations and individuals, giving people a greater understanding of these issues.

Amy has been with us for 18 months in a voluntary capacity and it is obvious how much she has personally developed during this time. Amy's achievements have been outstanding and we are very grateful that Amy is a part of our team. She offers great insights and is always available when we need her experience and advice. Congratulations on your award Amy!



Future Events



Wednesday 23rd November 2016:

Caerphilly People First County Meeting

Thursday 24th November 2016:

TRAC Meeting, University of South Wales

Friday 25th November 2016:

Carers' Rights Day, Maes Manor, Blackwood

Tuesday 6th December 2016:

All Wales People First National Council meeting

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