

Caerphilly People First

Newsletter

Spring 2018



Leadership Course

From November 2017 until January 2018, five members of Caerphilly People First—Ffion Bethell, Sharon Cochrane, Amy Jones, Michelle Manning and Kath Toms—attended a Leadership Course run by Katrina Kurowski. The aim of the course was:

- To help people understand **why** we need leaders.
- To help people understand **what** makes a good leader.
- To help people develop their **confidence** as future leaders.

Each person also had to do a project about a famous leader to show they understood leadership. The project was then presented to our funders—the GAVO Community Voices Project funded by the Big Lottery—at the end of the course.

The reason we did the course was to make sure we have some good leaders in Caerphilly People First. The course covered issues like why it is important to treat everyone as equals, and how good leaders can lead by example in the fight against discrimination in our local communities.

We discussed what sort of person makes a good leader. For instance, they should be someone you can trust, honest, good at getting over their ideas, confident, and a good role model. We also felt they needed to be enthusiastic and willing to take on responsibility, able to include all their followers in decisions, and they shouldn't look down on other people.

We discussed different kinds of leaders – political, religious, human rights, royal, and how some people can be more than one type of leader. For instance, Martin Luther King was a political and religious leader. We talked about how people end up as leaders. Our projects all showed that leaders usually have important relationships (family or friends) and a cause they believe in, that has inspired them to become good leaders.

When we did our projects, we discussed each leader as a group, and then we did our own project, using information and pictures from the internet. We had help from Katrina, Stuart, Fran and Christy, and all finished our projects on time to present to Diane Gleeson from the GAVO Community Voices team.



Here are the various leaders chosen by the people on the course:

Emmeline Pankhurst (by Michelle Manning)

Fought for the right for women to vote 100 years ago.

Martin Luther King (by Amy Jones)

Believed in using peaceful ways to fight for equality between white people and black people.

Malala Yousafzai (by Kath Toms)

Fought for the right for girls to be able to go to school in Pakistan.

Joe Powell (by Ffion Bethell)

Fights for respect and equality for people with learning disabilities.

Adolf Hitler (by Sharon Cochrane)

The leader of Nazi Germany before and during the 2nd World War. Sharon chose this person to show that good leaders are not always good people, but if they have good leadership skills they can still get people to follow their ideas.

Cookery Course



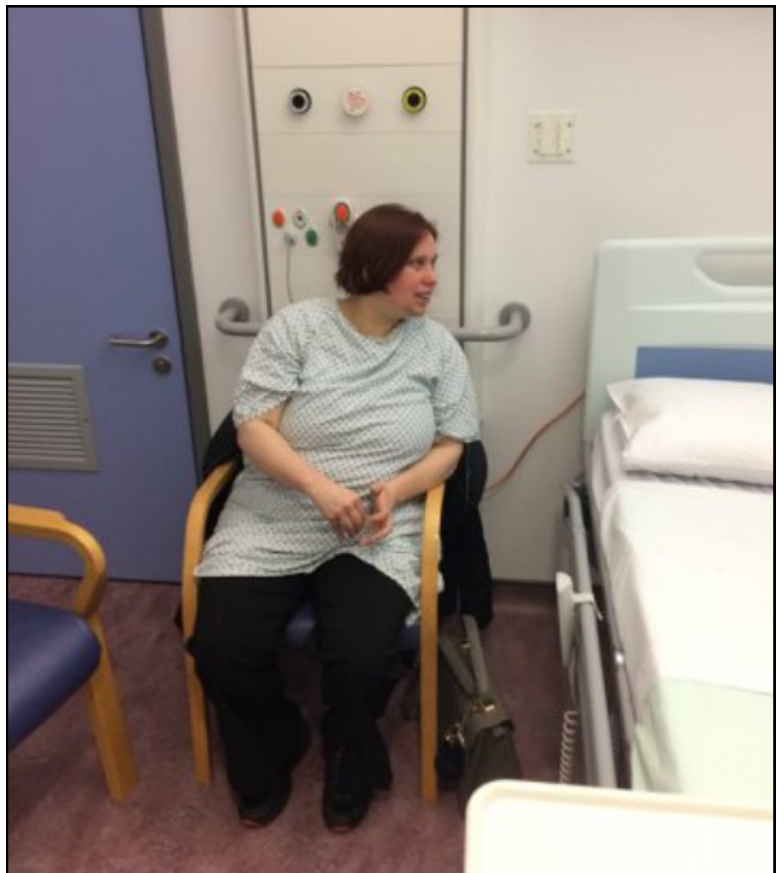
Caerphilly People First has started a weekly cookery course which will be held every Tuesday between 10.30-1.30 at Bargoed YMCA. Members thought the course was a good idea, because as well as learning to cook healthy meals, they are gaining independent living skills, which will help them in the future. If you are interested in attending this course, you can contact us using the details on page 8 of the newsletter.



Sharon Filming in Hospital

Caerphilly People First were recently asked by the Learning Disability Health Liaison Team from the Aneurin Bevan Health Board to take part in the production of a short film on mental capacity, which will be used to teach health professionals about mental capacity. Sharon Cochrane volunteered to take part in the film and played the role of a very nervous patient who is having blood taken for the first time. This scene of blood being taken was shot twice—once showing the correct way, and once showing the incorrect way, in order to show how it should be done, in line with the mental capacity act.

The film was shot at Ystrad Mynach Hospital where Sharon was supported by Cyril Luke, Tom Grace (Gwent Deprivation of Liberty Safeguards Consortium), and Gail Elwell & Michelle Davies (Health Liaison Nurses). Sharon stated 'I was delighted to take part, because I want to make sure people with learning disabilities are treated well when they go into hospital. I also enjoyed doing my first bit of acting, and maybe I'll end up on Holby City soon!'



Food Safety Course

On Thursday 15th February members of Caerphilly People First began attending a four week food safety course. At the end of the course we will sit an exam to see how much we have learned. So far we have talked about food poisoning, allergies, food temperature, bacteria, raw meat, and food contamination,



Gwent Charter

The Gwent Charter, which was written by people with learning disabilities and is based on the views of over 130 people, aims to improve the lives of people with learning disabilities. The charter puts in writing what people with learning disabilities want to happen in their lives. Caerphilly People First has signed up to the charter, and we are excited to be part of the project. During March we will be attending a meeting in Cwmbran to further discuss the Gwent Charter.

National Council

Report by Ffion Bethell, Caerphilly Representative on the All Wales People First National Council.

At the end of January, Ffion and Christy from Caerphilly People First attended the National Council meeting in Cardiff. Ffion introduced Christy, the new support worker for Caerphilly People First, and said she would be supporting members in future meetings. At the meeting we discussed the fact that bus passes are not easy read, and that in future there are plans for easy-read bus passes. At the meeting we also discussed the fact that two members of the national council, Ann and Neil, got married on 16th December 2017. Caerphilly People First would like to say massive congratulations to them. A member of the National Council, David Powys, said that Barclays are now producing a card for blind people, with a section of the card cut out so it's easy to know which way to insert the card into the machine. The National Council thought it would be a good idea if all banks did this, and also a good idea for the card to be available to people with learning disabilities. We also discussed the 'Engage to Change' project for people who are on the Autism Spectrum between the ages of 16 -25 who would like paid employment. Joe Powell will be meeting with the Welsh Government to discuss this project further. Also at the meeting, everyone wrote down ideas about planning for the future, and these ideas were placed on the wall under different categories.

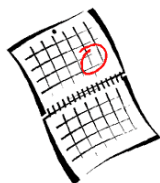


Weekly Walk

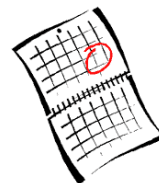
Report by Nicole Bird, a regular volunteer with Caerphilly People First:

Every Thursday we go for a nice long walk to keep fit. On the most recent walk we went to the park and I ended up doing five thousand steps because the park is at the top of a steep hill. We love our walks because we see lots of friendly dogs, we get lots of fresh air, and it helps us all get fit at the same time. About 5 or 6 of us go walking every week and we're glad that spring is on its way because we've missed the lovely trees and pretty flowers. We often go down to the river which is flowing very fast at the moment, but we get very upset about how much litter we see. Because of this we are thinking about doing a sponsored walk and a litter pick.





Future Events



Wednesday 14th February 2018:

Caerphilly People First County Meeting

Monday 5th March 2018:

Learning Disability Information Sharing Group

Tuesday 6th March 2018:

Gwent Charter for Working Together Meeting

Monday 11th December 2017

All Wales People First National Council Meeting

EDITORS: Members of Caerphilly People First

PRESIDENT: Owen Money

ADVISER: Cyril Luke

DEPUTY EDITOR: Stuart Clemo



Caerphilly People First

Bargoed YMCA

Aeron Place

Gilfach

Bargoed

CF81 8JA



e-mail:

caerphillypf@hotmail.co.uk

Tel: 01443 834444

Mobile: 07970 748277

website: www.caerphillypeoplefirst.org.uk