



## *Winter 2018/2019 Newsletter*

CAERPHELLY PEOPLE FIRST

## *Autism Information Day*



**Sharon Cochrane, Rhys Jenkins and Ffion Poole.**

In early February, Ffion Sharon and Christy attended a coffee morning in Rhiwbina, Cardiff, hosted by the Autism Directory. The Autism Directory helps autism families and individuals find autism related services in their local area and beyond. This can include schools, colleges, legal advice, therapies, recreation, and supported living.



**Sharon  
Cochrane,  
Bethan Woods,  
and  
Ffion Poole**



Speaking at the event were Rhys Jenkins of Channel 4's The Undateables and Bethan Woods from The Welsh Autism Show. Rhys and Bethan talked about their autism and how it has affected their lives. Bethan told us that she was only diagnosed when she was 26. The event also featured plenty of information about The Autism Directory's services, support, Disability Living Allowance and Personal Independence Payments.

You can access the Autism Directory online at **[www.theautismdirectory.com](http://www.theautismdirectory.com)** or you can contact them on **01443 844764**

# *Student Nurses*

From January until March, Caerphilly People First hosted six student nurses from the University of South Wales. While they were with us the students completed training provided by our members on Learning Disability Awareness, Safeguarding, and Medical Student training. They also helped out with our weekly cookery course.

You can see below what two students, Amy and Zuzana wrote to us when they finished their placements:

*I just want to say a massive thank you to everyone at Caerphilly People First for making my placement so enjoyable and for making me feel so welcome. It has definitely been one of my favourite placements and I can say that I genuinely, thoroughly enjoyed my week with you all. Thank you all so much for making me feel so welcome!*

*Amy*

*Just to say a big thank you to everyone for having me and sharing your stories and experiences with me. I had a fantastic time and I will miss you.*

*Zuzana*



**Ffion providing Medical Students Training to Amy.**

# *National Council*

The National Council's first meeting of 2019 was a two day residential meeting held at the Aberavon Beach Hotel, Port Talbot, at the end of January. On the first day reps voted for a new Chair and Vice Chair, the result of which was that Simon Richards was voted the new Chairperson and Linton Gower was voted Vice Chair. I would like to congratulate them both on behalf of everyone at Caerphilly People First. Also on the agenda was public transport, and Joe Powell showed us a letter he had written outlining the All Wales People First position on this—that people with learning disabilities should be consulted before route changes or cuts to transport funding are made.

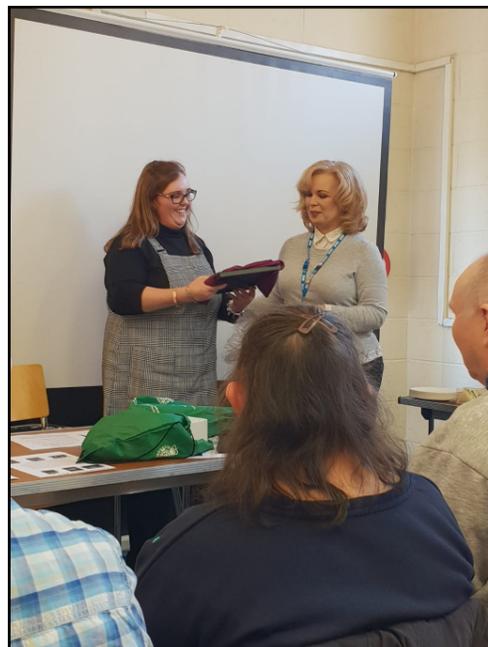


On day 2 we welcomed the All Wales People First Board of Directors, and discussed the values and direction of All Wales People First. Following the discussion the reps voted on the agreed values. The group was also due to be given a presentation by Mandy Jenkins and Leanne Hawker about the Welsh Ambulance service, and what they are doing to include people with Learning Disabilities, but unfortunately this was cancelled due to poor weather conditions. The next meeting will take place in South Wales on 30<sup>th</sup> April 2019.

# County Meeting

In February we held the Caerphilly People First County Meeting, and the guest speaker was Mandy Jenkins from the Welsh Ambulance Service. Mandy talked about the great working being done by Ffion Poole and Colin Hills, learning disability community champions for Caerphilly. Mandy stated that Ffion and Colin both do an amazing job, and to recognise their passion, commitment, and hard work, she presented them both with certificates and t-shirts including the title 'Community Champion for Learning Disabilities'.

Leanne Hawker, the Welsh Ambulance Service's head of patient experience and community involvement, who was also in attendance at the meeting, said that she always receives great reports from Mandy about the work Ffion and Colin are doing, and was very impressed when she saw the presentation herself in Caerphilly Library. Leanne forwards this good feedback to her board of directors, which is important because it means they will hopefully provide further funding to continue the good work.



Ffion talked about what her role involves, which includes visiting organisations or groups to deliver ambulance training. This training explains to people when they should ring 999, and when they should not. For example, someone rang an ambulance because their boiler broke. THIS IS NOT A 999 CALL! The champions also hand out leaflets which include the local NHS number, and information on where your nearest A&E (Accident and Emergency) department is, and their contact details if you need them. Ffion also talked about the 'All About Me' booklet which is for people with learning disabilities and includes information such as your name, date of birth, and what illnesses and health problems you have. This is so that the paramedics who answer an ambulance call have important information about you. Ffion handed these out at the end of the meeting, along with an ambulance magnet which you can use to stick the 'All About Me' leaflet to your fridge, where paramedics can easily access the information.

## ***Sponsored Walk***



In the middle of February Caerphilly People First staff and members took part in a sponsored walk around Bryn Bach Park, in order to raise money for Cancer Aid Merthyr Tydfil. Members did a great job of getting sponsorship and thanks to everyone's efforts, over £400 was raised for a brilliant cause.



# Welsh Government Consultation

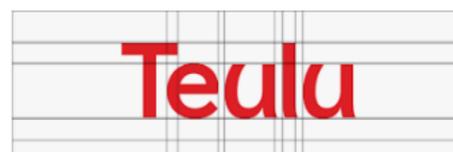
On 25th February, three members of Caerphilly People First—Sharon Cochrane, Ffion Bethell and Kath Toms—supported by Christy Taylor, took part in a consultation workshop in Pontypridd, run by Learning Disability Wales, on behalf of the Welsh Government.

The workshop gave our members, as well as members from RCT People First, the opportunity to give their views on the Welsh Government's new 'Cymru Sans' (Welsh version) and 'Wales Sans' (English version) fonts. A font is basically a style and size of written characters. These are new fonts designed to deliver accessible information as part of the Welsh Government's marketing and communication teams, and will be used on leaflets, booklets, websites etc.

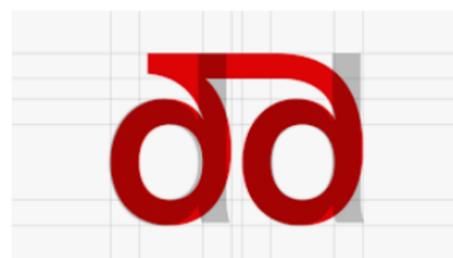
People gave their views, with some saying that certain versions of the font were hard to understand, and others saying they could only understand the font when it was written in capital letters. Everyone enjoyed taking part in the workshop and welcomed the opportunity to give their opinions on the new font.



Smorgasbord - Rebranding W...  
stellenboschacademy.co.za



Colophon Foundry  
colophon-foundry.org



Wales Nation Brand: Cymru ...  
europeandesign.org

Above are a few examples of font designs the group was shown.



## Future Events



**Tuesday 19th March 2019:**

Gwent Alliance Launch, Pontypool

**Saturday 30th March 2019:**

Newport Autism Support Group Workshop

**Monday 8th April 2019:**

Cookery Course, Bargoed YMCA

**Tuesday 30th April 2019:**

Scrutiny Committee Meeting

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