

University of South Wales Training

Ffion Poole and Natalie King were recently involved in training student nurses at the University of South Wales, where they both played the role of patients on a hospital ward. Ffion played the role of Sarah, a girl who has a mild learning disability and autism, and Natalie took on the role of the daughter of a person who has mild dementia and mobility issues.



Ffion commented on the experience: It was really fun, and it was great to be able to visit the university and see people face-to-face once again.

All Wales People First Partnership Work

Ffion attended a meeting with All Wales People First and Public Health Wales to talk about the health and equality solutions platform. This project aims to improve well being and reduce inequalities in Wales. When their website is up and running we will use their online resources to teach our members more about the issues.



In October Ffion, Hannah and Christy attended the All Wales People First National Council and AGM in Cardiff. Some People First groups and members took part via zoom, in order to vote on issues arising at the AGM, such as constitutional changes.



Philippa Davies from All Wales People First recently visited Caerphilly People First where she talked to us about good governance for groups. In January Caerphilly People First staff and members will undergo training on this, where we will learn about making sure that we are following the law, and doing things properly and following the right rules.

Recent Work

This week we have been helping and supporting members with filling out paperwork and making sure they understand documents before they sign anything.

We have also provided support at workshops run by the Helping Hands Team for anxious children. One of our members found this really beneficial, as her son who has Autism has struggled through the Pandemic and has become more anxious about health appointments.

We have also been looking into eligibility criteria for attending workshops put on for parents and carers of children with additional learning needs.

Reconnect Focus Group

The Caerphilly People First Reconnect Focus Group – which gets together every Tuesday – recently visited Springfield, a day centre that's been converted into a cafe for the community, run by people with learning disabilities. We were



invited to attend before their official opening in order for the staff to be able to practice with us as customers. The food and service was amazing, and we think it will be a fantastic asset for our community. We are really looking forward to visiting when they are officially open, and would like to say a massive well done to them.

As you can see from the picture on the right, the group also recently took part in a free 'Found in Nature' drawing workshop in Bargoed park, run by NONaffArt, a collective of visual artists, designers, and health and wellbeing coaches based in South Wales.



The Reconnect group also recently took part in a Zoom event with Mandy, Matt and Gareth from the Welsh Ambulance Service. The group discussed the



difference between the 111 and 999 phone numbers, what equipment a paramedic carries with them, what PPE (Personal Protective Equipment) they use, and what equipment is contained inside ambulances. Thank you guys, the group enjoyed it!

Ffion's Podcast Appearance

Our Chairperson, Ffion, recently took part in a discussion on the WENCafe Podcast. WEN stands for Women's Equality Network, and during Learning Disability week, Ffion was on the podcast to talk about the COVID-19 pandemic, and how it's impacted her day-to-day life.

If you would like to listen to the podcast it's available on the Podbean app, or online at:

<https://wenwales.org.uk/wen-cafe-podcast/>



Safeguarding

Caerphilly People First has recently been working in partnership with Bijal Ruparelia, a Safeguarding Consultant working for Lloyds Bank Foundation, who helped us with safeguarding support and advice. With her support we have put together an easy-read version of our safeguarding policy, and Bijal also provided guidance on undertaking safeguarding training, and how to deal with any safeguarding issues that arise.

Macmillan Coffee Morning

Caerphilly People First recently took part in the Macmillan coffee morning organised by Bargoed YMCA. Thanks to everyone who attended and donated, £247.60 was raised for Macmillan Cancer Support. This is a great effort from all involved, particularly Brian and Karen.



Health Equality Framework

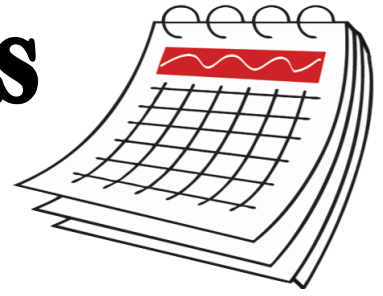
The Health Equality Framework (HEF for short) document contains information about you and your life and is a way of making sure that people are treated well by health services and social services. The HEF is used by health professionals who may need to ask you questions about your health and your life in order to help your health and well-being. If you have a HEF it can help you make changes so you can do things like keep active, choose where to live, eat healthy food, and get the health services you need.

Six Caerphilly People First members recently took part in a HEF consultation event with All Wales People First and Learning Disability Wales during which our members went through the questions included in the Health Equality Framework.

Daytime Opportunities

Caerphilly People First is involved in ongoing discussions with Caerphilly CBC and parents and carers about the future of day services for people with learning disabilities in Caerphilly. It is hoped that the future will bring more person-centred daytime opportunities, away from the old-fashioned large day centres, and that this will lead to more activities in the community.

Upcoming Events



Monday 29th November

Caerphilly People First Christmas Meal

Tuesday 30th November

Visit from the Welsh Ambulance Service to office

Thursday 2nd December

TRAC Meeting at University of South Wales

Wednesday 15th December

Being a Patient Simulation at University of South Wales

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