



Autumn 2022 Newsletter



CAERPHILLY PEOPLE FIRST

VIVA Fest

Ffion and Christy recently attended the Cwm Taff People First VIVA (Vision Inclusion Voice Advocacy) Festival at the Swallow Barn in Treharris. Ffion ran her relationship course where she talked about LGBTQIA+, what makes a good friend, what makes a bad friend and how to make friends. Other organisations such as Gig Buddies, All Wales People First, Learning Disability Wales, and the Welsh Ambulance Service were also in attendance, some giving presentations. For the evening entertainment we enjoyed a comedian, live singer and a disco.



Relationship Course

Thanks to everyone who attended our recent relationship course, which was designed by Ffion and Lisa French from Insight. The group talked about what makes a good relationship, what makes a bad relationship, and the warning signs of a bad relationship. They also discussed how to make friends, and how to deal with falling out with friends. The session finished with a 'Who Wants to be a Millionaire' relationship quiz designed by Vale People 1st.



During the second workshop in our relationship course, Ffion spoke about LGBTQIA+, what those letters represent, and what it means to be Lesbian / Gay / Bisexual / Transgender / Queer / Intersex / Asexual. The + represents those who do not identify as any of these. As well as this, the group discussed what it means to identify as non-binary, and how to be an ally and show support to LGBTQIA+ people.

University of South Wales Filming



We recently did some filming alongside Cwm Taff People First at the University of South Wales simulation suite. The film will be used to educate medical staff, using the experiences of patients in hospital. Ffion and Natalie dressed up and played the role of Paramedics, and Christy acted out the part of Dr Strange. Although this is a very serious subject we had lots of giggles during the filming.

Safeguarding Training

Ffion Poole and Sam Evans recently delivered a Safeguarding training session to staff at the Islwyn Park Coffee shop. It was great to be back out in the community delivering our sessions, and we'd like to thank the group for for having us. We can't wait to do more training in the future, so if anyone would like us to deliver training on Safeguarding, Learning Disability Awareness, or Ambulance Training, please get in touch.

University of South Wales Conference

In September, Ffion and Christy attended the Student Learning Disability Conference at the University of South Wales, the theme of which was 'It's Good To Be Back'. The conference began with Professor Ruth Northway's presentation on "How Learning Disability Nurses Can Contribute to the Welsh Government Learning Disability Strategic Action Plan (Including COVID Recovery)".

This was followed by Ffion and Lynne from TRAC, and two student nurses - Marie and Lisa - talking about what the TRAC (Teaching & Research Advisory Committee) team does. TRAC is a group of people with a learning disability which meets monthly to share their knowledge, thoughts, and feelings about key issues that affect them daily.

After the break, six student nurses talked about their experiences of their nursing course, and the challenges of studying during COVID. We also heard presentations from the University of South Wales Nursing Society, the Hiraeth Team from the Aneurin Bevan Health Board, and Dr Ruth Wyn Williams, a nursing officer for the Welsh Government.

The morning finished with Professor Ruth Northway presenting The Paul Wheeler Award to learning disability nurse Clair Gabbidon. This is an annual award given to a third year learning disability student, in honour of Paul Wheeler, a senior lecturer who passed away in 2008.

Focus Group Activities

The Focus group has continued to work on their gardening plots at Taraggan Educational Gardens, spending time weeding, and harvesting potatoes which they took home and used to make meals. The group has also been growing beetroot, which can be harvested from early summer through to mid-autumn, and is rich in folate, which can reduce the risk of heart disease and stroke.



We also recently met with Groundwork Wales to begin our eight week course at Taraggan, which will enable the group to learn more about gardening. During the first week of the course we learned how to sow seeds, and planted garlic, spinach, spring onions and radish. We finished the session by digging up the remainder of the potatoes we planted many weeks ago.

The focus group has also been involved in other activities, including:

- Providing feedback on the work that Ffion, Natalie and Sarah are involved in with the University Of South Wales, called 'Co-producing accessible outcomes for people with learning disabilities'.
- Travelling to Caerphilly town where we met up with staff and members from Cardiff People First. We explored Caerphilly Castle inside and out, learned about its history, and heard some amazing stories. We then headed to Wetherspoons for some lunch, and despite the weather being wet and miserable we had an amazing day. We hope to arrange another trip with Cardiff People First – and other People First groups – very soon.



- Attending a yoga session with Michelle from Sweetpea Yoga, Reiki & Guided Meditation. We enjoyed a lovely relaxed yoga session with gentle exercise, followed by tea, coffee and cake, and it was lovely to see some new faces from our community. This event was funded by Caerphilly Cwtsh Community.



In addition, the focus group has been joined by:

Rhian Cook, from the office of the Police and Crime Commissioner for Gwent, who asked the group for feedback on easy-read hate crime leaflets.

Zoe Gibbs from Cyfannol Women's Aid, who met the group in preparation for a future visit.

Geraint, Tracey and Kelly from All Wales People First. Geraint did his SATV (Self Advocacy TV) roadshow with the group, and we covered subjects such as: what we want, day centres, and COVID.

Have Your Say

Thank you to everyone who attended our "Have your Say" consultation at Fleur De Lys Community Centre. We had a great day discussing our lives, and what we would like to see in our community. We had great conversations that brought tears and laughter. Caerphilly People First will now work towards looking for funding to deliver on your recommendations, needs and ideas.



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