



Spring 2022 Newsletter



CAERPHILLY PEOPLE FIRST

Meeting with Chris Evans MP

We recently met with Chris Evans, MP for Islwyn since 2010, and the Shadow Minister for Defence since 2021. We talked in detail about the proposed changes to the Human Rights Act (1998) and the lack of consideration given to people with learning disabilities when documents are produced. Chris Evans has agreed to write to Deputy Prime Minister Dominic Raab to stress the importance of easy read documents, and the concerns people with learning disabilities have over the proposed changes to the Human Rights Act. We would like to thank Chris Evans and his secretary for taking the time to visit us and listen to our thoughts.



Governance Training

Caerphilly People First trustees, members and staff recently took part in 'Good Governance for Groups' training, delivered by Philippa Davies from All Wales People First. Governance is:

1. Making sure that a group is following the law.
2. Making sure that the organisation is doing things properly and following the right rules.
3. Making sure the organisation is doing what it aims to do.

We found the training very informative, detailed, and easy to understand, and we will take what we've learned and use it to improve the way we are run in the future.

Medical Students Training

At the beginning of March, Ffion Poole and Natalie King worked alongside Cardiff People First to train medical students on how to communicate with people with learning disabilities. The training involved going into a breakout room and holding a number of interviews with students, where the conversations included what Caerphilly People First does, and people's lives and hobbies. We really enjoyed this and hope we can be involved again in the future.

Winter Wellbeing Project

Beginning in February 2022, Caerphilly People First ran a four week Winter Wellbeing project, funded by All Wales People First. During the first week the group walked around Bryn Bach Park for a gentle exercise session.



For week 2 of the project the group mixed flower seeds into compost, then headed to Bargoed Woodland Park to throw them into the woods. The group was joined by All Wales People First Chief Executive Joe Powell, and Natasha Hirst from the Through our Eyes Photography Project, who took some fantastic photos.

During week 3 the group discussed the benefits of Vitamin C and Vitamin D, and compared foods to see which foods contain the most sugar and fat, and which healthy foods you can replace the unhealthy ones with. After this discussion, the group took part in a healthy eating quiz, following which the group made healthy carrot and coriander soup.



During week 4 the group took part in a mindfulness session, where they sat in a quiet room, and for 30 minutes and listened to a recording to help them relax. After the session the group felt less stressed and said they will continue to practice meditation in the future as they found it so

helpful. As it was St. David's Day, the group took part in a quiz about Wales, and they also celebrated Shrove Tuesday with some pancakes and fresh strawberries and bananas. We'd like to thank All Wales People First for funding the project, and Carmarthenshire People First for providing training materials.

Winter Wellbeing with Cardiff People First

As part of Cardiff People First's Winter Wellbeing programme, they held a period party event at the Grange Pavilion in Cardiff, which was attended by Caerphilly People First members, Ffion Poole, Natalie King and Hannah Thomas. They also invited the Cheeky Pants company to attend via Zoom, to answer any questions people had about their products, and also to advise them on how to make their information accessible for people with Learning Disabilities. There were lots of brilliant ideas and questions during this discussion. It was great to see everyone face-to-face after a very long, challenging time, and we'd like to thank Cardiff People First for the invite.



Coffee & Cake Event

As part of our project to tackle isolation and loneliness, funded by the Caerphilly Cares Team, we have been holding get-togethers across Caerphilly Borough. We have been delighted to be joined by new faces, as well as some people we already know. The group has had great discussions on the effects the pandemic has had on our mental wellbeing. Some people talked about having to shield because of underlying health conditions, which made them feel extremely lonely, especially over the Christmas period. The groups have also talked about the lack of support for people during lockdown. A couple who attended one event said it was their first time being out with a group in a social setting for over two years. The events have also been attended by regular Caerphilly People First members, who talked about their anxiety when using public transport for the first time in years.



Fundraising for Ukraine

We'd like to say a massive thank you to everyone who attended our coffee morning held to raise money for Ukraine. Thanks to the generosity of our supporters we raised £208.10, and this will be donated to the British Red Cross Ukraine Humanitarian appeal. If anyone would like to donate directly to them, the link is:

<https://donate.redcross.org.uk/appeal/ukraine-crisis-appeal>

Alternatively, there is still time to donate through Caerphilly People First, and if you'd like to do this you can contact Ffion Poole on 07488 350518.



Human Rights Act Reform

Ffion and Natalie recently attended a workshop run by the British Institute of Human Rights where people discussed the changes the UK government has proposed making to the Human Rights Act. They want to change the laws that were in place in the UK when we were part of the European Union. Caerphilly People First is one of the many organisations concerned by this because we believe that it will lead to people in the United Kingdom having their rights weakened. After a lot of campaigning by many People First groups, an easy-read version of the consultation to reform the Human Rights Act has been produced and we will be responding to this with our concerns.

Written by Caerphilly People First staff and members
MANAGER: Christy Taylor

Email: enquiries@caerphillypeoplefirst.org.uk

Tel: 01443 834444

Mobile: 07940 474640

Caerphilly People First

Bargoed YMCA, Aeron Place, Gilfach, Bargoed, CF81 8JA

Website: www.caerphillypeoplefirst.org.uk