



Winter/Spring 2023 Newsletter

CAERPHILLY PEOPLE FIRST

'Through Our Eyes' Exhibition

In November 2022, Ffion, Christy and Sam attended the launch of the Through Our Eyes project at the Senedd in Cardiff Bay. Through Our Eyes shares the stories of people with learning disabilities in Wales, through photographs and videos which challenge perceptions and stereotypes by highlighting the valued roles and activities of people with learning disabilities in our communities.



The welcome address and keynote speech was given by First Minister, Mark Drakeford MS. Joe Powell, Chief Executive of All Wales People First, then talked about the importance of the exhibition, and Lucy Hinksman, the project worker and project photographer, gave a speech on her experiences of going out to different groups to take photos. This exhibition will be in the Senedd until February 4th 2023.

Gardening Course

At the end of 2022, the group completed a very successful eight-week gardening course with Groundwork Wales. During the sessions the group planted herbs, purple mustard, oregano, coriander, parsley, rocket, broad beans, daffodils, sweet peas, parsley, thyme, hyacinths, potatoes, cabbage, beetroot and leeks.

We are restarting our gardening project in February 2023, and if anyone would like to join us then, please email enquiries@caerphillypeoplefirst.org



Jeff Cuthbert, Police & Crime Commissioner

The Focus Group was recently joined by Jeff Cuthbert, the Police and Crime Commissioner for Gwent. Jeff and his team presented certificates of thanks for the feedback we provided to help create hate crime awareness leaflets. Jeff also spoke about his role as Commissioner, and asked if any of the group has experienced hate crime.

Jeff wrote about the visit: Today I was delighted to meet with Caerphilly People First. I wanted to thank them for their involvement in helping to create a new easy-read leaflet in partnership with my office to make sure people with disabilities are safe. The leaflet provides information on the many types of abuse people with disabilities may face and reinforces the importance of reporting a crime. It offers information on organisations that offer unique support to those with additional needs.

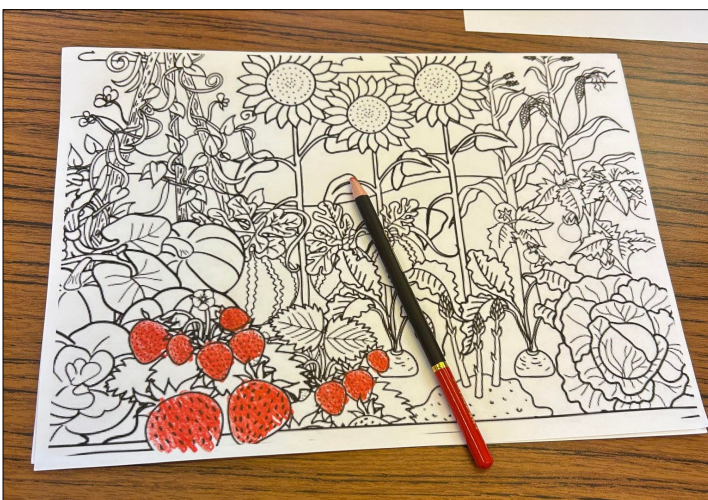


Healthcare Services

Sam and Natalie from Caerphilly People First have been working in partnership with RCT People First to deliver an online question and answer session to student nurses and other professionals from Cardiff University. Our members shared their experiences of using healthcare services, specifically what is positive and what could be improved. Members suggested eliminating jargon, and said all information be produced in an easy-read format. They also said more support should be provided for adults with a learning disability who wish to access mental health services.

Project with Islwyn Arts

We have started a 5 week art course with Elizabeth from Islwyn Arts. The team have decided to produce one big artwork which everyone will contribute to rather than individual pieces of art. The group wanted the theme of the art to be nature, and we all drew things associated with nature (birds, flowers, butterflies), which Elizabeth will scan and use for the final artwork.



COVID 19 Conference

At the beginning of December, Ffion, Nat, Hannah and Amy – supported by Christy – attended the Showing Resilience Through the COVID 19 Pandemic conference at the University Of South Wales. Jenny from Cwm Taff People First opened the conference by sharing the agenda for the day. She was followed by Edward Oloidi from the University of South Wales who talked about the COVID research he did during the pandemic.

Caerphilly People First members spoke about their experiences of COVID, including vaccines, lockdown and coming out of lockdown. They were followed by student nurses who talked about working in a vaccine centre. Attendees then took part in workshops titled Living with COVID and Loss & Bereavement (the latter was facilitated by Caerphilly People First). We then headed back into the main conference area where Cwm Taff People First talked about their work on the Health Champions project. Attendees then took part in another workshop, where they discussed 'What is good health care? What can I expect from health services? and How can I keep myself healthy?'

Cwm Taff People First showed their My Day My Way film and Ffion talked about the Caerphilly People First Reconnect Focus Group which we run every Tuesday. The event closed with Martin and Sarah from the University Of Wales talking about the project they have recently been involved in with TRAC members.

Focus Group Craft Workshops

The group has been taking part in craft sessions run by Cheryl Smith from the Caerphilly Parent Network. Sessions have included a scrabble workshop where the group used scrabble letters and glitter to make name frames, and designing and personalising mugs and glasses. In the run-up to Christmas the group took part in craft sessions where they produced baubles and snowman decorations to hang on Christmas trees.



Comic Relief Funding

We have received £3,000 from the Comic Relief Community Fund in Wales to fund a community group where adults with learning disabilities will come together and learn basic cookery skills, how to use kitchen equipment, and how to prepare a healthy meal. Members have told us that they would like to live independently in the future, and would like to learn basic cooking skills to give them the confidence to do so.

The sessions will also make a difference to the lives of our members by giving them the opportunity to socialise in a group environment and make new friends, reducing isolation and loneliness, and improving mental health. We will be holding 13 sessions in total, and they will begin on Friday 20th from 10:30am-2:30pm at Fleur-De-Lys Community Centre. They are free to attend for anyone with a learning disability, and if anyone is interested in attending they can contact Ffion on 07488 350518.

Cronfa Gymunedol Comic Relief yng Nghymru



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Comic Relief Community Fund in Wales

Independent Living Skills

A few weeks ago the team at Caerphilly People First met with the outreach team from Autistic Minds to discuss the independent living skills courses they have on offer. Our members decided that they would like to learn more about cooking, shopping, cleaning, budgeting money, understanding bills, and many more. The group recently took part in the first session of a six week course, during which they spoke about confidence, and the things they are confident and not confident about.



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