

SUMMER 2023 NEWSLETTER

# Caerphilly People First

ALL WALES PEOPLE FIRST ADFEST 2023



On June 19th and 20th Ffion, Christy, Gethin, Sam, Sophie, Natalie and Claire attended the All Wales People First Adfest 2023 (titled 'Our Right to Human Rights') in Cardiff. Chair Tracy Austin and Vice-Chair Samantha Hall opened the conference, followed by Sanchita Hosai, Chief Executive of the British Institute of Human Rights, who spoke about the Human Rights Act and the easy-read version they have produced of this document.

Next was the 'Rights Round Robin', as part of which Ffion and Lisa from Innovate Trust asked attendees about what rights they think people with learning disabilities should have when it comes to relationships. Ffion and Lisa also did workshops on relationship rights, what the barriers to relationships are, and how you can overcome them. Other workshops that were conducted included 'Right to Assembly', 'Right to Fair Treatment' and 'Mindfulness'.

After the first day's activities, the evening meal was followed by the Mirror awards, following which some members chose to go the Moonclub with Gig Buddies, and other members went to Mary's nightclub, with the evening ending in chippy lane (of course).

The second day began with the opening of the exhibition stalls from organisations including Gig Buddies, Learning Disability Wales, BILD, Welsh Ambulance Service, Conwy Connect, Drive, Mirus Wales, and TRAC. The organisations were also available to discuss their activities in the speaker's tent. This Adfest was amazing and all our members really enjoyed it. We can't wait for the next one!

## CAERPHILLY 2035

The Caerphilly 2035 Masterplan is a blueprint for the future of Caerphilly town centre, which includes options and ideas to enhance and regenerate the area. We were recently visited by Tahnee and two colleagues who are working with Caerphilly County Borough Council to gather the views of residents and businesses on what they like about Caerphilly, what could be improved, and what they think about the new plans.

Our members told Tahnee they would like to see better parking, more public toilets, and improvements to the train and bus stations.

## CRAFT SESSIONS

Craft sessions are back every other Tuesday from 12.30 with Cheryl Smith from The Parent Network Community Forum. At the first session members and volunteers had a go at creating their own door hangers and they looked pretty good too. If you would like to join us for our next session you can book a space via email, phone, or text.



## TRAC AT THE UNIVERSITY OF SOUTH WALES

Natalie and Ffion, in their roles as members of TRAC, recently visited the University of South Wales where they trained student nurses by playing the role of a patient. Natalie King played the role of a member of the community who had an epileptic seizure on the street and was taken to hospital, and Ffion Poole played the part of a patient with a suspected broken ankle who was waiting in A&E. The students did a great job, as did Ffion and Natalie in their acting roles.



# CAERPHILLY PEOPLE FIRST AGM

On March 28th Caerphilly People First held our AGM (Annual General Meeting) for 2023. At the meeting we went through a summary of the annual trustees' report for 2021-2022, which details all the activities we took part in during that financial year, as well as looking at a summary of the financial report for the same period, explaining what we have spent our money on, and who has funded us.

Also at the AGM we elected members to new roles, as a result of which Sophie Morgan was elected Chairperson, Natalie King was elected Vice Chairperson, and Ffion Poole was elected Treasurer. The ladies will be in post for three years and we'd like to wish them all the best in their new roles – we know they'll do an excellent job.





## GARDENING

Volunteers have continued to work on our gardening plots at TARAGGAN Educational Gardens & Nursery. They have planted beetroot, carrots, onions, courgettes, broccoli, leeks, kale, broad beans, French beans, and potatoes, as well as green beans and zucchini in the greenhouse. We have also obtained another plot where we are growing fruit including blackberries, raspberries, strawberries and blueberries.

FUNDED BY  THE NATIONAL LOTTERY

## COMMUNITY ALLOTMENT

We recently visited Ynys Hywel Farm in Cwmfelinfach. In partnership with the Parent Network the farm has opened an allotment for people to use from 12:00 – 2:00pm every Wednesday. Thanks to Theresa Heal and team for showing us around this great project.



# COOKERY COURSE FINALE

On Friday 12th May we held our final cookery session and were joined by Dan from our weekly Reconnect through Music group. The theme was barbecue food, and we invited people to dress up on a Hawaiian theme. After eating we enjoyed musical performances by members Natalie, Mathew, Louise, Morgan, Richard, and Sian.

We also took the opportunity to recognise the members who have regularly attended the cookery sessions over the past few months with certificates, small trophies and medals. Thanks to all the volunteers who helped during the past few months – you're all amazing, and to see you all grow in confidence over the past few months has been incredible.



**FUNDED BY**

Comic Relief  
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## RELATIONSHIP COURSES

Ffion Poole has been delivering relationship courses alongside Lisa French from Innovate Trust. During the sessions they have discussed Friendship (how to make friends, how to deal with fallouts, and what makes a good friend and bad friend), and have also covered the same issues in terms of boyfriends and girlfriends. In addition they have talked about understanding your body and consent. If you feel you, or anyone else you know, would benefit from this course please contact Ffion on 07488 350518 or [ffion@caerphillypeoplefirst.org](mailto:ffion@caerphillypeoplefirst.org).

## CONTACT DETAILS

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