

NEWSLETTER  
AUTUMN 2023

# CAERPHILLY PEOPLE FIRST



## DAY TRIP TO MARGAM PARK & ABERAVON

During the hot days of August Caerphilly People First joined the The Parent Network Community Forum for a trip to Margam Park and Aberavon beach. At Margam we walked around the grounds and saw llamas, ponies, bulls, deer, and pigs. We also took a trip on the mini railway. In Aberavon we walked along the beach, and some members went in the sea. Thank you to Amanda Jones for our invite; we all had wonderful day.

## COOKERY

We have relaunched our Reconnect through Cookery project, funded by the National Lottery Community Fund. During the first three sessions members made spaghetti bolognese (chosen by Ffion), chicken stir fry (chosen by Lucy), and sausage, mash, and gravy.

It's been great to welcome new members and to see everyone socialising and having fun with the quiz and bingo (thanks Ffion). We have missed you all. Thank you to all our volunteers who work very hard every week – we couldn't do it without you.



# GARDENING

The group has been very busy working on their plots at TARAGGAN Educational Garden & Nursery. They have grown raspberries and strawberries on the fruit plot and broad beans, onions, courgettes, leeks, carrots and runner beans on the vegetable plot.



In exciting news, we have been funded by the National Lottery to employ a head gardener, so here is Morgan Jones on the work he's been doing so far:

My employment with Caerphilly People First has started. At the allotments yesterday, my job was to give orders to Rees Powell and Gethin Chamberlain. The main thing we all had to do was to dig out the weeds which had been growing because of the rain we'd been having over the last few weeks.

Once we had finished our work, I asked Rees & Gethin to clean all the tools and put them away neatly and tidily. Just before we left we picked some produce from our allotment plots, including onions, broad beans and courgettes, and took it to the YMCA for the vegetables to be shared out between everyone. I'm very grateful and satisfied because before now, I hadn't been paid at any of my jobs. I'd like to thank Caerphilly People First for awarding me the TARAGGAN allotments job, because since I started working there, I've loved every second.

The gardening group has also been shortlisted for a GAVO Annual Volunteering award, so well done guys!

## PAUL RIDD FOUNDATION EVENT

Members recently visited Merthyr Football Club to attend The Paul Ridd Foundation Health Care Roadshow. It was great to see various friends including Mandy and the team from the Welsh Ambulance service, Cwm Taff People First, and the nurses from the immunisation and dementia teams. We have copies available in our office of the Access to Healthcare booklet for people with a learning disability, their families and carers, or you can download a copy via : [paulriddfoundation.org](http://paulriddfoundation.org)



# CRAFTS SESSIONS

Crafts sessions run by Cheryl from the Parent Network Community Forum have been ongoing. Members have made personalised bags that can be used for stationery, scrabble art (using a blank canvas to add scrabble letters to spell out our names and interests), string art (which is made by outlining your pattern, adding string to the outline, filling in your design, and painting your design), and book markers. Thanks to Cwtsh for funding these sessions.



## PARENT NETWORK EVENT

Thank you to the Parent Network Community Forum for inviting us to their Teddy Bear's Picnic event in Bargoed Park. Our volunteers set up an information stall and chatted to children and parents about all the hard work they do as volunteers, and the work of Caerphilly People First. They also handed out newsletters, healthy eating leaflets, colouring books, and gel pens.



## TRAC ANNUAL REVIEW

Members recently attended the TRAC annual review, which we were very glad was a face-to-face meeting on the University of South Wales campus. Discussions included past and future research, what has worked well this year, what needs to be improved, where shall we meet, and how often should we meet. It was great to see everyone and we look forward to working with all the student nurses in the future.

# UNIVERSITY OF SOUTH WALES CONFERENCE

On July 19th Ffion, Gethin and Natalie attended the University of South Wales' Learning Disability Conference 2023. Guest speakers included Professor Ruth Northway, and Shaun Haugh who spoke on the subject of mental health. Ffion spoke about the work TRAC does and what it means to be part of TRAC. Siobhan Benjamin was next, talking about her son Daf who has severe learning disabilities. After the speakers there was a quiz with really good questions. This was followed by the presentation of the Paul Wheeler award for excellence, which was awarded to learning disabilities nurse Kloe Leigh Edwards.



## ALL WALES STRATEGY - 40 YEARS ON

We were recently visited by Gerraint from All Wales People First to discuss the 40th anniversary of the All Wales Strategy. The group talked about being grateful for the strategy, and the benefits it has brought to people with learning disabilities, but agreed that there is still more work to be done.



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