

FIRST!

The Newsletter of Pembrokeshire People First

Issue Six. Spring 2016

Great new project starts at PPF

We are really pleased that we are starting a great new project. It is for anyone 25 and over who wants to learn new skills, get more confidence, better relationships—and hopefully move closer to getting a job. From April, there will be exciting workshops, group sessions that help us learn more about ourselves—and a chance to get qualifications too! The project is funded by Active Inclusion, and we can work with anyone with a learning disability or autism. It's easy to get involved—just call

Chris on 01437 762524. And for other organisations or residential providers, we can come to you and provide workshops or qualifications for the people you

work with.
Give Chris a call!



Europe—what does it mean?

On 23rd June, everyone is going to be asked to vote. We will vote about staying in the European Union. It is quite a tricky subject!

To help you decide, we are holding a debate. A debate is when people talk about different ideas. Our debate is on **Friday May 27th from 10—1**. It will be in the PPF office. If anyone wants to know more, call Karen on 01437 762524.



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pembspeople1st



Pembrokeshire People First



Registered Charity # 1091201

You must drop in!

Our weekly drop-in is a great place to meet new friends, eat healthy food, learn about new stuff—and get involved with what PPF does. It's all about making sure people who have power listen to what we want—but it's also fun, as these pictures show!

In the next couple of months there's lots going on:

On Thursday 21st April,, chat about getting older



On Thursday 28th April, we're talking about Health

On Thursday 5th May we're looking at autism

On Thursday 12th May, we're talking about drop-in

On Thursday 19th May, meet Jonathan Griffiths, Head of Adult Social Care

And on Thursday 26th May there's a big launch of our new project and we're looking at Fair Trade

Very busy! Come and join in on Thursdays from 12.30—3.30 at the Johnston Institute. Find out more from Ness—ness@pembrokeshirepeople1st.org.uk or 01437 762524

Remember to vote in the Welsh Assembly Elections on Thursday 5th May! Your vote is important. If you are not sure how to vote, come and see us at PPF. We need to get our voices heard.

Autism News

Quite a lot is going on with our Big Lottery funded project.

- Ness and Mair will be starting peer advocacy training soon—get in touch if you want to become a peer advocate, or think one would work for you—it's about helping each other to get out and about, and get more confidence.
- We're starting a special Campaigns Group that will look at issues around autism too— again, let us know if you want to be involved.
- And we are taking part in the Welsh Assembly consultation on their autism strategy, on Thursday 5th May at drop-in (which will be in the Lab Haverfordwest) - really important to have our say on what we want them to do. Find out more from Ness—her phone and email are above.

Hello Matt

We're delighted to introduce our newest member of staff Matt Oliver who has joined The Tudor Project to run some great new workshops and courses—and to get our members important qualifications. Welcome, Matt!



We haven't mentioned advocacy so far at all! But it is an important part of what we do—helping our members get their voice heard. You can contact our advocacy team on 01437 769135 if you, or someone you know, has an issue they want support with.

Are you a Mum or Dad?

Our advocate Kate is starting a new parents' group in Milford Haven soon. It is for any member of PPF who has had a child, whether or not they child lives with them. It will be a safe, kind place to chat with people who understand. If you want to know more, contact Kate on 01437 769135



Coming soon! Young Tudor Project—an early evening living skills project for young people with autism funded by BBC Children in Need. Call Chris on 01437 762524 if you want to know more.

Want to make a movie?

With a big Thank You to the Morrison's Foundation, we're getting a great film project started.

Have you ever wanted to learn how to make a film? Edit it?

And do you think PPF should have short films of what they do, to make it easier for people to understand? We do!

So we're going to train some members with fab new equipment, and then get them to film all the things PPF gets up to—and maybe even other organisations will ask us to film them!

If you want to get involved, let Chris know as places are very limited. Call Chris on 01437 762524.

PPF members can deliver great training to other organisations, about our experiences, autism, human rights and making sure everyone is treated fairly. Get in touch to book us!

We're really pleased to have Jen back after having her baby. We have missed her a lot. She is busy working with Paul on a new project getting all our members' information properly collected and stored so we can get in touch more easily, and make sure PPF is a safe place for everyone.



Your Health—have your say

The PPF Campaigns Group wants to hear about you and health.

The questions are:

- Do you have an Annual health check?
- If you have a hospital appointment, how do you get there? Is it easy?
- Do you have long enough when you go and see a doctor? Do you need more time to explain your problems?
- Do you have trouble making an appointment with your doctor?

What we need is stories that explain our problems. Then we can take those stories to people who can change things.

Please let us know what you think.

You can message Karen on Facebook—make sure it is a private message to Karen PPF.

Or email us on karen@pembrokeshirepeople1st.org.uk

Or come to our workshop at the PPF drop-in on Thursday 28th April from 1.30—3.30.

We need to know what isn't working for you, so we can ask people to change it.



My Moves



My Moves is a dance class for adults with a learning disability at the Torch Theatre in Milford every Friday morning. It's run Arts Care Gofal Celf and backed by PPF.

Tickets are £4 and can be booked online here or by calling the box office on 01646 695267

Become a member of PPF today!

Everyone we work with can become a member of PPF and have a real say in what we do. If you become a member of PPF, you will get a free copy of **First!** our newsletter; you can vote at our Annual General Meeting, you'll find out about events we're putting on. . And the best news of all? Membership is FREE so sign up today! Ask us for a membership form when you see us or call 01437 762524

We're grateful to our funders.....



The Baring Foundation

