

FIRST!

The Newsletter of Pembrokeshire People First

Issue Eight. Spring 2017

Making Shopping Easier



The Pembrokeshire Passport is a great scheme for use on buses and trains. You get cards that help you explain if you need extra help. You can get your Passport from the Pembrokeshire Access Group (or ask us!)

Now, Portfield Social Activity Centre have

worked with Tesco to make shopping cards. They let you ask Tesco staff for extra help, or where things are. It's really simple to use. We think Portfield have done a great job. Let us know if you would like the cards and information on how to use them.



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New Members Group for PPF

At our Have Your Say Day, members asked for more ways to say what they want PPF to do. So we are setting up a new time for members to bring their ideas, which will be passed to the Management Committee. Members will also get help in planning social events.

The first Members' Group is on 15th June from 1.30—3 at the Johnston Institute. Everyone is very welcome.

Volunteering at PPF and beyond!

PPF is starting a great new project to support members who want to become a volunteer. This has been funded by Volunteering In Wales.

We will support you to find somewhere you would like to volunteer, which could be with PPF at the office or at another organisation.

Volunteering can help you to learn new skills, gain more confidence, and meet new people, and you will be able to attend training at PPF, which will help prepare you.

We can also partner you up with someone who can support you whilst you are volunteering, and you will also have a volunteer co-ordinator who you can go to for help, support and guidance.

If this sounds like something you would like to do contact Anna at PPF on Facebook (Anna PPF) or call 01437 762524.

Young Tudor Project will be back!



As well as a zombie film (!) Young Tudor Project has been very busy. And we're really chuffed that a 3 year grant from BBC Children in Need means we will be back! YTP is for young people (13-18) with autism, and is a great place to learn new skills and make friends. Get in touch with Matt (Matt PPF on Facebook or 01437 7692524) to get involved.

PPF Campaigning hits the spot

The PPF Campaigns Group is really pleased that their work on health has been included in the Pembrokeshire Learning Disability Strategy. We have also made good links with the Community Health Council, and they have asked us to train them on LD Awareness.

Our next big project is about Employment—we will be working with Stephen Crabb MP, Paul Davies AM and Dewis to host a big Employment Event for employers and people with learning disabilities or autism. Watch this space!

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Hello Anna

It's all FAB!



Anna Dunning is the newest member of the PPF team. She has been covering drop-in while Ness has been unwell. She will now work on the Volunteer Project, and run the FAB Club. Make sure you say hello!

THE FAB Club is all about friendship, fun—and healthy living. The group Go for countryside walks, beach visits, healthy eating, relaxed sessions on arts and crafts and generally anything fun. Here are some members of the



FAB Club resting during a sunny walk.

Come and join us—we meet at Milford Library every Wednesday from 11-1. The next session is on 21st June.

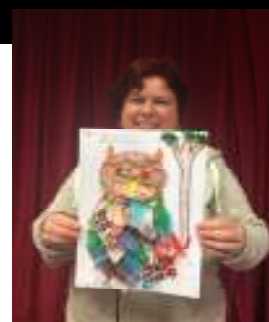
Well done James Tyler. James has been appointed as a Board Member for the West Wales Regional Partnership Board. This is an important group that makes decisions about Health and Social Care across Pembrokeshire, Carmarthenshire and Ceredigion.

We haven't really 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.

PPF members have worked very hard on giving ideas and comments for the Pembrokeshire Learning Disability Strategy. This is a plan for all of Pembrokeshire by the Council and Health Board. It is nearly there—and the next step is an Action Plan. We will keep making sure our members' voices are heard.

Groups are Go!

Deri Morgan has taken over the ever popular PPF Men's and Women's Groups, and they have all been busy with drama, art, craft—and a lot of friendship, laughs and tea! Come and join us—just call PPF on 01437 762524.



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Lucy's column



Lucy is the Chair of the National Council of All Wales People First, and brings us news about campaigning across Wales.

This issue, Lucy wants us to know about:

- The great AWPf conference coming up in October. It will be Abba-themed and called SOS—Save Our Self Advocacy. Get in touch if you want to book a place.
- AWPf and Mencap are planning training for people who work in health across Wales.
- AWPf Director Joe Powell is working to improve PIP assessments.

If there is anything you want AWPf to discuss, let Lucy know.



Buddy wants you to know there's

- FAB club in Milford on Wednesdays
- Gaming Club in the office every other Friday
- Groups and Drop-in in Johnston on Thursdays
- And living skills in the office Monday to Thursday

Call 01437 762524 to find out more.

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

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.

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

