



Pembrokeshire People First Annual Report 2017-18



We have tried to make this report easy to understand but there is a lot to say! If you want us to make an Easy Read version, please tell us.

We've also included everything—and everyone—we can but if we have left something out—like our new website—we're sorry.



Lots of these photos were taken by Lucy—thank you!

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Welcome

I would like to welcome you to the Annual Report for Pembrokeshire People First 2017-2018.

We are as busy as ever, and more and more involved with the Pembrokeshire Learning Disability Strategy. Our members helped develop it; our staff and members helped put it together—and now we are fully committed to making it happen, bringing real benefits for people in Pembrokeshire, and committing to making sure people are at the centre of everything. It's a real change for us all—working more closely with services and taking responsibility for our own futures. But it's a good thing—and PPF is there to help.

Our staff juggle lots of things. The Management Committee gives staff the job of keeping PPF “on the road” day-to-day, with everything from sorting out the boiler to feeding into strategies, and from developing great new projects to stopping the office dog from eating the walls! Thank you to them for doing it all—and still smiling.

I would like to thank the trustees and members of the committee for all their hard work, the staff and volunteers for keeping the show on the road, and I look forward to us all continuing to work together to make real changes, in these difficult times.

Lucy Hinksman, Chair



PPF is all about empowering people with a learning disability and/or autism with

- One to one advocacy
- Supporting each other
- Living skills
- Emotional resilience
- Gaining skills that help with volunteering or getting a job
- Campaigning and influencing
- safe, fun group sessions

Empowering is a big word – but we think it is important.

It's all about making sure our members and advocacy partners have

- Real choice
- Get involved in their lives
- Get their voices heard
- Learn new skills
- Meet new friends

In short, **live life fully.**



Advocacy

As noted in previous Reports, Independent Advocacy remains one of the main services offered by Pembrokeshire People First. When we ask our members what is important, keeping an advocacy service is always on their list of important things.

We are a small Team, Kate, Ashley and Shelly and myself, all working part-time, to provide people support to speak up about the things that are important to them and to receive the right type of support that works for them.

The type of things that people ask us to support them with is very varied but most often is about where they live, how they are supported and how they can improve the quality of their lives.

We are always busy with requests for help and we try our best not to keep people waiting too long before we get involved.

Lots of things are changing about how people can get advocacy support and we are working together with other advocacy services to try to make sure that there are easy ways of getting an advocate when it is needed and that everyone gets a good service.

Pete Irvine
on behalf of the PPF Advocacy Team



ASC Projects

2017-18 saw the completion of our Don't Leave Me Out project, which was a great success and set up popular social spaces for people with autism. See Ness' report.

Right at the end of this financial year, we started ASC Us, another Big Lottery funded project which is developing training about autism, written and presented by people with autism. We are very excited to see this develop.

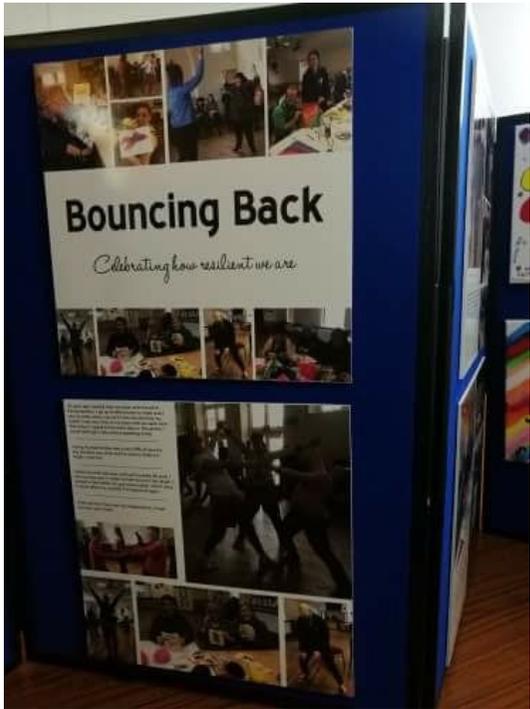
Bereavement

We continue to be fortunate to have a counsellor ½ day a week thanks to the Paul Sartori charity, to work with members on issues of bereavement and loss.



PPF Groups

PPF Men's and Women's Groups are extremely popular, and meet every other week at the Johnston Institute. Thanks to funding from South Hook LNG, our groups focused on resilience, this year, with a project called Bouncing Back. This involved looking honestly at difficult times in our members' lives, using art, dance and drama to express the emotions around them, and then working on resilience strategies to enable members to learn how to "bounce back". The project ended with a celebration at the Torch Theatre, where we showed a film about the project and our moving artwork and writing.



The Tudor Project

Gaming Club

Our very popular gaming club where people with autism and learning disability can come and play console games and meet new people. We are always busy and it's great fun. We are planning some new gaming and computer based projects for the new year and hope to design and create our own game!



Active Inclusion 2

This is a project to help people who are working towards getting a job. We deliver sessions that may help people build up confidence and learn new skills. The type of skills we teach are Planning, organising groups of people in tasks and activities. We spend quite a lot of time learning about relationships and how to tell people how you feel. This is a project that PPF take out to other organisations around the county.

Young Tudor Project.

Our youth group for people with autism is continuing to be a great success. We have 6 regular members who all enjoy taking part in activities and socializing. The atmosphere is relaxed and often we have interesting chats as we share pizza. We are currently getting ready for our Halloween party

Moving On

One of our biggest and most successful projects, we teach living skills such as cooking and managing your money and much more to people who are working towards a more independent lifestyle.

We focus on relationships and how to manage your feelings. We think that managing your feelings and learning the skills needed to help you say how you feel are very important.

We also learn about relaxation and how to calm down when you are worrying.

This project is very popular. We are just developing a new course for people who have completed the first level. We have worked with over 100 people so far, some of the people who have attended have gone on to live with a flat-mate and others have learnt skills they use on a daily basis.

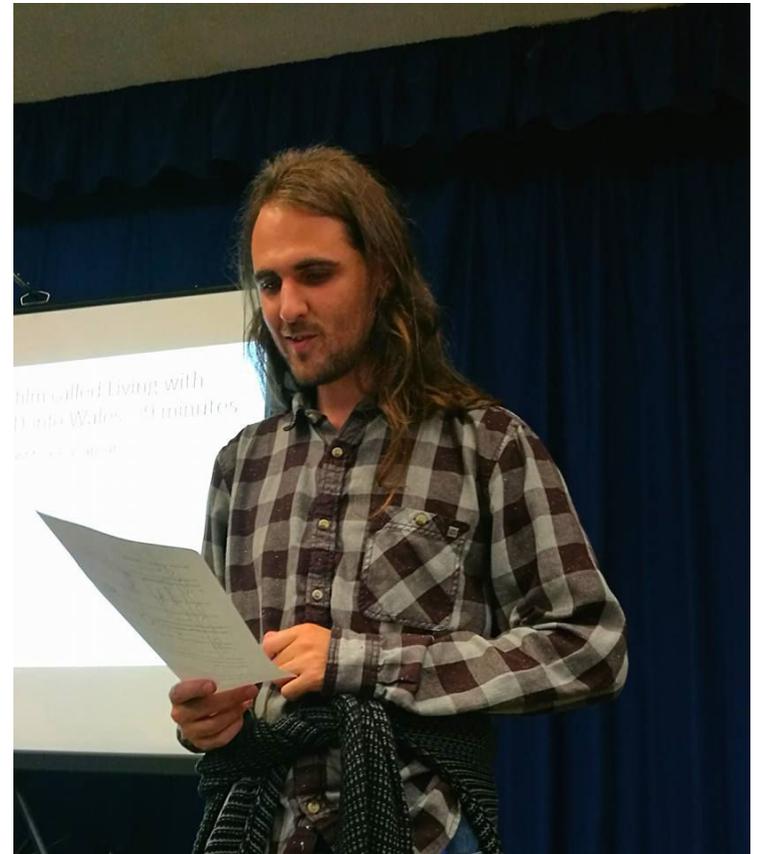


Nothing to do with Moving On—we just wanted to include Buddy the office dog!

Training

Thanks to Community Voice funding and the Pembrokeshire Access Group, our members delivered upwards of 15 training sessions on Learning Disability and Autism Awareness this year, to social workers, council employees, the police, health service employees and many more.

The training included members' personal experiences, and was universally well received. We are always open to delivering more—our members are passionate about talking about the challenges of living with a learning disability or autism—but also the important role they play in their communities, and the many talents they bring.



Strategic Impact

PPF continued and developed its engagement with statutory services and decision makers throughout 2017-18. We are represented at every level, including the West Wales Regional Partnership Board (where James Tyler is a User Representative); at the 3-counties' Learning Disability Programme Group; at the Pembrokeshire Learning Disability Partnership Board; Pembrokeshire Voices for Equality; the Advocacy Strategy Network; Pembrokeshire Day opportunities Forum; ASC



Stakeholder Group; Strategic Transition Group—and more!

As well as contributing in these arenas, PPF undertakes consultations on important issues such as Hywel Dda's transformation plans.

We undertook a consultation for the Hywel Dda Community Health Council, which provided important insights as to how the health service needed to improve to support people with learning disabilities and autism. We have also been active in developing a hub to provide advocacy over a wider area, and look forward to this developing.

Oh—and we welcomed the Director of Social Services and the Head of Adult Care to drop-in for a game of boccia!



Projects—a report by Ness Davies

I came back to work in June 2017 after 5 months off with a broken ankle.



Twins!

I enjoyed the rest of the year! These are some of the things we did:

Drop-in

We were given a Pool Table by SPOT – thank you SPOT! It's had lots of use and the girls at drop-in love it!



We were given money from Community Chest for a Boccia set. We play Boccia once a month.



We had lots of 'open sessions' where members decide what to do and lots of parties!

We also took part in research and consultations – like these:

People who work for the National Assembly came to see us. They wanted to know if the Active Travel (Wales) Act, 2013 was making a difference. They spoke to us about cycling and walking and what we said went in their report.

Some of our members got involved with The National Centre for Mental Health. They helped with a research project

The council came and did 2 consultations with us. One was about charging for services and the other was about The Social Service and Wellbeing Act.

So we did lots of ‘having our say’ and had lots of fun!

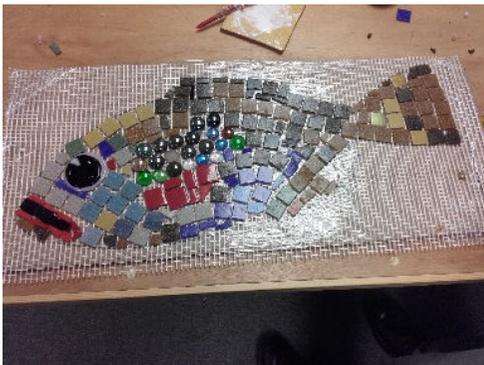
Community Voice – that funded drop in – finished in February 2018. Drop-in carried on with money from Active Inclusion.

Don't Leave Me Out!

We worked with Space to Create on a pilot project for a new art and wellbeing project. We did 4 Saturdays with them – and we loved having something to do at the weekend.



We also worked on the fish mosaics that are now part of the new riverside development – we loved learning that new skill.



We did workshops with Span Arts and joined in with Narberth Carnival – and had a great day out!



We had loads of pizza nights and skills share nights at PPF on Fridays afternoons.



Sadly Don't Leave Me Out! ended in March 2018 but a great new autism project called Asc Us started soon after.

FAB

FAB group met at Milford Library every Wednesday morning. It was a small group but it was lovely to spend time together having a good old natter and sometimes helping each other with problems or worries. We got to know each other very well. We were invited to a lovely Christmas meal at Tesco in Haverfordwest where the staff were very welcoming and made sure we had a good time. We took part in 6 Woolly Workshops with Just Nice from Haverfordwest and our work went up in town. Sadly FAB ended in March 2018.



Easy Read

I took over our Easy Read project in March. I went on some Learning Disability Wales training and started attending the Total Communication Co-ordinators meetings.

So, that was it and another good year over! Thank you PPF for my place in your 'family'!

Ness Davies

Money

This year (from April 2017 to March 2018) this is what we did with money. These are all **rough** figures. If you want the exact figures, you can ask us for a full copy of our Accounts.

We got about **£332,000** money in to PPF

Most was from grants.

About 10% was from earned income. This means things we Sold, like training, Easy Read, and Moving On.

This is how we spent it. About.....

£204,000 in staff wages including volunteers freelance staff, travel, tax and pensions

£25,000 in building and office bills like rent, phones, ink and paper

£4,800 on the Tudor Project and Young Tudor Project

£4,000 on training and developing things to sell like training

£1,400 on equipment

£1,000 on the QPM

£2,000 on fundraising (buying things like hoodies and things we can sell)

£800 on the new website

£500 on recruitment

£12000 in costs for projects and events

£5500 repaying a grant we could not use

This makes **£261,000 that we spent**

So we take £71,000 over to next year—but most of this is for projects we've already had grants for.



Thank You

To all the organisations we have worked with in the year, including

British Institute of Human Rights	Value Independence
Advocacy West Wales	Eiriol
SpaceToCreate	Pembrokeshire County Council
Arts Care Gofal Celf	Paul Sartori
The Torch Theatre	Pembrokeshire Social Services CTLD
Hywel Dda Health Board	Hywel Dda Community Health Council
PAVS	Young Voices for Choices
Elliot's Hill Care	Perthyn
The Johnston Institute	Ty'n y Coed
PATCH	The Speech and Language Therapy Team
Carmarthenshire People First	Pembrokeshire Coast National Parks
Clynfyw Care Farm	Esteam
Pembrokeshire College	Pembrokeshire MIND
Kate Smith, Hywel Dda	SPPOT
Frame	Learning Disability Wales,
BILD	All Wales People First
DWP	Barclays
Stackpole Gardens	Pembrokeshire Access Group
Cartrefi	Neyland House
Shared Lives	Pembrokeshire Managed Care Team
Pembrokeshire Children with Disabilities Team	Pembrokeshire Safeguarding Team (Children and Adults),

To all our staff, volunteers, committee members and most of all to our 'marvellous members.

Funders

We would like to thank our funders this year who help us do our work.



 Lloyds TSB | Foundation for England and Wales



We also earned money through donations, fundraising, carrying out consultations, Easy Read and training, and got earned income from Pembrokeshire County Council – earned for work delivered

Who We Are.....

President

Paul Davies AM

Staff

Chief Officer

Projects Manager (to October 2017)

Advocate

Finance Manager

Tudor Project Development

Projects Manager

Cleaners Mark Radford & Charmaine Evans

Volunteer Coordinator / ASC Us Facilitator (from December 2017)

Karen Chandler

Chris Davies

Ashley Newsham

Jen Greene

Paul Phillips

Matt Oliver

Advocacy Manager

Development Advocate

Advocate

Sustainable Development

Projects Manager

Tudor Project Facilitator

Sian Jones

Pete Irvine

Shelly Turton

Kate Isherwood

Josie Coggins

Ness Davies

Rob Smithson (from December 2017)

Volunteers

Dawn Cavanagh

Anne Curran

Sue Kullai

Rene Brierley

Colleen Dickens

Adam Billington

Geoff Rich

Gareth Davies

Georgia Grant

Evan Newsham

Emma Williams

Mike Robinson

Freelance Workers

Emma Williams

Gail James

Maya Sonvico

Rhiannon Tate

Trustees

Lucy Hinksman (Chair)

Susan Williams

Terry Mills

Gethin Morris

Jeremy de Wilton

Michael Jones

Jeanette Spiers

Management Committee (Advisory Roles)

Judith McNamara

Stuart Merritt

Mark Barnes

David Bryan

Charmaine Evans

Sophie Hinksman (External Affairs)

James Tyler

Adam Billington

Accountants

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