



PPF Annual Report 2018—2019



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Easy Read version coming soon!



Welcome from the Chair(s)

Hello and welcome from us both.

(Lucy was the Chair until November 2018, and James is the current Chair)

It has been as busy as ever in PPF.

In February, our members gave us their Manifesto. This is a list of things they want us to do in the next 2 years.

They want us to:

- Keep on with advocacy
- Do more with other people
- Do more creative things, like dance and music
- Get better at letting members know what's going on
- Work more on getting us jobs
- And keep on working hard to get money for PPF to keep going

We've got over 300 members—so we had better listen to them!

We hope you enjoy this Annual Report—and we would like to thank all the staff, volunteers, committee members and, most of all, our amazing members.

Lucy Hinksman and James Tyler



Advocacy

The Advocacy team was as busy as ever this year, making sure people's voices are heard, and supporting people through different times in their lives. We worked with 121 advocacy partners this year.

We have had more and more advocacy partners with autism—about half of our new referrals. We think this is because autistic people often “fall between the cracks” of services.

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.

One other big area of growth for advocacy has been working with parents with learning disabilities and the challenges they face. This work is hard—hard on the advocates emotionally, and hard in terms of the amount of time it takes up, including court visits.

One big change coming up is our joint work with other advocacy providers Eiriol and AWW to tender for the Independent Professional Advocacy contract in Ceredigion. If this goes well, it is likely that this work, which is for general advocacy and not just LD, will be commissioned across the 3 counties of West Wales.

We also achieved the Advocacy Quality Performance Mark this year—well done to all the team.

And the final big change in the advocacy team is that 2 of our advocates had babies this year! Effie and Harris are now part of the PPF family.

Pete Irvine, Advocacy Manager





Groups and Drop In

Our regular groups and drop-in sessions continue to be incredibly popular, with our Men's and Women's Groups using all sorts of creative tools—from dance to drama and art—to develop the tools we all need for self advocacy. We think self advocacy is all about knowing yourself, knowing what you need, and feeling confident enough to say it, and our groups are places where people feel safe and enjoy developing those skills.

Our weekly drop-in is equally popular, with sometimes upwards of 50 people at our parties! We have also gone out a lot more this year, with popular walks part of our healthy living drive. And we've enjoyed cooking together, telling visitors from many organisations our ideas for their plans—and getting involved with Boccia tournaments.

Finally, we'd like to say a special thank you to our brilliant volunteers.

Ashley Newsham (groups) and Ness Davies (Drop In)



Moving On

Moving on is our living skills programme, largely funded by Supporting People and Pembrokeshire County Council, with extra funding to prepare people for work from Active Inclusion, and outside adventures through South Hook LNG.

Moving On is different from traditional living skills because it focuses on the emotional skills you need to live more independently—getting on with other people; checking in on yourself; feeling good in yourself outside and in.

The range of activities is huge—everything from outdoor mindfulness to reading food labels; and budgeting to tai chi.

Moving On is small and led by the participants, who set their own goals and work towards them through 6 week courses. Many participants stay on, and become valuable mentors for the next “crew”.

We have also been pleased to work with Pembrokeshire College, running blocks of Emotional Resilience workshops for students.

Over the year, there have been staff changes, and the Moving On team is now Matt who manages the service, along with Rob and Paul. In the office, their room is fondly known as the Man Cave!

Moving On has great plans for the coming year, and welcomes new participants young or old—because we all need a bit of help moving on sometimes!





ASC Us

This year we started our fantastic autism project, ASC Us.

ASC Us has 3 main parts—specialist advocacy for people with autism; gentle groups run by people with autism; and the development of autism awareness and acceptance training. The training, developed by Emma Wishart and Alice Jones, both of whom are autistic, has been incredibly well received, and has been delivered across Pembrokeshire and beyond. Here's what some participants have said:

"Brilliant training. I feel that I have learnt a lot about autism and it has helped me be more aware when engaging with people. I found the day very enjoyable, informative and useful. Fantastic team!"

"Presented in a very friendly and professional way. Excellent speakers and their stories were inspirational. I learnt lots and will take much away from the presentation today."



Other projects

"We're so busy, there's only really space to list a few of the other great things we have done this year. Look at our Facebook or website to find out more about:

- *Gaming Club*
- *Young Moving On*
- *Training we've delivered*
- *The Volunteering project*
- *Bereavement counselling*
- *Work with the council, health board—and the Pembrokeshire LD Strategy*

There's loads going on —get in touch to get involved!





Regional work

One of the big successes of our year has been working more across our region.

PPF members are key players in the Dream Team—a group of people with Learning Disabilities who advise—and hold to account—the Learning Disability Programme Group.

We have spent time developing the LD Charter—a simple and powerful document setting out what people with LD need and expect from their communities. Thanks to some Welsh Government (ICF) funding, we have worked with Pembrokeshire College to create a glossy version that has taken off in ways we never believed, with organisations and individuals queueing up to sign up!

Members of Pembrokeshire People First are key players in the Learning Disability Programme Group and the Regional Partnership Board, and we're delighted to be working ever more closely with Carmarthenshire People First, and people with learning disabilities in Ceredigion.

The coming year will be big for regional work and the LD Charter—making sure the voices of people with learning disabilities are right at the centre of the planning for our region.



LD Champions and the Pembs Strategy

2018 saw a real step forward for people with learning disabilities, with the creation of 4 paid roles as LD Champions in Pembrokeshire, employed by the Council.

Rhys Eynon started working with PAVS to promote volunteering and community opportunities for people with Learning Disabilities. Rachel Bailey is based at Norman Industries and focusses on employment, and helping employers actively recruit people with disabilities.

PPF hosts the remaining two Champions—James Salliss, who concentrates on the North of the county and younger people; and James Dash whose work is increasingly about regional opportunities, and also leads on Easy Read.

We are delighted to be a part of this important initiative, which highlights the talent in our community, and is a direct result of the Pembrokeshire Learning Disability Strategy, co-produced by Pembs County Council, Third Sector groups such as PPF, and people with learning disabilities. The Strategy sets out ambitious actions to improve the lives of everyone with a learning disability in Pembrokeshire, and PPF will keep on working with our partners to make it happen.



Campaigns and training

The PPF Campaigns group is going strong (and always welcomes new members!)

Over the year, Campaigns group members have met with local politicians to discuss issues such as benefits, PIP and transport. We were also active in the Pembrokeshire Access Group, ensuring learning disabilities were kept on the agenda, and we continued to co-chair Pembrokeshire Voices for Equality.

Issues we are looking at include Voter ID and how loneliness and isolation are a campaigning issue.

PPF continued to offer high quality training to other organisations, led by our members, experts by experience. Topics included Human Rights, Equality, Values and Attitudes and Learning Disability Awareness. PPF can be booked to deliver training on a wide range of subjects, or can develop training especially for your organisation.



Money

This is a simple version of our money. If you want our full accounts, please ask us.

In 2018-19 we got about **£229,000** in

This was about

£5500 donations

£171,000 in grants

£52,500 in earned income and commissioned services. This means things the council asks us to do.

This is less than last year.

We spent about **£307,000**

(This is because we had some money left from the last year)

This was about

£258,500 wages and travel

£34,500 office, rent and bills and other costs to keep PPF going

£11,000 on projects like Moving On and Groups

£3,000 on training



Planet Easy Read

We all know how important it is to be able to understand letters, posters, and all sorts of information. Without Easy Read, doctors' letters get ignored, bills go unpaid, and people simply miss out.

PPF has always worked with organisations to make what they produce easier to read, but this year we started working with Carmarthenshire People First and Barod CIC to form **Planet Easy Read**—a new group which works in the 3 counties and is led by people with learning disabilities.

Everything has been developed by the members of the 3 groups, right down to the rather fabulous logo!

You can contact Planet Easy Read at planeteasyread.com



Staff and volunteers

Staff

Karen Chandler	Jen Greene	Pete Irvine	Shelly Newton
Ashley Newsham	Kate Isherwood	Ness Davies	Josie Coggins
Sian Huntley	Matt Oliver	Paul Phillips	Rob Smithson
Emma Wishart	Charmaine Evans	Mark Radford	Maya Sonvico

Freelance

Georgia Grant	Jon Strawbridge	Gail James	Emma Williams
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Management Committee and Trustees

James Tyler	Lucy Hinksman	Terry Mills	Ben Stirling
Sophie Hinksman	Judith McNamara	David Bryan	Meinir Morgan
Ben Fulton	Adam Billington	Gethin Morris	Stuart Merritt
Jeremy deWilton	Ed Lewis		

Volunteers

Rene Brierley	Evan Newsham	Georgia Grant	Debbie Williams
Ben Fulton	Adam Billington	Tina Norman	Emma Williams
Debra James	Geoff Rich		



Working together

There are loads of great people and organisations we have worked with this year, and we will always forget someone—sorry! But here’s a few—and here’s hoping for more great co-productions next year.

Pembrokeshire College

Frame

West Wales Care Partnership

Value Independence

Pembs LD Partnership Board

Carmarthenshire People First

All wales people First

Arts Care

SPAN Arts

My Moves

Kate Smith (“cooking Kate”)

Hywel Dda CHC

Paul Sartori

Local Support and Care Providers

Clynfyw Care Farm

Norman Industries

Pembrokeshire County Council

Pembrokeshire Association of Voluntary Services

West Wales Regional Partnership Board

Barod CIC

Pembrokeshire Access Group

Space to Create

Pembrokeshire Voices for Equality

Barclays Bank

Hywel Dda UHB

Elvire Beijdorff

The VC Gallery

And Buddy the office dog!



Our funders



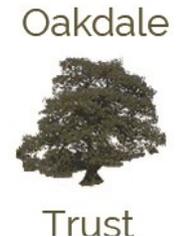
SOUTH HOOK
LNG TERMINAL COMPANY LTD



COMMUNITY FOUNDATION
IN WALES
SEFYDLIAD CYMUNEDOL
YNG NGHYMURU



Thank you!



And....

Access to Justice

David Solomons Trust

Enhancing Pembrokeshire

LEADER



President: Paul Davies AM

Accountants: Pritchard & Co



Get in touch

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Find us on Facebook (Pembrokeshire People First)

and

Twitter (PembsPeople1st)



Registered Charity number 1091201



