



The Newsletter of Pembrokeshire People First

Issue Eleven Winter 2020

Talking Matters



PPF members are often asked their views on important things.

So yes, of course, talking matters—and we are very good at it!

But even more important is listening—and acting on what we say.

So we are pleased that the Health Board has asked us to

run a session on the best way to engage with people with learning disabilities.

Engage means “get together with”. It’s about making sure people with learning disabilities are involved with all the ideas and plans they have, and play a key part in shaping services.

Please come along - it’s at the Johnston Institute on 19th March from 12 until 4. We will have lunch first and then get all our ideas.



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

Call Karen on 01437 762524 if you want to know more.

Pembrokeshire People First

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pembspeople1st



Pembrokeshire People First

We are really proud of the Dream Team—a group of members from this area who promote the LD Charter. They won an NHS Wales Award for Empowerment. Well done!



The silver screen

We are very excited to be making a video about the LD Charter for people with learning disabilities, so they can understand it better. We are working with Lifeseeker, and hope the video will have its premiere at our “Bit of a Do” on 26th March (see back page). Get your autograph books ready!



We hate hate crime

The Welsh Government wants to make sure people with learning disabilities know what **hate crime** is and what support is available.

And they are trying to stop hate crime. They will be trying to convince people to be more kind in 2020. They want to know how they can make sure people with a learning disability are included in this.

So we are holding an event on 11th March at our offices to find out what you think, and to help them do this right. Please come along from 10-1. There will be biscuits! Please call Karen on 01437 762524 if you want to know more.



Spotlight on—Gaming Club!



PPF Gaming Club is as popular as ever! These past few months we have been fortunate to receive some quality donations in the form of TV screens, games and consoles from our local community. This has allowed us to improve our layout and create an even better environment for our club. Not only that, we have more consoles and more games at your disposal.

Recently, we have set up a core group of long-term Gaming Club goers to make things happen at the club. We have run three tournaments to date, these have taken place on PS4 and XBOX 360. Each one has been a nail-biter, with lots of cheering, encouragement and a thread of sportsmanship

upheld throughout and with a prize for the winner! Our winners so far have been, Matty Evans and Chris Lawler x2. Matty Evans had this to say, 'The gaming tournaments we've had have gone pretty well so far, everyone enjoyed themselves during Crash Nitro Kart Racing, this was a really good choice to start our competitions and everyone went home happy!'

Another important thing to mention is that we've now got the equipment to have a 'Quieter Gaming Time'. This happens every other week for an hour, within our usual Gaming Club time. We have multi-player headphones and a darkened room to create a lower sensory environment. This is something some of our members have asked for. We have lots of exciting things on the horizon here at Gaming Club, so please get in touch if it's something you or someone you know may be interested in. To do so, call up Pembrokeshire People First on 01437 769135 and ask for Jon.



We are the Champions!

Our LD Champions have been very busy.

James D and James S were both involved in the launch of the LD Charter at the Pembrokeshire County Show. The Deputy Health and Social Care Minister Julie Morgan launched the Charter. Here is the First Minister Mark Drakeford with Julie Morgan. James S has now stepped down to give someone else a chance to do the job.



James D is helping with the Pembrokeshire LD Strategy AGM on **27th March. This is at the Pavilion on Withybush Showground from 10-1.** Please come along—we will be there!



James S with Ben S at the launch

New Faces.....



....well they're not that new, but they are since the last newsletter!
 Maya Sonvico is our IPA Advocate in Ceredigion. If you have an advocacy need in Ceredigion, you can contact info@cipawales.org.uk
 And Jon Strawbridge has joined the Living Skills Team. He also runs our weekly youth group on Thursdays from 5-7. Call him on 01437 762524 for more info.



Health Check Champions

The Health Check Champion's job is to promote better health for people with learning disabilities. We will talk to GPs and nurses and highlight the importance of good communication and using words that are easy to understand when working with people with learning disabilities. We will promote annual health checks so that more people with learning disabilities know about them and get them. We are working to make a video promoting Annual Health Checks which we will be showing to GPs.

The purpose of the annual health check is to check the whole body to make sure that people are healthy and to check for hidden illnesses such as heart or kidney problems. This could stop you from getting a serious medical condition, as many illnesses are easy to prevent if they're spotted early enough. Your general health (like height, weight, sleep and food intake etc) and medicines will also be checked.

You can have an annual health check if you are over 14 years old and have a learning disability. Your GP might invite you for a health check, or you can ask them for one.

If you're having a health check it might help to:

Bring someone with you

Ask the doctor to use simple words and explain things

Write down anything you want to talk about before you go

Ask for a double slot and a morning appointment.

Courtney Poupard



How does work affect my benefits?

This is a question lots of our members ask.

So we are having a workshop with the DWP and our staff on **18th March** at PPF from 10-12. This is an important subject—please come along—work makes us feel good but we don't want anyone to lose out.



Lucy and Meinir at the launch of the LD Charter

A Bit Of A Do!

Our members have been asking for ages if they could organise a big event for the whole community.

And thanks to the Community Cohesion Fund, it's happening!
The "Bit of a Do" will be on Thursday 26th March at Haverfordwest Football Ground.

It's a community picnic, so bring your own goodies—but there's an ice cream van for essential treats!

There will be fun, games, ponies, Milford Community Choir, Arts Care Dance sessions; football fun; police dogs (Buddy especially excited for this!) and much more.

And it's open to everyone—a chance to meet our neighbours, have a good chat, see what different groups are up to—and discover that we are all much more the same than we are different.

We're still planning all the exciting details—but call PPF on 01437 762524 if you want to get involved.

Working 9 to 5.....



PPF have been part of a pilot project to develop training around work and learning disabilities.

We are running two pilot courses:

For people with learning disabilities—what you need to know about having a job

6th April. 1—4. Johnston Institute

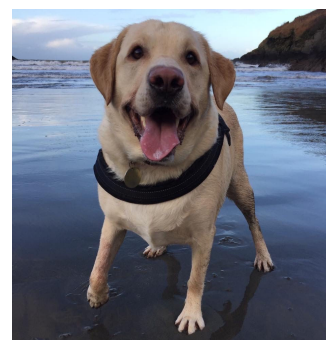
For employers—what you need to know about employing someone with a disability

15th April. 10—1. Pembrokeshire Archives.

Both courses are free. For more info or to book contact Jon on jon@pembrokeshirepeople1st.org.uk

Buddy wants you to know that our PPF advocacy team is there for you. Advocacy is about getting your voice heard, and being on your side as you make choices in your life. Call us (not Buddy!) on 01437 769135.

(He's also always up for a cuddle or a treat!)



Join PPF!

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.....

