

FIRST!

The Newsletter of Pembrokeshire People First

Issue Thirteen July 2021

Come to an arty party!

PPF is really delighted to be running an arts summer school this year—a chance to get out and do creative stuff, after the difficult times we have had.

Thanks to a SCAF grant, we are holding a 4-day summer school from 23rd August.

It will be at the Torch Theatre in Milford Haven, and the week will end with a showing of all the great creative things you will do.

It's completely free, but places are limited because of social distancing, and you will need to book, and be able to get yourself there.

The Summer School will include dance, drama, music and much more.

There is a taster session on zoom on 11th August. This is a chance to see the sort of thing we will be doing—and to ask any questions.

The code for the Zoom session will go up on the PPF Moving On At Home Facebook page.

For more info, contact

ashley@pembrokeshirepeople1st.org.uk



Pembrokeshire People First

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Pembrokeshire People First

PPF is still online as well as face-to-face. Join the PPF Moving On At Home Group on Facebook for the latest online timetable and zoom codes.



Did you vote in the last election?

Did you find it easy?

We would love to hear from you.

In this newsletter is a leaflet with a short survey.

Or you can go to <https://forms.office.com/r/hha2U1fU4g>

For more info, call Sian at the PPF Office.

Exciting times at Moving On!

Our living skills and emotional resilience course goes from strength to strength.

We have been busy and the last 6 months seem to have flown by. We began to make sure the building was ready for our groups to start using again and at that time we decided it was the best opportunity for a really good tidy up. We threw away lots and lots of things and I mean lots!

It's been a very helpful process as the building now being less cluttered is a more ordered and calmer space for everyone. Many staff still work from home and we have also rented the green shed so we have lots of space.

We are busier than we have been for a long time. We have lots of new people starting and we manage the number of people attending by having a rota system so we don't over crowd the building and put people at risk. This system is working really well and we are able to have different people attending each week so it's a very fair way of making sure all who want to attend can.

Future Plans

We have been busy making funding bids for our new enterprise which will be called Môr. This project will be an arts based enterprise and we expect to base this in North Pembrokeshire on the coast.

The idea is that we gather design teams from around the county—PPF members who are keen on art and design. We will create designs and pictures. We can then work as a team to tweak the designs and then have them printed onto fabric or ceramics such as a vase. We hope to buy a kiln and make beautiful tiles too. We will have a website and a workshop and we will sell our items all over the uk.

We hope to have people from all over Pembrokeshire taking part and some of the art work can be done online or while walking with the group on the coast path. It's very exciting too because there will be an opportunity for some people to gain some work experience, job skills and even employment!

I hope Môr becomes a place where people feel they belong, a place where learning skills happens naturally and where we are all working as a team to create lovely items that people will treasure. This sounds like a huge project and it is! At PPF we know we have limited resources especially when it comes to money, but the best resource PPF has is its members and when the members get together we have everything we need to make something like Môr be a success!

Finally.

Going through Covid 19 has been tough, we have all faced significant challenges, staff and members alike. But there has been success too, we have all done so well in talking to one another, helping out, making sure others are okay and helping people find help and advice.

PPF's members have been a great example of how adaptable we all are, we can take on new and unexpected challenges because we pulled together, I often think of PPF as a community and during covid it's been just that.

Matt



New staff for PPF

Since the last newsletter, we have hired no less than 5 new staff members. We have a large team now and the new staff bring a new set of skills and personalities to the mix. We are really excited about what we can do in the future and how we will be able to develop new and exciting projects with our members now we have more staff to share the load and do more things.



Hi! I'm Manns. I live in Maenclochog with my dog, Frankie, & my son, Abraham. I was a support worker for 10 years. I like to read books, especially Sci-Fi & Fantasy novels I also like to play board games. and I'm into politics but please don't let that put you off! I'm excited to meet everyone and get involved with the work you guys do.



Hi. I'm Alastair. I live in Goodwick which is next to the Seaside I have many hobbies but my favourite is Fishing I trained as an actor and previously worked as an actor. I am loving my new role and have already been blown away by the amazing members.



Hi, I'm Becky. I live in Fishguard with my husband, two children and busy springer spaniel puppy called Finn! I love spending time outdoors swimming in the sea, paddle boarding and exploring. I was a Veterinary Nurse and looked after animals for 17 years. The training led by PPF members has given me a really valuable insight into learning disabilities and autism.

Most of you already know me—I'm Courtney and I am now the PPF Equality Champion. My job is about making things fairer for everyone. I am working on lots of things including training for doctors right now, which is going to be great.



Hi. My name is Jon Evans and I love all things digital! I used to be a teacher and have been working with computers most my life. I enjoy helping people make the most out of the technology available.

I live near Tenby. I enjoy coaching and watching rugby as well as doing a little bit of triathlon on the side. When at home I can't beat a film night with my two young girls, Thea and Esme.



Calling organisations!

If you are an organisation working with people with learning disabilities/autism, could you spare 5 minutes to complete the LD Champions' survey about training? You can find it at <https://www.surveymonkey.com/survey/d/B5Z0N9N8O9S7F3L0F> Thank you!



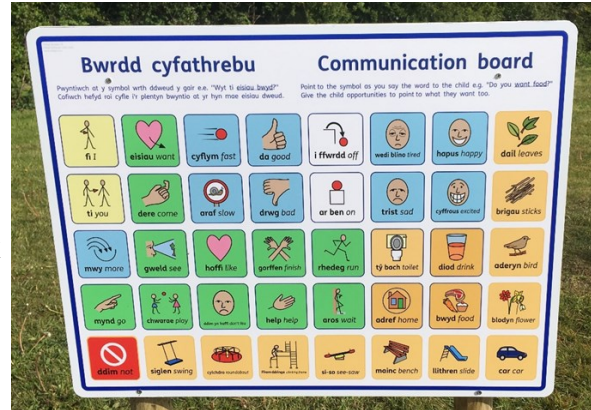
James Tyler is the Pembrokeshire LD Champion for transport. Contact him on Facebook —**Pembrokeshire's LD Champion for Transport**—& let him know what you need from buses and trains.

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News from the Dream Team

The Dream Team is a group of people with learning disabilities from 3 counties. They work with services to make them better. At the moment, the Dream Team are talking with the Speech and Language Therapy team about Communication Boards. These are boards that help people with complex needs communicate when they are out and about. We hope to get boards in places lots of people go. Like shopping centres. And beaches. Contact James, the Chair of the Dream Team at james@pembrokeshirepeople1st.org.uk, if you want to find out more.



A quick fun quiz from IT Jonny

IT Quiz

Match the pictures to the words.

Keyboard

Laptop

Mouse

Tablet

Smart TV

Monitor

Smart Phone

Look! PPF Groups are back! And Express Yourself drama and dance from 12-1 too!



Men and Women's Group will no longer be separate groups we are now one mixed self advocacy group.
 We will meet every Wednesday
 10.30-11.30 am
 At The Green Shed, Haverfordwest (next to the PPF office)



Starting back Wednesday 14th July!
 Booking is essential, there will be limited spaces due to social distancing
 Please bring your own refreshments
 for more info or to book contact
ashley@pembrokeshirepeople1st.org.uk
 01437 769135

Buddy wants you to know that he misses everyone, and hopes that we can do more together really soon.

He also wants to remind you that we can refer you to brilliant advocacy support at AWW or Dewis if you have a problem.

Just call us—although Bud won't answer the phone!



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.

