



**SWANSEA PEOPLE FIRST**  
**Peer Health Advocacy Project**  
An Organisation of and for People with Learning Disabilities



# Christmas 2011 Newsletter



**SPF Chairperson Mark Owens  
and Assembly Member Bethan  
Jenkins at the 'Hardest Hit'  
Disability Protest March in Cardiff**

**Registered Charity No: 1117899**

# Hello and Welcome!



A big hello to everyone from the members at **Swansea People First!**

We would like to introduce our **Christmas Newsletter** which is about all the things that we have done in the project over the past couple of months.

We have had a very busy year **campaigning and promoting the rights of people with learning disabilities** in Swansea and all over Wales

The hard work of our members, volunteers and staff has been brilliant and we believe we are **making a big difference to people's lives**

We are up against tough times but are joining together with other people and organisations to **fight for our rights and services**

We are growing and developing all the time and we will be ready to make the project **bigger and better in 2012 and beyond!**

We hope you enjoy reading about what we have been up to over the last couple of months and can join us in our mission of...

**Good Health For All!**





# 'Hardest Hit' Protest March



On October 22<sup>nd</sup> 2011 our Co-Chairperson **Mark Owens** and Administrator **Daniel Bamsey** took to the streets of Cardiff to support a protest march for the **rights of people with all kinds of disabilities across Wales**



Members from All Wales People First and lots of other local people first groups joined forces against proposed changes in welfare, services and benefits **that many see as very unfair**



The march was called the '**Hardest Hit**' as it is often people with disabilities that suffer the most and are vulnerable when changes are made

It was a very sunny day in **Cardiff City Centre** and there was lots of people there making their voices heard

Check out our **facebook** page for more photos and videos from the day and visit **[thehardesthit.wordpress.com](http://thehardesthit.wordpress.com)**  for more info on how to join upcoming marches and protests!



# Football and Fitness with Jazz Richards!



Swansea People First has been running **'Football and Fitness'** Skills sessions over the past year for adults with learning disabilities in Swansea working with **Swansea City FC** Coaches and **'Football in the Community'**

The project has been funded by **Sports Council Wales** and has been very popular with all the avid football fans in Swansea!

As a treat for the last session in November, **Martin** the coach was joined by Swansea City defender **Ashley 'Jazz' Richards** who met everyone and even had a kick about!

We hope that this project has inspired everyone to take part in sport and get some enjoyable exercise

A little interview with SPF member **Emma Tamlin** and Jazz can be seen [swanseapeoplefirst.co.uk/videos.htm](http://swanseapeoplefirst.co.uk/videos.htm)



**EVERY PLAYER COUNTS**

SUPPORTED BY THE FOOTBALL POOLS



# Project Snapshot...



**The 'Right to Work' Project with SPF members Andrew and Lisa learning new skills in our office!**

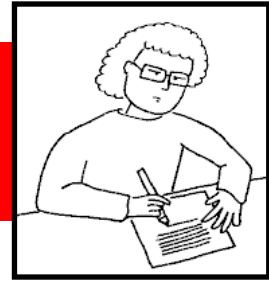


**This project funded by the Millennium Stadium Trust gives our members the chance of paid work in our office, supporting People First, learning new skills and then passing them on to their peers**





# Member's Blog...



## This time: Rebecca Evans



Hello Everybody!. My name is **Rebecca Evans** and I am a brand new member here at Swansea People First.

I have enjoyed sessions with People First in the past and have wanted to get more involved and help out.

I was part of the '**First Aid Awareness**' course and a '**Leadership Skills**' course where I got to go and visit the Welsh Assembly!

My first job as a Swansea People First member was to go along with the Project Coordinator **Lynn Coleman** to County Hall in Swansea where we gave people from leisure services training on '**Learning Disability Awareness**' so they can improve their services.

I really **enjoyed meeting lots of new people** and I got **very good feedback** on what an excellent job I did!

As a member of Swansea People First I look forward to **doing lots of new things with the group** and **helping out my friends with their health and well-being**.

I would like to wish everyone a **Merry Christmas and a Happy New Year!**

See you all soon!

Rebecca x



# What we've been up to



## Sep 2011

### All Wales People First Conference 2011



Members of Swansea People First attended **All Wales People First's Annual Conference 'Unnatural Disaster!'** in Llandrindod Wells in September



**Victoria Smith, Julian Hall and Linda Evans** were supported by **Lynn Coleman** our Project Coordinator and staff from the **Community Lives Consortium** until a 'wizard' came along to tell everyone that all funding had been cut and the staff could no longer help!



It was only an exercise but the members from all over Wales were told that they had to support themselves and **learned some very valuable skills on being independent and working as a team.**



**Linda** was also awarded a certificate for her work helping her peers.

# Oct 2011

## 'Team Time Together' in Fforestfach



Following on from our successful 'Time Together' group in Fforestfach Day Centre working with Pam Cannell from Gower College Swansea we have set up a new group based on the idea of 'Teamwork'.

Using Swansea City FC's success in reaching the Premier League as inspiration the group have set to work on a 'fanzine' about the club and how working together has got them to where they are now.

They have also met with politicians and the police to learn how teamwork helps them in their roles and spoken to Kim Walker, a learning disability nurse on the Community Support Team.

The group asked how they could get more involved in this very important team that works to support them and makes decisions that affect their daily lives.

The Swansea City Fanzine will be out in the New Year!

# Nov 2011



## Asthma Awareness Mentoring Group



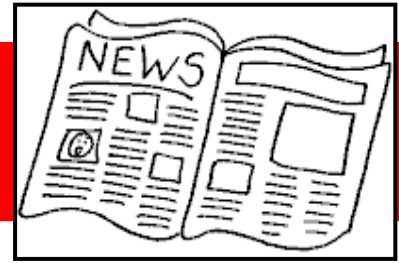
We have recently been focusing on **one health topic at a time** in our sessions and empowering small groups of service users at a time with the skills and knowledge to help themselves and to **pass it on to their friends and peers**

**Asthma** is one of the subjects that affects a lot of people that we work with and we have been teaching as many people as possible about what it means to have it and **how to keep yourself well** with the pumps and treatments

The staff involved are also learning a lot! Our administrator **Daniel** always gets a row for forgetting his blue pump from SPF Member **Lisa Barker!**

We have designed new **accessible leaflets and resources** to help and hope to concentrate on more subjects like **Alcohol and Diabetes** soon!

# Other News



## Merry Christmas and a Happy New Year!



We would dearly like to thank all of you for making Swansea People First a great success over the past year!

We have more sessions, workshops, members and projects than ever and we couldn't have done it without the support and help of everyone involved. You know who you are!

## Useful Links and Numbers



Swansea Community Support Team: (01792) 614100



Flexible Support Service: (01792) 470616



Your Voice Advocacy Project: (01792) 646573



Mencap Swansea Participation: (01792) 474090



[www.learningdisabilitycoalition.org.uk](http://www.learningdisabilitycoalition.org.uk)



[www.learningdisabilitywales.org.uk](http://www.learningdisabilitywales.org.uk)



[www.allwalespeople1st.co.uk](http://www.allwalespeople1st.co.uk)

Swansea People First  
would also like to thank:



**bild**



Lloyds TSB Foundation  
for England and Wales



# Get in Touch!

## SWANSEA PEOPLE FIRST

### Peer Health Advocacy Project

22 Cradock Street

Swansea

SA1 3HE

(01792) 466866



[info@swanseapeoplefirst.co.uk](mailto:info@swanseapeoplefirst.co.uk)

[www.swanseapeoplefirst.co.uk](http://www.swanseapeoplefirst.co.uk)



[www.twitter.com/SwanPeopleFirst](http://www.twitter.com/SwanPeopleFirst)

[www.facebook.com/swanseapeoplefirst](http://www.facebook.com/swanseapeoplefirst)



### Project Coordinator:

Lynn Coleman



### Project Administrator:

Daniel Bamsey



### Project Support Worker:

Andrew Evans



Clipart Pictures by



# SWANSEA PEOPLE FIRST

An Organisation of and for People with Learning Disabilities



**are holding their 7th**

# Annual General Meeting

**St James Church  
Hall, Uplands  
Swansea**

**on Friday 17th  
February 2012**



**6pm - 9pm**



**INCLUDES: Speeches, Presentations, Buffet and Disco!**



Please contact Lynn Coleman for more details

Tel: (01792) 466866 / Email: [info@swanseapeoplefirst.co.uk](mailto:info@swanseapeoplefirst.co.uk)



Registered Charity No: 1117899  
22 Cradock St, Swansea, SA1 3HE



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