



North Somerset People First

Supporting people with learning
disabilities to have a voice

NEWSLETTER 2015



North Somerset People First

Newsletter



Mark Bowden

Hi, from our
Chair Person, Mark.

Welcome to the Autumn 2014
edition of the North Somerset
People First newsletter , which is
all about what we have done
over the last few months.



Speaking up Together Group

We have been
getting involved in
different projects
and supporting
members to speak
up.



Staff News

Our new project
999 or 101



Students News

We have had new
students from Weston
College who joined
the team

Speaking Up To Together Group

The Speaking Up Together Group is a forum for people with a learning disability within North Somerset. We come together to hear everyone's views and experiences of services, If you would like to come along please contact the office.

During 2014 we had guest speakers attend our Speaking Up Together Group;



- Speech and language therapist.
- Housing Officer for the community team for people with a learning disability
- Police officer □
Health Watch
- Community nurse lead
- Complex needs nurse, Weston General Hospital



These Sessions are held at Partnership House from 1:30 - 3:30pm. If you would like to attend please could you contact the office to let us know?



Wednesday 15th October 2014
Wednesday 29th October 2014
Wednesday 12th November 2014
Wednesday 26th November 2014
Wednesday 10th December 2014

Speaking Up To Together Group



The group have been talking about voting and what it means to them, some of the members have signed up to a petition by mencap called hear my voice.



Only a third of people with a learning disability vote in the UK. People with a learning disability should vote so they have a say about things that affect their lives

This aims to get people who have a learning disability heard by politicians in preparation for the general election next year.

Staff News



North Somerset People First Have produced a short film. A Matter of Life or death. which will support people with a learning disability to call 111 when they need medical help or 999 for an emergency.



This was Created in partnership with Weston College media Students, Make up Artists and TFL Dance and was funded by My way.



North Somerset People First are looking forward to the next project. What is the difference between emergency numbers 999 and 101? Call 101 to contact the police if the crime is not an emergency.



We have had some staff changes and would like to welcome Jo Blackmore. Jo is our new Communication and Engagement Officer.



On Saturday 9th August we enjoyed a Skittles evening ,it was a great get together and everyone had a chance to play. Mark won with the high score of 49. Everybody had a brilliant time .We are looking forward to another social evening

FANTASTIC Skittles Night



Ian Crago

"I thought the skittles night was fantastic."

"I enjoyed two pints with good company and made new friends"

"It would be great to meet up again. I would like to do another night"

"It was brilliant. I would like to do this once a month"

Skittles Nights...

Get Involved

Have FUN!!

Make Friends

Food & Drink



Student News



Work Experience

We work in Partnership with Weston College to provide work experience for some of the learners who attend the [College](#). The student's each do a 10 week work experience placement as Customer support assistants.

We provide work experience placements in a real working environment looking at different aspects of work such as time keeping, health and safety, presentation, communication, customer service and working with others to put people in good stead for future employment(s).

We hope at the end of the 10 weeks they will know more about what having a job is like.



MEETINGS & EVENTS

On Monday 29th
September 2014 North
Somerset People First
held their

Annual General Meeting.



Health and Wellbeing Check up Day



Speaking Up Groups



Keep Safe be Happy Training



What makes a good Police Officer? Speaking Up Groups





You can find out what we are doing and events which are coming up on our website:

www.listentoourviews.org



We have a Facebook page:

www.facebook.com/groups/northsomersetpeoplefirst



We always welcome new and old members to the organisation. Please contact us to find out how you can get involved with
North Somerset People First



**North Somerset
People First**

Supporting people with learning disabilities to have a voice

We are always looking for volunteers who can support the organisation in different areas. If you think you could spare a couple of hours a week, please contact us, we would love to hear from you.



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