



# Sunderland People First

A Voice For Change

Newsletter - Spring 2018

## We ALL Have Mental Health Conference

Sunderland People First held their first conference for people with learning disabilities and autism to talk about mental health.

We had some wonderfully open and honest conversations and have lots of ideas to take forward.

*"I feel really positive after today's conference! Loved the energy and passion of everyone in the room and I go away with valuable learning too."*

Chrystalla Karvella, Advocate – Time to Change



Time to Change Champions

## “Changing how we think about Mental Health”

We worked with an organisation called Time to Change to plan our event. We wanted to listen to people with learning disabilities and autism about mental health. Our aim was to use people’s experiences to change how others think and talk about mental health. We had some amazing ideas from people about ways to improve understanding and get the right support around mental health.

We ALL Have Mental Health promotional video: <http://bit.ly/2ppxP18>



Great to have so many people join us



Sharing experiences



Lots of feedback to learn from



## Anti-bullying Celebration Event

Students from schools across Sunderland attended an event to celebrate the work of anti-bullying teams. We listened to some amazing examples of students and schools making a real difference in this area and would like to pass on our congratulations to everyone that received an award.



## Improving Health & Wellbeing Event

Sunderland People First were invited to present at a Public Health England event which was all about how community projects can improve people's health and wellbeing. Sharon, Gavin and Andrew talked about how they set up the Sunderland Safe Place Scheme. It was good to hear how the voluntary and community sector is so strong in Sunderland and doing some amazing work.

## Government Consultation

Advocates from Sunderland People First gave their views to a national consultation about the Mental Health Act. We had some very useful discussions and talked about the importance of advocacy, peer support and accessible information. We look forward to seeing the final report from the Department of Health & Social Care.



## Valuing Difference Training

We are working with primary and secondary schools in Sunderland to develop Valuing Difference training resources. We have felt inspired by some of the feedback we have received so far and really look forward to seeing this project develop in the future.

## World Autism Awareness Week

Advocates will be raising awareness of autism during world autism awareness week 26<sup>th</sup> March – 2<sup>nd</sup> April.

We have a number of engagement events happening so check out information on our website and Twitter page for more information.



## Launch of Basis@Sunderland

We were delighted to attend the opening of a new project in Sunderland run by Oasis & Aquila Housing. The homeless drop-in centre has opened to help people living on the streets or who are at risk of homelessness.

Sunderland People First are part of the Improving Lives Together partnership and have been involved in a homeless project to engage with and support people with learning and autism living in some of our city hostels.

Northern Echo report: <http://bit.ly/2pr0j9P>





## Sunderland People First



We are a Community Interest Company based in the North East of England. Our business is about improving the lives of people with learning disabilities and autism. Our experience is based on over 20 years of working alongside the Health and Social Care Sector. Working closely with Sunderland Clinical Commissioning Group and Sunderland City Council we have built up a highly regarded professional and award-winning reputation.

### Accessible Information



Meet your statutory duty and make sure that consultations and information are accessible to people with learning disabilities. We are experts in making information clear and easy to understand. We have experience of working with a range of partners to develop easy read information and a lot of our documents are used around the country and even the world. We also provide consultations and training around developing your own accessible information.



For further information – download our flyer: <http://bit.ly/2oxtud6>



### Training

We offer a range of training programmes which include Disability Awareness, Values, Hate & Mate crime and Personal Assistant training. We produce bespoke training packages to meet the needs of our customers. All of our training courses have been developed and are delivered by people with learning disabilities.



### Consultancy

We have experience of consulting with people on a large or small scale. We have developed links both locally and throughout the region allowing us to connect with people. Our consultations have helped shape local and regional policies.



### Quality Checking

Quality checks provide an Expert by Experience view of how your service or organisation meets the needs of people with learning disabilities and autism. Our quality checkers team are unique in their experience and their range of checks with both health and social care providers.



### Contact us

Email: [info@sunderlandpeoplefirst.com](mailto:info@sunderlandpeoplefirst.com)

Telephone: (0191) 5214123



@SunPeopleFirst

Scan for info



Do you have any thoughts or suggestions for our team? If so, we would love to hear from you: <http://sunderlandpeoplefirst.com/contact-us/>