



Sunderland People First

A Voice For Change

SUNDERLAND PEOPLE FIRST – ANNUAL REPORT – 2017/2018

Our Company



Sunderland People First is a user led self-advocacy Company for people with learning disabilities and autism.



We were formed as a Community Interest Company in May 2014



Since then we have moved our activities into doing a lot of different types of work.



We are proud of the work we do to give a voice to people with learning disability and autism.



We have been working with and contacting lots of organisations to make things better for people with learning disabilities.



Organisations throughout the country have been noticing the work we have been doing.



Organisations have said that they value our work .

Here are some things people have said

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Sunderland People First not only protect people's rights through their work, they provide great opportunities for people to gain experience and employment, investing in people and growing our future leaders of people with learning disabilities.

Kellie Woodley, Inclusion North

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Our involvement with SPF has enabled us to really tailor our services to ensure that we can provide accessible and equitable services for people with disabilities.

Gemma Alderson, Bernicia



I have experienced an exceptionally positive working relationship with Sunderland People First. Members of the People First team are always very accommodating and provide knowledgeable information and support to us

The Carers Centre, Sunderland

Why our work is important



Sunderland People First aims to make sure that the lives of people with a learning disability and/or autism experience real improvements in their life, and within their communities.



Our advocates are trained to make sure that they have the skills and understanding to be a representative voice for people with learning disabilities and autism.



Our advocates have built up confidence and self esteem and are confident in public speaking.



All advocates deliver training. People who have received our training have said that it means more when a person with learning disabilities or autism is delivering it.



All advocates are involved in holding consultations and taking part in campaigns.

Our work in 2017 - 2018



We designed 5 Training Courses



We delivered 14 Training courses



We took part in 23 consultations



We promoted campaigns including

- Use your Vote
- Changing Places
- Time to Change



We carried out 3 Quality Checks



We designed 4 pieces of accessible information.



We took part in 12 Care and Treatment Reviews



We took part in 11 Transforming Care Boards

Highlights from 2017 - 2018



We backed the bid for Sunderland to be the 2021 City of Culture.

Sadly, Sunderland did not win, but it was great to be part of the campaign.



**let's end mental health
discrimination**

Working with Time to Change

We worked with Time to Change on new projects to raise awareness around mental health.

We held a conference in March 2018 around mental health and learning disabilities. We used people's experiences to change how others think and talk about mental health.



Lisa and Jodie travelled to Westminster to a Transforming Care Workshop to deliver a presentation about a new way of checking that someone has a good quality of life. It was very well received.



We did a lot of work around anti-bullying. We attended an event to celebrate the work of the anti-bullying teams. There were some brilliant examples of students and schools making a real difference to prevent bullying.



We worked with primary and secondary schools in Sunderland on Valuing Difference. It was great to see how the students interacted and together we produced training resources to celebrate differences and enable greater understanding.

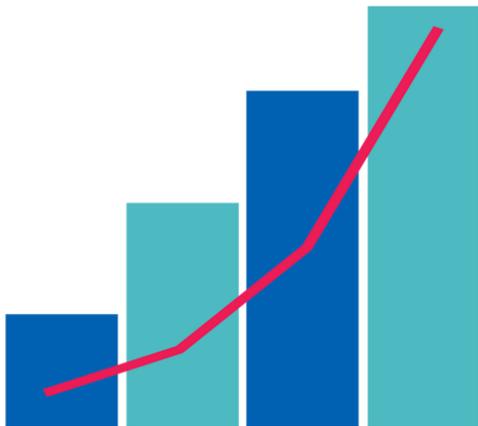
Big Potential

We received some funding through the Lottery's Big Potential Programme. This helped us to put things in place to build up our business.

We worked with SES (Sustainable Enterprise Strategies) to build up a plan of work we could do to increase our business. This is called a business growth plan.

We looked at how we could make money to keep the business going for a further 3 years. This is called cash flow.

We got help to pay for a report to show what our value is to society and our communities. This is called a social impact report.





We celebrated World Autism Week beginning 26th March to 2nd April 2018.

We held a number of engagement events to raise awareness of autism in Sunderland.



We presented at an Improving Health and Wellbeing Event to Public Health England.

The presentation was about how community projects can help people's health and well-being.



Our presentation talked about how Sunderland People First set up the Safe Place Scheme in Sunderland.

Sunderland People First presented at a Regional Mate Crime Conference.



We spoke about situations where people will pretend to be your friend, but will then take advantage of you by taking your money, or abusing you in other ways.

NHS England – 10 year plan

Members of our team travelled to London and York to give their views and listen to what the plans were for the NHS for the next 10 years.



NHS England have said that Autism and Learning Disability will be a priority in the long term plan.

Treat me Well Campaign

We have been working to roll out a Treat me well campaign. The aim is that everyone with a learning disability is happy with the way they are treated in hospital. We will be carrying out more work for the campaign in 2019.



Stop People with a learning disability dying too young



The Government produced a report stating that people with a learning disability often die younger than other people. We are working with Inclusion North to look at why this is happening and suggest improvements to the way people with learning disabilities are supported.

Good Support for Children with Learning Disabilities and Autism



We delivered training to the Intensive Community Treatment Team who are working with children with learning disabilities and autism.



We are working with Northumberland Tyne and Wear NHS Trust to design a training course so that people with learning disabilities and autism can be more involved in support they receive around their mental health and well-being.



Positive Behavioural Support

We have been working with Dr Steve Noone, Tyne and Wear Foundation Trust around positive behaviour support. This is a person centred approach to supporting people who display or are at risk of displaying behaviours which challenge.

Social Isolation and Loneliness

We took part in a study conducted by public health around social isolation and loneliness.

We were sad to find that people with a learning disability and autism were more socially isolated.

We are working with other organisations such as Friends Action North East to create more opportunities for people to meet up and become less lonely.



New Work - 2018 – 2020

CLLD Funding – Be Safe, Be Confident



We have been successful in receiving match funding to carry out a number of training sessions in 2018 to 2020.

We will be carrying out Hate and Mate Crime awareness, Personal Assistant Training, Confidence Training, Protect Yourself and Others, and Valuing Difference.



We are going to be working with trainees towards having a progression path in place to aim to give people the skills to go into further education, work and volunteering.

Our Partners

We would like to thank everyone we have worked with, including:



Inclusion North

Sunderland Care and Support



Autism in Mind



NHS England



Sunderland City Council



All Together Better Sunderland

Annual Accounts



We have attached our Annual Accounts up to 31st October 2017 in a separate booklet.

Plans for the Future



We are always looking to improve and be flexible in the way that we work so that we meet people's needs.



We have been successful in gaining funding from CLLD to do a lot of training courses in different areas to help people with learning disabilities and autism to progress.

Keeping up to date with our work

You can keep up to date with our work by

Visiting our Website

sunderlandpeoplefirst.com



We also have a twitter page

<https://twitter.com/SunPeopleFirst>



Or visit us on Facebook