



# Sunderland People First

## A Voice For Change

Newsletter - Winter 2018

## Celebrating our Amazing NE Leaders

Nominees and Winners of the National Learning Disability & Autism Leaders List were invited along to a Celebration event in Newcastle organised by the NE & Cumbria Learning Disability Network.

Stewart Chappell and Kirsty Douglas were winners in their categories and their amazing stories were shared by Dimensions on 5<sup>th</sup> December: <https://bit.ly/2KNStkL>



*I am so proud to have been nominated for an award and I will keep working to make sure that people with a disability have good lives. I won't give up!*

Phil Hughes, Advocate, Sunderland People First



Thank you to Skills for People for sharing this video of the awards: <https://bit.ly/2PJ6Jfs>



## Fellowes Project

We are delighted to be working with a team from Sheffield University on an exciting new project to show the importance of self advocacy across the country. In October we travelled down to Sheffield to start planning this work. We would like to say a big thank you to groups and organisations like Learning Disability England who have really supported the project so far.

Find out more: <https://bit.ly/2PGEDSc>

## Treat Me Well

In the New Year we will be working on a new campaign called Treat Me Well with National Mencap. Treat me well, calls on NHS staff to make reasonable adjustments for people with a learning disability which can help to save lives. We are excited that Sunderland was chosen as a new area to develop the campaign.

## Be Cancer Aware Training

Congratulations to all self-advocates from across the North East and Cumbria who completed the 'Be Cancer Aware – Time to talk about cancer' training in November. The course was developed with the NE & Cumbria Learning Disability Network and Macmillan Cancer Support. Trainers will be running community workshops for people with a learning disability and carers in the New Year.



## Stop Overmedicating People with a Learning Disability and or Autism

We are busy organising a conference for people with a learning disability and or autism to talk about the STOMP campaign. The date is **14<sup>th</sup> February** and the event will be in Sunderland. we will be sending invitations out soon.

Find out more about the STOMP campaign at:  
<https://bit.ly/2OhUEID>

## Challenge Us Community Event

Community groups from across Sunderland came together to host a community engagement event called "Challenge us". The event was aimed at bringing any problems or issues to the attention of Northumbria Police and other agencies. We had some wonderful conversations with members of the public and we think this may become a regular event.



## Stop People with a Learning Disability Dying Too Young

In November, members of our team travelled down to Manchester to take part in a national Child Bereavement Conference. Stewart, Linda, Shirley, Karen gave a presentation called Death Bereavement and Learning Disability. The presentation was about some of the barriers that people with a learning disability face around death and dying. We also talked about why people with a learning disability sometimes die too young.



Our presentation can be seen at: <http://bit.ly/2DsM9xo>

## Community Inclusion

We have been working closely with Sunderland Partnership on an exciting new project called Creative Dialogue. The workshops aim to bring different religious and cultural groups together through sharing food and having safe spaces to talk.

In the New Year, we hope to build on this work by training as Facilitators.



## Hate Crime Awareness Week

We worked closely with Northumbria Police to raise awareness of hate crime at community engagement events across Sunderland during National Hate Crime Awareness week 13<sup>th</sup> – 20<sup>th</sup> October. We talked to members of the public about how to report hate crime and shared information including Sunderland Safe Place Scheme.

## Formulation Training

Our team have been working closely with Northumberland Tyne & Wear NHS Trust to develop an accessible version of a training package. The training will help staff and people with a learning disability and or autism receive the right support around their mental health.

This photo shows our team delivering their first pilot training session to community nurses.



## Supported Living Consultation

Our team met with the National Development Team for Inclusion (NDTi) and Lancaster University to take part in some national consultation around supported living and residential care for people with learning disabilities.

Our ideas and suggestions will help the NDTi decide questions they need to ask service providers in the next part of the research.

## Happy Christmas & New Year

It has been an amazing year for our team and we have enjoyed meeting new people and starting lots of new projects. We would like to say a special thank you to everyone who has supported us this year. We wish everyone a very Happy Christmas and a fantastic New Year. See you in 2019 😊



# 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.



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

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