



# 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>





## Point of Care Testing

Our team took part in a pilot study run by Sunderland Health Promotion Team and Sunderland University to improve early diagnosis screening for diabetes. We thought that it was a lot easier for people to have a blood test which would show if someone had high cholesterol or was at risk of having diabetes. Members of the Health Promotion Team can also help people make a doctor's appointment. Find out more at: <http://bit.ly/2pr0j9P>



## Health & Wellbeing Engagement Network

We have enjoyed working with Jackie Nixon and members of the Health & Wellbeing Engagement Network. The network is made up of voluntary and community sector organisations working with the council's public health team. We have a busy work schedule and have been involved in lots of raising awareness events including celebrating the national Time to Change day.



## Visit to Millbank Police Control Room

Advocates were invited by Northumbria Police to look around our local police control room in South Shields where call handlers deal with 999 calls. Our aim was to get more of an understanding into questions that would be asked and encourage people to report incidences of bullying, harassment and hate crime to the police.



## Working with Sunderland Council


Advocates met with Sunderland City Council Chief Executive, Irene Lucas and colleagues from Sunderland Partnership to talk about the impact of welfare benefit changes on people with learning disabilities and autism. We shared some case studies and made some suggestions about areas that could be improved. We will be sending some easy read information so that people are aware of their rights when attending benefit assessments and where to get support.

## Regional Mate Crime Conference

Advocates from Sunderland People First and two other advocacy groups were asked to present at a regional conference about Mate crime. Mate crime is when someone pretends to be your friend but really wants to exploit or abuse the person. You can find out more about mate crime on a new website called #WhoRYA - <http://www.whorya.co.uk/>



## 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



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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/>