



# Newsletter

**We are a Community Interest Company and a champion and voice for people with a learning disability and autistic people. We want people with a learning disability and autistic adults to have the same opportunities, rights and responsibilities as everyone else.**

**We have had a really busy month. Here is a run down of what you will find in this month's issue -**

- Our 'We are Sunderland People First' film
- The Leeds Disability Studies Conference
- The Humanising Healthcare Conference
- Our MacMillan Coffee Morning
- "Be Epilepsy Aware" Training
- In the Spotlight
- Dates for your diary
- Do you have what it takes to be a Self-Advocate at Sunderland People First?
- Contact details



# We are Sunderland People First!

We have been working hard to co-produce a short film to celebrate who we are, and what we do.

Thank you to everyone that took part including advocates, staff, professional partners, family and friends... and of course a huge thank you to Stephen whose talents and skills have been invaluable in putting this film together.

The film will be premiered at the Positive Voices Conference in early October.

We have filmed lots of really useful footage, so we will be editing it into a number of different films for different purposes in the future.



# Leeds Disability Studies Conference 2024

**Tuesday 3rd September** Erin and Karen travelled down to Leeds on the train to attend the Leeds Disability Studies Conference at the University of Leeds, where researchers, practitioners, policy makers and activists from around the world share and debate ideas, research and challenges in and for Disability Studies.

Erin was presenting the What About Me? project which is about people with a learning disability and their family carers, who do not get funded support for social care. The project wants to find out what life is like for them and what needs to change.

## Report by Erin (Self-Advocate)

It was my first time going to a conference and I felt nervous and shy, but I wanted to tell people about the project because I think it's important that we hear the different points from the carers and the person with the disability, to see where they have support and don't have support.

I thought it was good that people come from all over the world to the conference, it was positive because people took the time to come and listen.





# Humanising Healthcare Workshop

Humanising Healthcare is an Economic and Social Research Council funded research project dedicated to finding and sharing healthcare practices that enhance the lives of people with a learning disability (including people with a learning disability who are also autistic people).

The project recognises the need for a new approach within healthcare for people with a learning disability, one where empathy, dignity, compassion, kindness and recognition is at the forefront.

Our Self-Advocates are part of the project team, working alongside medical clinicians and social scientists to identify ways in which neurology service and learning disability service can deliver humanising healthcare.

Karen and Toni-Ann travelled to Manchester to be part of the workshop.



WORLD'S BIGGEST  
**COFFEE MORNING**  
MACMILLAN  
CANCER SUPPORT

COFFEE,  
CAKE AND  
COMPANY

With your support we  
raised  
**£265.36**

Sunderland People First  
A Voice For Change

We were so pleased to welcome The Right Worshipful The Mayor, Councillor Allison Chisnall who formally welcomed everyone to our new offices and coffee morning. The Right Worshipful The Mayor showed real interest and support of the work carried out by the Sunderland People First team, to benefit the wider Sunderland community. We greatly valued her taking the time to be personally involved in our community event.

What a wonderful successful event. Thank you to everyone who contributed, attended and worked so hard work to plan and bring the event together. Well done #TeamSunderlandPeopleFirst.

# Be Epilepsy Aware Training

A team from Sunderland People First attended the Be Epilepsy Aware Trainer training. We are now ready to deliver this free training session. As part of the pilot we need to deliver three sessions by the end of the year. The training is designed for people who are epileptic and anyone that may support an epileptic person. Please contact us if you know a group who maybe interested in attending this training.



**Our self advocates mentoring 1:1  
sessions  
help us be the best we can be.**



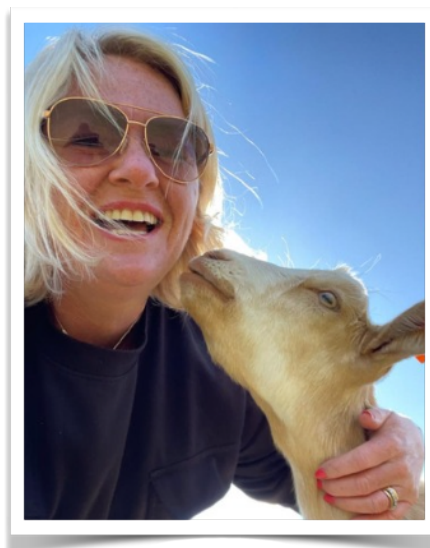
# In the Spotlight



## **Jill Weaver - Development worker**

This month we said a fond farewell to Jill, who has been such a valued part of the Sunderland People First team for over two years.

Jill has been an inspiration to all around her, and a passionate driving force for the rights of people with a learning disability and autistic people.



**G.O.A.T.**



- 2nd and 3rd October - Positive Voices Conference
- 3rd October at Diego's Bar -10am-12noon
- 10th October - World Mental Health day/Young Minds Day
- 13th-19th October - Advocacy Awareness Week
- 18th October - Wear it Pink Day
- 31st October - Halloween

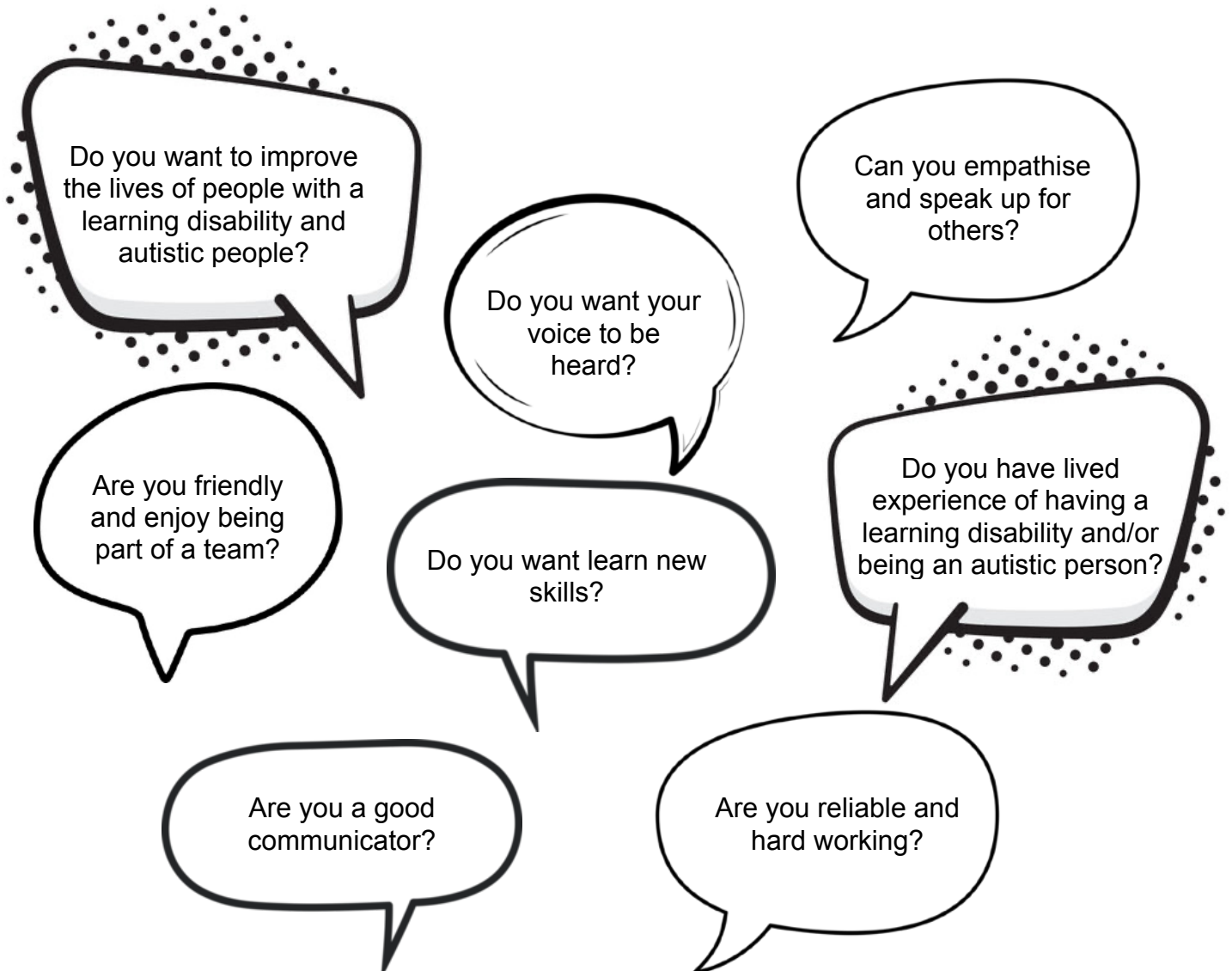
**We will be taking part in  
Wear it Pink day  
on Friday 18th October.**



OCTOBER  
*Breast*  
Cancer  
Awareness  
Month



## Do you have what it takes to be a self advocate with Sunderland People First?



We would love to hear from you! Get in touch via the details below:

- **Telephone - 07512309012**
- **hello@sunderlandpeoplefirst.com**
- **9 Derwent Street, Sunderland, SR1 3NT.**
- **<https://sunderlandpeoplefirst.com>**