



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 -

- Positive Voices Conference
- Be Cancer Aware Review
- Wear it Pink for Breast Cancer Awareness
- OMMT delivery update
- Empowerment Through Art
- Dates for your diary
- Do you have what it takes to be a Self-Advocate at Sunderland People First?
- Contact details

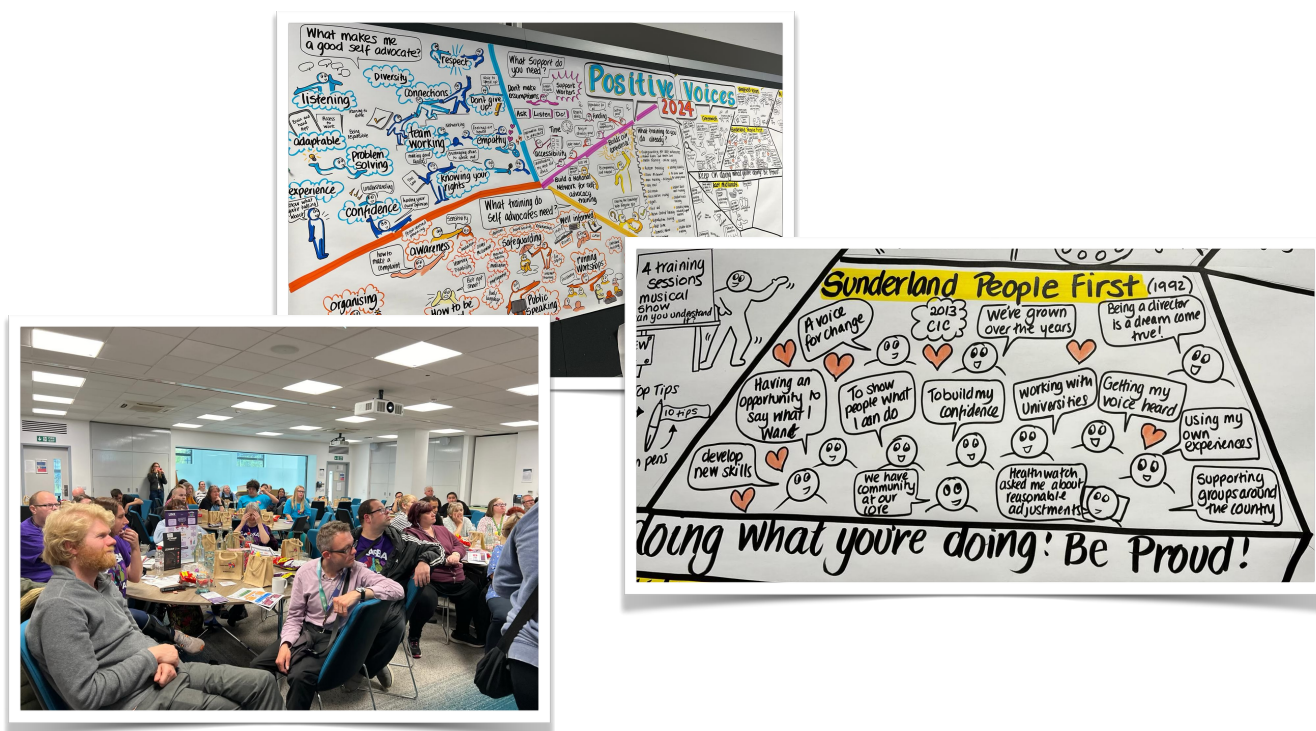
Positive Voices Conference.



In early October Amber, Ashley, Erin, Nathan and Nadine attended the Positive Voices conference in Birmingham.

Over 200 self advocates with lived experience of autism and a learning disability came together to share the awesome work that's happening throughout England and Wales.

On the lead up to the conference - we put together a video to celebrate the work we do at Sunderland People First. We shared this video with everyone at the conference. We received lots of really positive feedback, and have made some good connections with other self advocates around the country.

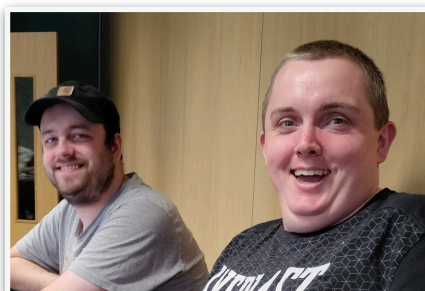
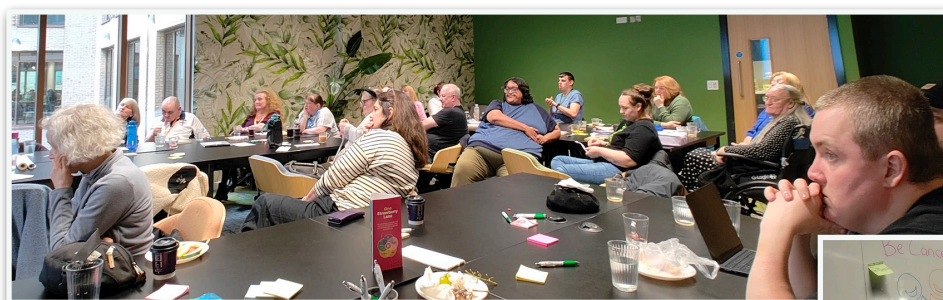


Be Cancer Aware Review



Be Cancer Aware helps people with a learning disability, their carers and families spot the signs of cancer, what to do if they're worried about cancer. The training encourages open conversations and sign post attendee's onto where to get further help and support.

This month members of the team travelled to Newcastle to give feedback and input on how the Be Cancer Aware training currently delivered and how it can be further improved. There have been two sessions split over two weeks - with decisions being made by self advocates and experts. We had a wealth of knowledge and experience to call upon including doctors, people from Macmillan Cancer Support and graphic designers.

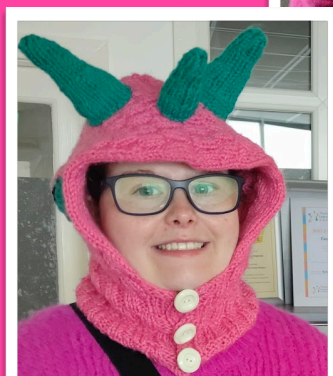


Wear it Pink Day

Friday 18th October

OCTOBER
Breast
Cancer
Awareness
Month

The Sunderland People First team looked flamboyantly fabulous wearing pink in support of Breast Cancer Awareness month.



OMMT T1 Training Delivery



To date our Tier 1 trios have provided training for a massive 554 people during October 2024.

We have two additional trios who are in the process of training to be able to deliver Tier 1 training.

Our two long standing trios have now completed the training to be able to train more trios.

Positive Feedback from our OMMT sessions this month:

I just wanted to say its hard to hear the struggles you have faced, and I think your both brilliant advocates for people with difficulties, I wasn't sure what to expect from the session, but wanted to say thank you for sharing your perspective.

Thanks all, I have found this very interesting and informative.

I can use these answers and training session within my working environment.

Thank you so much, this has been fantastic, great engagement!

I did not know what to expect, but I really enjoyed the session and have learnt a lot.



Sunderland People First
A Voice For Change

DROP IN

The first Thursday of every month.
9 Derwent Street
SR1 3NT

10am-12noon



Our next Drop in will be Thursday
7th November.

We will be making poppies.



Board games, refreshments and good company
always available.

Empowerment Through Art

We are excited announce that we will be running our Empowerment Through Art programme in January 2025.

Please share with anyone that would be interested and meets the criteria below.

Are you waiting for an Autism assessment?

Have you recently been diagnosed as being an autistic person?

Are you self diagnosed as being an autistic person?

Is it important to you to have good mental health and positive well-being?

Enjoy us for this free six week programme of a weekly group session commencing Tuesday 7th January 2025-
3pm-5pm or 6pm-8pm.

Empowerment Through Art

Further details please contact- hello@sunderlandpeoplefirst.com

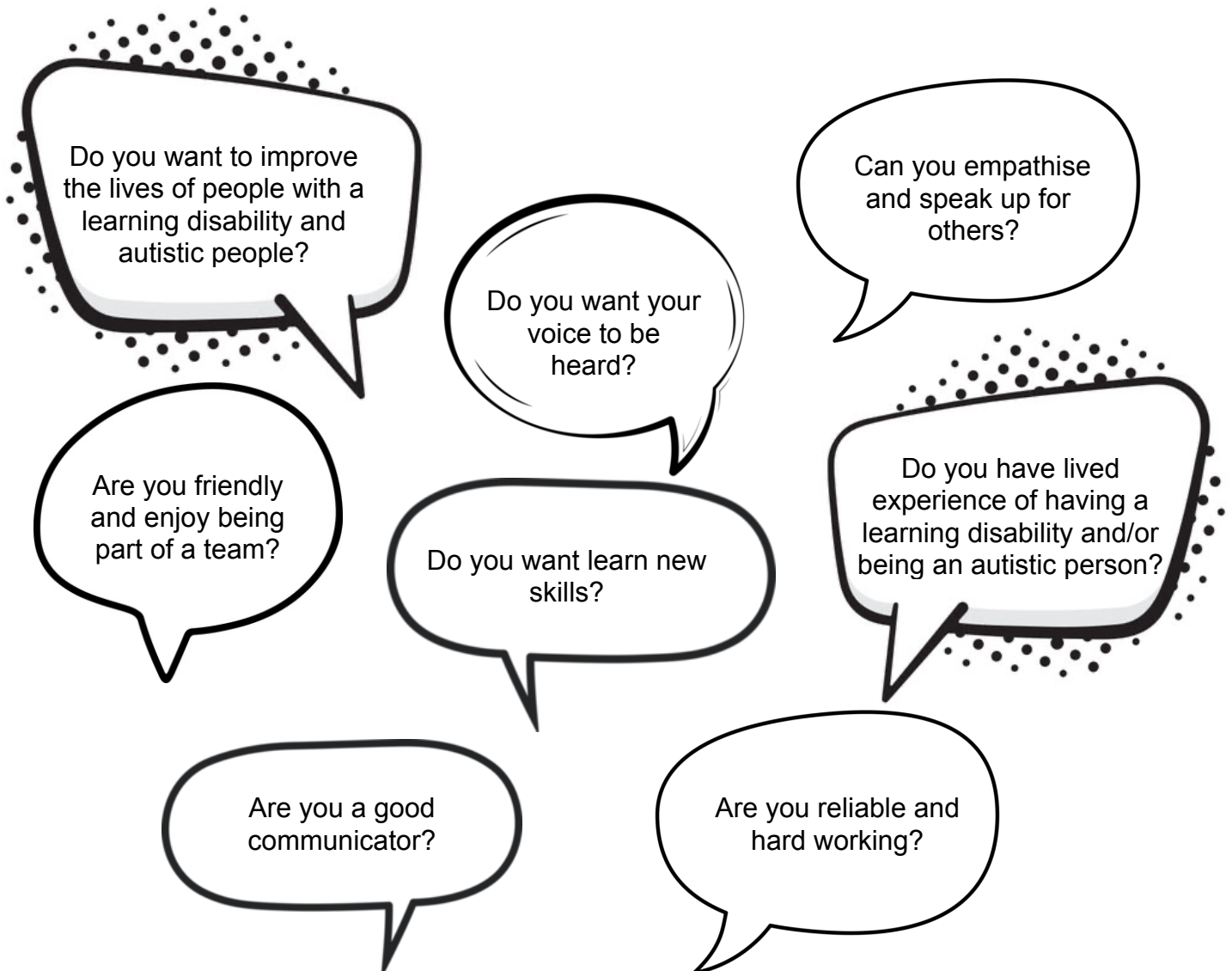


Sunderland People First
A Voice For Change



- **Monthly Drop in 7th Nov at 9 Derwent Street - 10-12noon**
- **Smile Conference at Warwick University - 12th & 13th Nov**
- **Sunderland People First AGM Monday - 18th Nov**
- **Sunderland People First Christmas Jumper Day - 12th & 13th Dec**
- **Sunderland People First Christmas Ball - Dress to Impress**
 - **20th Dec - 4pm-6pm**

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>**