



Cardiff People First is run by people with a learning disability.

We stand up for our rights and campaign to change attitudes, get better services and enjoy more opportunities.

We want to be part of our community. Our Golden Oldies are people over 50 with a learning disability. We want to have our say about how we can join in with other older people and get the same services.

How the Golden Oldies started



Annual Report – 2013-2014

Last year we went to visit Bridgend People First to tell them about our Golden Oldies group.



We got involved with Age Connect's 'Everyone's Future' campaign. This is about stopping older and younger people from being treated differently because of their age. We had a joint meeting with the young people group as part of this campaign.



This year we met up again with the Older People's Commissioner, Sarah Rochira at a meeting at the Senedd. She told us about what she is doing to make things better for older people.



We have taken part in many consultations to do with older people getting their voices heard. Daniella and Robert from the University of South Wales visited us. We told them what older people need to help them as they get older. They are writing a report about older people and it is important that our voices are heard!



We continue to make our voices heard at the 50+ Forum which meets every few months in Canton library, chaired by Andrew Lucas from Cardiff Council.



We have a regular meet-up on the first Tuesday of every month from 10–11.30 am. We meet in Coffi Da café, under our offices in Canton House. We have a coffee, a chat and play a game of Bingo!



Our members who are over 50 wanted to get together and have their say about things that matter to them as older people.

We got money from Lloyds TSB Foundation to start up a group and make our voice heard.

They gave us £2,500 for a year in 2012 and £1,667 in 2013.

We used money from our core funding as well. It paid for a worker for 3 hours a week to help get people together and we did as much as we could for free. When the funding finished we used our core funding because we thought it was important.

We met once a month to find out what other older people with a learning disability have to say. We went to the 50+ Forum that was nearest our office – South West – to tell them what we think.

What the Golden Oldies planned



We liked getting involved in the 50+ Forum. They made us welcome and we got to have our say.

Other organisations like Age Concern wanted to speak to us. The Older People's Commissioner wanted to find out what we think.

We were getting more members joining in. They come from all over Cardiff. But we didn't have the money to help them to get really involved in the community in all their own areas, or to go to the 50+ Forums in other parts of Cardiff.

We asked the Neighbourhood Partnerships for money to try and start to get involved in our own communities and get more people to come and have their say.

We thought that if we met up locally, then older people could get to use community venues and services that are near them, so they wouldn't have to travel to other areas.

In September 2014 we got funding from Cardiff East and Cardiff West. In December we got funding from Cardiff North and Cardiff South West. We also used our core funding to pay our worker for more hours to help plan the whole project, and to pay for things that cost more. The Neighbourhood Partnership funding finished in March 2015.

What we did in the Neighbourhood Areas

Meetings so older people with a learning disability can have their say about things that are important to them

We looked for welcoming cafes in each area to have our meeting once a month. We didn't want to book a room to ourselves – we wanted to join in with everyone else in the community and not hide away. We wanted a nice relaxed atmosphere. We wanted to have a good chat about things that are important to us. We wanted enough room so anyone who uses a wheelchair could come in. We wanted to meet people from community services we could use.



In **Cardiff East** we had a bit of trouble finding somewhere at first. We visited the John Reynolds Centre and got involved in some of the events there. We made some contacts and found the Beacon Centre Cafe.

Martyn Pennington the Centre Manager said: “I think it's great to have all different groups using the cafe. It really helps to break down the barriers between people and their opinions of each other. It helps people to understand each other better.”



In **Cardiff West** we tried the Sbectrwm cafe. We met some people who wanted to be part of our group. We saw that a lot of them lived in Whitchurch, so we decided to go to the Roundabout Cafe so they could get there more easily.

Jude who runs the cafe, says: “having the Golden Oldies meetings here is exactly what this cafe was built for – community groups getting together and having a good time.”



Cardiff South West is where our office is based. We already had meetings in Coffi Da, so we kept these going. People are used to coming to our office so they found Coffi Da easy to find and easy to access.



It was quite hard to find somewhere in **Cardiff North** at first. We decided on the Llanishen Leisure Centre Cafe. This was an accessible venue with friendly, helpful staff, but it was quite noisy at times.

What we did at the meetings

We talked about lots of things at the meetings, and invited other groups to come and talk to us about what they do and how we can get involved.



The people who came to talk to us are:

- Police Community Support Officers
- Venture Out
- Neighbourhood Partnership Officers from West and East
- Reduce Reuse Recycle project
- Farm Cardiff
- Goldies Cymru
- Keep Wales Tidy
- Friendly Trust
- Stephen's Accessible Rambling Group



We also gave out accessible info from:

- Alcohol Awareness
- Stopping Smoking
- Being safe in the home
- Avoiding slips trips and falls



Getting involved in community events and services

Because there were interesting and useful things going on for older people all round Cardiff, sometimes Golden Oldies from all the areas went to events together.



[Age Connect 'Planning for the Future' event in the John Reynolds Centre, Llanrumney.](#)

● I got a lot of useful information from the day. Arranging funerals, post scams and managing money. I found the day really enjoyable.



[Question and Answer session run by Sarah Rochira, Older People's Commissioner, at Selwyn Morris Court, Splott.](#)

● Sarah Rochira talked to us about how older people can get things from their community. She was answering questions from people. I found it very interesting. I have learnt a lot about older people's rights.

[Age Connect Healthy Weathy and Wise Falls Prevention Talk in Ely.](#)

● A physiotherapist lady showed us how not to lose your balance and how to get up safely if you do fall over. A few days after I fell over and I remembered how to get up with my good knee forward. I remember this all the time now.

● I found the talk really interesting and I enjoyed someone teaching me how to dance again. A few days after the talk I bent over to pick something up and realised I couldn't get back up! Then I remembered some tips that the physiotherapist gave us about how to get back up. It worked!

[Age Cymru Age Positive Week 'Big Conversation' in Sbectwm cafe, Fairwater.](#)

[Cardiff People First Reduce Reuse Recycle meeting, Canton.](#)



The Big Debate in County Hall



Pedal Power 'Changing Gear' launch, Llandaff.

● I got to Pedal Power every Monday to volunteer. I get to use the bikes as well. I really enjoy going there.

● I don't like riding bikes. I can't ride a bike. Now I've seen some bikes for 2 people I think I might like to ride a bike with

some help.

We also told people about courses and activities in their areas, and helped them to find out how to go to them.

Foodwise for Life course in the John Reynolds Centre, Llanrumney.

● I learnt about how to eat more healthily and how important it is to drink lots of water in hot weather. Ever since this course I have been doing this. It was a good course.

● I enjoyed the course. It was good working with Helen Green. I learnt about how to count the calories in what you're eating and about looking at food labels when you're shopping. I was given a workbook on the course to write things in and look at. I read it often to find out about the healthiest option. Since doing this course I have lost weight and my blood pressure has improved.

Accessible Tai Chi class – Nico from Venture Out told us about these classes. Lots of the Golden Oldies said they would like to go along.

Pedal Power activities – Gwen from Cardiff South West didn't like to ride bikes until she went to see the accessible bikes at Pedal Power. Now she wants to try it out.



Age Connect Healthy Wealthy and Wise Film morning and art class John Reynolds Centre, Llanrumney. 2 Golden Oldies members from Cardiff East, enjoy watching films and painting. They went to a local community film showing and art class. They really enjoyed it and are hoping to make it a regular activity.

Over 50 EXTEND class - we found out where all the over 50's EXTEND classes were happening throughout Cardiff and told all the Golden Oldies who were interested in going along to them.

Accessible walks – Stephen and his support Phil came to one of our meetings to tell us about 'Stephen's Accessible Rambling Group'. They happen twice a month and anyone can go along. Some of our members said they would go along.

Community Garden Projects and Food Co-ops – Carolyn Veal-Shaw talked to the Golden Oldies about all the outdoor activities going on locally and how they can get involved. We are planning to get involved with some of their activities over the next few months.

Telling people what we think



We went to the 50+ Forum in Cardiff East, Cardiff West, Cardiff North and Cardiff South West. One of the important issues we raised was about access and attitudes using Cardiff Bus, and we sent them a letter of complaint on behalf of the Golden Oldies and the 50+ Forums. We have had lots of support from Andrew Lucas of Cardiff Council. He makes sure that our voices are heard at the 50+ Forum. He has spoken at our AGM about the great contribution that the Golden Oldies make at these Forums.

The organisations who spoke to us were all very welcoming and learned from us how to help us to get involved.

The community venues and activities we used were pleased to have us involved and learned about good ways of doing this.

We made some films about what we did.

They are on our youtube channel **Cardiff People First**.

The playlist of Golden Oldies films is at <http://bit.ly/1HvybqO>

Getting people involved



Many people with a learning disability have their days planned for them by support workers, and they can be very busy. They go to special activities for people with a learning disability, separate from the rest of the community and in places that aren't near them. But they can also have free time in the evenings and weekend when they don't have any support to help them go out.

Most older people with a learning disability will have lived in institutions like Ely hospital for most of their lives. They haven't had much experience of being part of their community. They want to meet new people and do new things, but they can be worried that they will be treated badly and not be safe. We think that if they know their community better and make friends locally, they can go to some places on their own.





We started with the people who already came to our Golden Oldies meetings near our office. We invited all of our older members to the meetings in their areas. Because of people's timetables, we made the meetings open to people who might come from another area but could only come on a particular day of the week. Then we tried to find out what days they were free and encourage them to come to the meetings in their areas.

Their support workers have to want to help them to go out in their area. The workers are likely to come from outside the area and not know what is available. They get some information about learning disability services, but not local events and classes. We made contacts with housing support providers in the areas and started to see more support workers bringing people along.

Over this short time we built up from around 10 regulars at meetings, to 25 across Cardiff. Through our newsletter, at events and by talking to supported living providers we also talked to about another 80 older people with a learning disability about getting involved in their areas.

We worked in **Cardiff East** for 7 months, and held 3 meetings. 11 people who live in that neighbourhood area came to 1 or more meetings. We have the contact details of another 4 people who are interested. That makes **15 people** altogether who want to continue with the Golden Oldies project and live in that neighbourhood area.



We worked in **Cardiff West** for 7 months and held 5 meetings. 5 people who live in that neighbourhood area came to 1 or more meetings. We have the contact details of another 5 people who are interested. That makes **10 people** altogether who want to continue with the Golden Oldies project and live in that neighbourhood area.

We worked in **Cardiff South West** for 4 months and held 3 meetings. 2 people who live in that neighbourhood area came to 1 or more meetings. We have the contact details of another 4 people who are interested, and another 3 who spend their days in Market Road Day Centre although we do not know their home addresses. That makes **9 people** altogether who want to continue with the Golden Oldies project and live in that neighbourhood area, or spend most of their time there.

We worked in **Cardiff North** for 4 months and held 3 meetings. 2 people who live in that neighbourhood area came to 1 or more meetings. We have the contact details of another 3 people who are interested. That makes **5 people** altogether who want to continue with the Golden Oldies project and live in that neighbourhood area.

We did not work in **Cardiff South East**, so we didn't try to find Golden Oldies who live in that area, but 3 people who live in that neighbourhood area came to 1 or more meetings. We have the contact details of another 3 people who are interested. That makes **6 people** altogether who want to keep coming to our meetings, and would welcome the Golden Oldies project in their neighbourhood area.

We did not work in **Cardiff City & South**, so we didn't try to find Golden Oldies who live in that area, but 1 person who lives in that neighbourhood area came to some of our meetings. If we have the chance in future we are sure we could find people who want to get involved.

What we will do next

We have no funding for the Neighbourhood Areas now. We have had a small cut to our core funding and so we have to do less. But it has been really good to get so many people enthusiastic about taking part so it is important to carry on.

The most successful areas we went to were Cardiff East and Cardiff West. We think this is partly because we had 3 months more funding in those areas. We think it is also thanks to finding great community venues that have been very helpful to us, and the Neighbourhood Partnership Officers who have been committed to helping us.

Because of this, we will use our own funding to run 2 groups in Cardiff as long as we can. The meetings will be in the Roundabout Cafe and in the Beacon Centre, and anyone from Cardiff can go to the one nearest them, not just people who live in the neighbourhood area.

- We want to help more older people with a learning disability to use their own local services and be part of their community.
- We want to run consultation meetings in all areas of Cardiff.
- We want to put our views across at community meetings like 50+ Forums and PACT meetings.
- We want to get supported housing workers to help people to be part of their community.



We will try to get more funding for an Assistant to help our members do this; for planning how we do it; for transport to help people who can't get about easily; and for publicity to let people know about us. We will try to get funding so we can work in all the areas of Cardiff.



Cardiff People First is a self advocacy and community advocacy organisation.

This means that we are run by, and run for, people with a learning disability in Cardiff. We speak up for ourselves.

We stand up for our rights and campaign to change attitudes, get better services and enjoy more opportunities.



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