



Cardiff People First

Disability is not inability!

# Big Ask 2017



## What do our members want?



**They love**

- getting the chance to socialise and get real friends and confidence
- all the different activities we do, and the chance to take part
- getting our voices heard by people in power
- learning and building skills
- our positive attitude and teamwork
- enjoying our work





## They want more

- visits and trips
- events and meetings
- money for our work
- chance to speak up without support workers and carers







## Taking part

When you take part in things going on in your area, you get to meet your neighbours, enjoy life and be more independent. Most people haven't met someone with a learning disability. When you take part you help people get to know you and understand you more.

### We give you loads of new things to do!

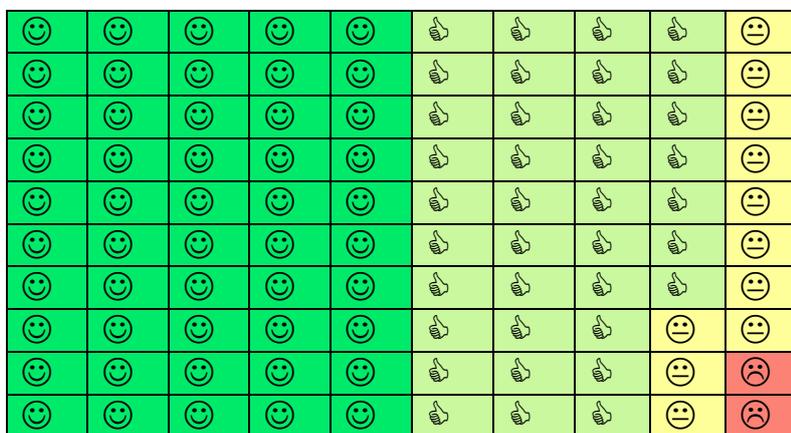


Half of our members have taken part in lots more activities in their local community.

More than 9 out of 10 have taken part in more community activities through Cardiff People First.



### Coming here has helped me get involved in more activities in my local community



Lots	=	50%
Yes	=	37%
A bit	=	11%
No	=	2%

## Organising activities

When we take part in planning and running events and projects, we show everyone what we can do. Disability is not inability!

### We make sure you get a chance to lead!



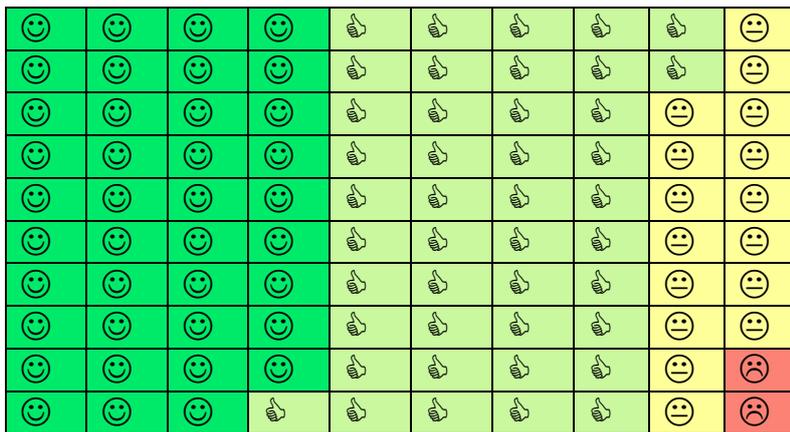
More than 8 out of 10 of our members have gained the confidence to organise activities themselves.



Our meetings are planned and run by our members, and a team ran a Night Out. They did all the work themselves and did a great job.

We volunteer to help organise events, like Pride Cymru and Winter Wonderland. Staff and other volunteers in the community have learned loads from us, and know how to be welcoming.

### I feel confident I can take part in organising activities



Lots	=	39%
Yes	=	43%
A bit	=	16%
No	=	2%



## New skills

Everyone loves to learn, and practice new things.

### We help you learn things you didn't think you could!



Nearly 9 out of 10 members have gained new skills or qualifications through Cardiff People First.

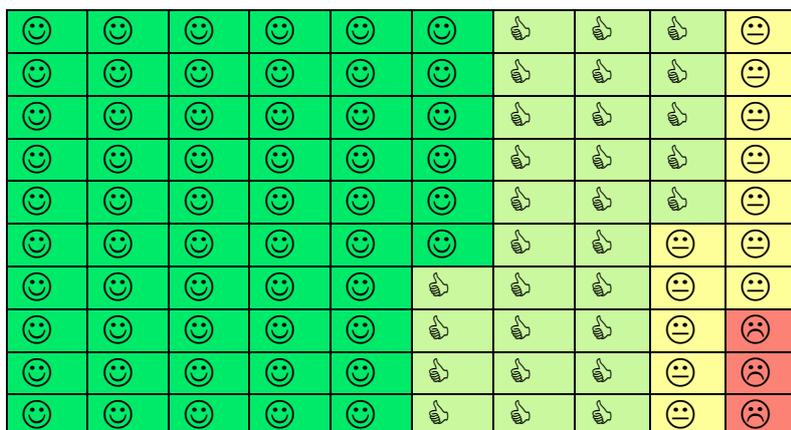


We work with organisations that can do training for you and help them to be accessible so you can join in.

We run our own projects along with organisations that need volunteers. They give you training to do all sorts of things.

We train all sorts of professionals, like doctors and nurses, social workers and carers. All our paid and volunteer trainers are people with a learning disability - they can get skills, experience and qualifications.

### Coming here has helped me get new skills and qualifications



Lots	=	56%
Yes	=	29%
A bit	=	12%
No	=	3%

## Learning about jobs

A lot of our members want to work. It's really hard to find a job. We know that less than 6 out of 100 people with a learning disability work. That means about 85 people in Cardiff will have a job.

### We know about jobs!

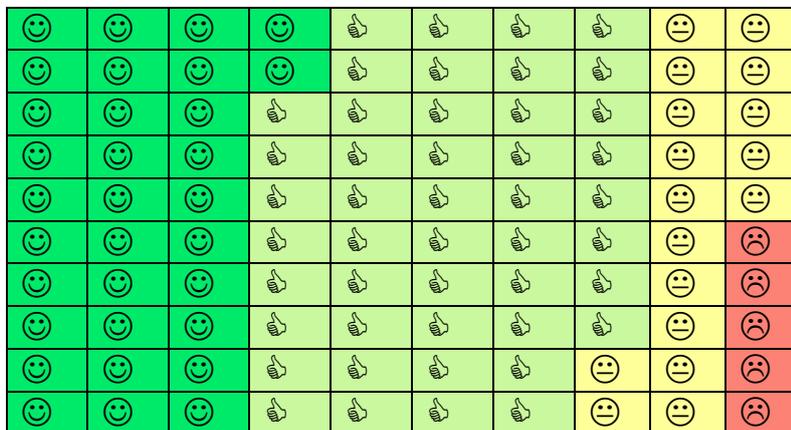


Cardiff People First has helped about 8 out of 10 members to find out as much as they want about how to look for jobs and who can help them.



We employ 6 people with a learning disability – that is 7% in Cardiff! Giving people jobs can help everyone to see what sort of jobs they could do, and how they should be treated.

### Coming here has helped me learn more about jobs



Lots	= 32%
Yes	= 46%
A bit	= 17%
No	= 5%

## Confidence

Our members want to be more confident and feel like they can control their own lives.

### We give you confidence!



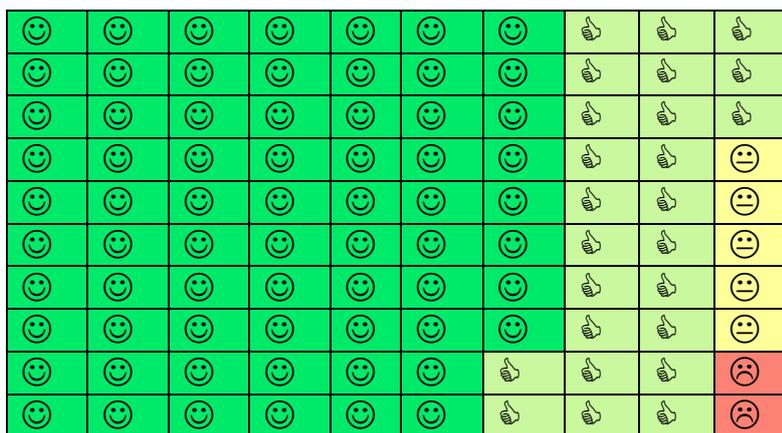
More than 8 out of 10 of our members are more confident because of Cardiff People First. Nearly 7 out of 10 have a lot more confidence!



Giving people the chance to say what they think is important without carers speaking for them makes them more confident.

All the things they can take part in means they feel more like they can do things for themselves.

### Coming here has helped me be more confident



Lots	=	68%
Yes	=	25%
A bit	=	5%
No	=	2%

## We found out that if you join Cardiff People First

- You will be able to make new friends
- You will be able to tell people what you want and get things changed
- You will be more confident
- You will be able to help organise activities yourself
- You will take part in more events and activities in your local community
- People in your community will respect and value you
- You will find out more about jobs
- You will get skills and qualifications

All these things will help you have fun and feel happier and healthier!



Phone **029 2023 1555**

Email **cardiffpeople1st@btconnect.com**

Website **www.CardiffPeopleFirst.org.uk**



**www.facebook.com/CardiffPeopleFirst**



**@CardiffPF**



**Cardiff People First**