

Vale People First

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'Getting out, Getting on'



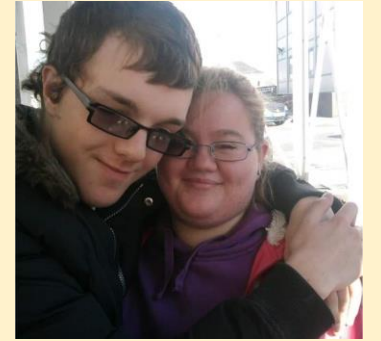
My name is Alex Stevenson



My name is Samantha Hughes



Our Story



We want to tell you about our story

Firstly as young people growing up and how we have gotten to where we are today.

Our aim is to share with you the highs and lows of our lives as young people with learning disabilities and how we have reached our goals and dreams. We know that not everyone with a learning disability has the same opportunities as we have had due to the many barriers faced...however we want to tell you about the people and services that have helped us to get to where we are.

Alex

Great Ormond Street

Moorfields

School

Sam

Foster Care: When I was 7 years old, I went into foster care in Caerphilly with my brother who was 14. This was not a good experience as that time, both me and my brother were grieving over my Dad passing away. I was at this placement for 5 years.....it wasn't very positive at all. I felt like I wasn't important nor was I listened to. I felt all they cared about was the money. I was constantly being accused of things that I hadn't done. I felt that I couldn't speak up because I knew nothing would be done about it and I may have got into trouble for that.

5 years later I moved into a nice foster home – it was nice because I knew the people as I had been there with them for respite in the past. I told them I did not want to go back to Caerphilly and they listened to me - I was then moved into Barry and was very happy.

Adult Placement: My first placement was awful. This is because the host was taking my money, leaving me on my own with her daughter that had severe mental health issues and she used to expect me to do all the housework as well as take care of her dogs. I told Vale PF about this and they blew the whistle on the carer. Within 24 hours I was moved into an emergency respite placement where I stayed for a year. It was wonderful, they were a warm, loving family that had my best wishes at heart. Very person-centred and took their role as a Shared Lives host very seriously.

Together

Bridgend College

Penarth Youth Project (teen scheme)

Vale People First
(Trainers, peer facilitators, Trustees)

Local Councillor

Wedding

We live together in Barry.

We are getting married this September !

We have had great support to help us get to this place

Guidance/Top Tips

To round up – we would like to share some of the positive ways of working with and engaging with a person with a learning disability to ensure we feel included and happy.

Top Tips

Build up Trust

Be patient

Be inclusive and accessible

Don't speak over us and let us finish our sentences

Encourage us to reach our goals, but also helping us to be realistic

Have a laugh – be human !

Give us the RIGHT information

Reassure us if we need it

Most importantly

KEEP IT SIMPLE !

Easy Read.....if you want our opinions or representation, please make sure that your documents and information produced is easy read otherwise we cannot give our true opinions. Inclusivity is the key.

People First

To end, we want to say how important the People First movement is. Without it, we wouldn't be where we are today. The groups across Wales are constantly struggling for funding and some of the local groups have disappeared all together. It is a very important resource that really does help people to become independent and more powerful.

Thank you

www.valepeoplefirst.org.uk

Facebook: valepeople1st