



## Winter Newsletter 2019

**Did you enjoy the snow? I hope those who like snow enjoyed it and others stayed warm indoors**

There have been lots of activities and events over the last few months with plenty more to come. Check out the events guide later in the magazine, along with some exciting new groups.

### Trip to Porthcawl

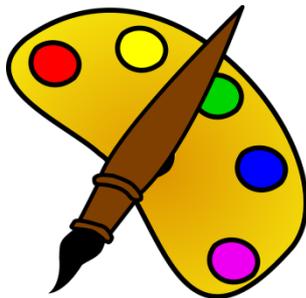


On Sunday 25<sup>th</sup> November 12 members went on a day trip to Porthcawl. We visited the

Christmas Fayre in the High Tide Inn. There were lots of fabulous stalls selling wonderful gifts. Many enjoyed a Sunday roast dinner in the restaurant while others decided to enjoy fish and chips outside. Some members ventured into town to do some shopping. There was time to enjoy the arcade games as well.

Christmas songs were sung in the mini bus adding to the fun.

## Community Connecting Team Neath and Pontardawe



Tuesday from 10am to 4pm at the YMCA in Neath. Meet in the back room for a fun filled day packed with laughter, creating and fun. The kettle is always on so there is no shortage of tea or coffee. Toast is also available. Lunch can be ordered or you can take a picnic. There's a selection of things to do or you could just relax and chat.

Wednesday Pontardawe Arts Centre you will find a warm welcome. The Arts Centre does have a lift so is accessible to all. 10am and again finishes around 4pm. The cost is £10 for drinks and crafts.

## Taffy's Disco



Every Wednesday

6:30pm to 8:30pm

£3 entry

**Taffy's Disco is held at Baglan Community centre. It is a weekly disco aimed at people with disabilities. Social inclusion builds self worth.**

## Trip To Cardiff



On Wednesday 28<sup>th</sup> December 18 of us went to Cardiff. After a look around the Christmas market and sampling of lots of the different foods on offer, we went to the indoor crazy golf. In teams of about 4 we made our way around the tropical jungle conditions. It was brilliant fun and everyone enjoyed.



Some of the group went for a meal whilst others looked around the shops and brought Christmas presents.

We went into Debenhams where the staff at the Too Faced counter chatted to us and gave us all samples of expensive perfumes.

It was a very busy day and many slept on the car journey home.

**SOLAR DANCE**  
ESTABLISHED FOR OVER 20 YEARS

CLASSES IN PORT TALBOT AND PONTARDAWE      COMPETITION TEAMS

AGES 3+      SHOWCASES

COMMUNITY DANCE PROJECTS

COME ALONG AND LETS DANCE!

**agility**  
DANCE FOR EVERYONE

DANCE AND MOVEMENT CLASS FOR ADULTS WITH DIVERSE CAPABILITIES      WEDNESDAYS IN PONTARDAWE

**FAD**  
FITNESS AND DANCE      ADULT DANCE AND FITNESS CLASS

FOR MORE INFO ON ANY CLASS CALL - 07598247467  
FACEBOOK @SOLARDANCE · TWITTER @SOLARDANCECO · INSTAGRAM @SOLARDANCE  
[WWW.SOLARDANCE.CO.UK](http://WWW.SOLARDANCE.CO.UK)

Do you want to dance?

Call Callum on 07598247467 for more information on classes, venues, times and prices.

## Ponty Friends



Ponty Friends meet once a month in Pontardawe Rugby Club on a Tuesday evening between 7pm and 9pm

They meet for a social gathering and organise events such as Easter and Halloween parties, Theatre trips, meals out and much more.

For more information on dates and events contact

Susan on 01639 770011

## Trip To Swansea



Swansea Winter wonderland was cold and wet on Sunday 16<sup>th</sup> December. This didn't stop everyone having great fun on some of the rides and stalls. Hot chocolate to drink and

warm chips were enjoyed in the shelter when the rain was too heavy. We enjoyed the Disney princess singing her songs. Most of us had our photo taken with her. Four people braved the big wheel and saw breathtaking views of Swansea. More hot chocolate was enjoyed on the way home in MacDonald's.

# Listen To Me

**Self Advocacy Groups** These groups are free to attend, fun, social and educational. They are member led which means that everyone has a say on how the group is run and what we do. This may include inviting people in to talk to us about their job or helping us live better informed and healthy lives, to organising meals out or day trips. Let your voice be heard by taking part on consultations about changes that might affect your lives.

Free refreshments available at Glynneath, Llansamlett, Dylan Thomas Centre and Neath Community Centre. Refreshments available to purchase at all other venues.

## Dates and venues for the next few months:-

### **Glynneath Training Centre 4pm to 6pm**

Monday 4<sup>th</sup> March

Monday 1<sup>st</sup> April

Monday 3<sup>rd</sup> June

No Meeting in May due to Bank Holiday

### **Neath Community Centre 12.30pm to 1.30pm**

Tuesday 12<sup>th</sup> February

Tuesday 12<sup>th</sup> March

Tuesday 9<sup>th</sup> April

Tuesday 14<sup>th</sup> May

### **Neath Community Centre 12noon to 1pm**

Thursday 21<sup>st</sup> February

Thursday 21<sup>st</sup> March

Thursday 18<sup>th</sup> April

Thursday 16<sup>th</sup> May

### **Briton Ferry Rugby Club 5pm to 6pm (Disco follows at 6:30pm)**

Monday 11<sup>th</sup> March

Monday 8<sup>th</sup> April

Monday 13<sup>th</sup> May

**Tesco Llansamlett (Community room by cafe) 4pm to 5:30pm**

Tuesday 12<sup>th</sup> February  
Tuesday 12<sup>th</sup> March  
Tuesday 9<sup>th</sup> April  
Tuesday 14<sup>th</sup> May

**Tesco Llansamlett (Community room by cafe) 4:15pm to 5:45pm**

26<sup>th</sup> February  
26<sup>th</sup> March  
23<sup>rd</sup> April  
28<sup>th</sup> May

**Dylan Thomas Centre 2pm to 4pm**

Every Thursday

**Revolution Swansea 5pm to 6pm (Disco follows at 6:30pm)**

Thursday 28<sup>th</sup> February  
Thursday 28<sup>th</sup> March  
Thursday 25<sup>th</sup> April  
Thursday 30<sup>th</sup> May

Every 2<sup>nd</sup> Wednesday I will be In Pontardawe Arts Centre between 11am and 1pm

Every 2<sup>nd</sup> Thursday I will also be in O'Mally's Cafe, Skewen between 2pm and 3:30pm

Everyone welcome. For more information contact Sandi

Email [sandimitchell@yourvoiceadvocacy.org.uk](mailto:sandimitchell@yourvoiceadvocacy.org.uk)

Mobile/text 07534056109

# Pop In Groups

“Pop In Groups” in Swansea and Neath Port Talbot areas.

These are designed for you to just pop in and ask questions and get information on a variety of topics, or you could just pop in and say ‘Hello’.

Everyone welcome.

**Sandfields Library** 11am to 1:30pm

Wednesday 6<sup>th</sup> March

Wednesday 3<sup>rd</sup> April

Wednesday 1<sup>st</sup> May



**Tesco Llansamlett** 5:30pm to 6pm (free tea/coffee)

Tuesday 12<sup>th</sup> February

Tuesday 12<sup>th</sup> March

Tuesday 9<sup>th</sup> April

Tuesday 14<sup>th</sup> May

**Croeserw Community Centre** (cafe) 12pm to 2pm

Thursday 7<sup>th</sup> March

Thursday 4<sup>th</sup> April

Thursday 2<sup>nd</sup> May

**Tesco Llansamlett** 3:45pm to 4:15pm (free tea/coffee)

26<sup>th</sup> February

26<sup>th</sup> March

23<sup>rd</sup> April

28<sup>th</sup> May

**Neath Community Centre** 1:30pm to 2pm (free tea/coffee)

12<sup>th</sup> February

12<sup>th</sup> March

9<sup>th</sup> April

14<sup>th</sup> May

**Neath Community Centre** 1pm to 1:30pm

Thursday 21<sup>st</sup> February

Thursday 21<sup>st</sup> March

Thursday 18<sup>th</sup> April

Thursday 16<sup>th</sup> April

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Mobile/text 07534056109

**Everyone Welcome**

# Disco's

Your Voice Advocacy runs monthly disco's in four different venues. Primarily they are for adults with learning disabilities but anyone who feels they would be suitable for their needs would be made to feel welcome.

We strive to create a fun, safe environment where members can experience a great night out. We often have karaoke sessions along with a raffle and sometimes competitions or guest entertainers. All venues are £3 entry

**Monday Night Fever** Briton Ferry Rugby Club. 6:30pm to 8:30pm

11<sup>th</sup> February

11<sup>th</sup> March Snacks available

8<sup>th</sup> April

13<sup>th</sup> May

**Ponty Party** Pontardawe Arts Centre 6:30pm to 8:30pm

5<sup>th</sup> March Snacks available

2<sup>nd</sup> April No Party in May

4<sup>th</sup> June

**Thursday Night Fever** Revolution Swansea 6:30pm to 9pm

28<sup>th</sup> February

28<sup>th</sup> March

25<sup>th</sup> April

30<sup>th</sup> May

**Penlan Social Club** Penlan 6:30pm to 8:30pm

7<sup>th</sup> March Snacks available

Please check our Face Book page or contact Sandi for future dates.

# Your guide to **Advocacy**

An **advocate** is someone who helps you to speak up for yourself. They can also **speak up for you** if you find it hard to do this yourself. An advocate supports you in making your **voice and views heard**.

## What can an Advocate help you with?



Support you in meetings and appointments  
Help you find out more information

Talk to social workers, support workers,  
and other professionals for you.

Help you speak about something you are not happy with, for example –

You may not be happy with where you live

You may not be happy with how someone has treated you.

An advocate will help you sort out these problems



## Privacy and Confidentiality

**Confidentiality** means not sharing information.

Unless you want us to share your information, we will keep it **private**.

If we think you or other people are at **risk** we may break this rule.

If a court tells us to share your information we will break this rule.

## Making a referral

You can make a referral yourself by phoning – **01792 646573**

Someone you know can also refer you such as your social worker, Support worker, carer, friend or family member.

Your Advocate **CANNOT**

Choose for you, Take other people's side, Work with you all the time.

## Day Trips For 2019

Most of the day trips will be on a Wednesday as this is the day chosen by the members who attended the Events Planning Group. It is also a day when most of the volunteers are available. The exception being Sunday 24<sup>th</sup> Novemeber.

|          |                       |     |                   |
|----------|-----------------------|-----|-------------------|
| 27/3/19  | Big Pit               | £20 | Mining museum     |
| 24/4/19  | Gower Heritage Centre | £20 | Includes Activity |
| 15/5/19  | Bristol Zoo           | £40 | Zoo               |
| 19/6/19  | Barry Island Beach    | £15 | Beach, fun fair   |
| 17/7/19  | Cardiff Techniquest   | £20 | Museum indoors    |
| 18/9/19  | Porthcawl Beach       | £10 | Beach & Fun fair  |
| 16/10/19 | Amelia Trust          | £15 | Farm              |
| 24/11/19 | Christmas Fayre       | £10 | Porthcawl         |

Prices are for travel costs and admission. You will need to bring a picnic or money for food.

Numbers are limited so early booking is advised with payment being made two weeks before the trip (or before).

All trips are for a full day. Approx 10.30am to 6pm.

You will be picked up from your home or a pre arranged point close to where you live if access to your home is difficult. You will be returned to the same place.

You need to be a member to attend any of the day trips. Membership is free.

Support workers/carers are not free and need to pay full transport costs if taking up a seat. You can always meet us at any venue if you prefer to use your own transport.

For more information contact Sandi via email  
[sandimitchell@yourvoiceadvocacy.org.uk](mailto:sandimitchell@yourvoiceadvocacy.org.uk)

# Swansea Bay Self-advocacy event...



At this meeting you will learn more about self-advocacy in Wales, meet other people from self-advocacy groups and talk about how you want to work together. There will also be a free lunch!



**When:** Wednesday 13<sup>th</sup> March 2.00 - 5.00pm (lunch included)

**Where:** Penlan Social Club, Heol Gwyrsvydd, Swansea, SA5 7BT

**For more info contact:** [matthew@allwalespeople1st.co.uk](mailto:matthew@allwalespeople1st.co.uk)



## Next edition will be in the spring

If you have anything you would like to include then please send an email to

[sandimitchell@yourvoiceadvocacy.org.uk](mailto:sandimitchell@yourvoiceadvocacy.org.uk)

Follow us on Facebook Your Voice Advocacy

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Sandi YourVoice



## Your Voice Advocacy

Supporting people with learning disabilities since 1989

22 Craddock Street Swansea SA1 3HE

Tel: 01792 646573

Charity number 1001271

Company registration Number 2553487

## We would like to thank all our sponsors for their support.

