



**Your Voice  
Advocacy**

Supporting people with learning disabilities since 1989

# Newsletter & Activity Pack



Sight Loss  
Friendly  
Organisation

## Autumn 2023

Please ask if you would like A3 copy





Welcome to your Autumn newsletter and activity pack. This will be the last activity pack.



**There are no groups or activities running on Bank holidays.**

**There will be NO groups running from Monday 28<sup>th</sup> August for two weeks.**

**They will restart from Monday 11<sup>th</sup> September**



There will be some changes at Your Voice Advocacy. To keep up to date you will need check our social media postings. Details are on the last page.

*Sandi & Alex*

# Word Search

Find the words listed in the grid below.

They are all associated with topics in this pack.

They could be forwards, backwards, up or down.

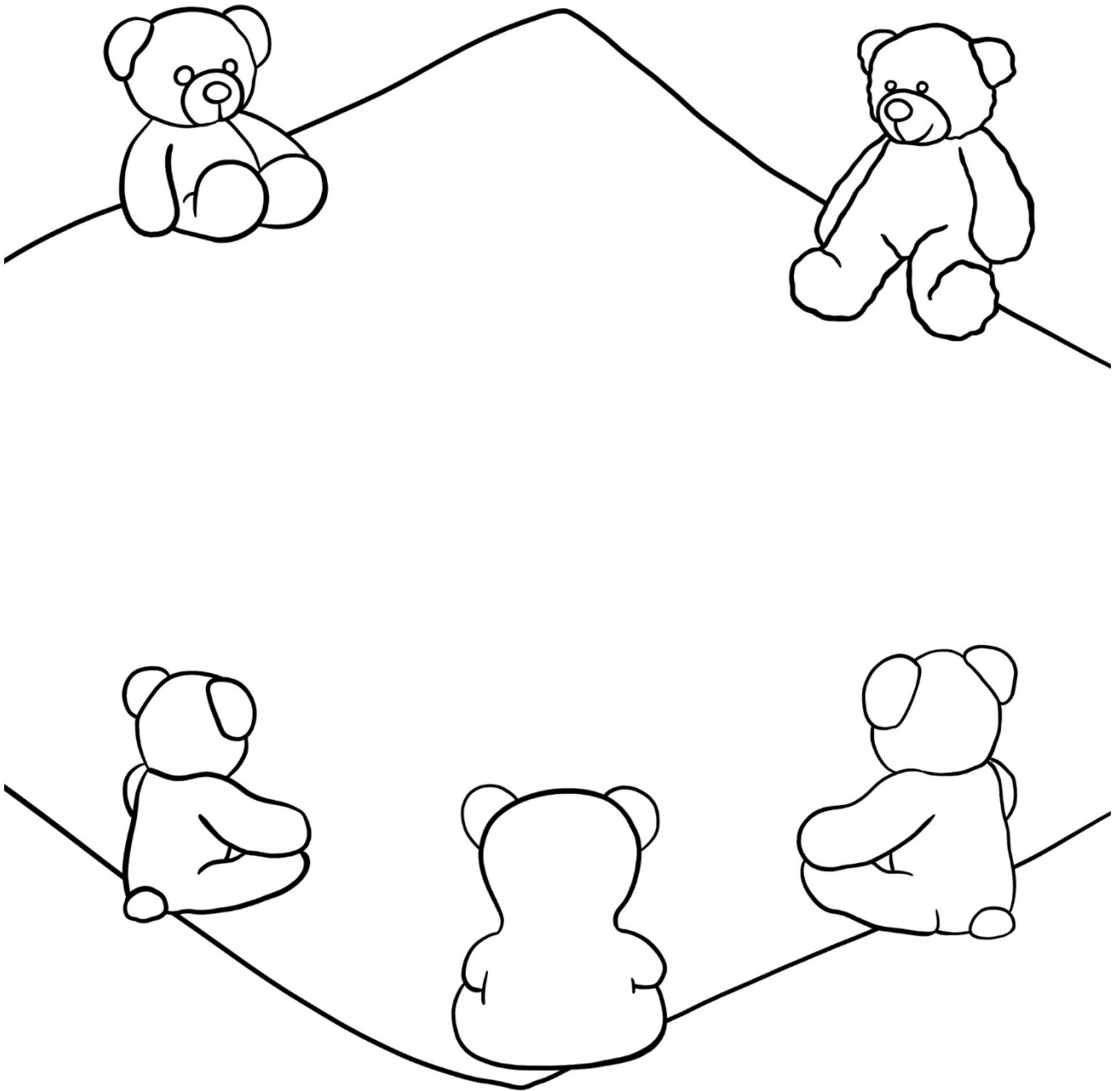
C	H	I	L	D	R	E	N	V	A	F
H	A	Y	I	L	F	S	O	C	G	I
A	L	P	B	A	N	G	B	Q	R	R
S	L	P	D	F	G	H	J	N	N	E
K	O	O	P	S	Q	E	T	M	I	W
G	W	P	U	D	D	L	E	S	K	O
T	E	D	D	Y	B	E	A	R	P	R
R	E	M	E	M	B	R	B	E	M	K
E	N	A	R	S	U	R	T	A	U	T
A	D	O	S	E	T	A	R	I	P	F
T	F	G	S	E	M	U	T	S	O	C

CHILDREN	TREAT	TEDDYBEAR
HALLOWEEN	POPPY	PUMPKIN
SPOOK	PUDDLES	BANG
FIREWORK	PIRATE	COSTUMES

September 9th

# National Teddy Bear Day

Activity: Add your own food to the teddy bears picnic  
Colour in afterwards!







**YOUR VOICE  
ADVOCACY &**  
WEST GLAMORGAN PEOPLE FIRST

# Advocacy Group

Come along to discuss important issues and have  
your voices heard!

**Dylan Thomas Centre**  
Somerset Place Swansea  
SA1 1RR  
Thursdays 2pm to 3.30pm

Join on Zoom!  
Meeting ID: 559 295 8352  
Passcode: GG5EDR



**NO MEETING THURSDAY 31<sup>ST</sup> AUGUST OR  
SEPTEMBER 7<sup>TH</sup>**



## All Wales People First Update



Adfest took place in June.



There were many people who took part.

Connie was able to attend and said she had an amazing time.



There are lots of photos available on the All Wales People First webpage.



At  
The Malthouse Café  
In the  
Swansea Grand Theatre

You can also join in on Zoom  
Meeting ID: 559 295 8352  
Passcode: GG5EDR

**NO MEETING WEDNESDAY 30<sup>th</sup> August or 6<sup>th</sup> September**



# Cooking Together Workshop

Wednesday 20th September / Wednesday 25th October /  
Wednesday 29th November

At the Social Bean Community Hub

- ☒ Learn how to cook
- ☒ Eating on a budget
- ☒ Healthy eating

£5 per person  
Booking is essential  
Limited spaces available



**YOUR VOICE  
ADVOCACY &**  
WEST GLAMORGAN PEOPLE FIRST

For more information or to book, please contact Amanda on: 07534059135

## Jokes



How do you mend a broken pumpkin?  
With a pumpkin patch!



If money really did grow on trees, what  
would be everyone's favourite  
season?

Fall.



Why do birds fly south in the Fall?  
Because it's too far to walk.

An illustration in the background shows three people. On the left, a person's arm is raised. In the center, a person in a hoodie is looking down at a stack of blocks. On the right, a person is placing a block on the stack. The stack of blocks is in the center, growing upwards. The title 'Friday Friends' is written in large, bold, blue letters across the middle of the image.

# Friday Friends

St Mary's Centre  
Port Talbot  
SA12 6DZ

Fridays 1pm to 3pm

Weekly friendship group to encourage wellness, social interactions and self-advocacy.

£3 to include tea or coffee and raffle

All welcome!  
Bingo, Archery and much, much more.

Tuck shop available.

**No meeting 1<sup>st</sup> or 8<sup>th</sup> September**



# THE SOCIAL FRIENDSHIP GROUP

Wednesdays 5pm-7pm

Please note that every third Wednesday will be for our Neurodiverse group only.

**The Social Bean Community Cafe**

12 St Mary's Square  
Swansea  
SA1 3LP



## Different themes each week!

Including Bingo,  
Disco,  
Quiz night  
and Karaoke!



£4.00 Entry  
Light meal included with Bingo

Please contact Amanda on Tel: 07377533135  
Email: [amandaroberts@yourvoiceadvocacy.org.uk](mailto:amandaroberts@yourvoiceadvocacy.org.uk)

**NO MEETING 30<sup>th</sup> August or 7<sup>th</sup> September**

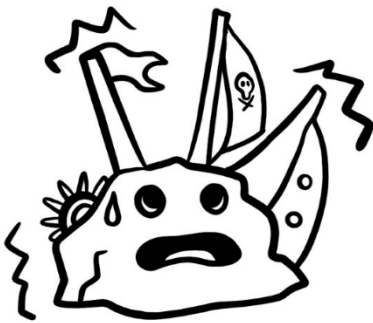
# September 19th

## International talk like a pirate day!

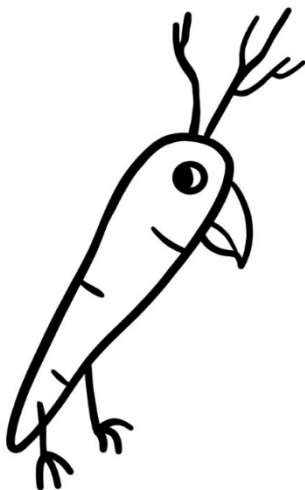
Activity: Tell these jokes to someone using your best pirate voice!



Q: Why does it take pirates so long to learn the alphabet?  
A: Because they can spend years at C.



Q: What lies at the bottom of the ocean and twitches?  
A: A nervous wreck.

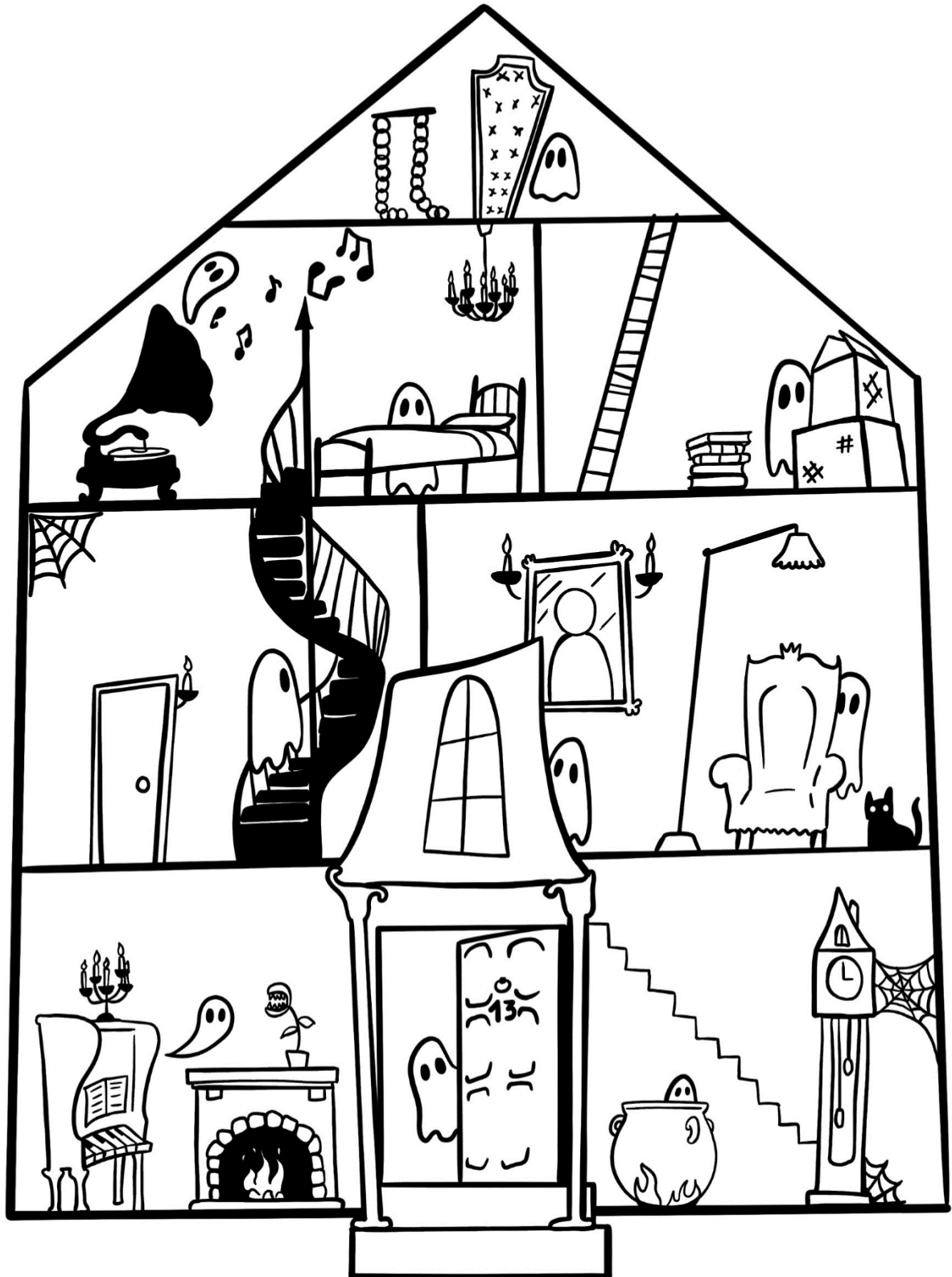


Q: What's orange and sounds like a parrot?  
A: A carrot.

**Colour in the pictures.**



**Activity: Can you circle the 10  
ghosts live in the haunted house?  
Colour the house in afterwards!**





# Pop In Drop In

Mondays

## Morrisons Baglan Community Room

Baglan Industrial Park, Christchurch Rd, Port Talbot  
SA12 7DA

1pm to 3.30pm

Pop in and ask questions and get information on a variety of topics, or you could just pop in and say 'Hello' and enjoy a cuppa and a chat.



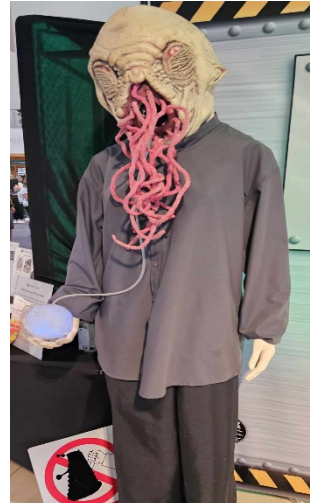
**Refreshments available**

**No meeting August 28<sup>th</sup> or September 4<sup>th</sup>**



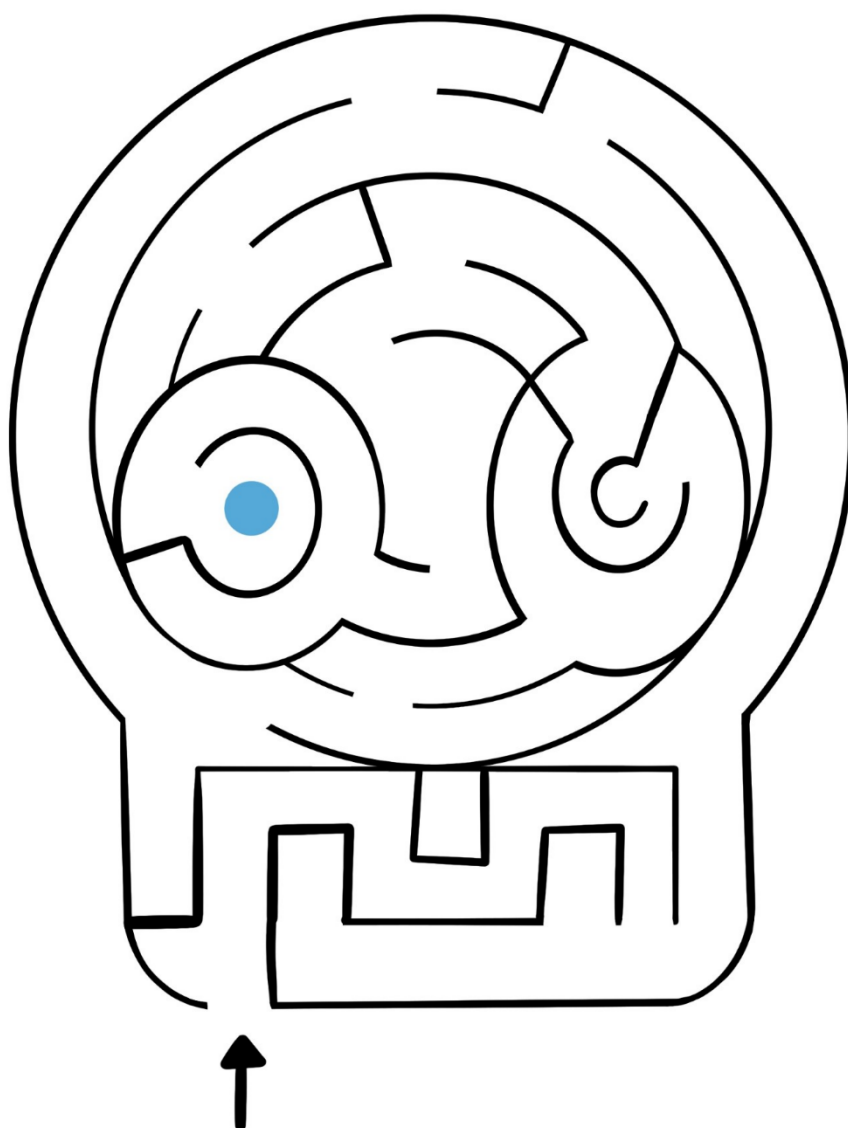
## Member News

Rob went to Comic Con. Here are a few of his amazing photos.



**Rob is also our cover star.**

**Activity: Try to get through the skull maze to the blue eye on the left!**





## **Member Achievements**

Well done to Chris who took first place in the WCKA Interclub tournament in July.



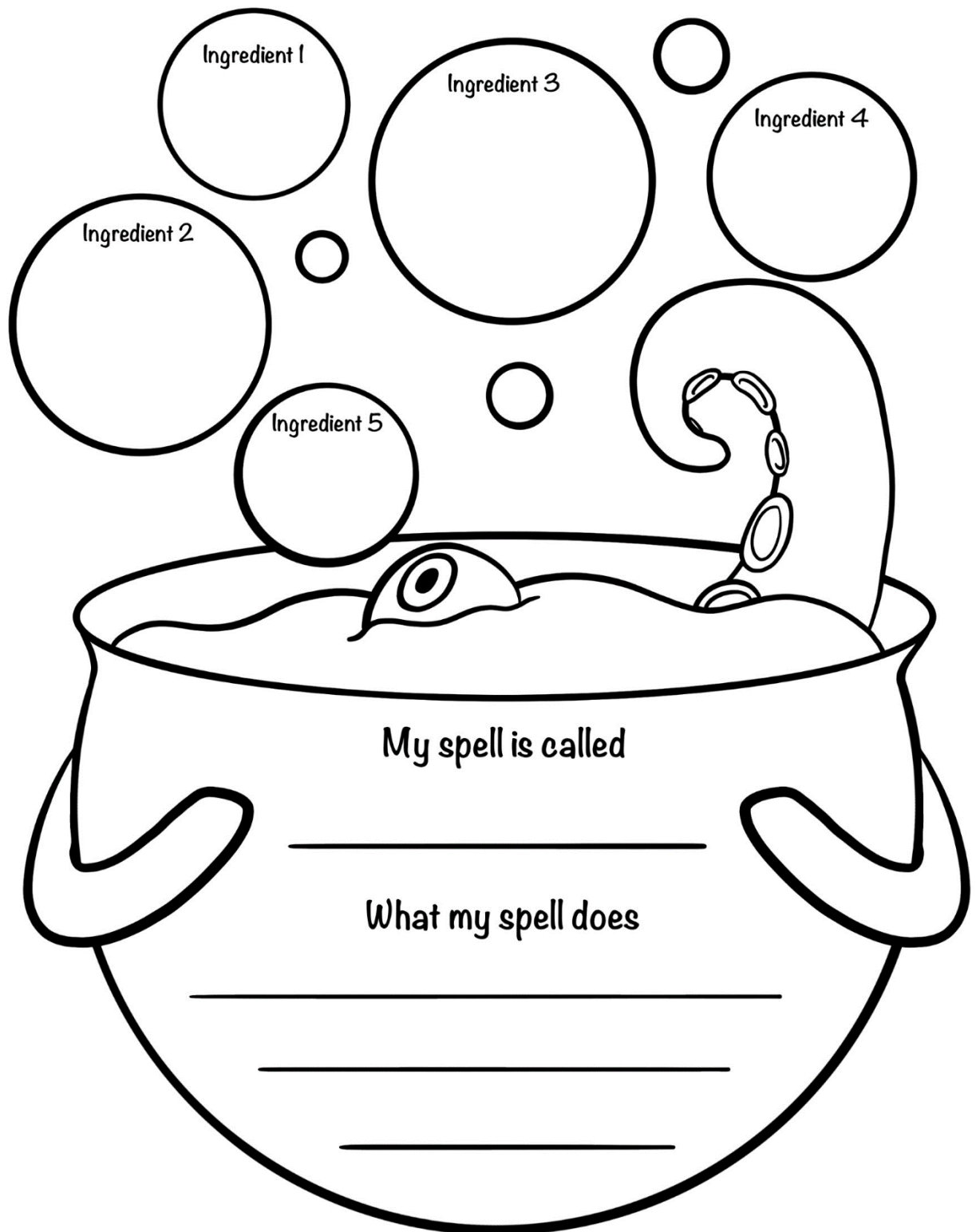
Chris with his trophy



Close up of the very impressive trophy.

Amazing achievement Chris keep up the awesome work.

# My Witch's Brew



## **Competition Winners**

Prizes are being sent to the following for winning one of our competitions.

Anne Louise

Matthew A

Adam D

Sharon S



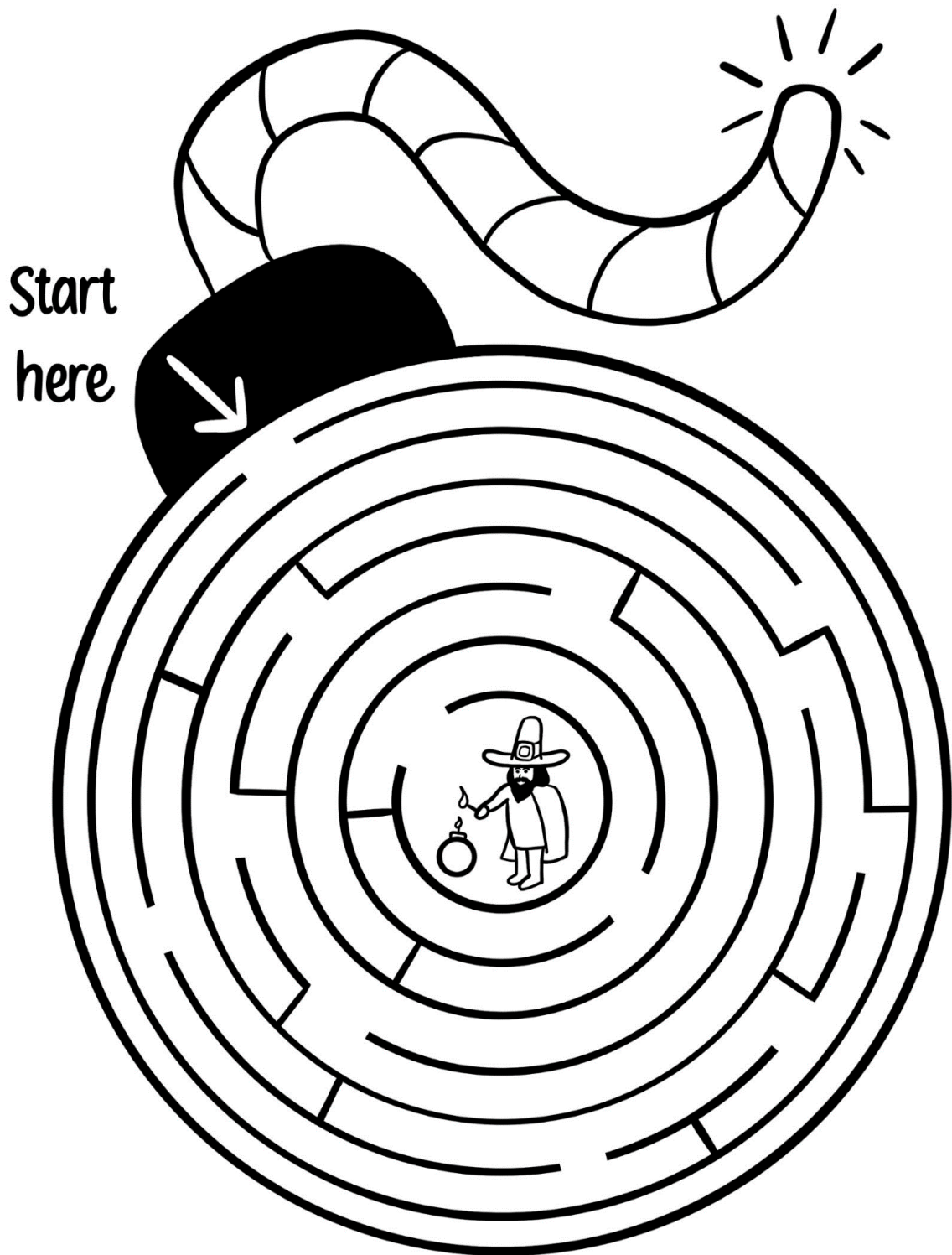
Well done to you all. I hope you enjoy your prize.

**Thank you to everyone who took the time to enter our competitions. It was often difficult to choose a winner.**



# Gunpowder plot maze

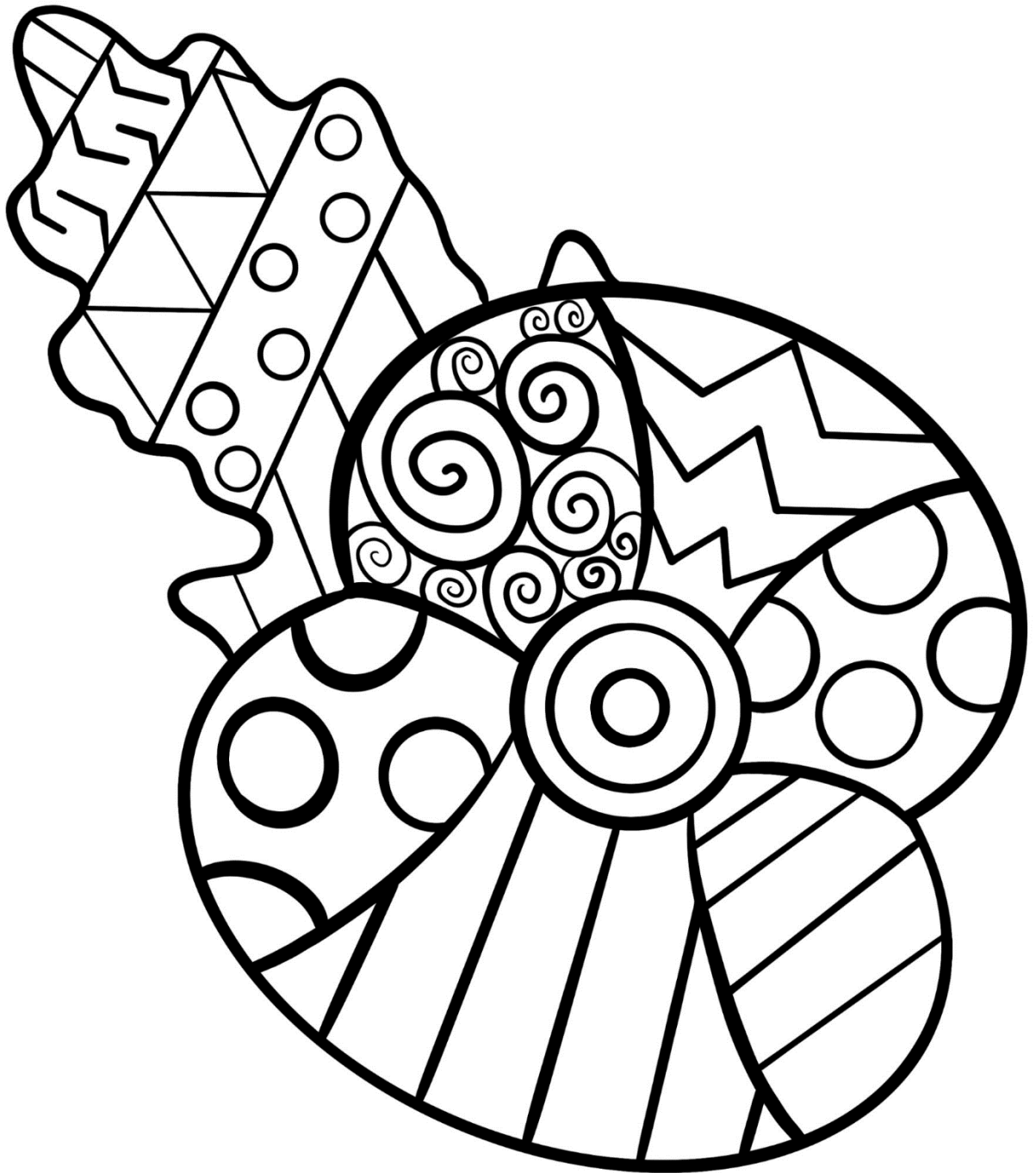
Can you get to the centre of the maze in time to stop Guy Fawkes blowing up parliament?





# REMEMBRANCE DAY

## NOVEMBER 11TH



# Temporary change to Neath Port Talbot Minor Injury Unit opening hours



A decision has been made to reduce the opening hours of the Minor Injury Unit at Neath Port Talbot Hospital.

It is open from 8am until 9pm, seven days a week.

Anyone needing urgent attention that cannot wait until the following day should use 111 or, if it is serious enough, the Emergency Department at Morriston Hospital.

Please note the Minor Injuries Unit is for minor injuries only and cannot treat serious illnesses or serious injuries. It cannot deal with patients with an illness, suspected heart attack, chest pains or stroke.

## Art Exhibition



I'm really excited to announce **Your Voice Advocacy** will be working with **Your Scene** to hold an art exhibition.

It will start on 11<sup>th</sup> November and will last for 2 weeks



Art is whatever you want it to be, we are looking for as many different forms of art as possible, including drawings, paintings, photography, poetry, cgi, collages etc., anything you want to submit, no matter your ability.



It will be held at Hybrid Art Cafe in Neath.


There will be a small launch party and some art can be sold to raise funds for the charity.

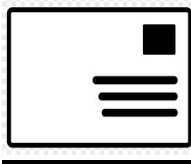


We would like many of our members to get involved, producing pieces of individual art and also group pieces.

If anyone wants any help please contact Michele as soon as possible. More details available at Friday Friends.

## How to keep up to date with Your Voice Advocacy

	 Facebook page you can follow for details of events or activities
	Follow us on Twitter Your Voice Advocacy.
	Instagram Your Voice Advocacy.
	Your Voice Advocacy.
	<a href="https://www.yourvoiceadvocacy.org.uk">https://www.yourvoiceadvocacy.org.uk</a>

	Your Voice Advocacy, Mond Suite Forge Fach Community Resource Centre Hebron Rd, Clydach, Swansea SA6 5EJ
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