



If you have any questions or ideas for this newsletter please email elena.fernandezmoreno@disabilitysheffield.org.uk

APRIL 2023 NEWSLETTER

THIS MONTH AT SHEFFIELD VOICES

YOUNG PERSON'S SELF-ADVOCACY PROJECT

At the We Speak, You Listen event in January, we asked people how we can help young adults in Sheffield get more involved and have a voice.



We are very excited to announce that Sheffield Voices have been granted some money to set up a **Young Persons Self-Advocacy project**.

We want to hear from members of Sheffield Voices about how they think this money should be spent. Some people have said it would be great to have people from Sheffield Voices be Peer-Advocates for the young people.



PARKING ON PAVEMENT UPDATE

Sheffield Voices have been speaking to the Council about the problem with people parking their cars on pavements and in front of dropped kerbs.

This has caused problems for lots of people, such as people in wheelchairs and people with mobility issues. When there is a car blocking the footpath, it forces people to have to go onto the road, which can be very unsafe.



At Sheffield Voices, we strongly believe that **everybody has a right to travel safely** and have equal access to pavements.

Last month, Sheffield City Council started an online survey about this to hear people's opinions. The survey has now been closed. Thank you to everyone that took part!

THE FUTURE OF MENTAL HEALTH SERVICES



In February and March 2023, Sheffield Voices and HealthWatch ran some events in the Learning Disability community. These events were about **what people want Mental Health services to look like** for people with Learning Disabilities. People shared all the things that keep them well. We also talked about how people felt about the closure of Firshill Rise.



Some of the opinions we heard about this topic, were:

- There needs to be more done to help keep people **out of hospital**.
- Support should be available for people in Sheffield. Lots of people said that when they are unwell, it is important that they are **close to friends, family and staff who know them**.
- People should be able to do things that keep them well, like **spending time with animals and being connected to their community**. Some people also suggested activities like gardening and farming.
- People want spaces to feel **safe**. They don't want to feel like they're being punished when they're unwell by being 'locked up'.



WE SPEAK, YOU LISTEN MARCH



Last month's We Speak, You Listen event was all about the **Covid Memorial project**. It also took place on the same day as **Red Nose Day**.

We had lots of activities to get us thinking about Covid and how people felt during **lockdown**.

We played drama games and learned how to mime!

We ended the day by painting on T-shirts for Red Nose Day.

Everyone was given a red nose and we took a big group picture whilst singing 'Always Look on The Bright Side of Life'.

Our next We Speak, You Listen event will be held at Hillsborough Arena on the **26th May** from 10am until 12pm. It will be about **mental health and keeping safe**.

MATE CRIME WORKSHOPS

On the 23rd March, we ran a Mate Crime workshop at Hillsborough Arena for the wonderful **Inspirations Project and Safer Places Sheffield**.

We were also joined by our **Sheffield Hate Crime lead, Mark Toyne**. We had some great conversations about what Mate Crime is and how it effects people.

If you are worried about someone who you have become friends with, please tell someone you trust like a support worker or a family member. You can also ring the POLICE on 111.

You have the right to be safe from abuse and harm!



SUNSHINE ART GROUP



Our Art Group have had lots of fun creating cards that we can sell to raise money for the group.

People came up with lots of different ideas and we had some great conversations!

It's been lovely to work on this card project with the **Enactus project** at Sheffield University. You can read more about them on their website:

<https://www.enactusheffield.org/carte>



THE MONEY PROJECT

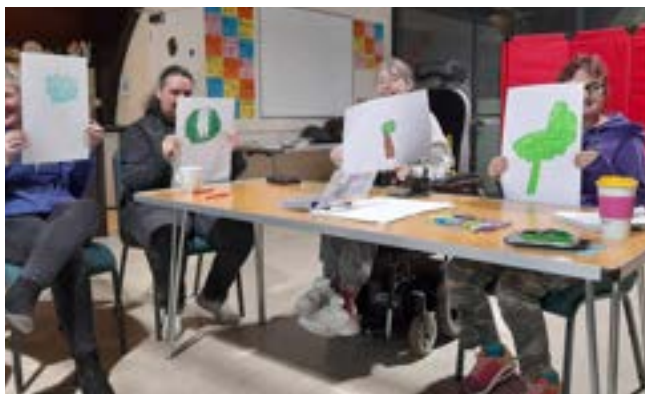


We have also been very busy with the **Money Project**, with the wonderful team at **The Hive**.

For this project, we ran a workshop to get people thinking and talking about money.

We had help from our lovely new friend Mike, who is a **money saving expert**.

We finished the session off by playing our fabulous new board game, designed by Sam Fearn. It's called '**Ow Much 'Opoly**'.



MAGIC PEN WRITING CLUB



Magic Pen writing club have been writing some fabulous poems. Here are some poems they have written recently for **Saint Patrick's Day** and **International Women's Day!**



LEARNING DISABILITY ENGLAND CONFERENCE

Last month, a few of our members attended the **Learning Disability England conference** in York.

The theme of the conference was **'Actions Towards Good Lives'**.

There were lots of different workshops and talks about how we can work together to make **positive change**.



STAR OF THE MONTH

AMY AND CATHY!



Amy and Cathy have done an **INCREDIBLE** job raising **£140** for the **Children's Hospital Charity**.

They were raising money in memory of their friend, Debbie from Burton Street, who sadly passed away.

Here is a photo of them holding their giant cheque!



Well done for all your hard work!

WHAT'S COMING UP?

Sheffield Voices' Pyjama Drama group is planning to make a **video about good and bad care**. We would like to hear more about your experiences.



The group meets between 2-4pm on Wednesdays at **Sharrow Community Forum** on Vincent Road.

We want to know if you have been **treated in a nice way or not** by your support staff. We are sure you will have interesting stories to tell us.

Disability Sheffield volunteer John Quinn will also be at a meeting at Hillsborough Arena, on Middlewood Road, between 10am-noon on Thursday April 20th.

He would love to hear your **stories** so he can put together a **script** for filming by our technical wizard Andrew Smith.

If you can't make it to the meeting but have something to tell us, you can email John at jt.quinn@btinternet.com



If you fancy becoming a **Pyjama Drama member** just pop along any Wednesday or email co-ordinator Kelly at kelly.scargill@disabilitysheffield.org.uk



REMINDER!

On **Sunday 23rd April**, there will be an **'Emergency Alert'** sent to your mobile phone.

Everyone in the UK with a mobile phone will receive this alert. You will be alerted with a **siren sound and a vibration**. On the 23rd April, it will be a practice alert, to see if it works.

In the future, you will receive these alerts if there is a disaster such as **flooding, fires, or extreme weather**.



YORK SELF-ADVOCACY CONFERENCE

On **Tuesday 25th April 2023**, York People First are having a **conference** called 'What is the way forward for self-advocacy?'

It is a conference about the **future of self-advocacy** in York, North Yorkshire and North/East Lincolnshire. They will be talking about how self-advocacy helps people to **stay independent, stay well and live good lives.**

They also want to speak about what self-advocacy can do for people coming out of **mental health hospitals**, and what they can do to support self-advocacy in the future. It will be run by, and for, people with Learning Disabilities and Autistic/Neurodiverse people.

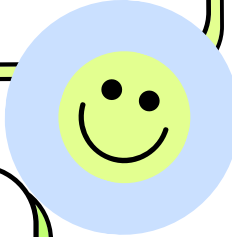
Sheffield Voices have been invited to this conference and a group of our members will be attending!



The event is running from 10am until 4pm and it will be held at:

**York CVS,
15 Priory Street,
YO1 6ET.**

You can find out more details about this event on their **website** at <https://yorkpeoplefirst.co.uk/what-is-the-way-forward-for-self-advocacy/>



LOCAL ELECTION MAY 4TH

As you may know, there is a **local election** happening on May 4th.

These elections are about choosing who runs local services like **schools, libraries and care for the elderly and disabled.**

Learning Disability England have created a brilliant **voting guide** on their website. It has lots of **accessible resources and information.**

You can find it here:

<https://www.learningdisabilityengland.org.uk/news/latest-news/voting-resources-2023/#more-17558>



OTHER EVENTS COMING UP



Personalisation & Direct Payments Strategy Launch Event



Improving Direct Payments - find out more and get involved!

Thursday 18th May 2023 Pop in anytime during the event!
10am-2pm

at St Mary's Church, Bramall Lane, Sheffield, S2 4QZ



Find out how we will improve Direct Payments and develop new, personalised approaches over the next 5 years.



Tell us what you think about Direct Payments and what ideas you have to make things better.



Opportunities for you to get involved and work with us to improve Direct Payments in Sheffield.



Hear from others about their experience of Direct Payments in Sheffield and find out what support is available for people.



Visit our Provider Fair to meet and find out about some of the different care and support providers available in Sheffield.



Refreshments will be provided. Grab a cuppa and have a chat with the Direct Payments team.

Any questions? please contact Andy Buxton, Commissioning Officer on 0114 205 2714 or by email to andy.buxton@sheffield.gov.uk

Everyone is welcome to attend!



WORKING TOGETHER AT ITS BEST



Free online event – **Making Plans ...**
for my health and care in the future; for when I'm older; for when I'm nearer the end of my life



Many people never think about making plans for their future Health and Care choices ... or making plans to say what should happen when they get older or when they are nearer the end of their life

Our free online event ...

Making Plans for Your Future

... will tell you why these decisions and choices are important for you and help you with your Plans



It is for:

- **People with a Learning Disability**
- **Autistic People/People with Autism**
- **Family Members/Friends**

Two dates to choose from:



- **Tuesday 18th April 2023**
(11.00am – 12.30pm)

Or



- **Tuesday 25th April 2023**
(11.00am – 12.30pm)

To book your place please follow the link below :



[Meeting Registration - Zoom](#)

