



Our Winter Newsletter - 2022

Sharon Launches National #ItsBoobEasy Campaign

Sharon shared her story about the difficulties she faced when accessing breast screening services with the team at Healthwatch Sunderland. Fabulous partnership working now means that women across the country will now have accessible information about breast screening appointments.

"I feel happy that by sharing my story I have helped breast screening services provide easy read information so that people can understand what will happen." Sharon Bell – Self-Advocate



Making Breast Screening Easier to Understand

Sharon worked with Healthwatch Sunderland and the Public Health England Screening team to develop easy read breast screening recall letters. Sharon is now encouraging women across the country to tell their doctor or nurse if they need easy read letters and information for breast screening appointments through the #ItsBoobEasy campaign.



Read more about Sharon's amazing story by clicking on this link: <http://bit.ly/3B8O9bY>

#ItsBoobEasy



Look out for our #It'sBoobEasy Logo



Sharon with Wendy from Healthwatch Sunderland



Fabulous support from teams like Love Amelia

Changing Lives with Changing Place Toilets

Phil & his sister Karen have been campaigning for a Changing Place toilet to be installed at Sunderland Royal Hospital for many years. What an amazing moment to be joined by members of our Treat Me Well team and colleagues from South Tyneside and Sunderland NHS Foundation Trust to see Phil officially open this essential facility on the 13th December.



Hear Phil's opening speech by clicking on this link: <https://bit.ly/3HKFakz>



Building our Team

We recently welcomed new members to our team. Erin, Ricky and Ashley joined as self-advocates and have quickly settled in. Jill and Stephen are our new Development Workers and are supporting self-advocates with our ever-growing work programme.



Co-production... It ain't what you do it's the way that you do it!

Self-advocates from our team and Sheffield Voices worked together to deliver an opening speech at the Restraint Reduction Network Annual Conference 3.11.22. Our speech was about the importance of working together and what this means in practice.



Watch our presentation by clicking on this link: <https://bit.ly/3Gbp8zn>

Accessible Cost of Living Crisis Workshops

Self-advocates have been working in partnership with other groups to develop an information workshop around the cost of living crisis. We ran our first online session with the amazing team from Speak Up in November. We talked about ways we can all save money and where to get support and advice if you are struggling. We will be running more online and face-to-face sessions in the new year.



Stop People Dying Young

A very busy year for the Stop People Dying Young team! The group have achieved amazing work campaigning around preventing people with a learning disability and autistic people dying too young. We were all delighted to hear that the group were announced as winners in Dimensions 2022 Learning Disability and Autism Leaders list.



 Learn about Stop People Dying Young: <https://bit.ly/3FDKSIN>

Learn and Share Together

The Learn and Share Together project is about bringing every member of our community together to talk about how we listen to and respond to feedback about using Health Trust services. Lauren and Phil presented what we have achieved together at a CNTW Involvement event. They received a well-deserved round of applause.



We Are Human Too

The We Are Human Too team hosted a national meeting on 12th December to talk about how self-advocacy groups and allies can work together to stop the continued abuse of people with a learning disability and autistic people within inpatient services.



 We Are Human Too group video: <https://bit.ly/3hdJqOT>

Delivering Be Cancer Aware training

Self-advocates from our team have been delivering Be Cancer Aware training to members of our community. The Be Cancer Aware training course has been designed by and is delivered by people with a learning disability. We will be running more training sessions in the new year.



Watch our Be Cancer Aware video: <https://bit.ly/3v44PNC>

Humanising Healthcare

Self-advocates have loved working with fellow self-advocacy groups and academics on a new research project called Humanising Healthcare. We have been involved from the beginning in interviewing new members of the team and so looking forward to planning next steps.



Partnership Working with Access Audits

Such a brilliant experience to work with partners including Tailored Leisure and Useful Vision on an access audit of Bamburgh Castle. A great example of partnership working to look at the accessibility needs of all members of our community.



Watch our video: <https://bit.ly/3G3zEZj>

Sunderland Disability Independent Advisory Group

Sunderland's Disability Independent Advisory Group (DIAG) brings groups and individuals together to have open and action led conversations about supporting all members of our community.

Lewis & Tendai from the RNIB attended our last meeting and shared this video: <https://bit.ly/3v2NmoQ>



Positive Voices National Self-Advocacy Conference

In September, our team travelled down to Birmingham to present at a national self-advocacy conference. It was great to meet so many different groups and build new relationships. We would like to say a big thank you to the team from Dudley Voices for doing such a great job organising and hosting the conference!



Sharing Smiles 😊

During lockdown, self-advocates suggested sharing photos of things that made people smile. We started creating and sharing Smile Postcards every Friday and this idea has grown and developed with other groups and people sharing their own smile photos. We have now reached over 100 Smile postcards which we hope to share in a book.





Sunderland People First – About Us & What We Do



We are a Community Interest Company based in the North East of England.

Our business is about improving the lives of people with a learning disability, autistic people and families.



Our experience is based on 28 years of working alongside the Health and Social Care Sector and other community organisations. Working closely with partners, we have built up a highly regarded professional and award-winning reputation.



We love building relationships with new people and organisations to support members of our community. We are stronger when we work together.



Our Work

Making Information Accessible



We are experts in making information clear and easy to understand. We have experience of working with a range of partners to develop easy read information and many of our documents are used around the country and even the world. We also provide training around developing your own accessible information.

Training



We offer a range of training programmes which include Disability Awareness, Values, Hate & Mate crime and Personal Assistant training. All our training courses have been designed and are delivered by experts by experience. We produce bespoke training packages to meet the needs of our customers.

Consultancy



Supporting people and families to give their thoughts about plans and information is central to everything we do. We support the principle of **Nothing About Us**. We have experience of consulting with people on a large or small scale. We have developed links both locally and nationally, allowing us to connect with people. Our consultations have helped shape local and national policies.



Quality Checking

Quality checks provide an Expert by Experience view of how your service, business or organisation meets the needs of people with a learning disability, autistic people and families. Our quality checkers team are unique in their experience and their range of checks with both health and social care providers.



Supporting Health and Wellbeing

We work in partnership with other organisations to support people's health and wellbeing within local communities. For example, we have run health and wellbeing programmes which were based at the University of Sunderland and in our local areas.



Campaigning for Change

We are involved in and support campaigns that promote the human rights and inclusion of people with a learning disability and autistic people.



We Are Human Too

We Are Human Too is a campaign group that is working to stop the abuse of people with a learning disability and autistic people within mental health hospitals and inpatient services. We are working with self-advocacy groups and allies across the country to make national change.



Stop People Dying Young

A big part of our work is around preventing people with a learning disability and autistic people dying too young. We are part of the Stop People Dying Young group which campaigns for change and speaks up about health inequality. We demand that the lives of people with a learning disability and autistic people are valued as much as everyone else's.



Get in touch with our team



Email us at info@sunderlandpeoplefirst.com



Phone us on 07512 309012



Connect with us on Social Media:

Twitter: [@SunPeopleFirst](https://twitter.com/SunPeopleFirst)

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