



Newsletter

Welcome to our April 2023 newsletter.
Find out the latest updates from the Your Voice team.

Your Voice

In this issue

- Network meeting updates
- Recommendations we have made
- World Autism Acceptance Week



Also in this issue

- Get to know the Your Voice Coordinator
- Our new podcast is here!
- Peer Advocacy training from Citizen Checkers



January network meeting

In January we talked about being a healthy weight. People with learning disabilities are more likely to be over or under weight than other people.

People said that it is harder to eat well when unhealthy and filling food is cheaper than healthy food.

People felt that carers can sometimes have issues around food that they pass on to people they support.

February network meeting

In February we talked about technology like smart phones, life link or iPads.

Technology can help you be safe and independent. It can also help you keep in touch with people like on Zoom.

Technology and WIFI is often too expensive for people with learning disabilities.



March network meeting

In March we talked about men's and women's health

Women can have different health problems because of periods, pregnancy and the menopause.

Men can have a high risk of health problems like stress and high blood pressure.

People felt that loneliness was a big problem for everyone. Also common health problems can be harder for people with learning disabilities



Recommendations

These are some of the things we have asked the NHS to do to make things better for people with learning disabilities.

Paid carers should have training that will help them to not pass on unhealthy attitudes towards food and dieting.

There should be more support for people with learning disabilities to pay for technology and WIFI.

There should be better communication about assistive technology and how people can get it.

All Easy Read information should be on one website in each county so people can find what they need easily.

Carers and people with learning disabilities should have training on understanding loneliness.



Neurodiverse Celebration Week and World Autism Acceptance Week

In March it was Neurodiverse Celebration Week. This is to celebrate the good things about having autism, dyspraxia, dyslexia, ADHD or Tourettes Syndrome.

It was also World Autism Acceptance Week. This is to help the public to understand more about autism.

Sammy who runs the Neurodiverse Network wrote some blog posts and made three webinars on autism.

Kayleigh wrote a blog about dyspraxia.

You can see these on our website www.yourvoicenet.org





When did you start working for Inclusion Gloucestershire?

I started working for Inclusion Gloucestershire in 2017

Why did you want to work for Inclusion Gloucestershire?

I had not long moved to the area and I wanted a job in a disabled people's organisation or a self advocacy group, similar to what I had done where I lived before.

Have you learnt anything new or interesting?

I have learnt how important it is to work within a disabled people's organisation if you want to represent the views of disabled people and make changes. Other organisations are too detached from the issues to understand them fully

Why did you become a vegan?

Because I love all animals and you don't need to eat them or food that comes from them like milk or cheese. I don't want any animals to be harmed because of what I eat.

What's your favourite season?

I think its autumn when it starts to get cosy after the summer. When you can smell people starting to light the fire in their homes and the leaves start to change colour

What do you find fun?

I am in a choir which sings pop songs and that is good fun. We are putting on a performance of 80s pop songs soon.

What gets on your nerves when you're out and about?

Lots of people! I get overwhelmed by busy and noisy places, I prefer the quieter life which is why I moved out of the city.



Our Podcast is here!

Kayleigh and Cody have recorded the first episode of their new podcast called 'The Power in Your Voice'.

The first episode is about making meetings accessible for people with learning disabilities and what can happen if you don't.



You can listen to it on Spotify here:
<https://spotifyanchor-web.app.link/e/JO3VE5UWXYbt>



Fun Page



International Women's Day Rap by Kayleigh


We are ladies
 Not just about having babies, we like to chat
 On our phones, face to face, zoom or teams, on our apple macs
 It's not our fault if you can't handle that
 We feel good when our hair is done
 Even better when someone says "hair looks good hun!"
 In words or ready quoted 'girls just want to have fun'
 We are stronger together
 We are all clever in our own way
 It's time we had our say
 That's what I believe, that's the way to achieve




Be a friend, be a mate
 It's never too late
 That is great
 Stick together like glue
 We can help each other through
 Good and bad times
 Recognize the signs
 You can find richness and wealth from giving and being true to yourself
 Always be great and the best you can be
 No one can take what is inside of me
 Even if you have a disability don't let anyone despise or undermine you
 It don't matter if they don't like you
 Cus you already got your good people around you.



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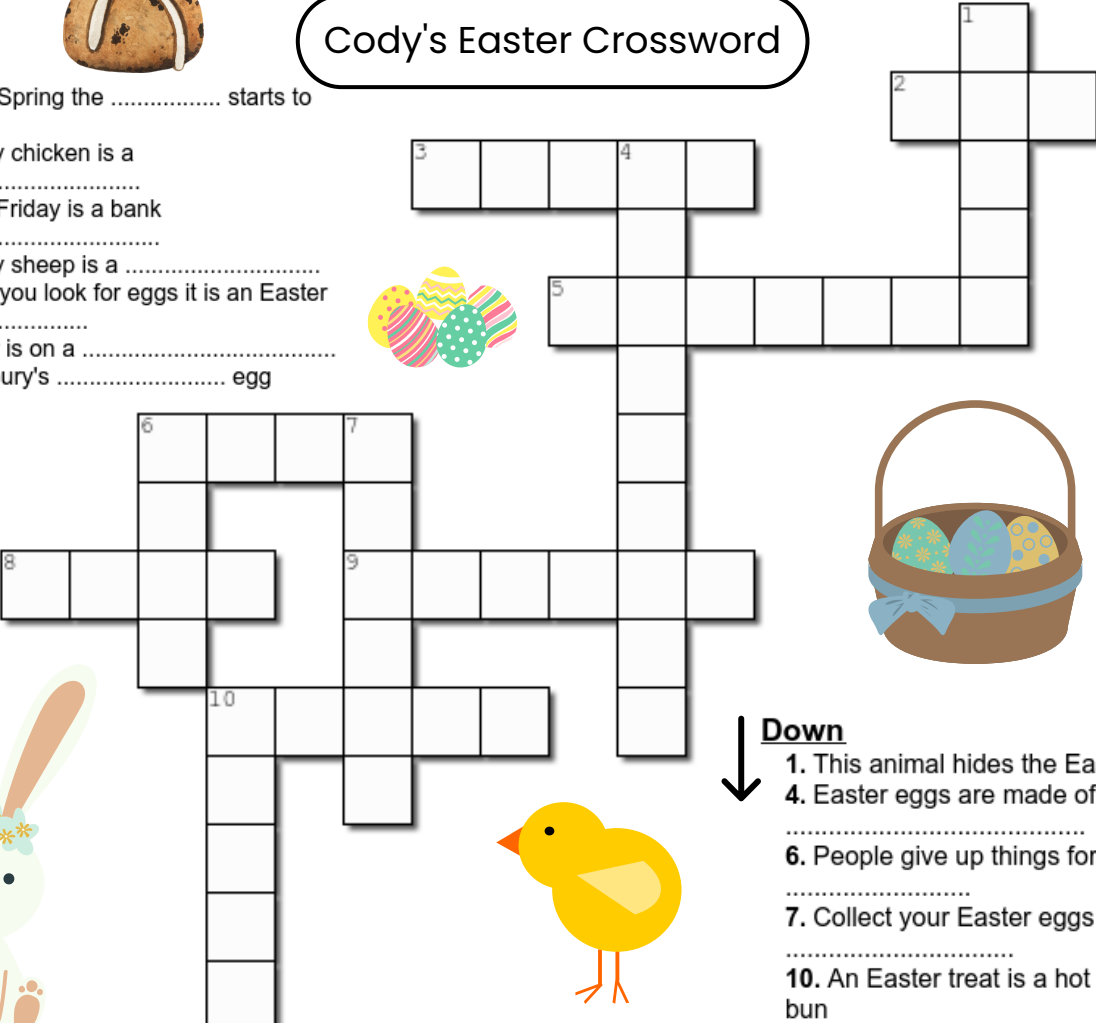
Cody's Easter Crossword



Across


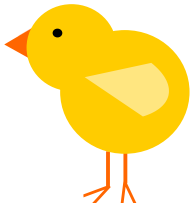

2. In the Spring the starts to shine
3. A baby chicken is a
5. Good Friday is a bank
6. A baby sheep is a
8. When you look for eggs it is an Easter egg
9. Easter is on a
10. Cadbury's egg





Down

1. This animal hides the Easter eggs
4. Easter eggs are made of
6. People give up things for
7. Collect your Easter eggs in a
10. An Easter treat is a hot bun



Peer Advocacy Training

citizen checkers ✓
Leadership from lived experience

Free online Peer Advocacy Training

Have you got a learning disability or are you autistic and want to work as a peer advocate

Citizen checkers are offering **FREE** online training

It is easy to use and you can do the training with or without a support worker. After you have received your certificate you can have 2 free mentoring sessions.

Contact us on info@citizencheckers.co.uk

Or go direct to the course and sign up on

www.peerled.training.com



<https://citizencheckers.co.uk/>

Next neurodiverse meeting date

May 4

6:00 — 7:30

Next network meeting dates

May 10

12:30 — 2:00

June 14

12:30 — 2:00

Next coffee morning dates

April 27

11:00 — 12:00

May 25

11:00 — 12:00

Keep in touch and follow us on social media:



@sw_selfadvocacy



@yourvoiceselfadvocacynetwork



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www.yourvoicenetwork.org