



Carmarthenshire People First

Simon Rice:

Chair

Trustee

Trainer

Health Champion

Activist Researcher

Barod Worker

Carmarthenshire People First:

CarmsPF is a member-led advocacy and training agency.

All Members have a learning disability, learning difficulty or are neurodivergent.

Since 2007, our core ethos has been one of co-production and engagement with Members.

- During the pandemic we stayed open.
- We saw how service-dependent our Members are and how isolated they became as services closed.
- We adapted our working methods to meet Member need and provide a safe service for Members by supporting them within their local communities.

- If we have learned one thing from the pandemic, it is that our Members, along with the wider population of people with learning disabilities, are extremely vulnerable.
- We have also seen what a vital, safe space Carmarthenshire People First (CPF) provides. Although we maintained contact with our Members using every means possible (virtual, phone, mailings, outdoor small groups), it has become all too clear that often what is needed is the individual, nurturing contact only possible in person.

Cost of Living Crisis:



- These are worrying times for our Members – truly a ‘winter of discontent’.
- Members are struggling to manage their money.
- Increased electric and gas costs, increased food costs, restricted access to the ability to travel..... the list is extensive.
- People are trying to understand the benefit payments that are being put into their bank accounts.

We devised a plan:

- produced an EasyRead booklet with money saving tips, budgeting advice and inexpensive recipes



- host cooking demonstrations run by Members of CarmsPF, both in person and virtually

Butternut Squash Soup



Time - 50 minutes Serves - 4
£2.31

Ingredients



1 Onion 55p



500g of Frozen Butternut Squash 75p



2 Vegetable Stock Cubes 52p



2 tablespoons of Garlic Granules 49p



2 tablespoons of Vegetable Oil

Instructions



Step 1

Finely chop the onion and put the vegetable oil in a large frying pan over a medium heat. Add the onion to the pan and fry for 5 minutes.



Step 2

Stir in the butternut squash cubes and garlic granules to the frying pan and fry for 8 minutes.



Step 3

In a measuring jug put 2 vegetable stock cubes in 800ml of boiling water and stir until they have dissolved.



Step 4

Add the 800ml of vegetable stock to the frying pan and simmer for 30 minutes.



Step 5

Take the frying pan off the heat and leave to cool for 15 minutes.



Step 6

Put the content of the pan into a blender, and blend until smooth. Remember to make sure the lid is on properly.



Step 7

Serve in bowls with bread and cheese if you like, and you can reheat it in the microwave if needed.

- hold budgeting workshops. We have coproduced a series workshop that helps people understand their money.
- What money people have and what it is spent on.



- offer debt management advice and support.

- link in with local community food share and warm space schemes



Warm Welcome Spaces



The 3 main libraries in Carmarthenshire have become Warm Spaces for the Winter



They are doing this so people have a warm place to go as heating homes is expensive at the moment



There they will have:

- Free tea & coffee
- Access to a television, computers & newspapers
- Staff to give advice on the cost of living



You can pop in whenever they are open



The 3 libraries are:

- Carmarthen
- Llanelli
- Ammanford



Opening Hours

Monday	9am-7pm	Friday	9am-6pm
Tuesday	9am-6pm	Saturday	9am-5pm
Wednesday	9am-6pm	Sunday	Closed
Thursday	9am-7pm		

- use our building as a safe, warm space where people can drop in to socialise and chat with larger and smaller spaces to accommodate differing sized groups.



Outcomes?

- People will be better equipped to understand and control their finances
- Be more confident in their own strengths and capabilities
- Be better able to manage their emotions, feelings and mental health issues during this crisis while better recognising and understanding those issues among others.

Any questions?