



SWANSEA PEOPLE FIRST

Peer Health Advocacy Project

An Organisation of and for People with Learning Disabilities

GOOD HEALTH FOR ALL!

6th ANNUAL HEALTH FAIR June 18th 2010

ABOUT SWANSEA PEOPLE FIRST

- **SWANSEA PEOPLE FIRST** is an organisation of and for adults with learning disabilities.
- Following the publication of the *'Fulfilling the Promises'* document by the Welsh Assembly Government in 2001 which highlighted severe health inequalities of adults with learning disabilities, the **PEER HEALTH ADVOCACY PROJECT** began and **SWANSEA PEOPLE FIRST** were successful in obtaining funding from the Welsh Assembly Government.
- Research shows that adults with learning disabilities receive a poorer health service than the rest of the population, mainly due to communication problems between themselves and health professionals.
- The **DISABILITY RIGHTS COMMISSION (DRC)** found that adults with learning disabilities were a staggering 58 times more likely to die before the age of 50 than the general population.
- The Project aims to raise general health awareness, a better consciousness of health rights and what being 'healthy' actually means amongst adults with learning disabilities. We also aspire to communicate these needs more effectively to health professionals, thus improving health outcomes.
- The Project is *'Peer-led'*, thus empowering the person with a learning disability to give the information to their peers. The members of the Project are trained and supported by the Project Coordinator (a Registered Nurse).

SWANSEA PEOPLE FIRST
Annual Health Fair

- We hold an annual 'themed' health fair which is presented and developed in conjunction with adults with learning disabilities in Swansea.
- Our Annual Health Fair is the pinnacle of our year and its main intentions are to raise awareness of these issues and to liaise with health and social care organisations.
- Our health fair on **June 18th 2010** will be our 6th annual event, entitled ***"Fit for Living!"***
- Every year the numbers attending have increased. On July 4th 2008 we called the event ***"INDEPENDENCE DAY - It's my body, it's my life."*** and last year's event at the Liberty Stadium in Swansea was entitled ***"Food, Fitness and Fun!"***
- We had 41 stands and over 350 people attended which included carers, adults with learning disabilities and health & social care professionals.
- We also had a fashion show delivered by the members of the project as well as Debenhams' make-overs and a dance troupe, all contributing to the well-being of adults with learning disabilities.
- It is an opportunity to portray a positive image of adults with learning disabilities whilst also giving healthy messages and ideas on how to keep fit and well in an enjoyable way.
- The Annual Health Fair is the highlight of the year for our members with learning disabilities and indeed we have always had a very positive response and great feedback from carers, health professionals and other attendees.
- Pictures and videos from past Health Fairs can be found on our website <http://www.swanseapeoplefirst.co.uk/>
- If you could help us in any way through a donation or a raffle prize we would be very grateful.

SWANSEA PEOPLE FIRST (Reg Charity No: 1117899),
C/o Longfields, 6 Bethany Lane, West Cross, Swansea, SA3 5TL
Tel: (01792) 405333 / Email: info@swanseapeoplefirst.co.uk
www.swanseapeoplefirst.co.uk