



# SWANSEA PEOPLE FIRST

## Peer Health Advocacy Project

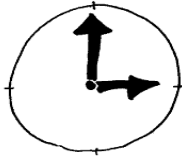
An Organisation of and for People with Learning Disabilities

**Good Health for All!**

7<sup>th</sup> ANNUAL HEALTH FAIR - June 17<sup>TH</sup> 2011

### Information for Participants

- **SWANSEA PEOPLE FIRST** is an organisation of and for adults with learning disabilities.
- 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 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).
- 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.
- The main agenda is as follows but there are plenty of stands, information and workshops to enjoy at anytime during the day.



## TIMETABLE - June 17<sup>TH</sup> 2011



TIME	
9 - 10am	Setting up of stands
10.30am	Opening of Swansea People First 7 <sup>th</sup> Annual Health Fair - <i>"Hearts and Minds"</i>
10.50am	Welcome from <b>Kevin Johns MBE</b> from Swansea Sound
10.55am	Welcome from <b>Mark Owens</b> (Co- Chairperson, Management Committee SPF)
11.00am- 11.05am	Speech from <b>Carol Rea</b> Principal Officer, City and County of Swansea
11.10am	<b>Sally Beak - (Physiotherapy Instructor)</b> Warming up Exercise Demo



11.25am -  
11.45am

**Tan Dance**  
Community Dancing Display



11.50am

**'Patch it up'**  
Street Dance from  
West Cross Day Service



12.00pm

**'Longfields SHOR-A-KAI'**  
Display from Longfields Day Service



12.15pm

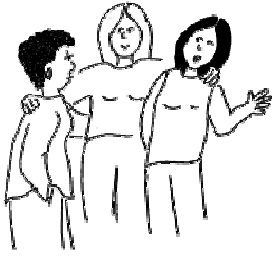
**SPF Fashion Show** sponsored by  
**BON MARCHE** and **PEACOCKS**  
Stores, Morfa Swansea

**PEACOCKS**



12.40pm

**GI Exercise Demonstration**  
from **Glandwr Day Service**



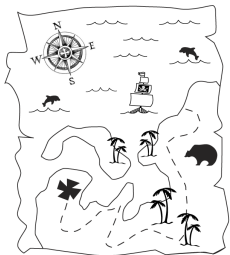
12.45pm

**Dancing Display from  
West Cross Day Service and  
Social Development Project  
(Fforestfach Day Service)**



1.00pm -  
2.00pm

**Lunch Buffet  
and Raffle with  
SPF Management Committee  
Member and Parent/Carer  
Joyce Barker**



2.00pm

**Prize Giving for Treasure Hunt**



3.30pm -  
4pm

**Close of Health Fair and pack up**