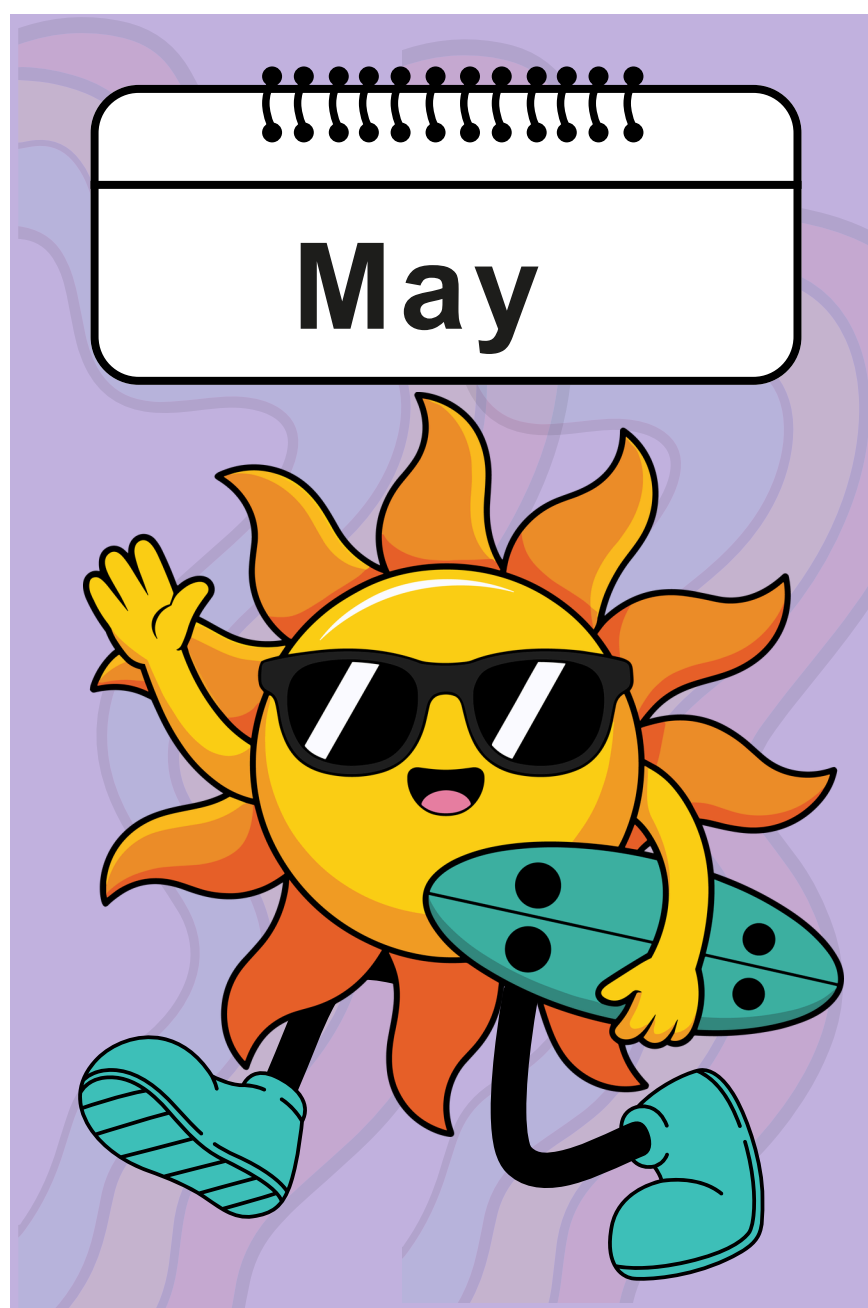
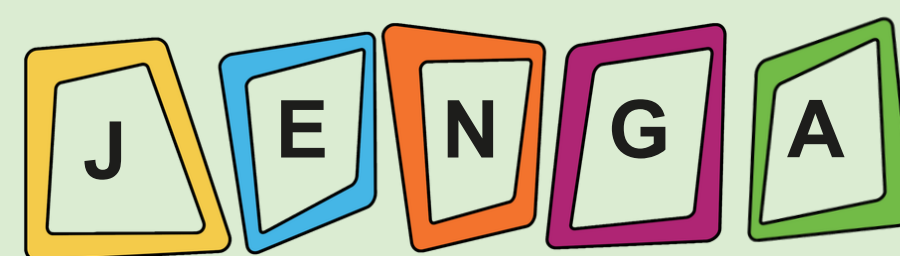


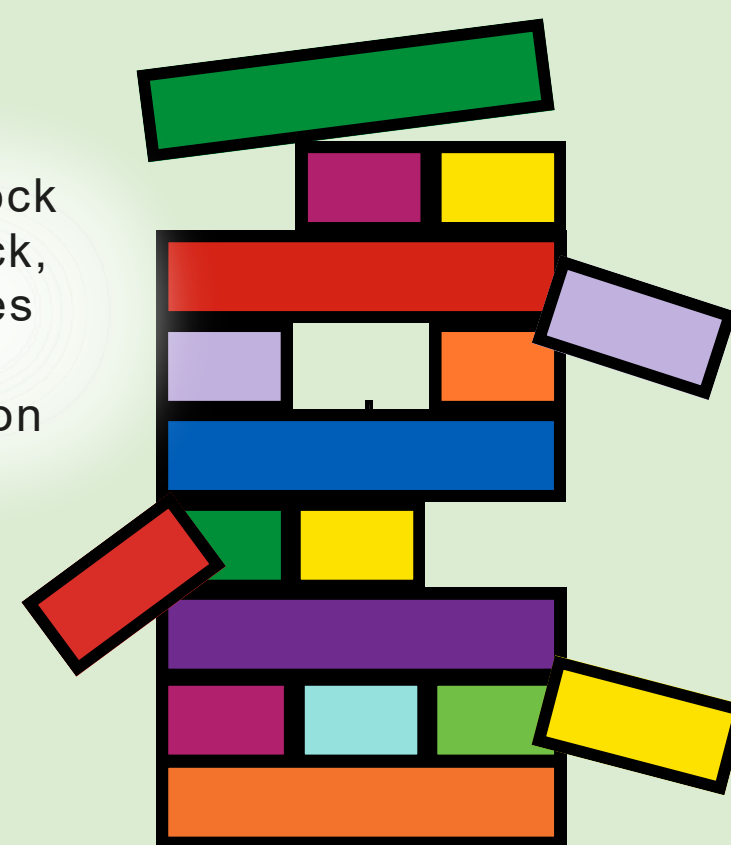
NEWSLETTER



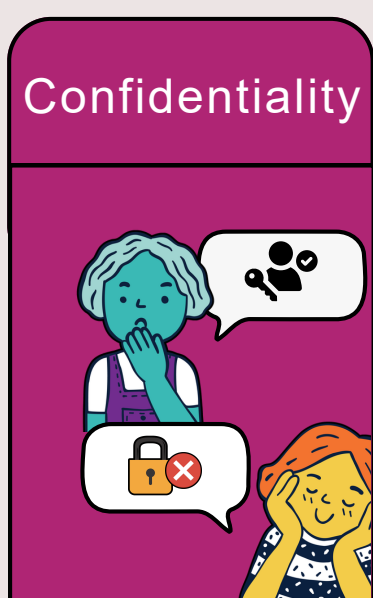
Meeting: Member catch up Mental health



The block you pick, decides your question



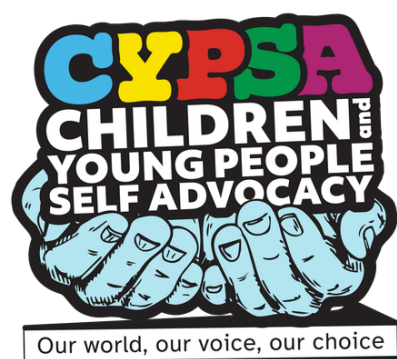
Group Agreement



BREAKING NEWS NEWS HIGHLIGHTS

- First physically disabled astronaut to reach orbit
- UK government discusses hosting Olympics in 2040s
- Youngest amputee to climb Wales' highest peak now has his sights set on conquering the Three Peaks

See inside for more information



UPDATES/ NEWS

Special Mention

One of our members has taken part in athletics!

See more on page 4



This months ice breaker



This month we had a ZENA-meter – We got our engagement and participation worker to create a check in for us, using one of our members, guide dog as the images!

Easy Read



Learning Disability Week

15- 21 June

Do you see me?

See more on page 5

MONTHLY HIGHLIGHTS & SEND SPECIFIC NEWS

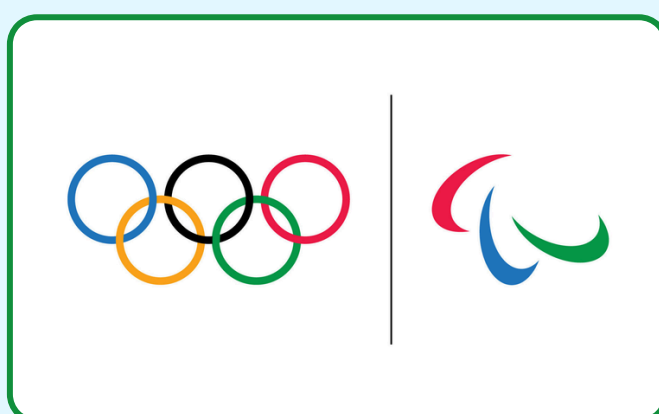
BREAKING NEWS

Paralympian and NHS surgeon John McFall is one step closer to becoming the first physically disabled astronaut to reach orbit.



[Link to article](#)

The UK government says it is in "discussions about supporting potential bids" for the Olympics and Paralympics in the 2040s.

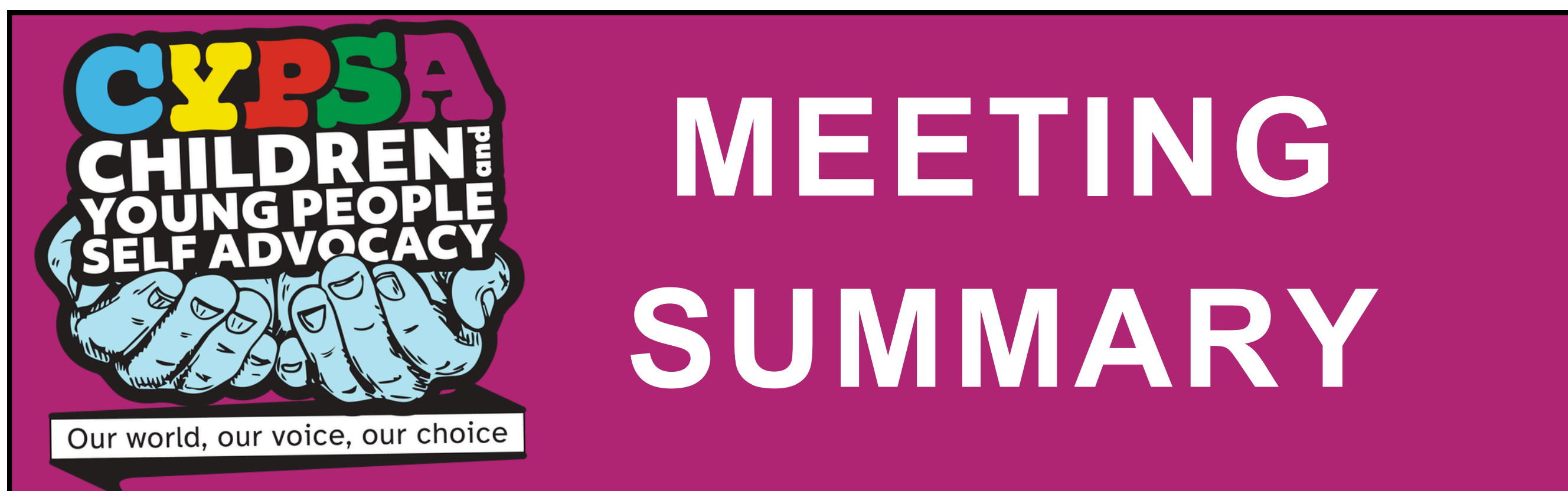


[Link to article](#)

A nine-year-old boy who became the youngest amputee to climb Wales' highest peak now has his sights set on conquering the Three Peaks challenge.



[Link to article](#)



This meeting was a shorter meeting due to low attendance as it was half term and some of our members were on holiday and enjoying the heatwave, but it was still enjoyed by all. We had a chilled meeting, where we discussed different things that we had done, with 2 of our members having some big news!

As a group a few of our members like building things to help with their mental health, with a variety across Lego, wooden structures and Warhammer, whilst others enjoy theatre groups. We had a good catch up between members of what we had built recently with one of our members showing more of their Warhammer creations, and we learnt more about that which was interesting to all! We moved on to the check in we had, with some photos of one of our members dogs, Zena which had some cute graphics added, many of us feeling tired (number 6) after a busy half term week.

We moved onto the consultation update, our YPC has written the CYP SA response, which will be emailed out to members. We went through what to expect next and explained that we are happy to be contacted by the government to share our members youth voice further, to hopefully make a change and ensure that future young people feel listened too.

Sian reminded all our members of her email and phone number, as well as sharing Mac's (our Engagement worker) so that every member can contact them if they need to reach out at any point.

Whilst it was a short meeting, it was enjoyable for all, and it was nice to build more of a relationship with each other and learn about the hobbies we all have. We will continue our planned topic in Junes meeting.

– Written by YPC



A MOMENT WORTH CELEBRATING

As a group we love hearing about what our members get up to outside of being strong advocates for voices of young people!

One of our newer members Lorcan, who has a skill with scale modelling Warhammer figures, shared with us that he had took part in an athletic event and brought home some medals, including gold!

What Lorcan had to say

“I am a member of DSAUK, www.dsauk.org this is a brilliant organisation that provides sporting opportunities for people with dwarfism/short stature conditions. I have been going to DSA events in the South West for 12 years. Every year the DSA hold the National Games in Walsall over the May bank holiday weekend. Over 200 athletes get to compete in lots of sports such as football, athletics, swimming and hockey. I also like to compete in the cycling.

This year I was pleased to get some medals

- Javelin gold,
- Discus gold,
- Shot put silver,
- Cycling silver,
- Hockey silver
- Football bronze
- Breaststroke silver,
- Silver backstroke,
- Gold freestyle

My favourite part of the weekend is getting to hang out with my DSA friends.”



CYPSA members and staff were blown away and are very proud of Lorcan!

Upcoming: Learning disability week

15th - 21st June

This is when we make sure the world hears what life is like if you have a learning disability.



2026 Theme

Do you
see
me?

This is all about people with a learning disability being **seen**, **heard** and **valued**.

The figures that matter

Only 26.7%
of adults, are employed

Adults with learning disabilities are employed

1 in 3
spend less than
1 hour outside

People with a learning disability spend less than 1 hour outside on a typical Saturday

Over 2,000
are in mental health
hospitals

People with a learning disability and or autistic are currently locked away in mental health hospitals.



Click me to find out more



GENTLE

REALITY

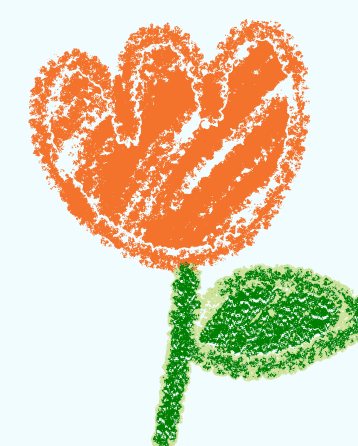
CHECKS



Your feelings are valid, but they are not always facts



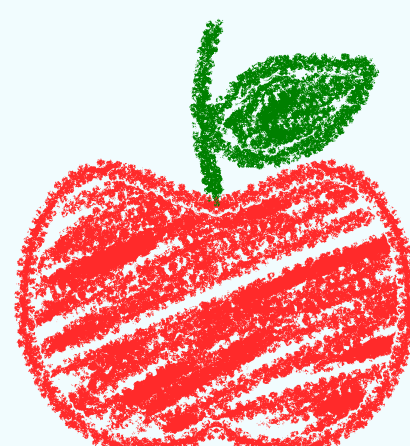
Rest is not a reward for burnout



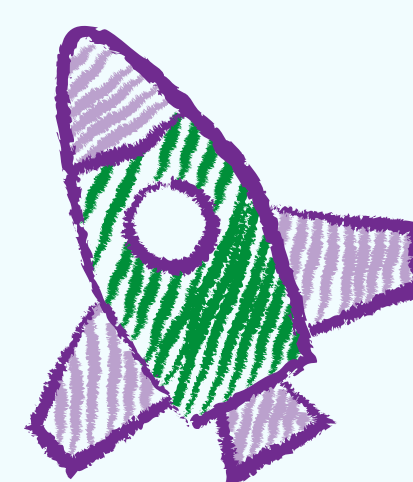
Not every thought deserves your attention



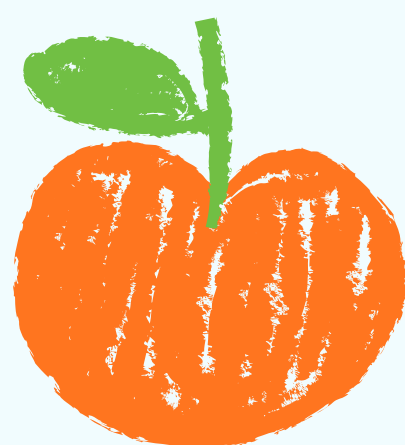
Don't compare your insides to someone else's outside



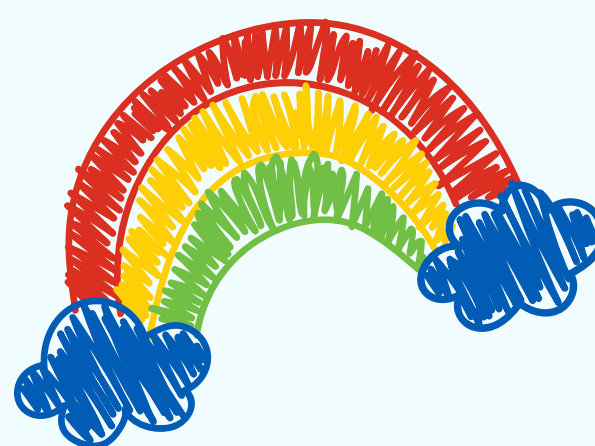
You are not responsible for managing other people's emotions



You don't have to act on every emotion you feel



Some days "surviving" is winning



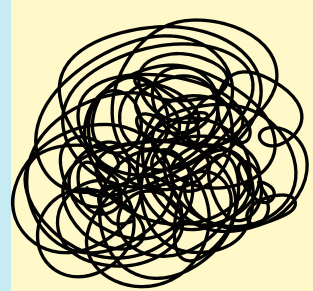
Tears are not a sign of weakness



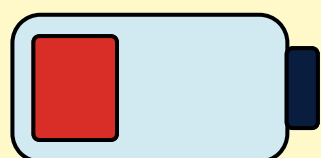
You can have a good day and still struggle

Fills it up

Empties it



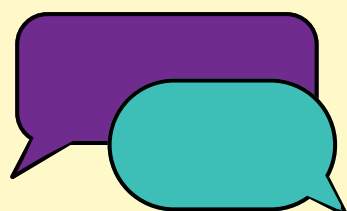
Worries



Lack of sleep



Too much work



Overthinking



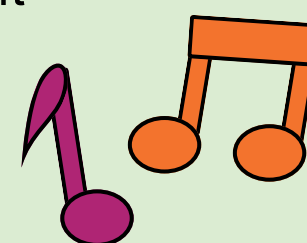
Expectations and pressure



Talking about it



Taking Breaks



Listening to music

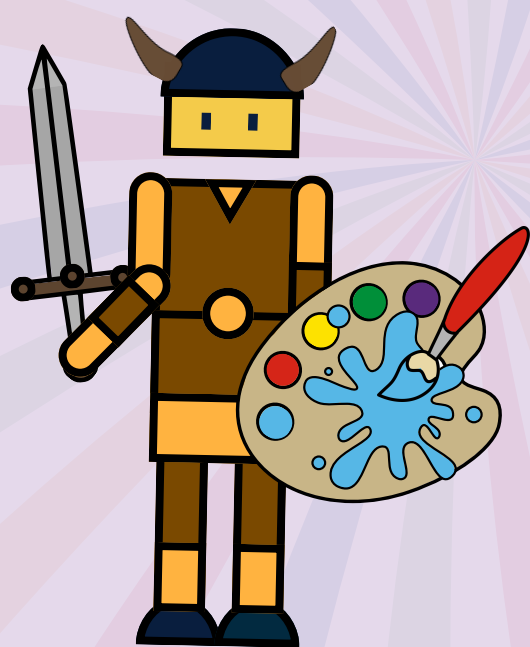


Doing things you enjoy



Spending time with loved ones

Our members Favourite self-care hobbies



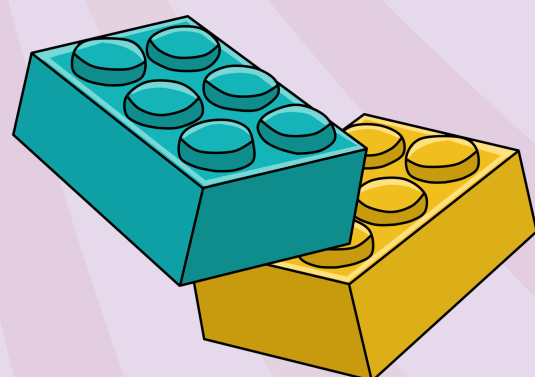
Warhammer



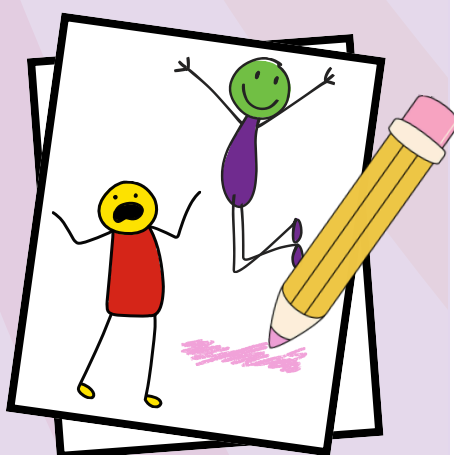
Spending time with pets



Reading



Lego



Colouring

Lego and warhammer are the top favourites!

Next topic



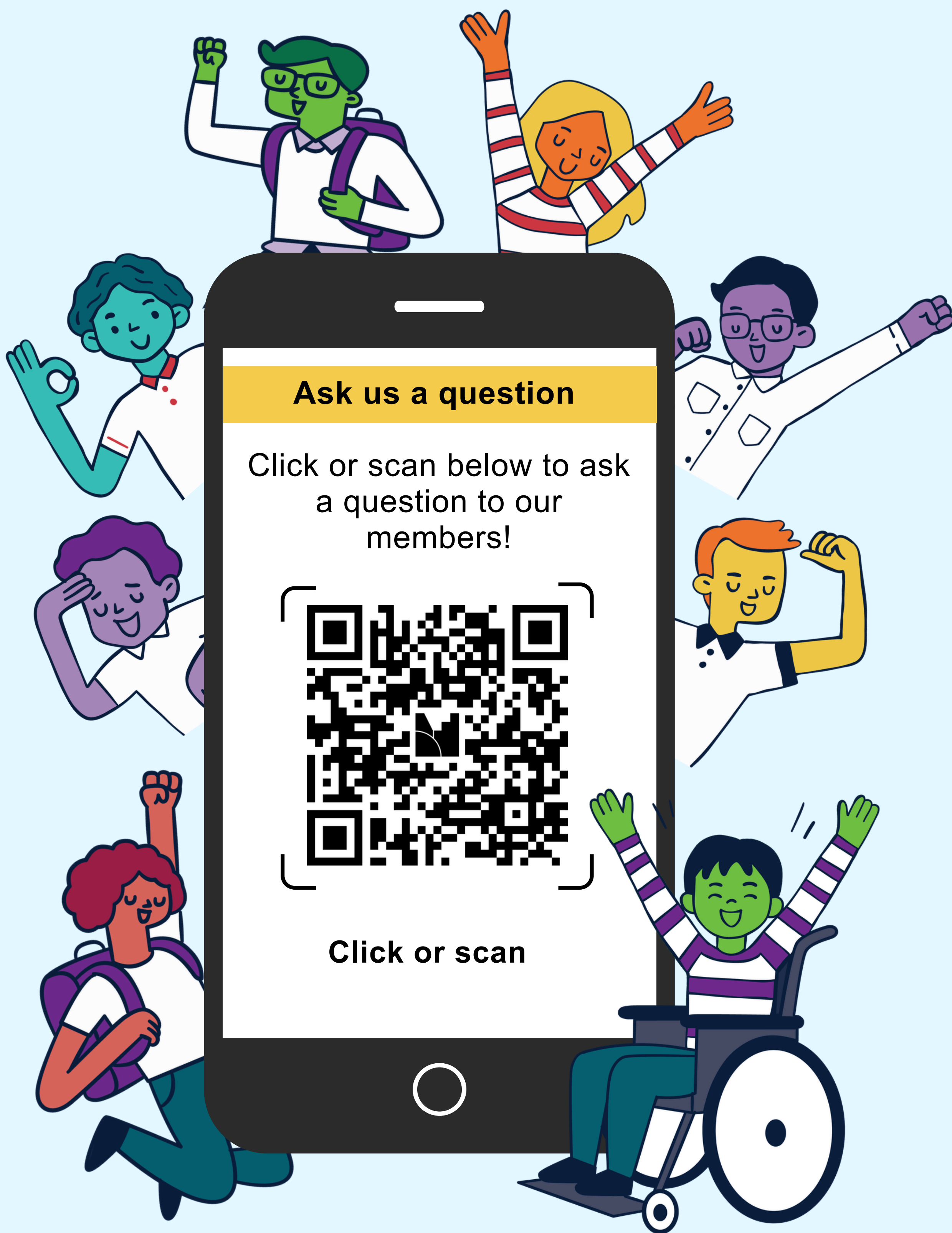
Mental Health continued

Next Meeting

Thursday, June 25th

17:30-19:00

Get in contact



The views and experiences shared by our young people are offered voluntarily and by choice. All questions are carefully reviewed for appropriateness, and there is no expectation for members to respond.