

Hear Our Voices!



Cwm Taf Morgannwg
Bwrdd Partneriaeth Rhanbarthol | Regional Partnership Board



Powerful songs and drama inspired by real community stories

www.ctmregionalpartnershipboard.co.uk/hear-our-voices

Welcome to Hear Our Voices!

The Cwm Taf Morgannwg Regional Partnership Board is delighted to welcome you to this event.

We are one of seven Regional Partnership Boards in Wales established as part of the Social Services and Well Being (Wales) Act.

We bring together health, social care, third sector, education, housing, independent partners, and people with lived experiences, to improve the health, social care and wellbeing of people living in Rhondda Cynon Taf, Bridgend and Merthyr Tydfil.

We aim to make a difference to people's lives by involving them, listening and taking action together to transform the way services are delivered.

Our priority groups include autistic people; children and young people; older people and those living with dementia; people with learning disabilities; people who access mental health services; people with physical disabilities and sensory impairments and unpaid carers.

Through having a shared understanding of challenges, barriers and needs, we can ensure people have access to the right services and support.

'Hear Our Voices!' is a collection of drama performances and songs inspired by a range of community stories.

As a Regional Partnership Board we want to give people living in our communities a platform to feed into decisions on health, social care and wellbeing in a meaningful way, so their voice can feel valued, accepted and heard.

We have been working closely with our communities to develop our CTM Population Needs Assessment to guide what health, social care and wellbeing services are needed in our communities, and the range of support and services required to meet that need.

Background

In Autumn 2021 we collaborated with the Cwm Taf and Bridgend Public Services Boards on a '100 Days of Engagement' programme.

This involved working with our residents and community groups to listen and understand their needs and experiences. This information will influence design and improvements in health, social care and wellbeing services for the next five years.

At least 1,183 residents across Cwm Taf Morgannwg were engaged through a variety of different methods, including engagement toolkits, group discussions, a roadshow, an online survey and a series of 'hack-a-thon' events.

The 'hack-a-thons' gave people (both professionals and residents) an opportunity to collaborate with songwriters, artists, poets and storytellers to share their experiences in a meaningful way.

These events brought to life the many barriers and challenges people are facing on a daily basis, and inspired ideas for change.

A number of songs and stories were written during the events.

We wanted to widely profile these experiences, and have now scheduled six shows – one of which you are attending today!

We hope by bringing together people with lived experiences, professionals and decision makers, we can work together to drive positive changes.

Today's performance

The main performance will take approximately 45 minutes, and will cover a variety of themes including:

Loneliness and isolation

Mental health

Respite and support

Communication and information sharing

Independence, choice, voice and control

Community connections

Each theme will be represented by a song, short drama performance or film. This is to connect us to the experience and evoke understanding and meaningful discussions around the challenges people are facing.

The second part of the showcase will include an opportunity for discussion, and for us all to pledge how we will take positive action to ensure people can live happier, healthier and more independent lives.

This booklet contains song lyrics written with our communities during our events. You are welcome to join in at any time.

If you are affected by any of the issues raised today, chat to a member of our team and we can provide additional information and signposting to relevant services.

Thank you once again for coming along today, we hope you enjoy the performance.

Here With Me

Verse 1

Time passes slowly when I'm lonely
Ticking down the hours until I see my friends again
And it might not be long but I don't feel that strong
What's killing me is not knowing when

Chorus

So give me a call, give me anything at all
Let me look into your eyes and see they shine just like mine
I long to hold your hand and do all the things we've planned
It's not enough that you're an image on a screen
I need you here with me

Verse 2

The deeper the rut the harder to get out
Sometimes I'm calling out for help but nobodies about
I feel powerless to change it but I'm breaking down my cages
They lock me in with all my fear and doubt

Chorus

So give me a call give me anything at all
Let me look into your eyes and see they shine just like mine
I long to hold your hand and do all the things we've planned
It's not enough that you're an image on a screen
I need you here with me

Bridge

Ohh, feels like dying a little bit each day
Ohhh, you're the only thing that makes it all okay

Chorus

So give me a call give me anything at all
Let me look into your eyes and see they shine just like mine
I long to hold your hand and do all the things we've planned
It's not enough that you're an image on a screen
I need you here with me.



“ ”

“I suppose lockdown gave us all a sense of what it's like to be lonely and isolated. We all need people and interaction to get through life.”



“ ”

Different

Verse 1

I'm not going out
I find it hard to deal
Watch it all through a screen
Am I even real

Verse 2

The planet is full of doubt
Taking time to heal
All the days feel the same
When's the big reveal?

Chorus

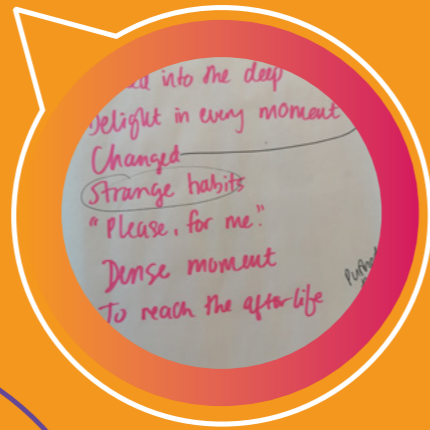
Everything is different
The whole world has changed
You'd think it would unmake me
But I've just stayed the same

Verse 3

Now the time has come
And I can finally breathe
I'm no longer left behind
Something set me free

Chorus x3

“ ”
” ”



“I just want a place where you can have fun, relax, just chill out with your mates, bounce off each other and just have that sort of connection.”

“ ”

“ ”



The River

Verse 1

Flowing, twisting round the bend
Slowly discovering who I am
In the distance, dark clouds are forming
Could this, could this be a warning

Pre-Chorus 1

Storm overwhelming, raining, pouring
Lightening striking and thunder roaring
Crisis is here, my banks are breaking

Chorus 1

Which way will I turn, and where will I go?
All choices seem lost to me
Who will come and hear my plea
How much longer must I wait?
I feel like I'm bursting,
It won't be long till I'm overflowed,
I just need some hope

Verse 2

I'm forever changing, my path is my own
I don't fit into a box, show me where I need to go,
I can't do this alone, come help this river grow
Restore my banks, repair my soul
Return me to a steady flow

Pre-Chorus 2

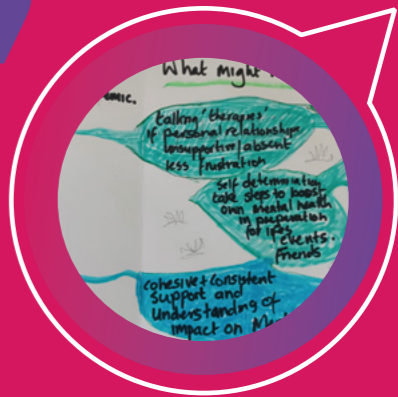
Storm withdrawing, rain stops pouring
Sun is shining a new day dawning
Crisis averted, my banks are blooming

Chorus 2

I know where to turn, I know where to go
Choices are open to me
You came and listened to my plea
No longer have to wait
I feel heard and restored
I feel I can go on some more
Now hope is at my door (x3)

“It's good to be able to see my friends and spend time with them. Being with them means I can share my problems with them and we can talk about it, and that really helps me.”

“ ”



“ ”
” ”

The Full Circle of Communication for people with a learning disability

In January 2021, the Cwm Taf Morgannwg Regional Partnership Board commissioned Cwm Taf People First and the Our Voice Matters project to conduct a piece of research into the communication preferences of people with a learning disability across Merthyr Tydfil and Rhondda Cynon Taf.

People First Bridgend were also commissioned to do a similar piece of work with people with a learning disability across Bridgend.

As part of the Cwm Taf Research, a person with a learning disability was employed as a project facilitator to help steer the project and engage their peers.

In total 28 people with a learning disability participated in the research and the findings and recommendations can be seen in the below report.

When co-designing the research report, people with a learning disability felt that what they had learnt about communication couldn't fully be captured in a written report and requested that a film was made to help other people understand their findings and recommendations.

You can see the full report by scanning the QR code below.



Walk in Our Shoes

Verse 1

I'm feeling alone
On my own at home
No-one to talk to
Nowhere to go

Verse 2

Filling in forms
All the time
I need support
But I can't get online

Pre-Chorus

There's a lot of blame
And everyone's the same
But we're all in this together
Let's hope it's not forever!

Chorus

How can we change?
What can we do?
Imagine the best life
For me and for you

Ask what we want
Walk in our shoes
It's all to gain
You've got nothing to lose

Verse 3

Working together
We'll get you through
Connection is key
With everything we do

Verse 4

No matter the service
We all work with pride
We're partners, not rivals
We're on the same side

Chorus x2



"Our song is about the barriers to connection on a personal or professional level. A solution to these problems is good communication, and this will help provide better services."





Strength Enough

Verse 1

The day is long and heavy but I won't complain
This isn't what I asked for but how can I turn away?
And there's no-one else to do it so it's the only way

Chorus

Sometimes thank you is just a look in the eye
We can't always find the words but they're somewhere there inside
I would do it anyway because this work is built from love
So give me rest, give me space,
Give me strength enough

Verse 2

There's always something tripping me, the time's never enough
What's left over is for me to stop and catch my breath
Before I have to start it up again

Chorus

Sometimes thank you is just a look in the eye
We can't always find the words but they're somewhere there inside
I would do it anyway because this work is built from love
So give me rest, give me space,
Give me strength enough

Bridge

It's a lot of work to live how I do
Every chore and stress and worry is multiplied by two
While I look after someone else I still have to look after myself

Verse 3

Can you hear what I'm saying? I need help that's more than prayer
Try my best not to lose myself some days barely there
But this is me reaching out as a carer who needs care

Chorus

Sometimes thank you is just a look in the eye
We can't always find the words but they're somewhere there inside
I would do it anyway because this work is built from love
So give me rest, give me space,
Give me rest, give me space
Give me strength enough

"If I was talking to another unpaid carer, I'd say, 'asking for help isn't a weakness'...we can all be one team."



“



“

”

No Space

Verse 1

No Space - My head is like a full suitcase
Loads of covid cases
Many sad faces
No Time - relationships not working
everybody failing
friendships are fading

Pre-Chorus

Life has changed, we need support
Someone to listen, someone to talk
Life's hard, we need hope
We need a star, to guide us home

Chorus

No Space - heads not working
No Space - top thoughts are hurting
No Space - brains exploding
No Space - there's no space
No Space - heads not working
No Space - top thoughts are hurting
No Space - brains exploding
No Space - for my mind

Verse 2

No Life - My heart is like an empty room
Stuck inside the house
No-one in the classroom
No Grade - afraid I'm going to fail
My skin is turning pale
Think I might just bale

Pre-Chorus

Chorus



“ ”



“ ”

Kindness in Lockdown (poem)

“ ”

Kindness, what does it mean to you?
Is it something of significance, or taken for granted day after day?
What does kindness look like, as many of us struggle to feel okay?
A smile. A wave.
A simple nod of acceptance as we claim,
'We are in this together, so don't hide away'
'I see you, we've got this' as we continue to endure and not stray.



What's that I hear?
The sound of laughter ringing far and near
What does kindness sound like in a world full of fear?
A knock at the door, a call on the phone,
The pings of text messages, emails, and an army of volunteers.
'Just checking in' or 'how are you today'
Conversation fills the air as we continue to clap and cheer.
On a Thursday night at 8pm sharp, thank you key workers,
Thank you, thank you, you are all stars.

Mmmmm.... The smell of freshly baked cakes,
Or a bouquet of fresh flowers,
What does kindness smell like in a time when we can't give handshakes?
Freshly mown grass of a person in shielding,
So that they can enjoy some well-deserved breaks.
Relax, feet up, but let's all stay safe.
A daily wellbeing walk to re-discover nature,
Those places of beauty we often forsake,
A now essential lifeline in which we can partake.

“ ”



Wait.... Who is this I see?
Foodbanks, doorstep deliveries, hundreds of food parcels being given out for free.
What does kindness taste like as we reach for a nice cup of tea?
Barbecue burgers and sausages out in the sun,
Handmade packed lunches delivered effortlessly.
For those who are struggling, isolated and alone,
It tastes like reassurance, comfort and relief
As they didn't need to leave the house to face a shopping spree.



So, as we stay at home and reflect on the government's plea,
Let's think about what kindness feels like for you and for me.
As we look forward to the day we can embrace unity,
A warm hug of a family member we are so desperate to see.
That day is coming, so don't lose all hope.
That day is coming when we can all shout, yippee!
And when that day arrives let us all agree,
That kindness is important and we should make it a priority!

Caredigrwydd

Verse 1

Damp from all the tears
Bleak, grey and full of fears
Shattered from all the screaming
Have people stopped believing

Pre-Chorus 1

Something's missing, what do we need?
Some hope, compassion to set me free

Chorus (English)

You can find me in a family
Or even through a charity
Why not grab a cup of tea
And come and show kindness with me

Chorus (Welsh)

Ffeindio fi mewn teulu
Neu hyd yn oed trwy elusen
Paned o de mewn cwmni
Dangos caredigrwydd hefo fi

Verse 2

Life is not always perfect
But kindness makes it worth it
There's no rainbow without rain
There's nothing to lose and all to gain

Pre-Chorus 2

Something was missing, we know what we need
Some hope compassion has set me free

Chorus (English)

Chorus (Welsh)

Verse 3

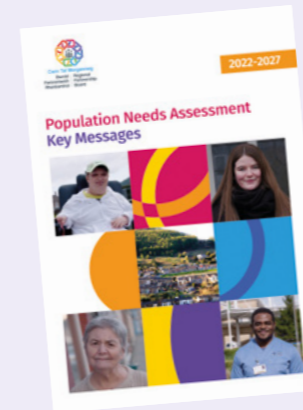
Life can be full of joy
Pan da ni yn neud bach mwy
A simple act small or big
Dewisiwch I fod yn caredig, yn caredig

Chorus (English)

Chorus (Welsh)



Read our Population Needs Assessment



You can read a summary of the Cwm Taf Morgannwg Population Needs Assessment by scanning the below code.

The website address is also below if you prefer to access it that way. Otherwise, please write your preferred method of contact and relevant contact details, on the piece of paper at the back of this brochure, and we will share it with you via that method. www.ctmregionalpartnershipboard.co.uk/useful-documents



Upcoming dates

We want to ensure you have an opportunity to get involved with our future work.

In the Autumn we will be putting on a series of creative events called 'hack-a-thons' to bring together people with lived experiences and professionals.

During the hack-a-thons, we will discuss key challenges facing our communities and identify ways to solve them together.

This will build on the work already taken place, and feed into regional work plans so we can start creating and improving services to meet needs.

Save the date

23rd September

Coproducing co-production

7th October

Learning disabilities and autism

14th October

Mental health

28th October

Children and young people

4th November

Older people and tackling loneliness and isolation

11th November

Accessibility in health and social care

18th November

Unpaid carers

Registrations will open soon via our website.

You can sign up to receive more information by visiting our website www.ctmregionalpartnershipboard.co.uk/contact or filling in the form at the back of the brochure.



Thank you

Thank you to everyone who has participated in our work to date, and shared their stories. We would also like to thank the following people for their role in supporting Hear Our Voices!:

Film participants



Bethany Carter



Chloe Cannon



Geraint Evans



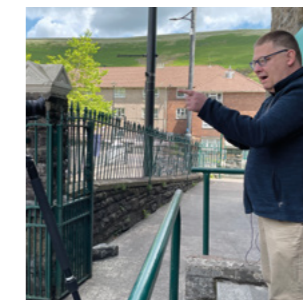
Jacqueline Hitchcock



Jenny Mushiringani Monjero



Kirsty Harley



Lee Jacobs



Lowri Morgan



Luke Takeuchi



Michelle Kazuh



Neil Hughes



Nia McInTosh



Paul Mears



Rebecca Goodhand



Sarah Mills



Sharon O'Brien



Steve Lawrence



Tanya Lang

Film Producers

Musicians and songwriters



Joe Kelly



Catherine Razzell



Erin Williams Jones



Megan Jenkins



Maddie Jones



Tobias Robertson

Scriptwriter and actor

Supporting actor



Tom Stupple



Hannah Lad



Keep in touch

If you'd like us to share the summary of the Population Needs Assessment with you in another way, please fill in this contact sheet and place it in the postbox on your way out.

First name

Surname

I'd prefer to be sent information by:

Email My email address is:

Post My address is:

Attending a face-to-face event

Please detail any accessibility needs

Privacy policy

We take your privacy very seriously. Please find details on how we manage your data via our website: www.ctmregionalpartnershipboard.co.uk/privacy-policy

You can opt out from our communications at any time. By submitting this form you confirm you are over the age of 13. Anyone under the age of 13 must have consent from their guardian or parent before submitting information.

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Ariennir gan
Lywodraeth Cymru
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