



Press Release

Immediate Release

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Cinderford Resident Shares Story During Learning Disabilities Awareness Week

A resident from a social care service in Cinderford has shared what is important to him, the activities he enjoys and the message he would like people to hear during Learning Disabilities Awareness Week.

Learning Disabilities Awareness Week provides an opportunity to hear directly from people with learning disabilities about their lives, interests, achievements and experiences.

Peter Robins, who lives at Milestones, a specialist Cygnet Social Care residential service in Cinderford, has autism. He originally comes from Warwickshire, although he has lived in Gloucestershire for more than 20 years. One of his main interests is rugby, and he regularly attends matches with his mum.

"Watching the local team play rugby is my favourite thing to do," he explained. "I also like going to visit my mum, we go to watch rugby matches together."

Alongside his interest in rugby, Pete takes part in a range of community activities. He volunteers at Together We Can, an inclusive, weekly activity club for people with disabilities. He attends every week, where he helps prepare for sessions and runs the tuck shop. He also volunteers at The Larder, a community food bank that supports people experiencing financial hardship.

Pete also attends carriage driving sessions every week and enjoys spending time with a horse called Spartan, helping with his care and maintenance.

When asked what makes him feel happy and valued, Pete spoke about the importance of helping others and having responsibilities.

"I like helping people and supporting my mum.

"I help my friend sometimes with her horse. His name is Spartan. I clean up after him, I brush him and sometimes I get to ride him."

When asked what he wished more people understood about learning disabilities, Pete focused on recognising people's abilities while understanding that some tasks may require additional time or support.

"That we can do lots of things, sometimes it just takes me a bit longer and sometimes we need help," he said.

Pete also reflected on the achievement he is most proud of. He highlighted the progress he has made through his carriage driving sessions with the Riding for the Disabled Association (RDA).

"I am so proud that I can drive the carriage on my own at RDA with only a little bit of help from the instructors. That makes me feel really happy.

"I'm also really happy when I feel included. When I help people, I feel really excited. It's nice to feel involved, contribute and have the opportunities to support others.

"The team at Milestones help me and listen to me. The staff who work here, especially my Keyworker, make me feel good."

To mark Learning Disabilities Awareness Week, Pete shared a message that reflects his own experiences and outlook.

"Give us a chance. I like to help and have jobs to do."

Cygnet Social Care Home manager Fran Holland said: "His comments reinforce the importance of creating opportunities for people with learning disabilities to participate in their communities, develop their skills and contribute in ways that are meaningful to them.

"Learning Disabilities Awareness Week encourages people to challenge assumptions and recognise that everyone has different strengths, skills and support needs. Pete is a perfect example of this.

"All of us at Cygnet Social Care are really proud of Pete for the volunteer work he does and we've really seen his confidence and independence skills grow through this work."