

# SPEAK UP

Winter  
2011

Newsletter from Manchester People First



## AGM 2011

New Committee Elected  
Read our Annual Report



*50th Issue The Voice of the Learning Disabled*

## What we do

Manchester People First is run by and for learning disabled adults and is independent of all services.

We give training, support and advice to learning disabled adults and professionals and campaign for disabled peoples rights.

## Contact us

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M8 8RF

Phone or Fax (0161) 839-3700

Email: [mcrpeoplefirst@googlemail.com](mailto:mcrpeoplefirst@googlemail.com)

Website: [www.manpf.org](http://www.manpf.org)

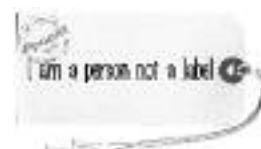
## Our directors

Louisa Burton  
Edward Kane  
Shirley Ryder



## Staff

Stephen Hughes  
Andy Needle  
David Dunnico  
Kath Carey  
Derek Owen  
Barry Hills  
Jodie Deegan  
Stephen Blake  
Louise Crowley  
Rosie Cairns  
Christopher Kenny  
Nora Gardner  
Louise Wilson  
Delroy Sterling  
John Bee



## Opening Times:

Monday to Friday 9:30 to 3:30pm  
Drop-in Thursday 10 to 3pm



Manchester People First is a company limited by guarantee, registered in England and Wales, number 6339300. We are a registered charity, number 1124426.

# Fifty issues on... and still going strong

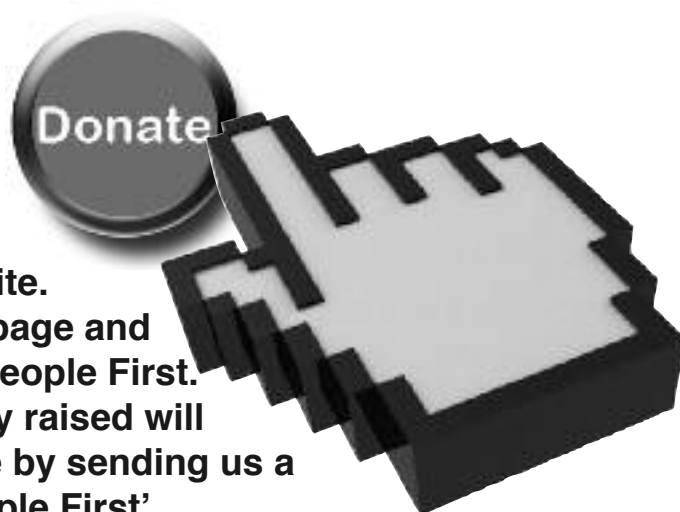
Welcome to our 50th issue!  
Speak Up has been the voice of the learning disabled since Manchester People First went independent in 1999. And next year will be even better as we celebrate 20 years of Manchester People First. We are already planning some great events and celebrations, so come along and get involved.

We have brought this issue out a bit early to tell you about our annual general meeting and invite you to our Christmas Party, so have a great Xmas and an even greater New Year.



## Can you help us?

We have added a new feature to our website. Click on the 'Donate' button on our homepage and you can make a donation to Manchester People First. We are a registered charity and any money raised will go towards our work. You can also donate by sending us a cheque made payable to 'Manchester People First'.



# News

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## 2011 Annual General Meeting elects new committee

On 20 October about 50 members from OPAL, the Shaw Centre and Manchester People First came to our Cheetham Hill office for our AGM.

Stephen Hughes welcomed everyone and explained what would happen. Our Chairperson Louisa Burton gave a speech telling people about the South office, the Service Audit Assistants and our accessible information project Just Info. Joseph Rooney reported about OPAL (Older and Positive About Life) who we share the office with, Club 3 our evening social group for 18 – 30 year old learning disabled adults, and working in partnership with other groups around Manchester. Edward Kane finished off the reports by talking about the

training that Manchester People First gives to members and outside organisations.

Our members have done first aid and food hygiene training, while we carry on training police to interview suspects and witnesses, and other learning disabled groups such as school leavers and college students. Edward went on to speak about social events we had from April 2010 to March 2011.

Andy Needle spoke next – he nominated Cadishead Accountancy Service as our accountants and then briefly ran through the accounts for the year. It was then back to Stephen who thanked our current committee and all our staff for their hard work over the past 12 months.



Stephen especially thanked Edward as he was stepping down and Nadim Akram who resigned. Stephen then ran through how we would be voting after lunch and what committee members did.



For lunch we all had a rather hot chilli with rice with garlic bread. Then afterwards we voted for our new committee.

Congratulations to Edward who was voted back onto the committee and Shirley Ryder also got voted on as an officer with Brian, Carol and Joseph who were voted on as co-opted members.

It's going to be a lot of hard work over the next 12 months as MPF celebrates their 20th Birthday.

**You should have got a copy of our Annual Report with this mailing. If you did not, let us know**

**Manchester People First**

**Annual Report 2010 to 2011**

[www.manpl.org](http://www.manpl.org)  
Follow Manchester People First on FaceBook

**NEW**

## Lounge@3

**A new social Group for adults with a learning disability who are over 50 years of age. We meet up socially and go out and have a good time with discos, cinema, meals, pool, and Wii.**

**Monday evenings 5pm – 9pm  
Starting 2nd week in January**

**Contact us to put your name down and find out more  
0161 839 3700**



**We've had so much to tell you we haven't got space for our Fun Filled Bit in the Middle - don't worry - it will be back in the New Year**



Our last meeting before our summer break was in June.

Councillor  
Tommy Judge

and Val Bayliss- Brideaux, came and answered questions from the MPs about the health service.

We didn't put our feet up all summer, we launched our new newsletter which will come out 2 times a year. The first issue looked at young people and transport. We are looking forward to autumn, when members from Bridge College will join us.

Our next meeting will be in early November, when we will talk about leisure and young people. If anyone has got any comments please let your MP know or contact us directly.

If you interested in joining the parliament, you need to be aged between 16 and 25, have a learning disability and live in Manchester. The parliament is always keen to hear other people's views, so contact us if you would like to talk to us.

# What's on at South MPF

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## Cookery Group

We have just finished our third cookery course, with Eleanor Murphy from the Manchester Healthy Living Network. It was held at Wythenshawe Community Church. Six of us made some lovely lunches including bread, soup, and knickerbocker glories.

## Art Group



The art group carries on. We have been doing self-portraits with James Pollitt from Venture Arts and are working towards our own exhibition.

## Culture Vultures



Culture Vultures our group for people interested in arts meets most weeks. Recently we have been to Manchester Art Gallery, and are off to see a free lunchtime concert with the Royal Northern College of Music. In December we are having a tour of the Royal Exchange Theatre.

## Men's Group



The Men's Group enjoyed a curry in Rusholme and are looking for ideas for future activities for us to try.

## Film Club



We have just started a film club. We meet on the first Wednesday of the month and people pick what film to see.

Everyone enjoyed our first film 'Rise of Planet of the Apes'.

## Other Meetings

We have been to policy meetings with Greater Manchester Police Authority, and had a say over what they do. Barry has become a member of the South Manchester NHS Commissioning Group and will be having input into their meetings.

We have also arranged talks for our members about lots of subjects including road safety and keeping good mental health.



# Welcome to Kath

Meet a new member of staff who will be working with the service audit assistants



Hello, my name is Kath Carey and I am working for Manchester People First as a Service Audit Assistant Co-worker. I am really looking forward to being part of your organisation and meeting lots of new people.

I used to work for Manchester Mencap as their Advocacy Coordinator, giving independent advocacy support to learning disabled adults.

Many of you may know me from my previous job as 'Kath McDermott' which was my maiden name and the name I used at work, but I have now decided with my new job to make a fresh start all round and use my married name 'Carey'.

When I was at college I did a student and work placement with MPF. It is lovely to see how the organisation has grown over the years and all the different services and projects it now provides, but most importantly the number of people it now supports.

I am looking forward to meeting everyone. But, if I don't see you within the first few weeks, I will look forward to seeing you at the MPF Christmas party, which is always a great success and chance to catch up with old faces.

# Team Building Treasure Hunt



In September, 9 staff from Manchester People First and South Manchester People First went on a Team Building Treasure Hunt around Manchester City Centre. We split into 3 teams of 3 people. We were given clues and questions to places or things in the City Centre and we went around looking and answering questions about them. The hunt took 2 hours and then we went to Yum Yums in the Printworks for lunch.

We all enjoyed working as a team, getting out of the office and learning new things about the city.

Rosie said she liked looking at the statues best. Stephen B enjoyed winning. Chris and Jodie both enjoyed finding out about Manchester's history. Stephen H enjoyed having a laugh and a joke. Barry liked working out what the questions meant. Derek enjoyed all of it. One of the things that Andy and Louise found out that the Football League started out in Manchester on the 18 April 1887.

Everyone enjoyed it so much they all want to do it again next year. Louise hopes it will be in the spring or summertime, so hopefully it would not be raining.

– Louise Crowley



**Become a FaceBook fan of Manchester People First**

# Working It Through Together

**Shirley Ryder tells us about a group that brings together people to help victims of hate crime.**

I have been a member of this group for about 12 months. We meet to try and help people who have been victims of hate crime. A disability hate crime is when someone is bullied because of their disability.

The group meets every 3 months – and is made up of members from the Greater Manchester Police, Victim Support, the Crown Prosecution Service, Body Positive North West, Greater Manchester Probation Trust and Manchester People First. It is hosted by Breakthrough UK.

The project has developed a peer-to-peer support group to help victims of hate crime through this difficult time. With the peer-to-peer group they can talk to people who have also been victims of hate crime and get support each other and hopefully sit on the group to help other people. The group has had lots of training from various organisations and we are looking to carry on after funding stops in January 2012.

If you have been a victim of hate crime you can ring the support telephone number on 0161 882 2213 or go online at [www.breakthrough-uk.co.uk](http://www.breakthrough-uk.co.uk) and if you want to talk to someone for more information on this project ring Breakthrough direct on 0161 273 5412.



CPS



VOICE UK

promoting justice and wellbeing for vulnerable victims



**HATE IS A CRIME**



In August, 7 of us went to The Woodthorpe near Heaton Park for a pub

lunch. I went on the bus with Duncan and Brian, Bernard, Cyril, Leo, Alan, Edward and Andy travelled by minibus. We got to the pub at noon, it was quiet so we got a seat straight away. We all went to bar, got a drink and ordered food. The waitresses were really helpful. After the meal and another half of lager a taxi came to pick us up whilst me and Duncan caught the bus. Thanks to all the Woodthorpe staff.

In September the men's and women's groups got together at the office for a BBQ. Julie, Andy and Stephen supported 15 to 20 members. We enjoyed hot dogs, cheeseburgers, salad and a special rice and bean salad. Dessert was apple pie and ice cream. Afterwards we stayed in the garden enjoying the sunny weather and listening to the radio. In November I am looking forward to doing some Christmas shopping at the Trafford Centre and with the men's group and our Christmas meal in December.

– **Joseph Rooney**



## Hello to Katie Student placement

Over the next couple of months you might meet our new student placement.

**“Hello my name is Katie Cooke, I am 21 years old and live in Salford. I am here until January 2012 on a Communities Studies placement from the University of Bolton, doing work on the voluntary studies part of my course. I will be seeing what both South and North offices of Manchester People First do, and getting involved in various groups, including the Health Focus Group.**

**In my spare time, I enjoy shopping, and going out with friends. My favourite my music artists are Tupack, and I like 90's Rhythm and Blues, and the singer Joe. My favourite TV programme is Hollyoaks. I support Arsenal.**

**I look forward to seeing lots of the members in the future”.**

Co-operative Financial Services  
and MPF present



# Christmas Party

**Thursday**

**8 December 2011**

**11 to 3pm**

New Century Hall

New Century House


Corporation Street

Manchester M60 4ES

(Use main entrance opposite Victoria Station)

 **Free Lunch**

 **Disco and Karaoke**

 **Raffle** Let us know if you are coming  
0161 839-3700

