

SPEAK UP

News from Manchester People First Issue 79 Winter 2019

Our new committee



We held our Annual General meeting at our office on Thursday 24 October. 30 members, MPF staff and support staff enjoyed a free meal, then watched our 2019 Annual Report Video, which was made for us by Jack Grinrod. See it on our YouTube Channel: www.youtube.com/user/firstmcr

As well as a video Annual Report we have done a written one – You will find it inside this issue.

Members elected a new Management Committee, they are: Joanne Smith, Richard Hughes, Barry Edwards and Qaasim Safdar.



Our Annual Report is inside this issue



Xmas Party – Thursday 5 December • See Back Page

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 and support to learning disabled adults and professionals and we campaign for disabled people's rights.

Contact us

Manchester People First
3 Broughton Street
Cheetham Hill
Manchester
M8 8RF

Phone or Fax (0161) 839-3700
Email: mcrpeoplefirst@gmail.com
Website: www.manpf.org

Charges

£5 per day including lunch or
£2.50 if you get your own lunch

Our committee

- Barry Edwards
- Richard Hughes
- Qaasim Safdar
- Joanne Smith

Staff

- Andy Needle
- Stephen Hughes
- David Dunnico
- Lea Heims
- Derek Owen
- Stephen Blake
- Louise Crowley
- Joanne Hickinbotham
- Christopher Kenny

Opening Times

Monday to Friday 9:30 to
3:30pm

Drop-in: Wednesday and
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.

Notice Board



MERRY CHRISTMAS

Office opening and closing times over Christmas

The office will close on Friday 20 December 2019 and re-opens again on Monday 6 January 2020 at 9am



Big Xmas Party

**Thursday
5 December**

Committee Dates

All meetings are held at our office

from 11am to 1pm

Tuesday 3 December 2019

Tuesday 14 January 2020

Tuesday 4 February

Tuesday 3 March

Tuesday 7 April

Tuesday 5 May

St Joseph's Children's Choir Christmas Carol Concert

Monday 2 December

12 noon to 3pm

FREE – But please make a
Donation toward
tea, coffee and mince pies



Greater Manchester Confirm and Challenge

Thursday 16 January 2020

Thursday 7 May 2020

10:30am to 3pm



healthwatch
Manchester



First Thursday in the month 10am to 12noon
Come and talk one-to-one with Healthwatch
about any issues you are having with health
or social care services



Manchester
Learning Disability
Partnership Board

Meetings for 2019

We will give you dates for
meetings in the New Year.
www.partnershipboard.org



[www.youtube.com/
user/firstmcr](http://www.youtube.com/user/firstmcr)



Please 'Like' MPF
on FaceBook



Follow us on
Twitter @firstmcr



Our web site:
www.manpf.org

New Dishwasher



There was a sparkling new arrival at our office in September – A brand new dishwasher thanks to the support of our local Co-Op who raised the money. It gets all our cups, plates and plans squeaky clean and will help us keep our 5-Star Food Standard Agency rating for food hygiene. It will be used a lot over the coming years and save Andy a fortune in rubber washing up gloves. Thanks to the Co-Op from everyone at MPF.



Dental Charges Reversed



In the last issue we told you how people with a learning disability were being charged or fined for dental treatment if they made a mistake filling in a form. MPF and Simon Tiller said this was unfair. The forms were complex and there was no help available at dental surgeries to fill them in. The British Dental Association agreed with us.

Thanks to Simon’s campaigning, from now on people with a learning disability will only be fined if they fill in the form wrongly on purpose. The change is another win for MPF members.

Leak



We had to shut the office for 2 weeks in July after the building suffered a leak, which caused some nasty damage. We are back to normal now, but it meant we had to cancel July’s Partnership Board. On the brighter side, our carpets are cleaner and the drains have never run better!



Annual Report

Welcome to our Annual Report, which tells you what we have done from 1 April 2018 to 31 March 2019.

We have also made a video version, you can watch it on our YouTube Channel: www.youtube.com/firstmcr



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number: 6339300 Registered Charity, number: 1124426

Committee

At our 2018 Annual General Meeting held on Thursday 1 November 2018, we elected our new committee: Joanne Smith, John Timms, Richard Hughes and Trish Phillips.

Membership

We have nearly 600 members. To join MPF you have to have a learning disability, be over 18 years of age and live in the area covered by Manchester City Council.

Staff

Our staff are: Andy Needle, Stephen Hughes, David Dunnico, Derek Owen, Stephen Blake, Louise Crowley, Joanne Hickinbotham, Christopher Kenny and Barry Hills. Barry left during the year and was replaced by Lea Heim.



Some of the things we have done

Vote Cake is our fun way to encourage and help members register to vote – We do not tell people who to vote for, but think it is important to vote in elections.



Listening to older people with a learning disability

We joined with Mel Chapman from Manchester Metropolitan University, Future Directions and Pathways Associates to bid for funding for a new project called **Greater Manchester Growing Old with Learning Disabilities**.

They trained a group of people with learning disabilities to interview others around Greater Manchester, to find out about isolation in their community.

Manchester People First

28 members got a certificate for doing a full day **First Aid Course** at the office.



Chatty Tuesdays is our regular session where we invite speakers to come and talk to us about



different things. Manchester City Council's Taxi Licensing department told us how to keep safe. We also went on trips out to the local Mosque and Gudwara Temple to learn about different faiths. Gaynor from Peace Place Holistic Therapies did 6 relaxation sessions with us.



Every year, the **National Citizen Service** organise a group of 15 to 30 young adults to come and visit us. They find out what it is like to have a learning disability and organise an activity for us. This year it was a party. They held 3 sessions – getting to know us, planning and the party itself. Thanks once again to them all.



We had some **Safety at Home Training** to learn about how to avoid dangers around the home. There was a test at the end – Everyone passed and was awarded a certificate.



As part of the **Ambition for Ageing** festival, we held a tea dance at our offices. 25 of our members who were over 50 years of age danced the afternoon away and enjoyed a brew, a chat, did a karaoke and had a game of bingo.



All through 2018, we ran a weekly group called **The Social**. This gave people with a learning disability somewhere to go in the evening when most other groups were closed. People could meet others over an evening meal, do arts and crafts and exercise and not feel lonely. They put on a drama performance at our Christmas Meal.





We did our yearly series of **Health Workshops**, organised with help from Dr Clare Lake who leads on learning disabilities in Manchester. This year, health professionals put on sessions about STOMP



(Stopping The Over Medication of People with Psychotropic medicines); Flu Jabs; Healthy Eating; Epilepsy; Cancer and Mental Wellbeing. Workshops also give health professionals the chance to learn how services could be better for people with a learning disability.



We hit a problem with our '**Under One Roof**' Rave ups, when the night club we used closed down. It was hard to find a new venue in the city centre which was fully accessible. But finally, we found 'Yes' and every night we have had has sold out.



Tom from Memody ran a 6-week **music writing workshop** with us during September and October. We used an iPad to compose and record 2 songs – The first was an MPF Anthem, the second was about Hate Crime. We used this to launch our Hate Crime Week.



In early November we had a workshop from Eric from '**The Money Charity**'. He came all the way down from London to give us tips on how to be clever savers and keeping safe on line.

Manchester People First

2 students from the Lancastarian School in Didsbury did a 4 to 6-week **placement** with us. It was good to meet with Duei Merci and Abdul (pictured). We hope they found their time with us interesting.



Christmas

Thanks once again to St. Kent's Irish Centre in Fallowfield for our **Big Christmas Party**. 85 of us eat, drank, danced and were merry. A few lucky ones went home with a raffle prize.



For the second year running, the St. Joseph's Primary School Choir in Shaw performed a **Carol Concert** for us. It was a great way to get in the Christmas spirit and all for a small donation for a brew and a homemade mince pie or Christmas cake.



40 of our regular Thursday group members enjoyed a 4-course **Christmas Dinner** with entertainment from the 'The Social' drama group who put on a really funny performance which mixed pantomime and soap characters.

The Wednesday group members did not miss out, they went to see the **pantomime** Aladdin at Middleton Arena.





We continue to host the **Manchester Learning Disability Partnership Board** meetings every 3 months. This is a really important meeting that brings together all the different service providers, Manchester City Council and people with learning disabilities. They look at what services there are in Manchester, how they are doing and what is missing. MPF member Paul H. is the Vice Chair of the Board and we produce its newsletter 'Together'.



At the end of January, we had a **Winter Fayre** fund-raising event which raised £200. There were lots of different stalls selling tea and cake, DVDs, books, and bric-a-brac. Visitors could play table games and take part in a raffle and tombola.



We decided to be positive with our **Hate Crime** work to show people hate will not win. We used speech bubbles to tell people what was good about our lives and launched the Hate Crime song we had written with Tom from Memordy.



Our yearly **MPF's Got Talent Show** show was on Valentine's Day and for the first time included the Louisa Burton Special Achievement Award, named after our member and

friend who passed away. The award was for the performer who had gone the extra mile to entertain us and was presented by Louisa's family to Barry Edwards, who performed a Daniel O'Donnell song. Ronnie won the main prize for best performance.

Manchester People First

MPF sent Nathan, Paul H, Barry, Joanne S, Tracy, supported by Lea and Kevin to Blackpool for the yearly **Self-Advocates Conference** organised by Pathways (see the picture on the cover).



The 3-day conference lets learning disabled self-advocates from across the North West, talk and share ideas, take part in workshops and socialise together. On the last day, the big bosses of adult social care from different councils came along to answer questions from the audience about the big issues that affect us, such as funding cuts leading to services closing.

In 2017, we won the award for Best Service User Involvement Group. in the **MACC Spirit of Manchester Awards**.

Sarah Forster, who is a consultant, visited a small group of members to find out how winning the award had helped us and how it made us feel. Members said it was a pity the award was in the form of just one trophy, as it would have been nice to have had a memento of it for each person. We got a nice surprise when Sarah came back at the end of her research and gave a medallion to each of the members and staff who had taken part. Thank you Sarah!



Keep in touch

You can keep up to date with what we are doing by reading our free newsletter, 'Speak Up' which we publish 3 times a year.

Accounts 2018 and 2019

This is the money we get and the money we spend.

We have also shown what we got last year, so you can compare.

This is a simple version of the accounts, please ask if you want to see the full version.

The Accounts were audited by: Cadishead Accountancy Service Ltd,
Britannic House, 657 Liverpool Rd, Irlam, Manchester, M44 5XD

Income (Money we get)

Grants	Last Year £128,804	This year: £134,173
Just Info and Training	Last Year £12,050	This year: £18,076
Support	Last Year £10,895	This year: £9,411
Donations	Last Year £7,948	This year: £846
Other	Last Year £3,004	This year: £6,450
Interest	Last Year £31	This year: £201
Total Income	Last Year £162,732	This year £169,157

Expenditure (Money we spend)

Wages, Pension, Other	Last Year £120,493	This year: £105,896
Rent and Services	Last Year £25,188	This year: £22,259
Meeting Costs	Last Year £4,671	This year: £5,298
Print, Post, Stationery	Last Year £3,636	This year: £4,636
Light, Heat, Power	Last Year £2,207	This year: £2,891
Publications, Subs, Sundries	Last Year £2,236	This year: £2,378
Accounts, Bank, Legal Fees	Last Year £2,140	This year: £2,180
Insurance	Last Year £1,928	This year: £2,037
Rates and Water	Last Year £931	This year: £1,306
Equipment	Last Year £2,712	This year: £ 959
Telephone, Internet	Last Year £805	This year: £942
Travel	Last Year £412	This year: £433
Depreciation	Last Year £20	This Year: £13
Total	Last Year £167,379	This year £151,228
Surplus {Deficit}	Last Year {£4,647}	This year: £17,929



Pool Competition



On Thursday 22 August, we held our annual MPF Pool Knock-out Tournament. There was stiff competition and all 12 players took it very seriously.

The big meeting room was as quiet as the Crucible in Sheffield – and the matches were even more competitive.

In the Semi-Finals Malcolm beat Joanne S. and Barry beat Shirley to get through to the Grand Final. Malcolm and Barry upped their game, but Barry came out on top, becoming the Manchester People First Pool Champion for the second time. Well done to everyone who took part – We are looking forward to next year to see if Barry can make it 3 Tournaments in a row.

+ First Aid Course

On 4 July, 20 of our members did a First Aid Course at our office. Manchester First Aid Training came in and showed us what to do if someone is choking or having an epileptic seizure.

We also learned how to do CPR on first aid manikins. The trainer showed us how an automated external defibrillator (AED) works. This is a machine which can help people who's heart has stopped

working. We practiced how to put on dressings properly and learnt how to make an arm sling.

We enjoyed it and would like to give a big thank you to Parliamentary Outreach who paid for the event.



Guest Writers... ..

Let's Have a Good Week!

Hello. My name is Ruth. I work for a charity run by disabled people called Breakthrough UK. We use our experience to help other disabled people get work. Sometimes it is paid work, sometimes it is volunteer work. We think people who have learning difficulties or autism, or both, face lots of disabling barriers when they try to work or volunteer.

My job is a Community Connector in North Manchester. I work with two other people, Beth and Nikita, on a project called Let's Have a Good Week. There are 2 other Connectors for South Manchester and 2 for Central Manchester. We want to hear from disabled people who want to do more things. We can help people remove disabling barriers, so they can get out and about in the community.

If you get in touch with us, one of us comes out and meets you. We find out all about you and what you want to do. Then we look at how we can help. Sometimes people need extra support to do things in the community.

They might not know which bus to get or how to get to an activity on foot. We will help you to do that by giving you travel training.

People might be a bit nervous or worried about turning up to a strange place for the first time. We will come with you and help you settle in.

We can work with people for 16 weeks. During the first 4 weeks we get to know you. Then we start to think about what you want to do.

If you are interested you can get a form off our website. Or, leave your name with Manchester People First and they will pass it on to me.

The Let's Have a Good Week project in North Manchester is funded by the National Lottery. The other connectors in Manchester are funded by Manchester City Council.

The project is very good, and we have made a big difference to a lot of disabled people.



Parliamentary and Health Service Ombudsman

Ruth from Breakthrough UK tells us about a project that can help you get into work or volunteering

One person we have made a difference to is Sean. He really wanted to be a volunteer and he is starting with Manchester People First! Sean will be helped by Tracey, who is a volunteer at Breakthrough UK. Next time you are at MPF why not ask Sean about the project?

If you don't think it's the right project for you we can help in other ways. See Michael, our one to one employment support worker. Or join our Pathways to Employment courses, Independent Living Skills and Pre-employment. For more information get in touch with Rhonda. Maybe you'd like to volunteer at Breakthrough UK, helping other disabled people. If so, get in touch with Sam.

Contact Breakthrough UK

Phone: 0161 2343950

Email: admin@breakthrough-uk.co.uk

Write: Breakthrough UK, Kevin Hyett Suite, Abraham Moss Centre, Crescent

Web: www.breakthrough-uk.co.uk

Twitter @BUKCommunity

My name is Eileen Knibb and I'm a caseworker for the Parliamentary and Health Service Ombudsman. The job title sounds a bit confusing, in plain speech my job is looking at complaints people have made about NHS health care (people like your GP or the hospital) or government offices (place such as the Job Centre) and making sure any mistakes have been put right.

Our website has easy read leaflets and a video to explain our work. You can call and talk to one of our friendly people who will help you access our service. I have included contact details below.

In my spare time I like knitting – You may have seen the unicorns we knitted to raise some money for Manchester People First earlier this year. I also like cats and have a grumpy cat called Jack. If you want to get in touch you can look on our website:

www.ombudsman.org.uk/accessibility

Or phone us to ask for a leaflet or to talk about your complaint:
0345 015 4033





Manchester People First's

Big Xmas PARTY

• **Buffet** • **Raffle** • **Disco** •

**Thursday 5 December
12 noon to 3:30pm**

St. Kent's Irish Club

36 Wilbraham Rd Fallowfield M14 7DW

£5

+ £1 Booking Fee

from www.skiddle.com

Bring money for drinks at the bar

Tickets must be bought before the party, online from Skiddle if you do not have internet – Bring £6 into the office and we will help. No tickets will be available on the day. Numbers are limited, so book as soon as possible.

Email: mcrpeoplefirst@gmail.com

Phone: 0161 839-3700

