

SPEAK UP



News from Manchester People First Issue 57 Autumn 2013

Barbecue time



We had sunshine for our barbecue at the end of August celebrating Learning Disability Week. Members of Manchester People First invited members of Opal and the Shaw Centre to enjoy burgers, bangers, salad and home made samosas and cakes.

AGM: 24 OCTOBER see back page

Inside this issue: More from Learning Disability Week
Committee Training Course • Travel Cards



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

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3 Broughton Street
Cheetham Hill
Manchester
M8 8RF

Phone or Fax (0161) 839-3700
Email: mcrpeoplefirst@googlemail.com
Website: www.manpf.org
Like us on Facebook
Follow us on Twitter: @firstmcr



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

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Nagina Dar
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Louise Crowley
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Christopher Kenny
Nora Gardner
April Walkin
Delroy Sterling
John Bee

Opening Times

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

Notice Board

This issue of our newsletter is a bit shorter than usual because we wanted to send you our annual report at the same time to save on the cost of postage.



Our Friday cookery group is going well. Here's Paul slicing some bread to go with a stew we were making. Members of the group choose what they will make, pay £2 for the ingredients they use to make their lunch and also learn about healthy eating and try new tastes. Here's a (healthy-ish) Manchester Tart.



3 Broughton St. Cheetham Hill M8 8RF
socialclub3@googlemail.com
0788 088 0485

Tuesdays 5 to 9pm



Evenings out at the

THE PRINTWORKS

Arts & Crafts



Wii Fit

INTERNET CAFE

A club run by Manchester People First for people with a learning disability aged 18 to 30, who want to meet new people, take charge of their lives and enjoy themselves. Come and take part or relax.

3 Broughton Street Cheetham Hill M8 8RF



**Stay in touch follow us on
Twitter @firstmcr**



 **Like**

Please 'Like' MPF on FaceBook



**Our YouTube channel:
www.youtube.com/user/firstmcr**



News

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Learning Disability week was from 19 to 25 August



mencap Learning Disability Week 2013

My hero is...



We asked our members and staff to tell us about their heroes. We took photos of people telling us and tweeted them all through Learning Disability Week. Ronnie picked his carer who “does lots and is a really lovely person.”

Thank you to Waitrose



A big thank you to Steve and the team at Waitrose supermarket in Spinningfields for their brilliant donation of £183 towards our “Fashion-able” fashion project.



If you can help us with a donation you can click on the ‘Donate’ button on our web site’s homepage.

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’.



Hello to Nagina

Hello, my name is Nagina Dar and I am a new member of staff at Manchester People First. I will be work with the Service Audit project as a Audit Assistant Co-worker.

I recently finished my degree at the University of Bradford and got first class honours. I have always had a passion for working in the health and social care sector, which is why I did a health related degree. I am really excited to show Manchester People First how I could add to their great value. When I was a student I did a placement at Bradford People First and I had an amazing experience and loads of fresh ideas to bring to the organisation. I look forward to meeting you all.



We have started running a drop in session on Wednesday from 10am to 3pm at our office in Cheetham Hill.

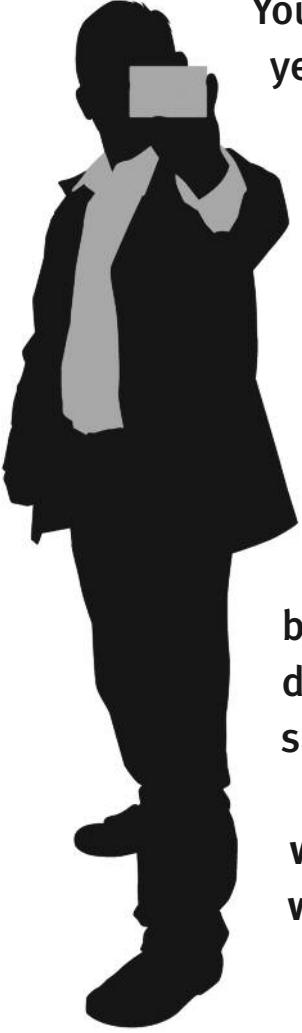
So far we have had sessions on Keeping Safe in the Community with Lindsey our local Police Community Support Officer, a tea dance, and an arts and crafts day. If enough people are interested in meeting new people, learning new things and getting out of the house, we will run more sessions. They are free – just bring some money for snacks and drinks, or a packed lunch. Get in touch to find out what's coming up – or find us on FaceBook or @firstmcr on Twitter.



Play your cards right

Most people with a learning disability know they can get a Concessionary Travel Pass that lets them travel on buses, trams and local trains for free, or at a reduced rate.

But some may not know they can get 1/3rd off the price of national train tickets and free cinema tickets for a carer, by getting a Disabled Persons Railcard and a Cinema Exhibitors' Association Card.



You need to pay a fee for the cards (at the moment it's £5.50 a year for the cinema pass and £20 for the rail card) and be getting benefits such as Disability Living Allowance or Personal Independence Payments. You will need some proof that you are getting such benefits and may need a passport sized photograph. Visit the websites to find out.

Many places such as art galleries, some concert halls and other visitor attractions give discounts to people with a disability, or sometimes if they are accompanied by a carer, the carer can get in free (they do not always have to be a paid carer). Whenever you book tickets ask if they do a discount for a disabled person or their carer – you could save yourself some money.

www.ceacard.co.uk

www.disabledPersons-Railcard.co.uk





Committee training and personal coaching for Disabled people's user led organisations

Do you want to get more involved in running groups such as
Manchester People First?
We are running a course to help people get the skills they need.

This is a training course run for us by Result CIC
that will help give you the skills to run groups such as ours.

If you are interested you will have to come on two days a month
for 4 months. The first day is group training and will be from
10:30 am to 3:30pm the second day is 1 hour personal coaching
sessions. Your individual time will be arranged with you.
Contact us to know more.

The dates will be:

Monday 30 September 2013 Full Day
Tuesday 1 October individual coaching 1 hour sessions
Monday 14 October Full Day and Tuesday 15 October individual
Monday 28 October Full Day and Tuesday 29 October individual
Monday 4 November Full Day Tuesday 5 November individual

Manchester People First
3 Broughton Street, Cheetham Hill, M8 8RF
0161 839 3700 mcrpeoplefirst@googlemail.com



Manchester

First

People

2012/13

Annual General Meeting

Thursday 24 October 11am to 2pm



**at: Manchester People First
3 Broughton Street
Cheetham Hill Manchester M8 8RF**

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

This is when we elect our new committee.

To stand you must have been a member of MPF for one year.

To vote you must be a member.