

SPEAK UP

Issue #26
Autumn 2005

Newsletter from Manchester People First

Annual General Meeting

Thursday
27 October 2005
11am–2.30pm
St. Thomas Centre
Ardwick Green North
Manchester

All members are invited to our AGM. We will be electing our new committee who will run the group for the next year. Come and hear what we have been doing and join us for free lunch and raffles! See the back page for details.

New People First Web Site

We have launched our new web site.

You can visit us on the internet at:

www.manpf.org

It's early days, but let us know what you want to see.



The Voice of the Learning Disabled

What's inside?



New worker
page 9



page 4



**Big changes at MPF:
See Stephen's Report
on page 10!**

Welcome to our Autumn newsletter and to our new worker.



There are a lot of things coming up over the next few months. Our Annual General Meeting is the most important event of our year, so make sure you come. Details are on the front and back covers. We're already thinking about Xmas and planning our party. We hope to see you at both.

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.

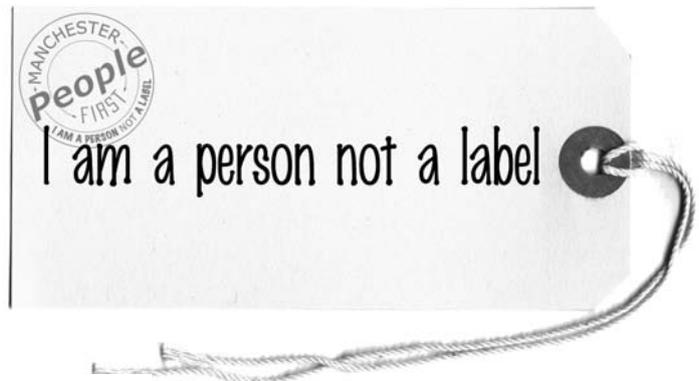
Contact us at:

Manchester People First
Unit 21
Wilson Park Business Centre
Newton Heath
Manchester
M40 8WN

Phone: (0161) 205-0800
Fax: (0161) 205-3030
peoplefirst@another.com
www.manpf.org

Committee 2005

Richard Hughes (Chair)
Edward Kane (Vice-Chair)
Joseph Rooney (Treasurer)
Nadim Akram
Roy Burns
Louisa Burton
Shaun Cheetham
John Cookney
Clare McCormick
Francis Swain





What's been going on at Manchester People First...
Joseph and Louisa on workshops, a quiz and a trip out.

Mens group airport trip

In July, the men's group went to the airport to watch the planes go by and wish we were on one of them. It was a really hot day and the aviation point was very busy. We visited the shop and then went for a meal in a local pub.



Health workshops

During July we held our annual health workshops. The three workshops were Hygiene and Washing Hands, Healthy Eating and Smoothies and an Exercise/Games Day. In the Hygiene workshop we were shown how dirty our hands are and how to clean them properly. In the Healthy Eating workshop we made smoothies and learnt why you should eat 5 lots of fruit and veg each day. The last workshop was held at the Velodrome at Sports City. We tried lots of different games and exercising.



Quiz

In August we had a Quiz- Manchester People First against, Salford Being Heard and Bury People First. There were 6 rounds of questions on things such as music, sport and entertainment and a rather nice lunch. We came third, Bury came second and Salford won.



NOTICE BOARD

AGM

Thursday 27 October

Committee Meeting

Thursday 7 November

Thursday 5 December

Mens Group

Thursday 30 November

Ten Pin Bowling

Thursday 14 December

Christmas Meal

Partnership Board

Tuesday 8 November

Christmas Party

1 December

World Irish Heritage Centre

Queens Rd, Cheetham



October

4th Jewish: Rosh Hashanah

4th Muslim: Ramadan

10th Hindu: Navaratri

November

1st Jain: Divali

1st Christian: All Saints Day

15th Sikh: Birthday of Guru Nanak

December

1st Buddhist: Bodhi Day

3rd International Day of Disabled Persons

26th Zoroastrian: Death of Prophet

Partnership

3 facts Did you know?

1. Our AGM is in October
2. We have got a new worker
3. We are looking at becoming a Limited Company



The Manchester Learning Disability Partnership Board meets every two months. You can find out what is going on with a free copy of our newsletter 'Together'.

It is produced by Manchester People First in big print and is also available in an audio version on CD.

You can also download a copy from our web site at:

www.manpf.org





Space word search

B	V	E	N	N	B	B	G	V	F	J	H	C
B	B	C	J	M	T	I	B	R	O	N	O	O
P	L	A	N	E	T	G	M	B	V	S	S	S
B	B	P	C	N	S	D	B	N	M	H	R	V
Y	Y	S	S	U	N	I	O	O	L	A	B	V
A	A	R	N	N	S	P	S	N	T	J	R	T
W	W	E	N	V	C	P	P	S	N	U	U	S
Y	V	T	M	V	Y	E	C	L	I	P	S	E
K	K	U	B	X	X	R	N	V	C	I	I	P
L	L	O	A	S	A	T	U	R	N	T	T	L
I	I	L	N	V	E	N	U	T	P	E	N	U
M	A	S	T	O	P	S	N	U	S	R	N	T
G	M	E	R	C	U	R	Y	N	B	B	V	O

- BIG DIPPER
- COSMOS
- CUSP
- ECLIPSE
- GALAXY
- JUPITER
- MARS
- MERCURY
- MILKY WAY
- NEPTUNE
- ORBIT
- OUTER SPACE
- PLANET
- SATURN
- STARS
- SUN SPOTS
- VENUS

Q.....

.....

..... In which year did
 Apollo 11 land
 on the moon?
 a) 1968
 b) 1969
 c) 1970
 d) It didn't because
 the moon's made
 of cheese and
 would melt.

.....

..... Answer: 'b' 1969

.....

A

**Top 5's from Joseph and Edward, Caption Competition,
 Ten tallest buildings, Guess the star, Name the brand,
 Where is it? and more...**



Where is it?

You can find this somewhere in Manchester—do you know where?



Answer: It's Concorde at Manchester Airport

TOP 5's: Sports

Joseph's top five sports:

Pool and Snooker

Football

Table Tennis

Athletics

Basketball



LIST-O-MATIC

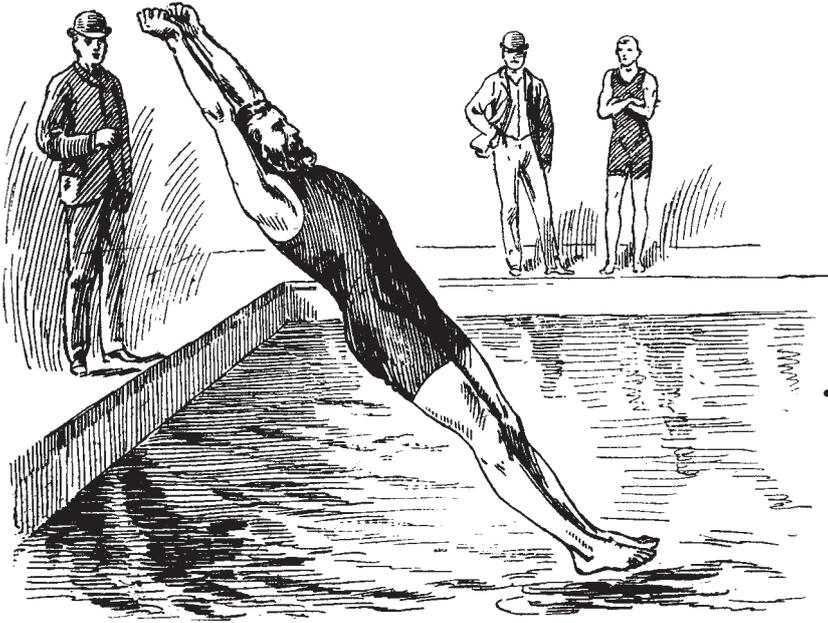
The Top Ten Tallest Buildings in the World

- 1 Taipei 101, Taipei Taiwan, 508m
- 2 Petronas Tower, Kuala Lumpur Malaysia, 452m
- 3 Sears Tower, Chicago USA, 442m
- 4 Jin Mao Tower, Shanghai China, 420m
- 5 International Finance Centre, Hong Kong China, 406m
- 6 Empire State Building, New York USA, 381m
- 7 Tuntex Sky Tower, Kaohsiung Taiwan, 347m
- 8 John Hancock Centre, Chicago USA, 343m
- 9 Shun Hing Square, Shenzhen China, 324m
- 10 CITIC Plaza, Guangzhou China, 321m

*We got this list off t'internet so don't complain if it's wrong!



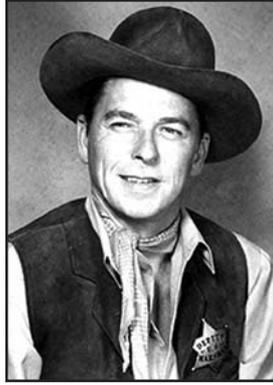
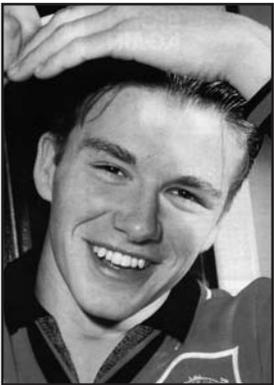
Caption Competition



Best one wins a piece of yellow paper

Who is it?

Q. Can you name the stars?



A. David Beckham, Sharon Osbourne, Ronald Reagan

TOP 5's: TV shows

Edwards's five favourite TV shows are:
 Coronation Street
 Home and Away
 Emmerdale
 A Touch of Frost
 The Bill



Can you



Name that brand

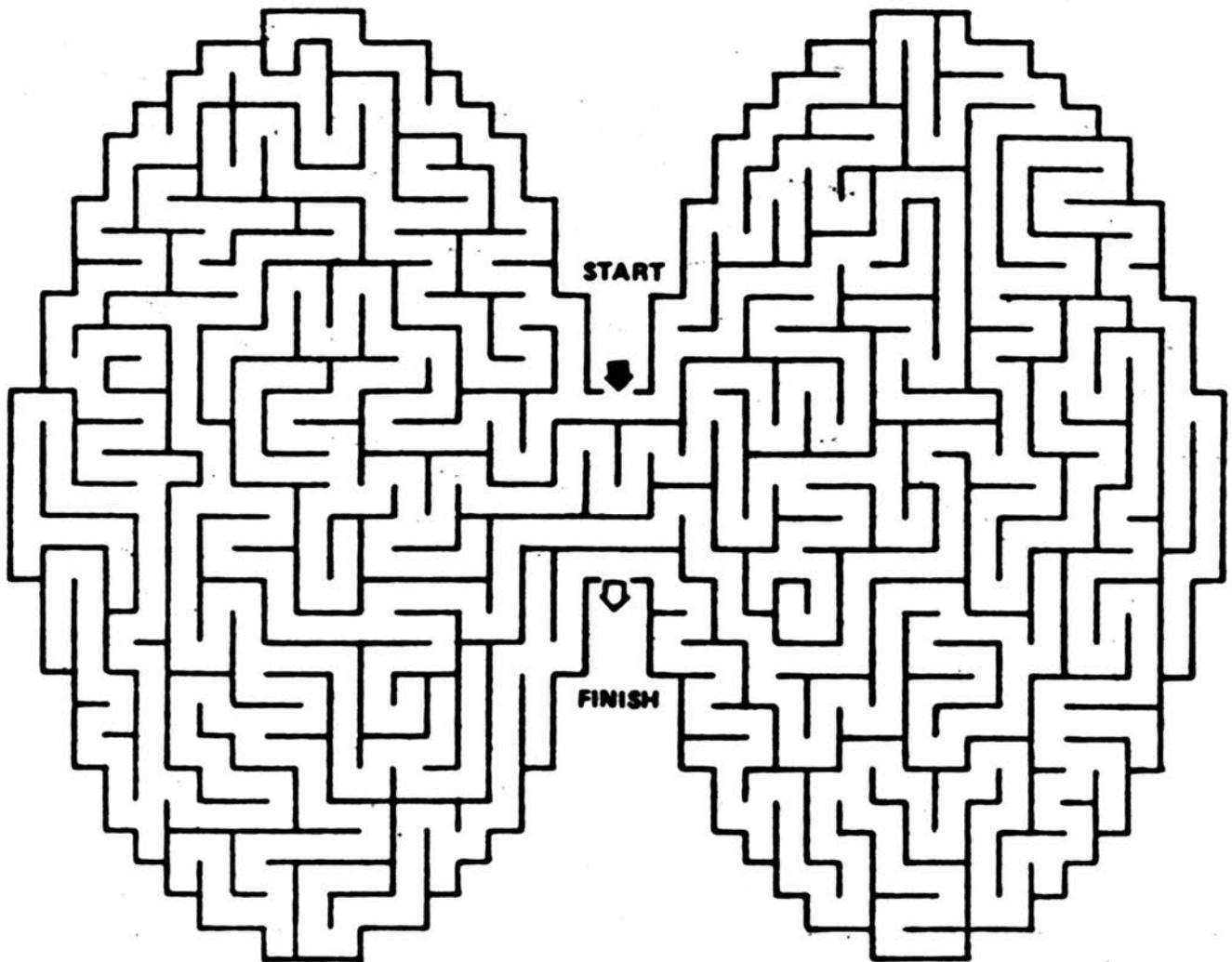
A: His Masters Voice (HMV) or Victor

Which pictures are exactly the same?





Get through the Maze



Pay attention at the back!



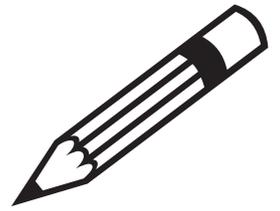
You will find the answers in the newsletter!

What's the name of our new worker?

When is our AGM?

When is International Day of Disabled People?

Guest Writer



New worker Phillo Christopherson

People First have a new worker. Meet Phillo Christopherson, our development worker for black learning disabled adults. This is a new job we have got some special funding for. She will also be setting up a women's group (see page 11).

Hello

I will be working with other team members to get together a group of people with learning disabilities from the Black Ethnic Minority population. They will run and develop a group that will look at issues that affect them and the services they get.

Advocacy is still not available for a lot of people with learning disabilities from Black Ethnic Minority Groups. By setting up this group, we hope people from black communities will be able to speak out and to get their voices heard.

Black group

This group will meet at least once a week and aim to speak up about issues affecting them and how they can make services better regard their culture.

This will be a very interesting group as we will all learn from each other as well as trying to tackle the problems that we face within services.

Get in touch and join in.

It's time to speak up and be heard!

Phillo





Stephen's Report

Project Manager Stephen Hughes

I hope you all had a good summer and that you enjoyed your holidays if you had one.

Although at Manchester People First things were not quite as busy as usual we still had a lot to do.

We held an EGM (Emergency General Meeting) in June and it was decided to become a company limited by guarantee. This means Manchester People First will exist in its own right which, will protect both the people who sit on the committee and the people who use the service. We will be registered at Companies House in London and you will be able to see our accounts and annual report on the internet if you go to the Companies House website.

In 2006 we want to go for charitable status, which again will benefit the company. It will allow us to bid for more money and give us other opportunities we might not get otherwise.

Doing all this is a very long and drawn out process, as we have to write lots of documents and make sure things are right, but it will be worth it in the end.

We are now getting things ready for the Christmas party so I hope to see you there.

Many regards.

Friday Group



The Gorton Friday Group won some funding to make a short video about themselves to show to new members.

The money came from the Community Chest, and paid for a video camera and a lap top computer. If you would like to see a copy of the DVD (when it's finished!) get in touch with David at our office.

Richard's Report



People First Chair Person Richard Hughes

Hello everyone, its been a while since I have written. Thanks to Edward for writing last issue.

New staff

We recently interviewed for staff to run two new projects. One is to support Black Learning Disabled adults, the other post is to support Asian Learning Disabled adults. Hopefully by the time you read this we will have filled both posts. I sat on the interview panels, which I found interesting.

Health workshops

Manchester People First recently held three Health Workshops, run by North Manchester Primary Care Trust. See Joseph's report in our news section.

New group

In July we went to Bolton to speak to a group of learning disabled adults about how Manchester People First started. They found it interesting and asked lots of questions about how a disabled group sets up and runs.

The group has secured some money to get started and we wish them all the best for the future.

So long for now hope to see you all soon.

Richard



Women's Group

We are setting up a new Women's

Group at Manchester People First. This group will meet every last Friday of the month.

This will be a time for us ladies to talk about anything and everything. We will run training sessions if that is what you would like and will definately squeeze in pampering sessions for ourselves, and do all the fun activities.

Do join in. Contact Phillo at the People First Office if you want to get involved.



2005

Annual General Meeting

Thursday 27 October

11am–2.30pm

St. Thomas Centre Ardwick Green North

11.00am	Welcome
11.30am	Speeches
12 noon	Lunch
1.00pm	Photos
1.15pm	Voting
1.45pm	Raffle and counting votes
2.15pm	Announcements
2.30pm	Finish

