

# SPEAK UP



News from Manchester People First Issue 68 2016

## International Women's Day



On 11 March we joined in International Women's Day and held an event for our women members along with Central Manchester Foundation Trust, Manchester City Council, Greater Manchester Sport, Street Shakers and Macmillan.

We had a mix of fun and series activities, with a talk about domestic violence, a session on breast cancer including how to check for lumps. Fun and fitness mixed with a Zumba session and a quiz about health and wellbeing. We made posters about what made a strong woman. Everyone who came got a certificate and a goody bag – we enjoyed ourselves so much we are already planning holding an event for next year's International Women's Day.



There's lots going on  
See pages 4 and 5  
and 11 and 12



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](mailto:mcrpeoplefirst@gmail.com)  
Website: [www.manpf.org](http://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.

## Our committee

Rose Purcell  
Shirley O'Dell  
Tricia Phillips  
Paul Hughes  
Ronnie Hailwood

## Staff

Stephen Hughes  
Andy Needle  
David Dunnico  
Derek Owen  
Barry Hills  
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

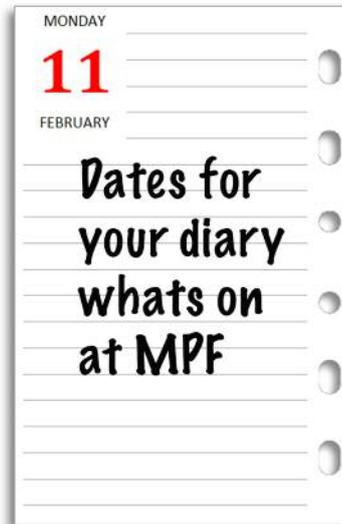
# Notice Board



Meetings are held every other month at our office. Meetings for the rest of the year are Tuesday:  
12 July  
13 September  
8 November

from 10:30am to 12:30pm

[www.partnershipboard.org](http://www.partnershipboard.org)



See page 11 and 12 for even more!

Back copies of our newsletter are now online to download. We have put pdfs of every issue of our newsletter from issue 28 onwards on the web. You can read what we have been up to since 2006 at:

[www.issuu.com/manchesterpeoplefirst/docs](http://www.issuu.com/manchesterpeoplefirst/docs)



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



Please 'Like' MPF on FaceBook



Stay in touch follow us on Twitter @firstmcr



Our web site: [www.manpf.org](http://www.manpf.org)



Tuesday 17 May Dwayne Wells  
First Bus Manchester *Please arrive for 1pm*

Tuesday 14 June: Chris Topping  
Dental hygienist

Tuesday 21st June: David Wilkinson  
Northern Rail

Tuesday 28th June: Debbie McCarthy  
Ring and Ride *Please arrive for 1pm*

Tuesday 19th July: Muhammad Karim  
Transport for Greater Manchester

Tuesday 26th July: Afzal Khan  
Member of the European Parliament

**Sessions run from 2 to 3:30pm unless otherwise stated**



# Look after your hearing

## Thursday 16 June 2016 1 to 3pm

How important is your hearing to you?  
Do you have it checked to spot problems early?  
Come and meet Jenny an audiologist from  
Manchester Royal Infirmary who will tell us  
about how we can keep our hearing healthy



**Please book a place  
there are limited spaces  
first come, first served**

**CINEMA CLUB**

MANCHESTER People FIRST I AM A PERSON NOT A LABEL

PRODUCTION  
DIRECTOR  
CAMERA  
DATE  
SCENE

**Friday 22 / 29 July**  
**5/12/19/26 August 2016**

Manchester People First's Olympic Games

MANCHESTER People FIRST I AM A PERSON NOT A LABEL

**Monday 8 August**

MANCHESTER People FIRST I AM A PERSON NOT A LABEL

**AGM**

**Annual General Meeting**  
**Thursday 20 October 2016**  
**Vote for your new committee**

INTERNATIONAL  
**MENSDAY**  
FRIDAY 18 NOVEMBER

MANCHESTER People FIRST I AM A PERSON NOT A LABEL

**£1**

**Christmas Fayre**  
**Thursday 1 December 2016**

Manchester People First's  
**Big Xmas Party**

Date to be  
confirmed  
see the next  
issue for  
more info



**Closed for Xmas**  
**from Friday 20 December**

# Looking Back



## What we have been doing at MPF

Edward Kane writes...

In March a group of law students from Manchester University came to visit us to find out what we do. They asked us why we started Manchester People First and what it was for.

We told them about some of the things we do such as training police officers students at the university and NHS staff about disability. We have visits from people who want to talk to us.

It was an enjoyable session with tea and biscuits as well as the serious stuff. We asked the students why they wanted to know about us. They said they wanted to understand all sorts of things around advocacy to help them be better lawyers.

We showed them some films we had made on hate crime and about Manchester People First. They said they were good. We hope in the future they will come back and do some work with us.



**We hope you all voted in the local council elections on 5 May**

**Don't forget there will be vote to see if the UK should stay a member of the European Union**

**The vote is called a referendum and will take place on Thursday 23 June**



**Sorry but there's no room for the Fun-filled Bit in the Middle this issue – it will be back in the next issue**

# healthwatch

## Devo Manc



Neil Walbran from Manchester Health Watch came to speak to us about Devolution in Greater Manchester. This is where the government will give extra powers to Greater Manchester over the way it spends public money and runs things such as the police, fire service, health service and social care. He asked us what we want from Devo Manc. He asked us what hospitals and GPs do for us and what we would like to see them do.

We told him about our experiences when we go to hospital or our GPs. We spoke about social care and how it affects us and what we would like to see in the future to make it better.



## Emma's Top Tips for Keeping Healthy

- Eat meals off smaller or coloured plates and bowls to help reduce portion sizes.
- Fit one extra walk in every day, this could be getting off the bus a stop early.
- Make sure you have a full health check every year with your doctor to help keep you well – find out when you are due one, or ask for one.
- We need around 8 hours sleep each night to re-charge our bodies, make sure you are get plenty of sleep.

**Do you have a question about how to be healthier? Ask Emma in our next newsletter**

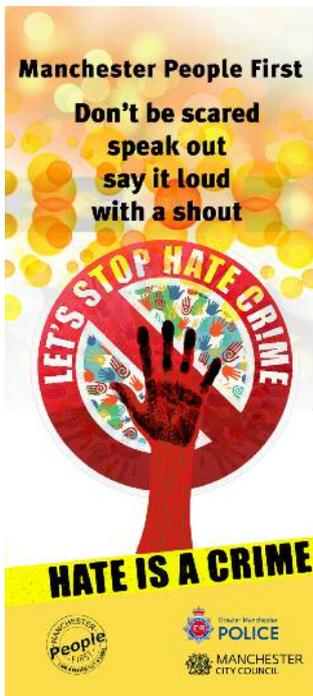




# Prison visit

Andy Needle and Barry Edwards went to Forest Bank Prison in Salford to give a talk to prisoners. Barry tells us what happened...

We went to talk about how hate crime affects people with learning disabilities and show our new hate crime video. We gave a presentation to a large room full of people, made up of both offenders and prison staff.



We did our presentation with people from Victim Support. Andy gave a short speech and then it was my turn. I spoke about what happened to me when I was a victim of hate crime. I was a victim of a 'mate hate crime', where someone pretends to be your friend then steals off you or hits you, calls you names or is just not very nice to you.

Before I got up to do my talk I was very nervous, but once I settled down and got talking I was alright – I spoke in my own words and told my story.

After my presentation I got a big round of applause and lots of people came up to me to shake my hand, thank me and said how well I had done.



Afterwards Virginia, who is the Inclusion and Diversity Officer, gave us a tour of the prison, which was really interesting to see. We looked at the workshop areas, recycling areas, visiting rooms, the gardens and sports facilities. We also went on the wing to have a look at the cells the prisoners stay in.

After the tour we went to have some lunch in the canteen. I had lamb curry with rice, salad and a drink. It was a really interesting morning and I would like to thank Forest Bank Prison and especially Virginia for inviting us to talk, showing us around and looking after us.



The Forest Bank Diversity and Inclusion Team tell us about their second hate crime awareness event.

The first event in November 2015 saw the visit of the Sylvia Lancaster Foundation to show the impact of hate crimes against people of alternative perspectives and sub-cultures.

This time, the focus was on crimes against people with learning difficulties and learning disabilities.

Two presentations took place on the day for an audience made up of both prisoners and members of staff.

The charity Victim Support began the event by giving an overview of the definition of hate crimes and the increasing amounts of instances involving people with learning disabilities and learning difficulties. Following audience participation with reps from Victim Support, local charity Manchester People First took to the stage to provide an insight to the impact of hate crimes on individuals. Special guest Barry Edwards, who lives with learning disabilities, gave a personal account of what had happened to him when a friend who was there to help him with his day-to-day life stole a large amount of money from his home. The emotional story gave a unique insight to the ripple effect hate crimes have on a person's life.

Diversity and inclusion lead Virginia Briggs, organiser of the event, thanked the participants and advised the audience of the support available for prisoners with learning difficulties or disabilities.



LET'S END  
~~HATE CRIME.~~



Manchester People First is a third party reporting centre – this means if you have been the victim of a crime and do not feel confident about going to the police to report it you can come and tell us and we will report it for you.



Manchester Care & Repair provide support to help older and disabled people keep their home warm, safe and secure.



We operate throughout the whole of Manchester mainly for people aged over 60. Our work to support older people with larger home repairs is solely for home-owners, but the rest of our services are available to older people of any tenure and all of our work is free of charge.

Last year we helped over 12,000 people in Manchester and were also awarded Home Improvement Agency Service of the Year at the national Home Improvement Agency and Handyman Services Awards.

Our main services are:

- To help older people who are struggling to manage small “DIY” repairs by providing a Handyman service and falls prevention advice and measures
- To help maintain and improve independent living at home by supporting clients to access a range of welfare benefits and services for older people
- To help older owner-occupiers with major property repairs and improvements; including deciding on the repairs needed, finding a reliable contractor and accessing interest-free finance
- To help older people who are discharged from hospital. Our ‘Home from Hospital’ service supports often isolated older people who need that little bit of help to get them back on their feet after a hospital stay

For advice on what we do, phone: 0161 872 5500



**NHS**



# Health workshops

**Every Thursday (times to be arranged)  
from 28 July to 1 September 2016. Free lunch**

**Find out how to stay healthy  
the importance of screening  
learn what you can do about  
health issues such as:**

- Most common cancers
- Diabetes
- NHS Health Checks

**Limited places  
you must book  
if you want to come**

**3 Broughton Street Cheetham Hill M8 8RF  
Phone: 0161 839 3700. Email: [mcrpeoplefirst@gmail.com](mailto:mcrpeoplefirst@gmail.com)**



Come and meet

# Afzal Khan

our area's Member of the  
European Parliament

**Tuesday**  
**26 July 2016**  
**2 to 3pm**  
**FREE!**



Afzal will be telling us about what an MEP does and listening to what you think is important. Before he went to Europe, Afzal was a councillor for Chetham Hill and was Lord Mayor of Manchester



On Thursday 23 June there will be a referendum where you can vote for Britain to stay in or leave the European Union

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