

SPEAK UP



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

- Nathan Cairns
- Paul Hughes
- Richard Hughes
- Joanne Smith

Staff

- Andy Needle
- Stephen Hughes
- David Dunnico
- Derek Owen
- Stephen Blake
- Christopher Kenny

Opening Times

Our office is currently closed due to the Coronavirus

Staff are working from home
Please use our usual email and phone number



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



We are really sorry to tell you that our member Paul Brannick passed away in April. His funeral was in May. Unfortunately we do not have any more details, but we do know we will miss Paul – especially his crazy quizzes! R.I.P. Paul from all your friends at MPF.



Partnership Board Website

We have built a brand new website for the Manchester Learning Disability Partnership Board while we have been in lockdown. Each month we will be posting content from board members. The Partnership Board is currently on hold while Manchester City Council reviews how it can go forward in the future.

If you have not already had a look, it is at:

www.partnershipboard.org



www.youtube.com/firstmcr



Follow us on
Twitter @firstmcr



Please 'Like' MPF
on FaceBook



Our web site:
www.manpf.org



After we had to close the office due to the Coronavirus we got funding to buy tablet computers.

We have loaned them to our regular members.

We meet up online 3 days a week – Here are some of the things we have been doing...



For the last 60 weeks, we have been meeting online using Zoom. We meet on Tuesdays, Wednesdays and Thursdays from 10.30 am to 12 Noon. We know it's not the same as meeting up in the office, but it is the best and safest way at the moment to keep in touch and carry on doing all of the important things MPF does.

We have had some really good sessions online as well as a laugh and a joke. It has been great to see members learning to use new technology.

If you would like to try something new on Zoom please let us know in the sessions. If you are new and would like to take part, please send us an email: mcrpeoplefirst@gmail.com



It's not all work – Sometimes we have a bit of down time and just have a chat, catch up, and chill to some music. In one of our recent sessions everyone picked their favourite song from a musical.



NHS Digital



Digital

On Wednesday's we have a guest speaker. Recently we listened to Annie from NHS Digital, she has written a report about her session, which is on page 11 of this issue.

healthwatch

Healthwatch Manchester

Neil and Eamon regularly join our zoom sessions to support our members with any health related problems. If you are having any problems with the NHS please give us a call and we can help you.

Transport

ANDY BURNHAM
MAYOR OF
GREATER
MANCHESTER



We have recently been asked by Andy Burnham to give some feedback on how we would like transport systems to run in Manchester. We also set some questions for Transport for Greater Manchester about being Covid safe when using public transport.



Not just online

Not all our members are online. We stay in touch with them by a weekly phone call to catch up and have a chat, see how their day is going and give them any help or advice they may need.

We have also done consultations and questionnaires about issues over the phone to make sure their opinions and ideas get heard.



Have you had your 2 Coronavirus jabs yet?
All our regular members have had both
It is free, it is safe

If you have not had them yet, contact your GP or ring us on: 0161 839 3700
We can put you in touch with a Learning Disability Nurse who is also a 'jabs champion' who can help you get yours.

Testing, Testing – 1, 2, 3...

We are asking members to test themselves for Covid before they come to the office, or visit family and friends.



We have done an easy read booklet that shows you how to do the test
The booklet is with this newsletter.

You can get test kits from pharmacies. They are FREE – you do not have to pay for them!



Office Reopening

We have re-opened the office for one day a week to a small number of members.

They will all have to test before they come in and be vaccinated and wear face coverings. When people are in the office there are new ways of working to keep every one safe.

The office is not open outside of this time.

We will tell you when it is safe to open as normal.

COMING SOON



Wednesday 6 October
What is Good Health?

Wednesday 13 October
Cancer Workshop

Wednesday 20 October
**Making Decisions
About My Health**

Wednesday 27 October
Dental Care

Wednesday 3 November
Healthwatch Session



Just here to



Thank You!

A big thank you from all at MPF to Learning Disability England for their grant and Winners Chapel for their donations.

We have spent your money on:

- Craft Bags for all our members to do arty activities every week since last Christmas.
- Posters and safety info to keep everyone safe from Covid when we re-open the office
- Our Video Annual Report
- Some new equipment for when we open up the offices
- The last issue of our newsletter – which was an extra edition.

We really appreciate these grants and donations, which have really helped our members.

Being in lockdown, not being able to see family and friends has been hard for all of us – But remember you are not on your own – if you want help, advice, or just a chat give us a ring on:

0161 839 3700



EUROVISION *Libby's* QUIZ!



- 1 Which country hosted the first ever Eurovision Song Contest in 1956?
- 2 Which Irish performer is the only person to win Eurovision 3 times – 2 times as a singer and 1 time as a songwriter?
- 3 How many times has the UK won Eurovision?
(Bonus points if you can name the artists and songs!)
- 4 Which dance troupe shot to fame after providing the interval entertainment in 1994?
- 5 What is the name of the iconic Austrian act who won in 2014 with the song Rise Like a Phoenix?
- 6 Before 2020, how many times had Eurovision been forced to cancel?



- 1 ABBA won Eurovision in 1974, with which song?
- 3 Which non-European country joined the contest in 2015?
- 9 Which Canadian superstar won Eurovision in 1988, representing Switzerland?
- 10 Hard rock band Lordi secured a surprise victory for which country in 2006?

Answers

- 1 Switzerland
- 2 Johnny Logan
- 3 Five times
- 4 Riverdance
- 5 Conchita Wurst
- 6 None – 2020 is the only year it has not taken place
- 7 Waterloo
- 8 Australia
- 9 Celine Dion
- 10 Finland



NHS**Digital**

Putting health services online is putting us off



On Friday 18 June, Neil and Eamon from Healthwatch came to our office to make a video with Richard H, Stephen B, Paul and Kev and Shirley and her husband Anthony.

The video was to show health professionals some of the barriers people face when trying to use online GP services. We found most people had problems using their GP's website and booking an appointment online. The video is still being edited, so we have not seen it yet. We will share it on YouTube when it is finished. We hope it will help professionals understand some of the problems putting services online causes.

Annie Cunningham spoke to us during one of our Wednesday Zoom sessions. She is our Guest Writer on the next page.

Annie told us about the NHS moving to a digital online service. We raised our concerns and worries about how many people have problems using online services. We were also concerned that this might mean you could no longer call up your GP if you needed to. Annie said the NHS had to do this, but were hoping that some people would want to use the online service rather than go into a doctor's surgery. The main outcome was the NHS still have to treat you the way you want to be treated.

This is YOUR choice, so if you want to keep seeing your Doctor face-to-face they have to let you.

Annie said she will come back and keep us updated when she has some more news and we will tell her how we would like services run.



Guest writer



Manchester
Health & Care
Commissioning

Hi everyone, I am Annie Cunningham and I am a Project Manager working for Manchester Health and Care Commissioning (MHCC).

My work is to look at how our GPs are using digital services, and to remind them to make sure that they are thinking about everyone when they are sending out messages, putting things on their websites and booking appointments.

We know that people with learning difficulties might not be able to use digital services, so I was very happy to be invited to meet some of the members of Manchester People First on a Zoom call. I learned a lot at this meeting and I am grateful to members for taking the time to talk to me.

We talked about your worries that you might be forced to go online even when you do not want to. You also told me about your fears that GP surgeries might not be taking phone calls anymore, and you shared with me that you are concerned that you might be labelled as a difficult patient because you may not be able to go online.

We have a team of people working on digital systems at GP practices and they know how important it is that we keep thinking of all patients when we think of the future of our GP practice.

There are a lot of GPs in Manchester and the systems they use are complex, but we will keep doing our very best to improve the ways in which we can contact our GPs.

Thanks again for a wonderful welcome, People First is an amazing organisation and I will keep in touch.

Learning about learning disabilities



Buzz – Manchester’s Health NHS Health and Wellbeing Service asked us to put on some training to help them understand how to work better with people with a learning disability.

In June we ran the online session 3 times, to give all the Buzz staff chance to take part. The sessions were led by David, with Andy and Stephen Blake to give some lived experience about having a learning disability. We spoke about the difference between the medical and social models of disability and how small changes can make services more accessible for everyone.

The Buzz staff asked plenty of questions and said they enjoyed it and found it useful. We hope to work with Buzz again soon and we hope they enjoyed the training. Here is some of the feedback we got from their staff:

 **“This training has made me feel more confident when discussing learning disabilities and how we can work better with people who have learning disabilities”**





Learning Disability Week 14 to 20 June 2021

The theme for this year's Learning Disability Week was creativity. We have been doing lots of creative things while working from home. We have an Arts and Craft session every week so had lots of things to show people online. During Learning Disability Week, we painted and decorated T-Shirts.

We also met up with our friends for The Shaw Centre and Ordinary Lifestyles, we caught up with what they had been doing and had a 40 question 'just-for-fun' quiz. Thanks to all who joined in all the staff and supporters who made this possible – Especially Andy from Ordinary Lifestyles, who shared some of the creative things they had been up to. Maybe we can join up again with The Shaw Centre and Ordinary Lifestyle for more fun and games. Watch this space...

Students Give Presentation



On Friday 25 June, we had a video meeting with students from Manchester College. They gave a presentation called Talk Talk. This helps employers understand some of the problems that young people have with working and communication. It shows employers how to improve communication and how to get the most out of young people they are employing. The session was really good and there were some good ideas in it. All the students had worked really hard on their presentations. Thanks to Vic the tutor who invited us and to all the young people who were involved.

Gender-Based Violence



just info



Just Info, our accessible information project has been doing some work with Greater Manchester Combined Authority about **Gender-Based Violence**. This is when a person is treated badly or hurt because of their gender. Most gender-based violence is done to women and girls by men and boys.

Gender is how male or female someone feels. It is not the same as someone's sex. Someone may have been born with the sex organs of a man, but feel they are a woman. Some people may feel they have no gender, or feel they are somewhere inbetween genders. Society often looks at and thinks about males and females in certain ways, which is a major cause of gender-based violence. Violence is not only physically hurting someone. It can be:

- Making threats
- Putting people down, such as by calling them names
- Control – getting someone to do things they do not want to do, or stopping someone doing things they do want to do

Gender-based violence can be done by people who know the victim, such as partners, friends or family members, or strangers. It is a crime.

Are you an adult with a learning disability living in England or Wales? Do you use contraception? Have you ever used it?



We would like to find out how people with learning disabilities/difficulties are supported to make decisions about contraception.

If you are 18 years or over, we would like to invite you to take part.



We would like to ask you about what you found helpful and unhelpful in making a decision about contraception. This may include talking a bit about sex.



We would like to talk to you using a video call. You can have the picture off if you like.



You can have a supporter on the call with you if you like.

GIFT CARD

You will get a £30 gift card for taking part.



A group at the University of Cambridge have checked that what we plan to do is safe and fair.

If you have any questions, or you would like to take part, please contact Jodie Rawles.





AGM

Our Annual General Meeting is the big meeting we have once a year for all our members to vote for the Management Committee who will run MPF for the next year

2021

It is also when we launch our Annual Report, which tells you what we have done this year

Thursday 11 November

10am to 12 Noon



Stay tuned for details...