

SPEAK UP

Issue #31
Winter 2006

Newsletter from Manchester People First



AGM:

Your New Committee

Inside:

Meet the new Committee

New group for older people

Human Rights

Xmas Party



We held our Annual General Meeting on 19 October at the St. Thomas Centre in Ardwick. Over 40 members came and elected 10 members to be on the committee for the next year. We also presented our annual report. It wasn't all hard work as we had a quiz as well. You can meet our new committee on page 3. They have already started work and elected the officers who will take Manchester People First into it's 15th year.

The Voice of the Learning Disabled

Welcome to our last newsletter of 2006.



And welcome to our new committee who were elected at our Annual General Meeting.

We have some old faces and new blood to take us into our 15th year.

What we do

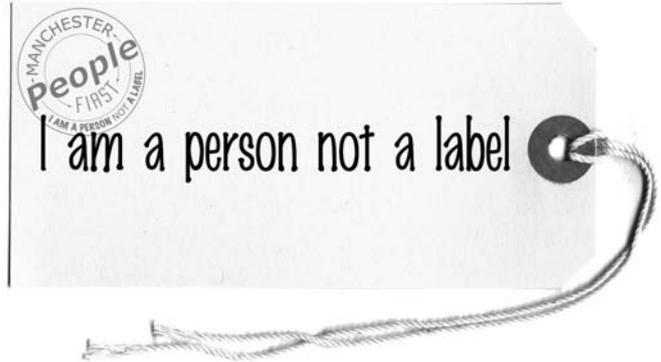
Manchester People First is run by and for learning disabled adults and is independent of all services.

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



Notice Board News and dates for your diary

Committee Meetings

Monday

6 November 2006

4 December 2006

8 January 2007

5 February

5 March

2 April

14 May

4 June

2 July

6 August

3 September

1 October

All meetings last from 11am to 1pm and are held at our office in Newton Heath. See page 11 for directions.

news **New Committee**

Our AGM elected 10 members to be our new committee for the next year. The committee will meet once a month and run People First. At our first meeting Edward became Chair/Treasurer and Joseph was elected Vice Chair Secretary.

Edward Kane



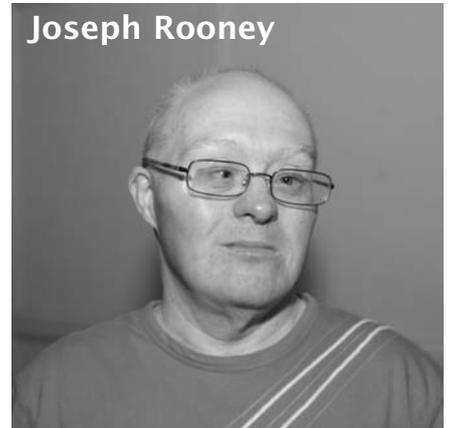
Frank James



John Jarvis



Joseph Rooney



Katherine Graham



Louisa Burton



Paul Brannick



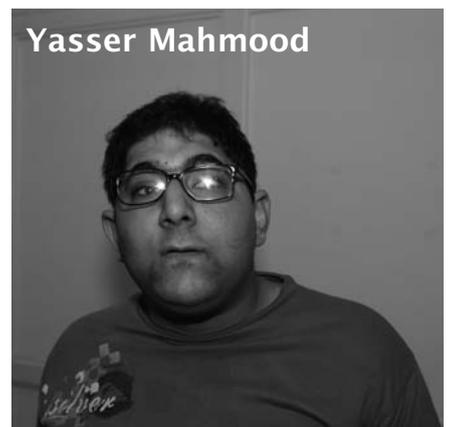
Stuart Maragh



Susan Jackson



Yasser Mahmood





AGM 2006 Photos



New Horizons:

New group for older people



People First and Landridge House are running a new project for people with a learning disability who are over 55 years old. The project will run for a year for 9 people to see how well it works. It is funded by the Learning Disability Development Fund and runs on Tuesdays and Thursdays at Harpurhey Neighbourhood Centre and on Wednesdays at Harpurhey Community Church.

The group is supported by Julie Barber and will do lots of things such as dancing, arts and crafts, Thai Chi, relaxation and self-advocacy sessions. The group will also do a newsletter to tell people what is going on.

Reunion Games

In September we held our annual reunion games. Teams came from Crossacres, Northfields, Landridge House and Forrester House. For the first time ever the Manchester People First all-star team won.



Police Training



We have helped to train staff who answer emergency calls to the police. We went to their training

centre in Sedgeley Park to help them handle calls from people with learning disabilities.

Men's Group

In November, the Men's Group will be meeting with Robin



Tushingam an old MPF member in Preston.



Who is it?

Q. Can you keep up with Joneses?

TOP 5's: Football

Richard's best teams::

1. MUFC
2. Arsenal
3. Chelsea
4. West Ham
5. MCFC



A. Aled Jones, Grace Jones, Tom Jones (no relation)

TOP 5's: Actors

Edward's top actors:

1. John Wayne
2. Sylvester Stallone
3. Sean Connery
4. David Niven
5. Sid James

Name the Brand



A: Shell

Pay attention at the back!



You will find the answers in the newsletter!

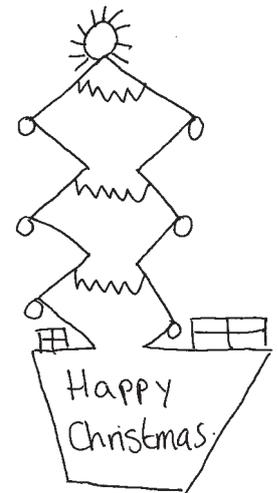
Who is Edward's favourite actor?

Who won the Reunion Games?

When is the MPF Xmas Party

**Top 5's from Richard and Edward, Who is it?
Name the brand, Where is it? and more...**

Spot the 8 differences



Q Which Coronation Street character has been in it since the start?

William Roche
who plays Ken Barlow

Answer:

A

Where is it?

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



Answer: Ramada Hotel on Deansgate



3 facts Did you know?

1. We have a new committee
2. Our Annual Report is out now
3. You are invited to our Xmas Party



Guest Writer

This month's article comes from Ian Winstanley from Mencap about accessible toilets for all

Changing Places – Changing



We all have the right to live in the community, get out and about, and get involved. We use public places like shops, cinemas, stations, airports, hospitals, sports and arts venues. When we go to these places we need basic things. Like toilets....

Lots of places have standard accessible toilets (sometimes called disabled toilets). But these don't meet the needs of all people, or carers.

Some people don't go to these places because they can't use the toilets. They need a different sort of toilet – a Changing Places toilet.

Many people need support to use the toilet, or need a changing bench. They might need a hoist, to move safely from their wheelchair to the toilet or bench. Changing Places toilets have changing benches, hoists and extra space. Standard accessible toilets don't have changing benches or hoists. Most are too small for more than one person.

Without Changing Places toilets, people risk their own health and safety by changing on a toilet floor. This is dangerous, unhygienic and undignified.

Paid care staff are not allowed to change people on the toilet floor. If somebody can't use the toilet, they don't get to go to all the interesting places other people enjoy.

The only Changing Places toilet we know about, in the North West, is at the Trafford Centre. We want more of them.

Lives

We want to tell people why more Changing Places toilets are needed.

We want councils, and the people who plan town centres, to know about it.

The Changing Places campaign wants groups and individuals across the UK to get involved. To find out more, go to:

www.changing-places.org



If you need anymore information please contact:

Ian Winstanley, Stockport Mencap
0161 968 9250

or Manchester People First.

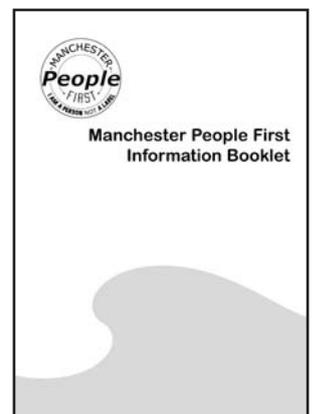
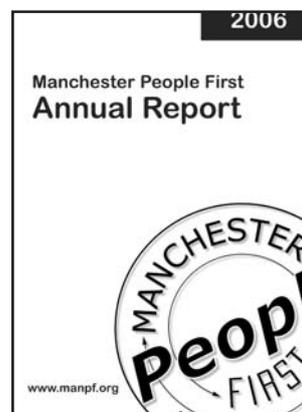


Out Now!



Issue 15 November
and Decemeber

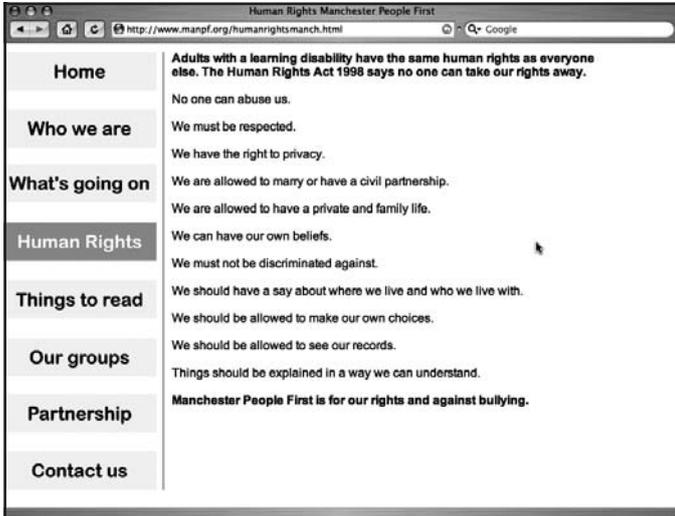
Visit the web site at:
www.partnershipboard.org



Visit our web site at:
www.manpf.org

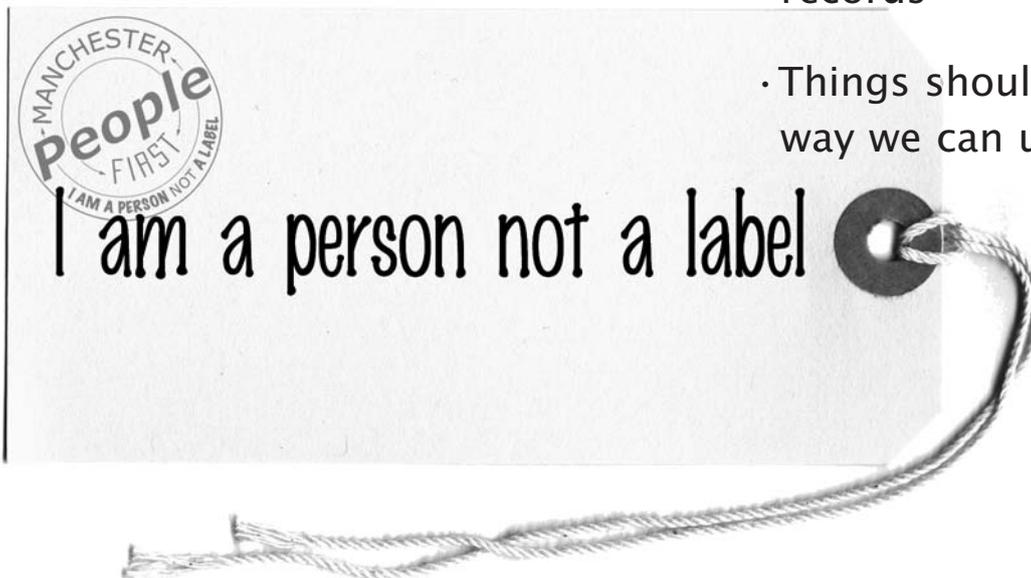


Our Human Rights



We have a new page on our web site. It is about human rights. Many learning disabled people still have their rights ignored. Learning disabled adults have the same human rights as everybody else. The Human Rights Act 1998 is law that says no one can take these rights away from us.

- No one can abuse us
- We must be respected
- We have the right to privacy
- We are allowed to marry and have a private and family life
- We can have our own beliefs
- We must not be discriminated against
- We should have a say about where we live and who we live with
- We should be allowed to make our own choices
- We should be allowed to see our records
- Things should be explained in a way we can understand



www.manpf.org



Get to Manchester People First's office from Piccadilly train or bus stations

1



Come out of Piccadilly Train Station

2



Turn right and walk down Station Approach

3



At Piccadilly Gardens turn right onto Oldham Rd

4



Get the 83, 84, or 184 Bus on Oldham Rd.

5



Get off at the junction with Grimshaw Lane

6



Walk back to Monsall Rd and walk down it.

7



Just after the railway bridge on the left is Wilsons Park. Walk in.

8



We are near the back, on the right at Unit 21.

Unit 21
Wilson's Park Business Centre
Monsall Road
Newton Heath
Manchester
M40 8WN

Tel: 0161 205 0800
Fax: 0161 205 3030
peoplefirst@another.com
www.manpf.org

← Left

We like our members to visit us, but please ring first as we go out to a lot of meetings.

Right →



Xmas Party 2006



Disco ❄ Lunch ❄ Raffles ❄ Prizes
Thursday 14 December

12-3.30pm

Irish World Heritage Centre
10 Queens Road Cheetham Hill
Manchester M8 8UF

If you want to come, please ring us and let us know.
0161 205-0800