

SPEAK UP

News from Manchester People First Issue 63 2015

People First's Got Talent



Our annual talent show was another great success with 18 acts and a capacity crowd who clapped and cheered along and were treated to a great day's entertainment.

There was so much hard work and great performances it's hard to pick out highlights, but we must mention Paul H's version of 'Sympathy For The Devil' by The Rolling Stones and Paul T doing 'In The Air' by Phil Collins. Paul was joined on stage by a gorilla playing the drums, which made everyone think of chocolate. See Page 9 for more!



Your vote counts! See Back Page

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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Follow us on Twitter: @firstmcr

Our committee

Stephen Burden
Shirley Ryder
Patricia Phillips
Paul Hughes
Joseph Rooney
Ronnie Hailwood

Staff

Stephen Hughes
Andy Needle
David Dunnico
Derek Owen
Barry Hills
Stephen Blake
Louise Crowley
Joanne Hickenbotham
Christopher Kenny

Opening Times

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



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



my name is Paul Hughes and I have been elected the new chairperson of Manchester People First's Committee. I am looking forward to working for you and with you over the next year.

I enjoy coming to the drop-ins here at our office in Cheetham Hill. I also come to the Manchester Learning Disability Partnership Board meetings that are held every 2 months in the office. Over the next year I hope we will be able to put on more activities for members to come to.



**Manchester People First
Young People's Forum
Tuesdays 2 to 3:30pm**

Come to our Young People's Forum – a new group for people under 25 who have a learning disability and live in Manchester. You can talk about things that are important, be listened to and learn more about issues.



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



Stay in touch follow us
on Twitter @firstmcr



Please 'Like' MPF
on FaceBook



Our web site:
www.manpf.org



Lancastrian School visit



In November, 2 of the Service Audit Assistants went to Lancastrian School in West Didsbury. This is a specialist school for pupils with physical difficulties, severe medical conditions and communication needs who are from 3 to 16 years old.

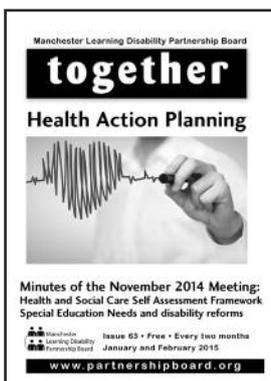
We saw 4 of the students, some parents, teachers and support staff.

We told them about our jobs at People First and how we inspect services for Adults with a learning disability.

We asked them what they want to do when they left school.

1 said he would like to work at Manchester City's stadium as a steward. Another wanted to work in a phone shop. 1 of the students already has a job as a cleaner, which he liked doing.

We gave them information about People First, they laid on a buffet for us. We enjoyed meeting them and wish them well with their job hunting.



Manchester Learning Disability Partnership Board
Meetings for 2015 will all be held from 10am on the following Tuesdays at Manchester People First's offices.

- 10 March
- 12 May
- 14 July
- 15 September
- 10 November



Christmas



It seems a long time ago now, but we had a great time at our Christmas Party at St. Kent's in Fallowfield and a buffet lunch in the office for members at the Thursday drop-in before we closed for the holidays.



15 of us also had a trip out to Middleton Arena to see the panto Cinderella. It starred 'Same Difference', the duo from X-Factor along with Rollo the Clown and Hazel Pude from Byker Grove, who played Cinderella. After the show, they came out into the audience to see our group.



We are already looking forward to next year's panto which will be Peter Pan. *Paul Brannick*



Word Search

Can you find the hidden words?

onion



patio



pepper



camera



napkin



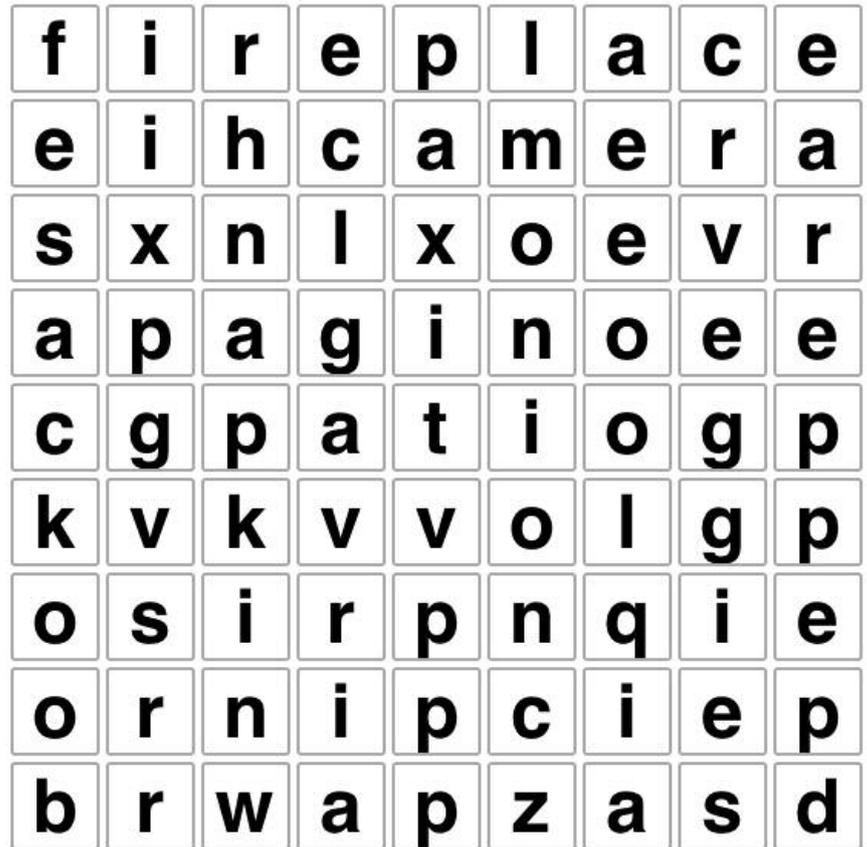
veggies



bookcase

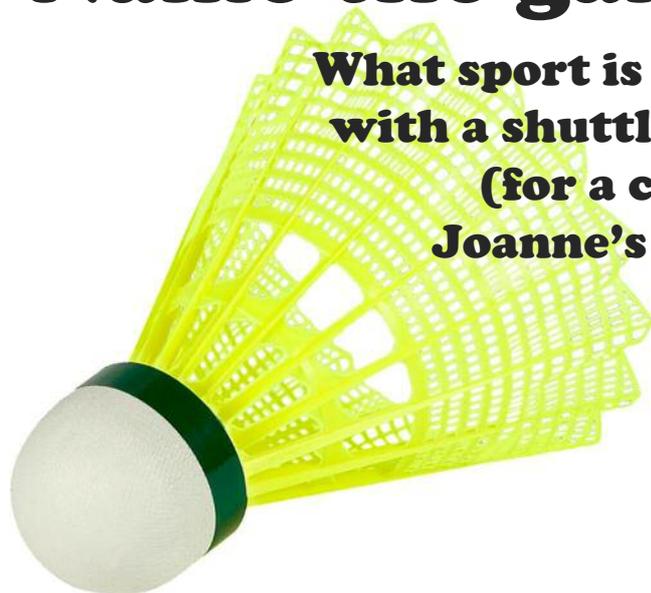


fireplace



Name the game?

What sport is played with a shuttlecock?
(for a clue see Joanne's Top 5)

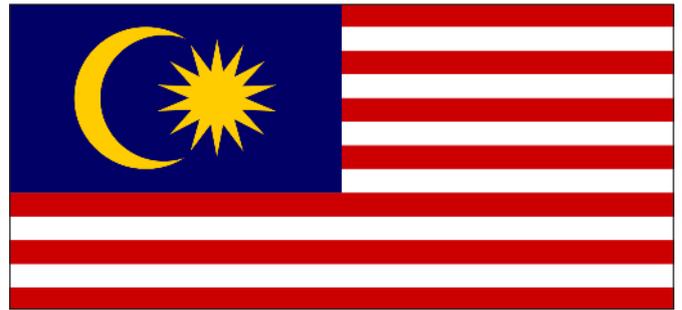
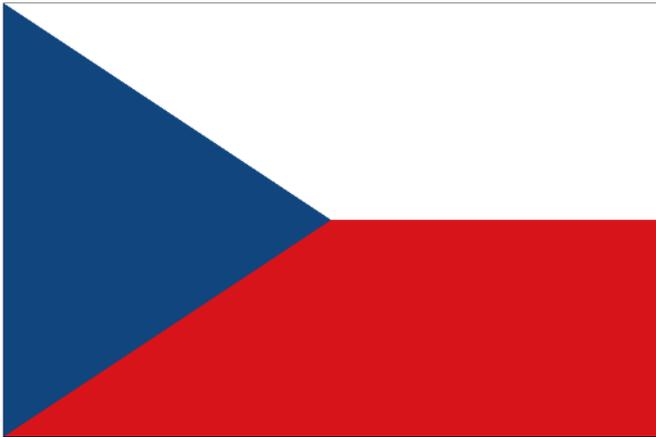
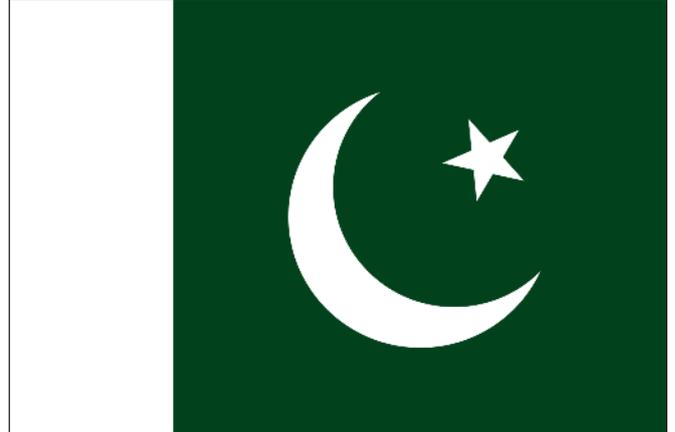


David's Top 5 2014 Films

1. Under the Skin
2. Her
3. Map to the Stars
4. American Hustle
5. Frank

More Flags of the World

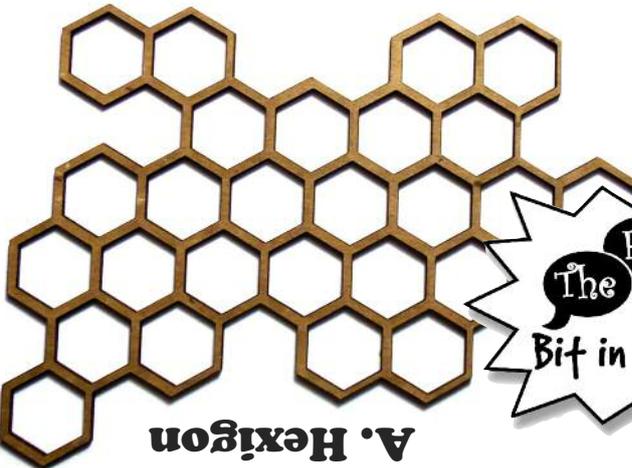
Can you name the countries who fly these flags?



Top row left to right: Cyprus, Pakistan
Bottom row: Czech Republic, Malaysia

Joanne's Top 5 Sports

1. Swimming
2. Boxing
3. Football
4. Badminton
5. Tennis



A. Hexagon



Q. What do you call a 6 sided shape?

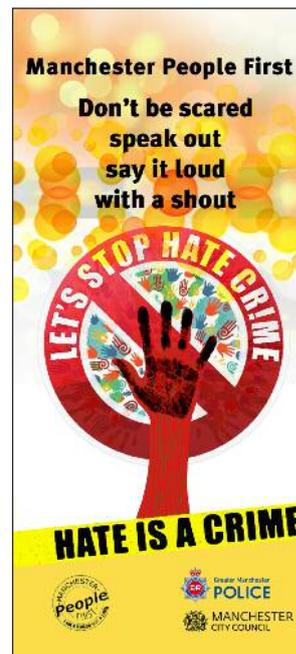
Hate Crime Week



Our new banner design



There was a week of events in Manchester to tell people about the very important issue of Hate Crime.



Our last Hate Crime banner was designed by People First members Rose Purcell and Trisha Wray and is proudly on display in our office. It has also been out to events when we have had a stall.



Manchester People First
Hate Crime Workshop
 Hate Crime Week runs from 26 January to 1 February. Come and find out about hate crime and how together we can beat it.
 Wednesday
 28 January 2015
 10am to 3pm
 at our office:
 3 Broughton Street
 Cheetham Hill
 M8 8RF
 If you want to come, ring us on
 0161 839-3700
 first come first served
 This event has been supported with a grant from Manchester City Council
LET'S END HATE CRIME

We had a workshop that told members about Hate Crime and looked at ways of beating it we also got a grant to make a new banner so we can use it when we have stalls at events.



GOT TALENT



Special thanks goes to Greater Manchester Police for helping with the judging and keeping law and order and they and Edward had a hard job picking the 3 winners.

In the end OPAL day service won for the second year in a row with their version of The Beatles' 'Yellow Submarine'. Runners up were Paul Brannick's 'Any Dream Will Do' and 'Stop' – The Shaw Centre's tribute to The Spice Girls.

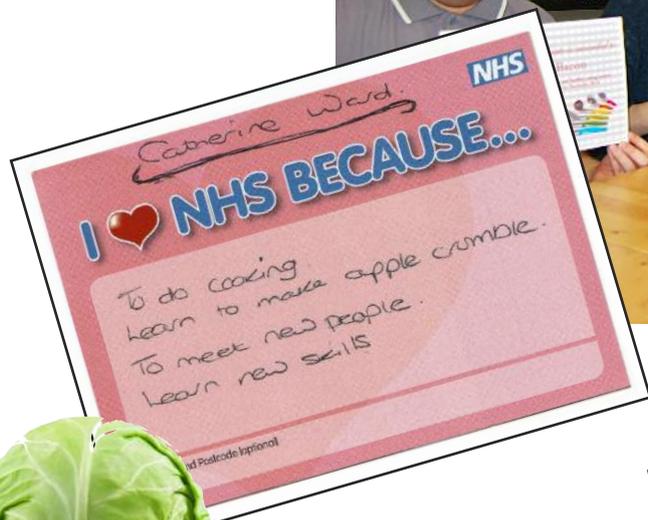
Young people from Challenge came to the show and filmed it. They will be making a video and putting it on YouTube. In the meantime, you can see a slideshow of photos on our YouTube and FaceBook pages.



We have started a new fitness group with Helen from Fighting Fit. She will be coming to our office on Thursdays from 1:30 to 2:30pm and doing some exercises that will be light and fun. Come along and get fit – bring 50p for fruit and water

Another Great Cookery Club

Paul, Cathryn,
Nathan and Rose
get their course
certificates at the
end of the last
cookery lesson



At the beginning of the course,
members wrote down what they
wanted to learn about



In November the group
made a soup and sandwich
lunch for family and friends



Our ever popular cookery course has started again on Fridays. As always we have a small group 4 to 6 members who in 12 weekly sessions learn how to cook good value healthy meals in the kitchen at People First. The group choose which main courses and puddings they are going to cook and learn about food hygiene and nutrition. Best of all at the end of each lesson they get to eat what they have cooked. We have places available on this year's courses – see the next page for dates and let us know if you want to come on one. Members bring £2.50 each session to pay for ingredients.



People First Recipe Lemon Drizzle Cake

This is what you need

For the cake:

225g soft unsalted butter

225g caster sugar

4 eggs

finely grated zest 1 lemon

225g self-raising flour

For the topping:

Juice of 1 lemon

85g caster sugar

Equipment:

Oven at 180°C (fan oven)

or 160°C (normal oven)

or Gas Mark 4

8x21cm loaf tin

Grease proof paper

Making the cake

Mix the butter and 225g caster sugar together until it's pale and creamy

Add eggs, 1 at a time and mix slowly

Sift the flour in

Add the lemon zest

Mix well and spoon the mixture into a loaf tin that has been lined with grease proof paper. Bake in the oven for 45 minutes



Cooking Club Courses
Each runs for 12 Fridays
from 10:30am to 1pm
16 January to 20 March
10 April to 26 June
25 September to 11 December

Making the topping

Mix the lemon juice and 85g caster sugar together

Take the cake out of the oven, prick it all over with a fork

Pour the topping over it and leave it in the loaf tin to cool

Your vote is your voice



There will a General Election on Thursday 7 May. This is when you can choose who will run the next government in our country. We have asked some of the people who want you to vote for them to come and meet us.



Tuesday 17 March
10am to 2pm
Free Lunch



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