

David Dunnico Tribute

It is a sad time at the moment here at Manchester People First and it is with great sadness that we have to tell you that a long serving member of staff David Dunnico has recently passed away.

He passed away after a long battle with Cancer and died on 28 February 2025.

David worked with us doing the Just Info project making information accessible and easy to read.



He also did all our posters, annual reports, videos, badges, stickers, postcards and our newsletters. If you come to the office you will see all the work he has done for us over the years.

Please bear with us at the moment as Dave was such a big part of MPF as we find out feet after his passing and get new people to try and fill his shoes.

We send our sincerest sympathies to Sara, his wife. A few members went to his funeral which was weirdly funny because he had made it light-hearted. It was a lovely way to say goodbye to him.

One of Dave's final wishes was to hold a MASSIVE party for him which we will be doing Thursday 17 July at The Derby Brewery Arms, see Poster inside

INSIDE: MPF's Got Talent, Blackpool Report and Dates for your Diary



The Voice of Learning Disabled People in Manchester



What we do

Manchester People First is run by and for adults with a learning disability. We are independent of all services. Since 1992 we have given training and support to learning disabled adults and professionals, and have campaigned for disabled people's rights.

Manchester People First is a company limited by guarantee, registered in England and Wales, number 6339300.

We are a registered charity, number 1124426.

Contact us

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Committee

- Nathan Cairns
- Paul Hughes
- Richard Hughes
- Steven MacDonald
- Nathan (Nemo) Rawcliffe
- Trish Phillips
- Alex Webb

Staff

- Andy Needle
- Derek Owen
- Stephen Blake
- Hannah Brierley
- Amber Shaw
- Blaine Haney
- Lisa Farrand



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[.manpf.org](https://www.manpf.org)



[@mcrpeoplefirst.bsky.social](https://bsky.social/@mcrpeoplefirst)



On 20 February we held our annual MPF Got Talent show, we had 30 acts ranging from Pink Floyd, Cher, Madness, Bee Gees, Eric Clapton and UB40 to name just a few. We also had some songs from the musicals including Fiddler on the Roof (Brain).

Well done to all those acts who came along and took part, we could tell how much rehearsal (some) of you had put in, it was a great effort and we hope you all enjoyed the day.

In the end after a hard contest Margerant (Shaw Centre) won the overall show singing Que Sera Sera, with Patricia P (MPF) coming a close 2 place singing Chains by Tina Arena and the Shaw Centre came in 3 with their own group song.

Nathan R (Nemo - MPF) won the special Louisa B award for outstanding contribution for his poem and he was presented his award by the Louisa B's sisters.



Special thanks to The Shaw Centre for putting in a great effort.

Also we must mention our amazing judges Jason from North Manchester FM, Phil Samphire and Louise Tanner for giving us a day of their time, offering comments to all our acts and to eventually having the hard job of picking our MPF Talent Show 2025 winners.

Well done to Margaret, Trish, The Shaw Centre and Nathan R and to all who took part. Get practicing for next year's competition which will be around Feb 2026. - See you next year - Ron and Malcolm

Radio Show - Alex Webb

The MPF Radio show has been going well. We host a show EVERY Friday on North Manchester FM 106.6, we record the show on Monday's and Jason the radios engineer and main man puts our show together for us and it goes out each week 12 noon to 1pm on Fridays and is repeated each Sunday 5pm - 6pm



You can always listen to our show whenever you want using the Listen Again feature on their website. You can also request a song for yourself or someone special, request a song and send them a message and we will play your song and give them a shout out.

News - Share with us any activities that our members can take part in

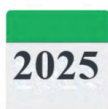
We will be hosting a live show for the Learning Disability Week in the North Manchester FM studios, Monday 16 June 2pm - 4pm

Healthwatch Paul Hughes



Healthwatch Manchester looks at health services to see if they meet the needs of people who use them

healthwatch
Manchester



After 5 years I have decided to step down and resign from being on the Healthwatch committee. I have enjoyed it but it has been a long time and the meetings are in the evenings, and often on different days

I am hopeful that someone else from our MPF Committee can sit on the Healthwatch board and take my place.

Thursdays 10:30 to 11:30am

6 February

6 March

1 May

12 June

10 July

7 August

No sessions in September and October as we are having our Health Workshops

6 November Sessions are held at the office:
MPF 3 Broughton St. M8 8RF

4 December



This will not change Healthwatch coming into our offices every month on a Thursday morning for an hour and talking to us about important health matters. Everyone gets a chance to talk about their issues.

If you need help with anything to do with health why not come along and tell us all about it and maybe Healthwatch can support you.



The next sessions with Healthwatch are 12 June and 10 July

Goodbye to Gerrard



Again it is with deepest regret we have to tell you about another person who has recently passed away, our friend Gerrard.

Gerrard and his brother Martin joined us in lockdown via our regular Zoom meetings, Gerrard was a very keen Man Utd fan and we think he enjoyed some of our zoom sessions, no to sure he was to keen on the weekly arts and crafts but he made his brother (Martin) do the tricky ones for him.

He did join us back in the office as we lifted the rules after lockdown and always had a smile on his face and he will be missed especially that cheeky look he had. We hope you enjoyed your time with us G

(Martin don't be a stranger our kettles always on)

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Lancastarian student - Alex

During my time at Manchester People First where I spent five days for my work experience, I enjoyed recording the radio show and meeting new friends. All the people there are lovely and friendly and I loved the feeling of community. It was great spending time here and I would definitely love to come back and be part of this again!

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Postcard Competition

Design a postcard to celebrates Dave's life using the box on the left

The committee will pick 2 favourites, print 500 of both, winners will get a gift voucher

Entries by Friday 3 October





Blackpool Report



In February, we sent 3 of our members to the North West Training and Development Team's Self-Advocates Conference.

Day 1 - We went to the chippy before checking into the hotel. We met up with some old friends and met some new people. We did some radio records with some people we met.

Day 2 - After our welcome and some zumba to get things started, we were ready to go. There were 180 people attending. We went over the voting for the North West subgroups and the Derek Russell Outstanding Leader award

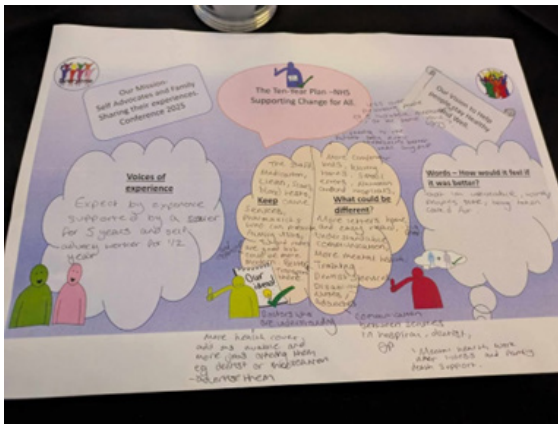


In the Big room, in large groups, we worked on how to make the NHS 10 year plan better. We then went into smaller workshops and went into more detail about how to make these changes.

Trish felt that it was just repeating some issues that we spoken about for years



The morning workshops that we chose were Mental health and Health Passports. Trisha and Hannah attended the Mental Health session, and Paul, Nathan and Kev chose their workshop because we have been talking about Health Passports recently at MPF.



Trish liked the Mental Health workshop and said that talking about it more is important, but wished it was longer. She also thought that with only an hour they did manage to cover and discuss a few things but not in great detail. Nathan also did this workshop in the afternoon and said he liked that they were raising awareness for mental health and the importance of talking about it.

After Lunch we did more workshops. Paul chose My Day My Way, which was about different choices people have in their day to day life. Paul said he learnt the importance of making good choices.

In the evening we went down to the Gala dinner and enjoyed a 3 course meal, Paul, Trish and Nathan all said they enjoyed the evening. We got to dance with everyone at the conference but some people did have to leave early unfortunately.



Day 3 - After the night of dancing we met for our breakfast, spoke about the conference and workshops we had done and then got ready to leave.

Final thoughts - Everyone said they enjoyed themselves. Paul said he liked the conference and workshops but wished it was longer and had more workshops to do like it used to be



Cycling Report

Stephen Blake tells us about a scheme to get you on your bike

We had a few cycling sessions and we now use the bikes we loan from Cycling UK to cycle to the office from our homes, go out at the weekends and we hope to meet up and do things outside of MPF, we continue to meet up with Ryan and Simon from Cycling UK about every 6 weeks to help us improve our cycling skills and be more confident on the roads.

The aim of this project is to be more green and buses and cars less. Everybody has been really enjoying this project.

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Andy Burnham Panel by Qaasim

MPF go to the Andy Burnham meeting every month, these meetings are to tell Andy and his team how to help people with disabilities here in Manchester.

Our friends at GMCDP (Greater Manchester Coalition of Disabled People) host these meetings of which there are 2 meetings on the same day. 1 is an Easy meeting for Self advocates and the other is the longer more formal meeting.

At the April Meeting we spoke about the green paper on benefits called "Pathways to work". We are doing a lot of work on this because it could affect people with learning disabilities. We talked about what this green paper means to us and how we feel about it.

We are writing to My Vote My Voice to ask them to help us speak to our local MPs to try and get some answers in a way we understand.

We are always looking for new MPF member to come to these meetings and for more people to be involved. As a Thank You for coming we will provide you will a nice lunch. Get in touch and come along and have YOUR say.



Committee and Staff Team Building Day by Patricia P

We held a team building day on Wednesday 9th April. Most of the Committee and all of the Staff team came along to the day and it was lovely and sunny.



We did a scavenger hunt around our city where we had to answer some local questions, solve riddles and then find interesting things around Manchester City Centre. This took up most of the morning.

Our final stop was a food hall in the Northern Quarter called Mackie Mayors where we all got a really nice lunch.

It was nice to bond with everyone, especially people you don't see often and outside of the office.

It was also a perfect day for walking around town and getting some exercise while we had fun.



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Learning Disability Action Team

Nathan R (Chair)

After completing the “You Say, We Do” The goals for 2025 are set and are across the page

These are what we will talk to YOU about in 2025.



The MPF Engagement Team have just completed their social workshops and at the next LD Action Team meeting they will go over their report and feedback before we present it to the BIG bosses at Manchester City Councils - Planning with People Board in June.

The LD Action Team meetings are important because learning disabled adults get to have OUR voices heard about topics that are important to us.

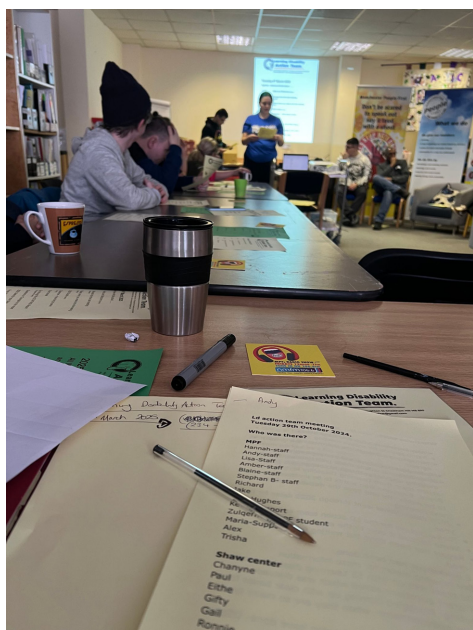
The next LD Action Team Meetings in 2025 are

26 Aug
18 Nov

All meetings 11am - 1pm and we provide a really nice lunch to say thank you for taking part

Nathan R

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Learning Disability Action Team

Goals and Targets



Social

Transport

Health

Life skills

Arts and Crafts - Bethany

Hey, I am Bethany.

I have been coming to Manchester People First for 6 months and for the past 3 months I have been hosting the arts and crafts sessions. I really enjoy running these sessions and I get to develop my skills also I get to know the people who come to the MPF Drop In.

Over the last 3 months I have hosted sessions to make book marks, Easter themed bingo and decorating easter eggs, For St Patricks Day we made hats that held sweets, we also made masks and coloured them in.

I have really enjoyed running these sessions and I love doing arts and crafts. I found my love of arts and crafts from a session I did at 42nd Street.



The art classes I run here at Manchester People First are on a Tuesday morning from 10:30 till 12 and everyone is more than welcome to attend.

Bethany

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Dungeons and Dragons Board Game session

By Nathan Cairns

At People First we always try our best to do what members want and I have been asking to set up a regular Dungeons and Dragons (D and D) board game session here at MPF.

I watched Stranger Things and I wanted to play D & D but these games can be really really long and complicated and I struggled to find any accessible sessions or games available to me, so I have asked MPF to host a session and start work our own game.

These will be more accessible to me and hopefully I will be able to run and host after some training and group work with this new group.

We have a researcher Charlotte who is interested in this and will hopefully be helping us setting it up.

If you want to join the NEW D & D group, give MPF a call or email us and let me know
Nathan C.

0161 839 3700
mcrpeoplefirst@gmail.com



DUNGEONS & DRAGONS

Imagine a world filled adventure with a simple version of the game ran by Manchester People First



Come to create a world with just your imaginations.

Call to book your place.
We will need at least 6 people interested

Free to any adult with a learning disability in Manchester

We plan to have the sessions 10:30 to 12:30

Fridays at Manchester People First

3 Broughton Street Cheetham Hill M88RF
01618393700



Research on our digital health and technology

Jake P



We have been working with Liverpool University and Manchester University on a project which has been running since 2023.

The project is about how we use smart technology like iPhones, iPads and computers to help keep us healthy.

Steve B is leading this project for us with the help of Charlotte from Manchester University.



Our Digital Health

We are doing a research project about using digital technology for health.



Can you tell us about how you use technology for health?



We want to talk to people with learning disabilities and to people who support them.



Would you like to do our survey? We can come to your setting so people can fill in the survey or we can send you a link to the survey.



We will ask people to do the survey at two different times. They will get a £20 voucher after they have done it twice.



You can talk to: Dr Charlotte Hardacre / Stephen Blake
or email: c.hardacre@mmu.ac.uk / mpfeteam@gmail.com
or phone us about the project: [07960901409](tel:07960901409)

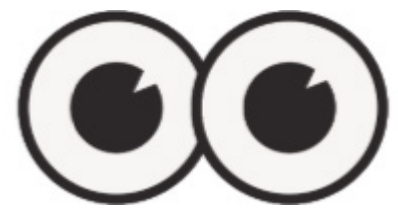


We are trying to do 100 surveys to ask people how they use tech to stay healthy, this could be using a step-o-meter on your smartphone, speaking to your families using zoom or gaming with your friends across the world.

We have about 60 surveys filled out but we need YOUR help to do the rest.

We need you to do 2 surveys, 1 now, and 1 after the summer to give the University lots of information which they can look at, If YOU want to take part it will take you between 20 - 45 minutes and after you do the 2 surveys you will be paid £20 for helping

Contact Steve B to take part, or you can find all our details on the poster above



Celebrate Learning Disability Week

16 June - 22 June

Monday - Live Radio Show 2pm - 4pm on North Manchester FM 106.6

Tuesday - Drop in Coffee Day, pop in say hello, have a brew. 10am - 3pm

Wednesday - Research Day with Lancaster University

Thursday - LD week party - 19 June 2025. See poster below

Friday - Cycling with Simon and Ryan from Cycling UK

Also keep an eye on our YouTube where we will be releasing videos every day

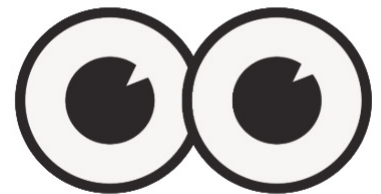


Under One Roof
Accessible raving
4 September and
4 December
Yes Nightclub
City Centre

Learning Disability Week 2025 Party



The Theme is
"Do you See Me?"



Lunch, Disco And Dancing



19th June 2025 11am to 3pm



Derby Brewery Arms
95 Cheetham Hill Rd
Manchester M8 8PY

Tickets from Skiddle
£6 with Booking Fee
Call 0161 839 3700
Email mcrpeoplefirst@gmail.com
MPF 3 Broughton St. M8 8RF



After Life Workshops Every Thursday - 4 September until 9 October



Manchester People First Annual General Meeting



Thursday 23 October

AGM 2025

12.00 noon - 2.00

Launch of our Annual Report

FREE lunch

Voting on a new Committee

**3 Broughton Street
Cheetham Hill
M8 8RF**

**0161 839 3700
mcrpeoplefirst@gmail.com
www.manpf.com**