

OUR AGM

New Committee Elected



Our new committee: Frank Lee, Edward Kane, Shirley Ryder, Brian Mitchell, Christine Joyce, Steven Burden and Paul Brannick

We held our Annual General Meeting in October at our Cheetham Hill office. Members listened to our annual report read by our committee and Andy presented the accounts for the year. Then after a buffet lunch, members voted for who they wanted to be on our new committee for the next year. We are sending out our annual report with this newsletter, if you want another copy please let us know.



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 campaign for disabled peoples rights.

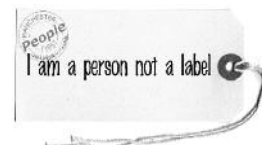
Contact us

Manchester People First
3 Broughton Street
Cheetham Hill
Manchester
M8 8RF

Phone or Fax (0161) 839-3700
Email: mcrpeoplefirst@googlemail.com
Website: www.manpf.org
Like us on Facebook
Follow us on Twitter: @firstmcr

Our directors

Brian Mitchell
Edward Kane
Shirley Ryder



Staff

Stephen Hughes
Andy Needle
David Dunnico
Kath Carey
Derek Owen
Barry Hills
Jodie Deegan
Stephen Blake
Louise Crowley
Joanne Hickinbotham
Christopher Kenny
Nora Gardner
April Walkin
Delroy Sterling
John Bee



Opening Times

Monday to Friday 9:30 to 3:30pm
Drop-in 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



MPF Men's Group

Wednesday 28 November
Football Museum
Wednesday 12 December
Christmas Meal in Bolton
Wednesday 30 January 2013
Planning meeting for next year.



Manchester
Learning Disability
Partnership Board

www.partnershipboard.org
Next meeting: 13 November

Women's Group



Wednesday 28 November
Wednesday 12 December
Christmas Meal with The
Men's Group
Ring Julie for more details:
0161 819 5262

Big Christmas Party

Thursday 6 December 2012
See back page for details



ALL FM All-stars Radio Show

Monday 26 November 2pm to 3pm
Monday 17 December 2pm to 3pm



Stay in touch
follow us on
Twitter @firstmcr



Become a FaceBook
fan of Manchester
People First



Can you help?

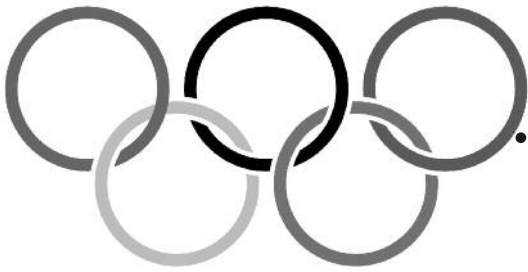
Click on the 'Donate'
button on our home-
page and

you can make a donation to
Manchester People First.
We are a registered charity and
any money raised will
go towards our work. You can
also donate by sending us a
cheque made payable to
'Manchester People First'.



Our evening social groups for
under 25s and for over 55s.
Call Nora on 07880 880 485 for
information or to arrange a visit.

Lounge@3



Olympics

Inspired by the wonderful Paralympians, MPF, Opal and The Shaw Centre held our very own Olympics at our Cheetham Hill office in September. We had long jump (tiddlywinks), Pool (Pool), discus (quoites) and rhythmic gymnastics (wii dance) and competed for Gold, Silver and Bronze medals. Everybody had a good time. “It was great fun,” said Paul, Brian “enjoyed winning his gold medal” and Cyril thought, “it was fantastic”.

BBQ

We celebrated our 4th year in Cheetham Hill with our annual barbecue – thankfully it was sunny, the food was good and we had fun and games with help from OPAL and The Shaw Centre.



The **co-operative** banking group

Birthday Party

Our 20th anniversary party at The Band on the Wall was a big hit with the 200 people who came including the Lord Mayor of Manchester. A big thanks to The Co-operative Banking Group for all their help.



NHS Timeline



The National Health Service in the North West are putting together an exhibition for the public, and health and social care staff that will tell them about how disabled people have fought for their rights in healthcare and medicine, and tell people about medical developments that have changed disabled people's lives.

Andrew Hughes who used to work for People First, came to talk to members about their experiences of treatment they have had from the NHS, how it helped them, how it put barriers in their way, and how it has changed over time.



We have tried to raise funding for a repeat of our Fashion project, using 'crowd funding'. This is where you get a group of people to donate using the internet to tell

people about your event. Our project was called 'Fashiona-able' and we used the www.pleasefund.us website.

We made a special video about the project, you can watch it at: www.youtube.com/watch?v=rficuAhKkv4



Theatre project

We have started another theatre project with The Edge in Chorlton. Last year's performance was a total sell-out and we are hoping for another great show. We will bring you details in the next issue.

Hello from Joanne



Hi, I'm Joanne Hickinbotham, I'm 39 years old and in August I started work with Manchester People First as a Service Audit Assistant. I've done lots of other jobs such as packing. I also have qualifications in Business Administration from Tameside College where I went in 1999.

I have a partner of 13 years called Steven and enjoy swimming and going to the gym – but I've not had time for either since I started working. I also like walking, listening to music and watching a bit of TV.

I'm enjoying all the different things we do at People First and getting to know everyone at the office.

Breast cancer Awareness



In October Ali and Rita who are cancer nurses from Macmillan, came to talk to our women members about breast cancer. Everybody enjoyed the session and found it very interesting and useful.

One lady said 'I now know more about breast cancer and what I have to look out for.' Not everyone knew the different areas of our bodies that can be affected by breast cancer. It has taught us how to check ourselves properly.

We made a hanging wall reminder to remind us to check ourselves on a regular basis. Everybody really enjoyed this activity. The nurses explained everything in a clear and simple way and everyone was relaxed. By the time you read this we will have also ran a session in our South office.

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Guest writer



Gaynor Edwards from Greater Manchester Police Authority (GMPA) writes...

GMPA is an independent organisation that makes sure that Greater Manchester Police work well. It is not part of the police.

GMPA listens to everyone's views about policing and how it can be made better. We want to hear what you have to say, so we are travelling around Greater Manchester telling people about our Embracing Difference Campaign. In May we spoke to different disability groups to see what they thought the policing issues that affected their lives were. We looked at how the police can work with them about both general crime and hate crime.

We spoke informally to members and staff of Manchester People First. PCSO Andrew Duxbury was on hand to answer any tricky policing questions and give support if and when it was needed.

The group spoke generally about crime they have witnessed or been victims of in their neighbourhoods, for example, car crime, robbery and antisocial behaviour, but most importantly crimes that have been more personal to them and quite disturbing which can be identified as a hate incident or crime. The group spoke about how often these types of crimes have gone unreported. Sometimes because they might think these are things that happen lots of the time.

We all need to be aware of what a hate crime is. If it happens to you or if you witness one, then it needs reporting to a parent, carer or support worker. You can use a third party reporting centre, or tell the police directly.

Disability Hate Crime – What is it?

It is wrong for anyone to:

- Hurt you
- Call you names
- Take your things
- Make you feel unsafe

Hate Crime is wrong. Report it:

- Tell someone you trust
- Visit your local police station
- Report it on-line at www.report-it.org.uk



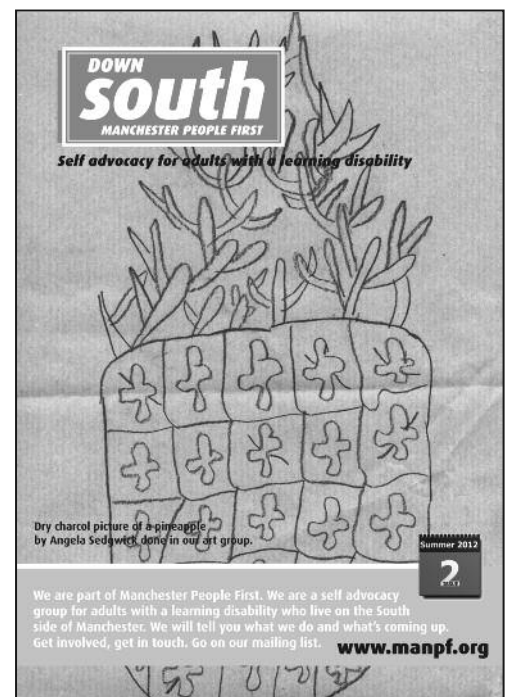
There was so much to tell you this issue we did not have enough room for the Fun Filled Bit in the Middle but it will be back!



We are in line to get a share of the Manchester Evening News cash awards for community groups – we need you to collect the Wish tokens from the paper between now and 17 November and give them to us – the more tokens we get, the more money we share!

If family or friends get the paper – get them to collect!

Coming soon! The return of **Manchester People First's Got Talent**



Issue 2 of the South MPF newsletter is out now. Download a copy from our web site: www.manpf.org



Stop motion video project with Venture Arts



In August Manchester People First and Venture Arts are jointly running a video project. We are working with Martin from Venture Arts who is helping us with stop motion video – this is using a camera to take a still picture and then

moving the model or picture then taking another picture and so on.

When you run all the pictures together like a video it looks like it is moving. This is the way they make the Wallace and Gromit films. The project will be running until the New Year.

If you would like to join the group we meet every Monday from 10am – 12 noon just give us a call at the office.

MPF on the radio

Manchester People First members and Manchester College have been doing a 12-week training course on radio production with ALL FM. We learnt how to put together a radio show by making content, doing our own jingles, making adverts and picking our favorite songs to play.

Our tutor is Jason and he is great to work with and really helpful. We are also supported by Jane from ALL FM and

Barry and Andy from MPF. There are 6 members of the group Bilal, Niqash, Ijaz, Nathan, Frank and me, Shirley.

**Listen to a recording
of our live show on:**

**Monday
29 October
26 November
17 December
from 2 to 3pm**



(allfm) 96.9
...the real voice of Manchester

Send us your requests, shout outs and dedications and we will do our best to play them. Call Andy or Shirley on: 0161 839-3700 or email them to us: mcrpeoplefirst@googlemail.com or

South Manchester People First and Drake Music

MUSIC FIRST

Compose a piece of music using a mix of new and traditional instruments, and perform it live in 2013.

Friday

2 November 2012

7 December

11 January 2013

1 February

1 March

5 April

3 May

7 June

5 July

2 August

30 August

6 September

13 September



LOTTERY FUNDED

Contact Barry Phone: 0161 998 0517

Email: southmpf@googlemail.com

20 Years
1992 to 2012

Manchester
People First



Manchester People First **Xmas Party**

Thursday 6 December
12 noon to 3:30pm

Free • Lunch • Raffle • DJ

St. Kent's Irish Club
36 Wilbraham Rd
M14 7DW
0161 224-2033

First come, first served!
You **MUST** tell us you are
coming before the date
numbers are very limited.

Phone: 0161 839-3700
or email:
mcrpeoplefirst
@googlemail.com

