

SPEAK UP

News from Manchester People First Issue 91 Spring 2024

Our new committee



Over 20 people came to our Annual General Meeting held on 26 October at our offices in Cheetham Hill. This is our big meeting of the year where members elect a new committee to run MPF.

This year Richard Hughes, Nemo (Nathan), Trish Phillips, Rakki Tailor and John Timms were elected.

Members were asked for their ideas about what MPF should do over the next year. Manchester City Council also asked us what they thought about housing and belonging.

Our 2023 Annual Report

People at the AGM also got a first look at our Annual Report.

Your copy of the report is inside this issue.

LOOK INSIDE!



The Voice of the Learning Disabled

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

- Richard Hughes
- Nemo (Nathan) Rawcliffe
- Trish Phillips
- Rakki Tailor
- John Timms

Staff

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

Opening Times

Thursdays 11am to 2:30pm

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



Manchester People First is a company limited by guarantee, registered in England and Wales, number 6339300.
We are a registered charity, number 1124426.



Annual Report

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Stay in touch

Our free newsletter 'Speak Up' is sent out to members, supporters and professionals 3 times a year.

SPEAK UP



Follow us on our social channels



Follow us on
Twitter @firstmcr



Follow MPF
on Facebook



www.youtube.com/firstmcr



Our Website
www.manpf.org

Our year



Welcome to our Annual Report. It tells you what we have been doing from November 2022 to September 2023.

Our Annual General Meeting (AGM) was held in February 2023. It is normally held in October, but we could not hold it then. This was because we had to close the office when there was an outbreak of Covid.

We elected a new Committee at the February AGM and served until we arranged a new AGM. The Committee were:

- Richard Hughes
- Rakki Tailor
- Trish Phillips
- John Timms



The Committee decided to have the AGM in October again this year, so this report is for 11 months instead of the usual 12 months.



The office is back open again. Our free online Zoom sessions are still popular, so we have carried on doing them every Tuesday, Wednesday and Thursday.

Some of the things we do on Zoom are:

- Art and crafts on Tuesdays
- Guest Speaker and consultations on Wednesdays
- Quizzes and Exercise with Marion from Street Shakers on Thursdays.

There have been lots of things going on face-to-face in the office and online. Here are some of the things we have been doing...



In November...

Remembrance Day

We had an arts and crafts session about remembering those who died in wars.



Staying Safe Online

A course to help members avoid scams and abuse when they are on the internet.



In December...

Christmas

We had a party in the office and a week later cooked a full Christmas dinner for regular members.





In January...

Annual Health Checks

We have been working all year with the NHS about Annual Health Checks for adults with learning disabilities.



Fun and Games

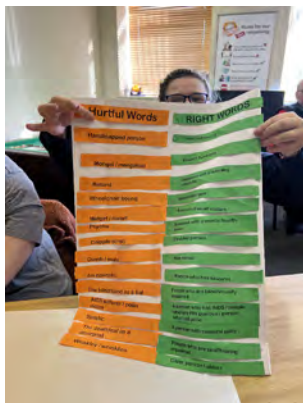
MPF took on our friends from The Shaw Centre in a day of fun and games. We are not going to say who won.



In February...

Hate Crime Week

We joined in Manchester City Council's yearly Hate Crime Week. Our session was funded by a grant from the City Council awarded through MACC. 35 people came to the office. We came up with designs for a pocket information card.



Save Waste, Save the Planet

Future Directions and Spice launched their new cookbook and talked about how to use up left over food.



In March...

Voter ID

In the May local elections, for the first time, you needed to show photo identification. A lot of our members do not have this sort of ID, so we held a workshop.



North West Regional Conference

We went to the 1-day self advocates conference in Blackpool, organised by the North West Training and Development Team.





In April...

We met new staff from the Community Learning Disability Team. Our members told them how they could help us and why Manchester People First is important.

CDC Community Diagnostic Centres

We have got some funding from the NHS to help launch Community Diagnostic Centres.



These are places where people can get tests and scans without having to go into hospital. We are helping them make their information accessible and have so far held 2 workshops about this.



Co-Production Workshop

We looked at having some rules for organisations who are working in a person centred way with Manchester People First.

Greater Manchester Health Conference

We met Andy Burnham the Mayor of Greater Manchester and watched some videos about the different councils of Greater Manchester and what progress they were making with their priorities.



Manchester's Priorities were:

1. Good Health
2. Commissioning (buying services)
3. Transition (to being an adult)



In May...

Royal T-Dance

We celebrated the Coronation of King Charles with a 'Royal T Dance'. Over 40 people came to the office including our friends from The Shaw Centre. We had a fancy-dress competition where people came as their favourite Coronation Street character.



Learning Disability Action Team

This is the group that will replace the old Manchester Learning Disability Partnership Board. It will bring together a group of self advocates to tell the bosses of services how to make them better. We had a week of consultations to find out what people wanted.



We hope this new group will be launched later this year.



In June...

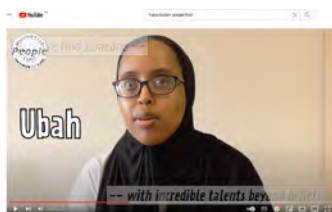
Thank You

We used some of the donations we have had to put on a 3-course meal for members as a thank you for all the hard work they have put in.



Learning Disability Week

This year the theme of Learning Disability Week was 'Incredible People', which was all about busting some of the myths around living life with a learning disability.



We made 5 videos about the amazing things our members do in their everyday lives, featuring the Chair of MPF, a staff member, a DJ, singer, author and a researcher. You can watch the videos on our YouTube Channel.



Under One Roof

Our Under One Roof rave night held at the Yes nightclub in Manchester City Centre, has been as popular as ever.



Scam-a-Lot

We ran a 10-week series of sessions about how to avoid telephone and online scams, so members could learn how to avoid being ripped off. We called it 'Scam-a-Lot'.



In July...

Creative Writing

Our old friend Noel Faggin came to tell us about a creative writing project he is going to be doing.



Care For My Carer Course

As our members age, some are now living with older carers or parents. We put on a session to help them know what to do if there was an emergency at home with their carer.



In August...

Learning Disability Plans

We have worked with Manchester City Council and the Manchester Local Care Organisation to produce an easy read version of their Plan for Adult Learning Disability Services.





BBQ

We held an indoor barbecue with our friends from The Shaw Centre. The theme for the day was 'The Beach' and people came in their summer holiday clothes. It was a good job we held it indoors – it poured with rain – usual Summer weather in Manchester.



In September...

Health Workshops

We ran a series of 6 workshops, each one about a different health topic, with an expert speaker who helped our members understand more about their own health.



A massive thank you to all those people who have helped MPF this year...

Regulars

- Paul Hughes
- Nathan Cairns
- Nemo (Nathan Rawcliffe)
- Alex Webb
- Qaasim Safdar
- Paul Bacon
- Gerard Clough
- Kathleen Devanney
- Edward Kane
- Fred Burton
- Georgina Devine
- Joanne Smith
- Sean Wilson

Supporters

- Kevin Flynn
- Martin Clough
- Louise Tanner
- Andy Johnston
- Nicola Whitehead
- Marion Rubins

Our Committee

- Richard Hughes
- Patricia Phillips
- Rakki Tailor
- John Timms

Our Staff

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

Thank You!



MANCHESTER CITY COUNCIL

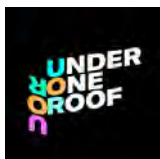
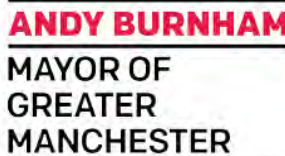
Manchester City Council
Commissioning Team
Community Safety Team



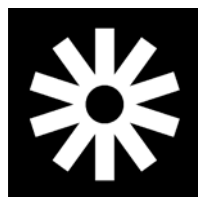
NHS
North West
Ambulance Service
NHS Trust



Community Diagnostics Centres Team



Alice and the Meat Free
DJs Collective



Greater
Manchester
Coalition
of Disabled
People



**Manchester
Disability
Collaborative**
Amplifying Disabled People's Voices

Street Shakers



Talbot House
supporting families of people with learning disabilities



STEPS Programme



Complete Security Services

AJ Safety Services

Eddie (Trainer)

Simone Aspis

Trinity Press Printing Services



Accounts

This is the simple version of our accounts, please ask if you would like to see the full version, or to know more.

2022

2023

MONEY IN (Income)

Grants	£133,615	157,694
Easy read and Training Support	£7533	24,527
Donations	£1369	3,650
Interest	£3920	2332
	£36	2717
Total Income:	£146,473	£190,920

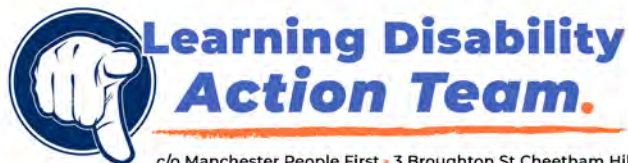
MONEY OUT (Expenditure)

Wages, Pension and Add Ons	£83,053	78,587
Rent and Services	£24,635	24,995
Meeting Costs	£240	904
Print, Postage and Stationary	£3924	4610
Accounts and Bank Charges	£2227	2584
Insurance	£2191	3031
Light, Heat and Power	£773	1493
Rates and Water	£823	1423
Equipment	£1776	1163
Telephone	£1656	1669
Publications and Subs	£1139	1688
Travel	£530	463
Depreciation	£3	£2
Repairs	-	710
Volunteer Expenditure	-	1105
Total Expenditure:	£122,970	£124,427

Grand Total £23,503

£64,493

Our accounts were checked by: Cadishead Accountancy Service Ltd,
Britannic House, 657 Liverpool Road, Manchester, M44 5XD



c/o Manchester People First • 3 Broughton St Cheetham Hill M8 8RF
Phone 0161 839 3700 • Email mcrpeoplefirst@gmail.com

The new Learning Disability Action Team has launched.

Manchester City Council want to find out what people with learning disabilities think of services and how they can be made better. In the past this was the job of the Manchester Learning Disability Partnership Board. But people thought this had run its course and something new was needed.

We will meet 4 times a year. At the first meeting we drew up some rules about how we will run our meeting and how each meeting will have a theme. The theme for our next meeting is 'The Police'.

It will be held on Tuesday 23 April from 11am to 1pm at our office.

The next two meetings will be 23 July and 29 October, 2024.



New Staff Member

Meet Lisa



Hello,

My name is Lisa Farrand and I've just joined Manchester People First as the Engagement Co-Worker, working with the Engagement Team. I hope to meet you all when you come in the office.

I have always worked with people with disabilities in different jobs. My last job was helping people with communication difficulties and before that I worked in a special school.

In my spare time I like camping in my camper van, and finding new places in Manchester to eat, and spending time with family and friends.

My sister has a learning disability and I'm a trustee at the Shaw Centre.

COMING SOON



North West Regional Self-Advocates Conference
Blackpool
6 to 8 March

World ROETRY Week 25 March 24



MANCHESTER People FIRST
I AM A PERSON NOT A LABEL

Come and make your own radio show

RADIO Ga Ga

From Monday 11 March
12:30 to 2:30pm

at our offices
Manchester People First
3 Broughton Street
Cheetham Hill M8 8RF
(0161) 839-3700
mcrpeoplefirst@gmail.com

with **nmfm106.6**
radio for north manchester

SPICE Group Green Workshop
It's not easy being green (as Kermit once said)
Thursday 4 April 2024
11am to 2:30pm

MANCHESTER People FIRST
I AM A PERSON NOT A LABEL

Cake Gets my vote x

Voting Register

Thursday 11 April 2024
1 to 2pm

Manchester People First
3 Broughton St.
M8 8RF
0161 839 3700

Election Day

No Vote No Voice

MANCHESTER People FIRST
I AM A PERSON NOT A LABEL

Drop in

March

From 19

10:00 3:00

Tuesday