

SPEAK UP



News from Manchester People First Issue 87 Autumn 2022

Under One Roof Our Rave Night




**LOOK
INSIDE!**

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- **Health Checks**
- **Learning Disability Week**
- **AGM postponed see back page**



The Voice of the Learning Disabled

Free

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

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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

- Nathan Cairns
- Paul Hughes
- Richard Hughes

Staff

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

Opening Times

Our office is currently closed due to the Coronavirus

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



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



We are back on Facebook



We have had a lot of problems with our Facebook page, which meant we were not able to post anything on it. We tried to sort this out, but Facebook were no help at all. So, we have started again with a new page. If you are on Facebook please Like, Follow and Share our page. It is also a big help if you comment on our posts – It all helps us to be seen by more people.

We are still on Twitter, we have our channel on YouTube and of course our own website at www.manpf.org where you can keep in touch with our work.



www.youtube.com/firstmcr



Follow us on
Twitter @firstmcr



Please 'Like' MPF
on Facebook



Our web site:
www.manpf.org

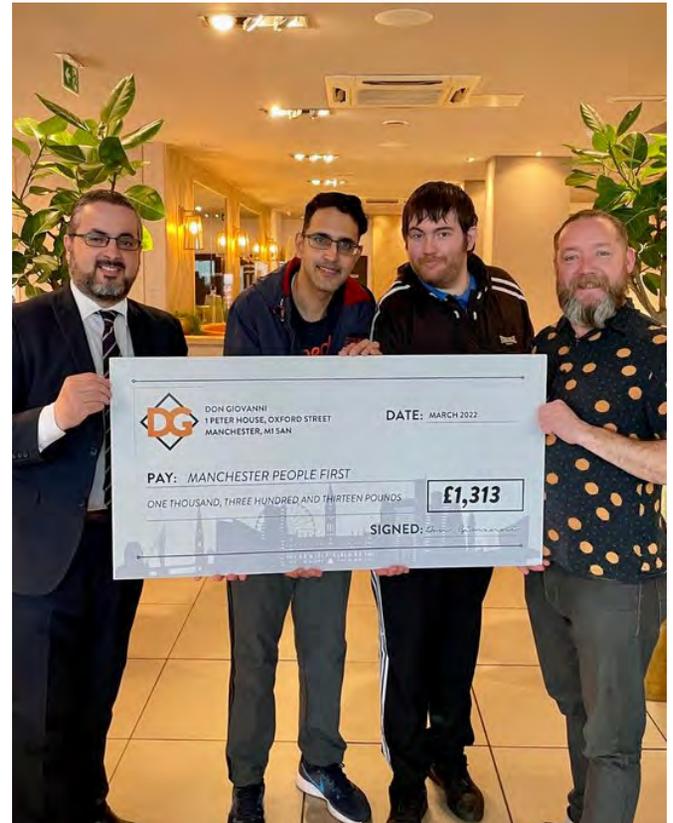
News



Donation from Don Giovanni

In July, we were thrilled to get another donation from the Don Giovanni Italian restaurant. Andy, Paul B and Qaasim went to the restaurant, which is near Central Library in the city centre to collect the cheque for the amazing amount of £1,313. Diners can choose to add a £1 donation to their bill, which the restaurant passes on to local good causes including us.

We told them about the work Manchester People First does, how we helped people during the lockdown and our plans for the future. The staff made us feel so welcome we ended up spending over an hour there.



This is the second donation we have had from Don Giovanni's and we would like to thank their staff and customers – We are a very small charity, so the money will make a real difference. Our committee and members will decide how to spend the money.



A central graphic with a background of red, white, and blue stripes and stars. A large blue fist is in the center, pointing towards the viewer. The words 'MANCHESTER PEOPLE FIRST' are written in bold black letters across the fist. In the top left corner, a blue starburst contains the word 'Free'. In the top right corner, a blue starburst contains the text 'Join us Join in'. Below the fist, the text 'we need YOU to join our online Zoom sessions' is written in blue and red. At the bottom, the text 'SEE YOUR FRIENDS, PLAY BINGO, GUEST SPEAKERS, GENTLE EXERCISE, QUIZZES AND MUCH, MUCH MORE' is written in red.

Free

**Join us
Join in**

MANCHESTER PEOPLE FIRST

*we need **YOU** to join
our online Zoom sessions*

**SEE YOUR FRIENDS, PLAY BINGO,
GUEST SPEAKERS, GENTLE EXERCISE, QUIZZES
AND MUCH, MUCH MORE**

We have been running our online sessions for 120 weeks!
That's 400 sessions since the beginning of Lockdown.

If you want to join us on Zoom you will need an internet connection, an email address and a computer, smart phone or tablet.

We can help you get an email address and get all set up to take part in our free sessions every Tuesday, Wednesday and Thursday from 10:30am to 12 noon.

Our Week On zoom

Arts and crafts Tuesdays



On a Tuesday we have a Zoom session doing arts and crafts. Over the summer we have done things such as painting, making a sunflower bird box. We made a didgeridoo and painted and decorated it. We also made some clay and glass candle holders, a bird feeder and a bee feeding dish, so the bees in our garden could have a drink in the hot summer days.

We made an Anglo-Saxon plate and a mosaic tile. We painted a football money box to help us save our pennies and football rattles ready for the World Cup. A few weeks ago, we made some flowers from bamboo. After doing so many arts and crafts we are ready to take on the Sistine Chappell so bring it on. – *Paul H.*

Guest Speaker Wednesdays



I come on Zoom every week, I think it is brilliant. Without Zoom and MPF I wouldn't get to see my friends and would get bored. It helps keep me active and keeps my brain going.

Over the Summer months, we have had online speakers most weeks. Health Watch Manchester usually come on the last Wednesday of the month. See page 11

Aimee and Zoe the new Learning Disability Community Nurses are based in Wythenshawe. They came on to find out about our Annual Health Checks and if we have Health Action Plans. See page 10

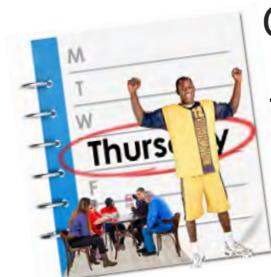


They also wanted to know how we thought they could get more learning disabled people to have an Annual Health Check.

Sometimes when we do not have a guest on Zoom, we choose to do something fun like have a music themed session. We have had 1980's and 1960's themed Zooms where we pick our favourite tunes from that decade and also look at important things that happened in that decade. We also do crosswords, quizzes, creative storytelling and even a quick game of bingo.

I am looking forward to MPF fully reopening and getting back to work and doing my job on the Service Audit Team. – *Stephen B.*

Thursdays Session



On Thursdays, we all meet as a group in the office and are joined by some people on Zoom. We do different things such as crosswords and quizzes. We chat and catch up about things we have done over the last week.

We do an exercise session with Marion from Street Shakers who joins us on Zoom. We all get our bodies moving, which helps us keep fit. We have lunch together, we do something in the afternoon, such as filling in a survey, or talking about things that people think are important. Then it's time to tidy up and head home. – *Edward K.*

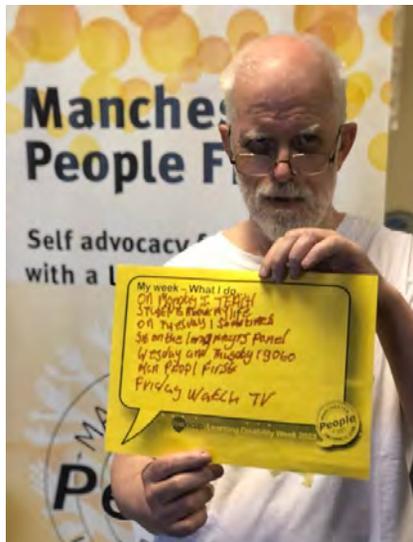


Learning Disability Week

The theme for this year's Learning Disability Week was 'Living Life With a learning Disability'. We celebrated with lots of activities each day.

Monday

We got everyone we saw in the office and on Zoom to do a poster about what they did during their week. We shared them on social media.



Tuesday

We launched our This is My Week video on MPF's YouTube channel. This told people what some of our members get up to during the week.

<https://www.youtube.com/user/firstmcr/videos>

Wednesday

On Zoom, we spoke to members of MPF and The Shaw Centre and students from Manchester College. We showed them the posters we had made and talked about the things we enjoy doing.

Thursday

In the morning we had fun on Zoom with our Big Quiz. Manchester People First took on The Shaw Centre and Cumbria People First. Congratulations to winners The Shaw Centre – We will get our revenge next time!

After the quiz, we did our weekly exercise session with Marion.

In the afternoon, we launched our second video for Learning Disability Week – Covid and Me. This told the story of our members and their experience of Covid and how it affected us and how we could make things better in the future. You can watch the video on our YouTube channel.

Friday

Phew! After such a packed week, Friday gave us a chance to look at some of the work we had done during the week and share all our work on social media.

If you took part in Learning Disability Week 2022, we hope you had a great time – See you next year.

Under One Roof

Our inclusive accessible rave night at the Yes night club in the city centre is as popular as ever and always sells out. In September, over 85 people came to the Autumn Party to listen and dance to music from DJ Atalaya. Our next rave night is set to take place in December – details will be on Facebook and Twitter.





**An annual health check
could save your life**

Your right to health

We have been helping the Manchester Local Care Organisation and Manchester Health Care and Commissioning improve Annual Health Checks for all people with a Learning Disability



We are doing workshops to tell services how they can get more people in Manchester to have an Annual Health Check. They are a good way of picking up health problems early. Early treatment can stop people dying from things that could have been cured.



Everyone with a learning disability will be offered a health check with their GP every year. It is your right to have a check up.

If you have not had one contact your GP, tell them you have a learning disability and want you Annual Health Check.



After your health check, you should be given a Health Action Plan. This sets out what you and your health care team should do over the next year to stay healthy. The plan should be looked at next year at your next Annual Health Check.

If you are ill, you should contact your Doctor straight away – do not wait for your Annual Health Check.



**Manchester Local
Care Organisation**

Leading local care, improving
lives in Manchester, with you



Manchester
Health & Care
Commissioning



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

We have a Zoom session with them every month where you can tell them about your good or bad experiences.

We will be talking to them on:

- 26 October**
- 30 November**
- 14 December**



You can get your newsletter by email or download it

Send your email address to us at: mcrpeoplefirst@gmail.com or download it from our website: <https://www.manpf.org/newsletters-and-reports>



Just here to



If you need a bit of advice, or just want to have a chat – give us a ring. If we can't help we may be able to point you towards someone who can.

0161 839 3700

Covid is still with us – take care – get your jab



Take care, the NHS will be offering a booster jab to vulnerable people this Autumn – It's safe, it works and is free. Flu jabs will also be available – ask at your Doctor's or pharmacy.



Important News



ANNUAL GENERAL MEETING

and 30th Birthday Party

Thursday

POSTPONED

11am to 3pm **FREE**

We have had to cancel our AGM which was to be held in October. It will now take place in late January or early February 2023.