

SPEAK UP

Summer
2008

Newsletter from Manchester People First

Health and well being



On Thursday 24 April, Manchester People First held a health and Wellbeing Day. It was a chance for Learning Disabled people to meet and get together to talk about what happens in their lives. We had four workshops cartoon, pampering, magic and drama. There was also a video room where people could talk about what they felt good and bad about their lives.  *turn to page 5...*

Inside this issue:

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Trip to London, People First on the move

A company limited by guarantee, registered in England and Wales, number 6339300

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, support and advice to learning disabled adults and professionals and campaign for disabled peoples rights.

Contact us

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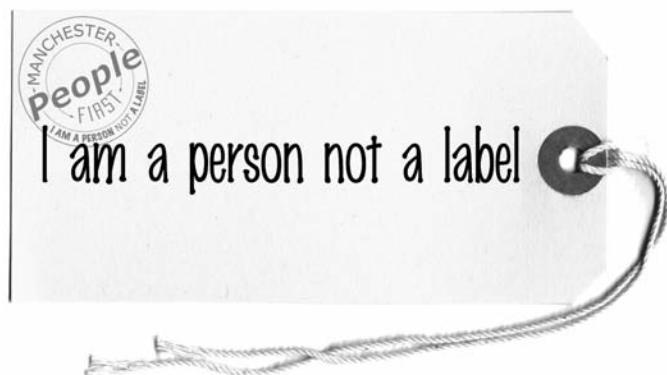
mcrpeoplefirst@googlemail.com
www.manpf.org

Directors for 2008

Edward Kane
Joseph Rooney
Richard Hugehes

Staff

Stephen Hughes
Andy Needle
David Dunnico



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registered in England and Wales, number 6339300**

News

People First become a company



Earlier this year, after a long struggle Manchester People First became a company limited by guarantee.

We now have 3 directors; Edward Kane, Joseph Rooney and Richard Hughes. Our legal status has changed for the better.

We are also now becoming a charity, this will give us more opportunities. Again it has been a struggle but we are nearly there.

**Grand Opening
of the new offices
Monday 14 July 2008**

Look out for the special mailing with all the details!

On the move

In July or August Manchester People First will be moving to new offices in Cheetham. They are near the Fort shopping complex just off Cheetham Hill Road.

The new address is:
Manchester People First
3 Broughton Street
Cheetham
Manchester 8.



We do not have a full postal address or a telephone line yet. We will do a special mailing or have an early newsletter as soon as we move and we will give you all the details then. Or you can check our website at: www.manpf.org.

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Self advocacy courses completed



Manchester People First have been running 2 self advocacy groups at Landridge House, one for the older person's group New Horizons and one for the Friday group The Dream Team.

We have done lots and lots of different things in both sessions and all the members of both groups worked really hard in the different sessions we hope you enjoyed the sessions.

Unfortunately we have now finished our sessions but we hope to be running them again some time later this year.

Sexual health course

In April and May we ran a 7 week workshop that was about keeping healthy and being safe whilst having sex.

There were 10 learning disabled adults on the course. The workshop was run in partnership with Manchester People First and Manchester Learning Disability Partnership's community nurse's Stewart Edge, Garry Parvin and Sue Patterson.

The workshops looked at different things every week the theme's were; getting to know me, my body, keeping clean, getting to know others, fancying people, sex and self examination.

We got great feedback from everyone on the course and we hope to be running these again throughout the year and all around Manchester. If you would like further information please give us a call at the office.

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Health and well being day



(...continued from front page)

In the magic workshop we spoke about our happy memories and how things have changed over the years.

The cartoon workshop was about drawing about what we do during the day, what makes us happy and what makes us sad.

Then the drama workshop looked at power and being in control of our own lives. The Pampering workshop offered people a hand or shoulder massage. This helped relax you and release tensions.

We gave lots of stuff away hair balm, foot cream, body lotion as well as fruit and personal alarms from the City Council.

We wrote on washing to let people know what we thought about

the day and put it on a washing line for people to read. This was very funny. The information we collected will go into a report and that will go to the health inequalities network.

We would like to thank all the people involved in running the day, Stephen, Andy, Jane, Jackie, Shirley, Louise, Kim, everyone at Venture Arts, Nicola, City Council, Clockwork Orange, Primary Care Trust and David. We hope everyone had a great day and we may be running another one.



Q. Where in Manchester is this building?



A. At Piccadilly Railway Station

TOP 5's

**David's five favorite
film stars**

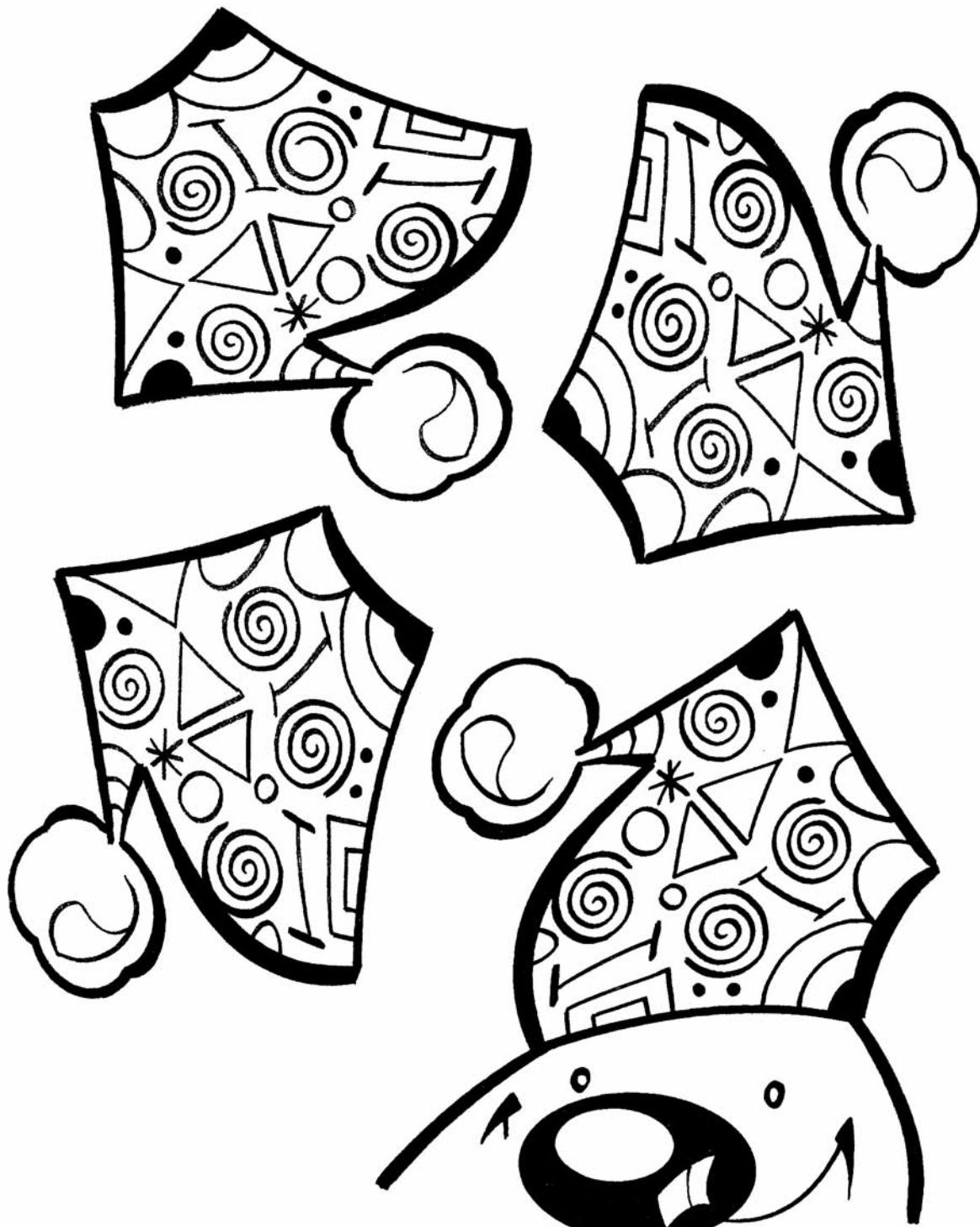
- 1 Alistair Sim
- 2 Cary Grant
- 3 John Hurt
- 4 Anjelica Houston
- 5 Audrey Tatou

Lists

**5 fastest runners
in the world**

- Donovan Bailey
- Maurice Greene
- Donovan Bailey
- Michael Johnson
- Ato Boldon

These three bobble hats may look identical to the one Barney is wearing, but in fact there is a small detail missing from each one. Can you spot the three missing details?



3 facts Did you know?

- We're now a limited company
- We have three directors
- We're moving office





Notice Board

News and dates for your diary

The Big Move

Move to new offices
July – August

Grand Opening

Monday 14 July 2008
Come and see our new offices.
We will send out more details
when we have more information.

Men's Group

In June MPF will be in London
working with Commission for
Social Care Inspection.

We have rearranged Men's
Group trips to:

Wednesday 25 June 2008
Manchester Museum/Art Gallery

Wednesday 30 July 2008
Long Trip Out

Wednesday 27 August 2008
Manchester Art Gallery

Wednesday 24 August
Imax Cinema Printworks

Partnership Board Meetings

All meeting 10:30am – 12:30pm
Tuesday 8 July 2008
Tuesday 9 September 2008
(At the new office in Cheetham)

MPF Directors Meetings

Monday 7 July 1pm – 3pm
Monday 4 August 1pm – 3pm
Monday 1 September 1pm – 3pm

Learning Disability Today

Manchester Conference Centre
(G-Mex)
Tuesday 8 July 2008
All day events for all people with
Learning Disabilities

Run by Pavilion Publishing
please ring them for tickets

Contact Information:

Pavilion
Richmond House
Richmond Road
Brighton
East Sussex
BN2 3RL
0870 890 1080
www.pavpub.com



Service Audit Assistants Report

We are coming to the end of our National Vocational Qualification (NVQ) Level 2 in Business Administration, we are hoping to have it finished in June. We have worked really hard on our NVQ with our tutor Emma, we are all really enjoying working on the course and with Emma – thanks for your support.

Phillip Kenny has recently left People First due to not being very well – we would like to say thank you to Phillip for all his hard work. He has worked a lot and we will miss him and wish him good luck for the future.

We have done a lot of visits with Stephen Hughes. We have really enjoyed doing them we have done a lot of visits over the last few months. We have to go to peoples houses and then come back and write a report about what we thought about where they live and what they do. Also we have to write reports like this to go in our newsletter and tell people and members what we are doing.

We have done lots of training with Manchester People First we started with training on how People First works and how we behave at work (policies and procedures). We also did basic first aid with the British Red Cross and then some fire training from the local Fire Brigade on keeping safe and what to do if there was a fire.

Hopefully in the next few months we will be increasing our hours from 9 a month to 16 hours per week, this is a big step for all of us and we will have to check our benefits to make sure we are all going to be better off when we take on these extra hours.

We are not sure when we will be working but we are hoping to be doing lots more work so keep watching this space for more information.

My day in London

by Stephen Blake



It was an early start. We had to be at the train station and meet everyone by 6:30 in the morning. We got the train and got into London at about 9:10am. We then got the underground to where we wanted to go.

At the meeting we got our name badges and had a cup of tea. We began work at 10:30am; we started thinking about what we were going to do if we got the job. We were looking at something the government call "Getting a life" which will help young people into work. We talked about how much it is going to cost, the organisations we would need to get involved and how Manchester would do it if they won the project.

The project will help young learning-disabled people to be listened to. At 4pm we set off home and arrived back in Manchester at 6:45pm. It was an exciting day, I enjoyed it, and am looking forward to working on the project if it comes to Manchester.



Guest Writer

Leah Rainbow from Pure Innovations



Pure Innovations Limited provides a supported employment service Work Link for people who are the most disadvantaged when it comes to accessing employment. We believe that anyone who wants to work can work and sustain paid employment with appropriate support.

Work Link's Employment Officers provide clients with an individualised service, producing a comprehensive work development and action plan. This allows the Employment Officers to match their client's skills to those required by employers.

We have developed strong relationships with employers from a wide range of sectors. We support our clients and the employers and ensure that both their needs are continually assessed.

Work Link has been at the forefront of supported employment since 1986 and is regarded as one of the UK's best supported employment agencies. In December 2007 we were recognised as Outstanding in an Ofsted inspection. We have acted as consultants for a wide range of local authorities across the UK, delivering training to aid them to implement the model of supported employment.

**You can download copies of our newsletter at our web site:
www.manpf.org**



MENCAP
Understanding learning disability



**Jobs information for adults with a
learning disability in Manchester**

**www.
yourjoblinks
.org**

