



Thank You to: The Shaw Centre, Ordinary Lifestyles, Greater Manchester Police, North West Training and Development Team, Manchester University, FareShare, Healthwatch Manchester, MACC, Manchester Local Care Organisations, Buzz Manchester, Meat Free DJs and the whole team at Yes, Skiddle, St Joseph's RC School Shaw, Good Mood Food, Manchester Health Care Commissioning, Jack Grindrod Productions, Liverpool University, St Kent's Irish Centre, Breakthrough UK, Manchester Safeguarding Team, Manchester City Council, Parliamentary Outreach Team, Simon Tiller Community Dentist, Our local PCSO's Louise and the team,

We Mind The Gap, Manchester College, Sharon Jones – The Footie Poet, Andy Burnham – Mayor of Greater Manchester, AJ Safety Services, Community Learning Disability Team, GM Gold Research Team, NHS England, Job Centre Plus, Future Directions, Lancastarian School, Cheetham Hill Community, Our Manchester Disability Plan Group, Sexual Advice Referral Centre, Pure Innovations, Sean Wilson – Volunteer.

Annual Report



**I AM A PERSON
NOT A LABEL**

*Self-Advocacy by adults
with a learning disability*



**Welcome to our annual report
this tells you what we have
been doing from 1 April 2019
to 31 March 2020**

You can watch/listen to a video of this Annual Report
on our YouTube Channel: www.youtube.com/firstmcr



Our committee

At our Annual General Meeting held on 24 October 2019, we elected Joanne Smith, Richard Hughes, Barry Edwards and Qaasim Safdar to be our Management Committee. During the year there were changes. Barry and Qaasim stood down. Paul Hughes and Nathan Cairns joined the Committee in their place.

Staff

Our staff team were: Andy Needle, Stephen Hughes, David Dunnico, Lea Heims, Derek Owen, Stephen Blake, Louise Crowley, Joanne Hickenbotham and Christopher Kenny.



Volunteers and student placements

In October, Sean Wilson came from Breakthrough UK and started a placement with us, working on Wednesdays.

Chole came as a student placement from an organisation called We Mind The Gap, which helps young people learn new skills to get a job.

Ethan was the latest student from Lancastarian School in Didsbury to come and do their work experience with us. He went with staff and members to different meetings and came to some of our events such as our Hate Crime Day and Annual General Meeting.

RIP

We are sorry to have to tell you that two of our regular members, Barry Edwards and Andrew Herbert passed away. We will miss them.



Office closing

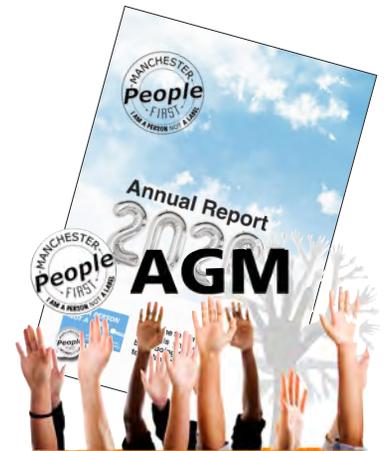
In March 2020, the Staff and Committee closed the office for a while because of the Coronavirus. Some of the staff were able to work from home.

We did not think we would have to stay closed for as long as we have. We planned on reopening at the start of October 2020, but decided it was still too much of a risk for people's health. The Government have said people should work from home if they can and not to use public transport unless they have to.



2020 Annual General Meeting

We hold our big member's meeting in October when we show our Annual Report and elect our new Committee for the next year. Because of the Coronavirus, we could not hold this meeting. We have checked with the Charities Commission, who make sure organisations like us follow the rules. They have said the Committee we have at the moment can carry on until we can meet again and elect a new one. The Committee has been having video meetings online.



What we have done

Before we closed, we were able to do a lot of things...

Workshops

Hate Crime – In February, MACC funded a session with Louise Tanner from the Safeguarding Team, Louise our Police Community Support Officer and Sharron Jones the 'football poet'.



Meetings Skills – We got a small grant from Ambition for Ageing to run a project called 'Join Us Join In' about making meetings more accessible. We published 2 guides, put on a training session for Ambition for Aging and ran a workshop for our own members to help them take part in meetings.



Taxi Safe – We were asked by Manchester City Council to look at the information they put out about taxis. Some of our members use taxis and have mixed experiences about them. So, we put on a workshop for members about the rules about different sorts of taxis, and how to stay safe when using them.



Flag Workshop – This was a fun session where we learnt about different flags and had a go at designing our own.



Self Advocacy Workshop – This was about what self advocacy means. We have had some leaflets, cards and banners made to tell people more about self advocacy.



Vote Cake – We think it is important that whoever is in government listens to the voice of disabled people. In April, we held our regular event to encourage people to register to vote. If they registered they got a piece of cake.



Dental – We had a number of events about dental health with Simon Tiller from Manchester University NHS Foundation Trust. There was a successful campaign against disabled people having to pay unfair dental charges because they had wrongly filled in complicated forms.

Simon also ran 'market research' sessions, where a group of us were given products such as tooth brushes and toothpaste to try out at home for 4 weeks. We then met Simon again to tell him what we thought and how products could be made better.



Healthwatch – We ran monthly 1-to-1 sessions where members could meet privately with staff and volunteers from Healthwatch Manchester. It let them talk about any problem or issue they were having with health services in the city.

Richard Hughes joined Healthwatch's Board of trustees. He goes with Andy to their meetings, so the concerns of people with a learning disability are heard.



First Aid – Joanne from Manchester First Aid put on a 1-day basic first aid course for members. We all passed. Thanks to the Parliamentary and Health Service Ombudsman whose donation paid for the course.

Conferences and consultations

We think it important that people who run services know about self advocacy. So we belong to groups and go to meetings.

Blackpool – In February, members Paul Hughes, Barry Edwards, Joanne Smith, Nathan Cairns, Joanne Hickenbotham, Stephen Blake and Tracey Robinson, supported by Kevin and Lea, went to the yearly conference of the North West Regional Self Advocates Forum in Blackpool. The conference lasts 3 days and is organised by the North West Training and Development Team.

Confirm and Challenge – Greater Manchester Confirm and Challenge meet every 3 months at our office. The group is run by Lynn James-Jenkinson. There are guest speakers from services who come to get our opinion on what they are doing. We do the easy read notes for the meetings.

Greater Manchester Disability Panel – We are part of this group, which meets 6 times a year and advises Andy Burnham, the Mayor of Greater Manchester about issues disabled people think are important.

Our Manchester Disability Plan – We went to meetings to give feedback and our ideas on the plan.

Hate Crime – Candi from Manchester City Council came to see us to find out about our experiences. What we said helped in putting together the Greater Manchester Hate Crime Plan.

Big Health Check Event – In October we had a stall at an event Manchester University Hospital Foundation Trust put on at the Irish Centre in Cheetham Hill. It gave us the chance to meet health professionals and members of the public. We told them about our work and collected information about other groups.





NHS – Gavin from NHS England came to see us to find out what we think the NHS could do to make services better for people who have a learning disability. We know Gavin from his time at People First York. We were able to give him our ideas about signs in hospitals and how easy read information can make things easier for everyone.



Manchester
Health & Care
Commissioning

Manchester Health Care Commissioning – In June, 20 of our members took part in a consultation with Ruth from MHCC. They were asking people about not prescribing medication that can be bought cheaply over the counter.



Ordinary Life Styles – Andy helps run the meetings of their advocacy forum, where around 10 people with a learning disability come together every few months to talk about what they want from Ordinary Lifestyles.



Social events

Come Dine With Us – This is our Tuesday laid back lunch, where members meet up and have a chat over food given by Fairshare and cooked by us.

Easter Bonnet – We had a surprisingly tough craft competition to make the best Easter Bonnet. Nicky from The Shaw Centre was the judge. Paul Hughes' Game of Thrones inspired bonnet was the best in show.



Pool – Our Annual Pool Championship was even tougher. Barry and Malcolm made it to the final, and in a close run contest Barry won for the second year running.



Cheetham Hill – We have been involved in local community activities including helping to clean up part of the area. We take part in community meetings to make our home in Cheetham Hill be a happier, safer place.

Chatty Tuesdays – Our regular meetings where we invite a speaker took a new turn this year when members decided to form a drama group. Lea got a grant from the High Sheriff's Fund to pay for some props and stuff to help us get started.



Under One Roof – Our 4-times a year rave night at Yes night club in the city centre sold out every time. Thanks to Alice and her team, the Meat Free DJs, these are one of the most popular things we have ever done.



Christmas

Panto – We went to see the Panto Cinderella at Middleton Arena. Andy was volunteered to go on stage and sing “I’m a Little Teapot”. Keep an eye out for him appearing in ‘Britain’s Got Talent’ next Christmas.

Choir – Thank you to pupils and staff from St Joseph’s School in Shaw. Their Choir came to the office and sang for us and got everyone in the Christmas spirit.



Christmas Party – Once again St. Kent’s in Fallowfield opened their doors to us for a hot buffet, drinks, raffles and dancing. This year, we sold tickets through Skiddile and were pleased with how well it went.

Christmas Meal – We made Christmas lunch in the office for 25 members. The Service Audit Team kept us entertained and informed in the morning with a Christmas Quiz. After Lunch, the Slightly Musical Ukulele group played for us.

Christmas Food Parcels – We made up 35 bags of fruit, veg and treats for our members who come in to the office, with food given to us by Fairshare.



Thank you for taking the time to read our Annual Report



Manchester People First Our Accounts from 1 April 2019 to 31 March 2020

These are the simple basic version of our accounts. Please ask if you want to see the full version of them.

**Money in
£155,003**



**Money out
£149,167**



**Surplus [Deficit]
£5,836**

The accounts were audited by
Cadishead Accountancy Service Ltd
Britannic House
657 Liverpool Road
Irlam, Manchester
M44 5XD

Income Money In

Grants	£135,052
Just Info and Training	£3,487
Support	£7,299
Donations	£2,438
Interest	£221
Other	£6,506
Total Income	£155,003

Expenditure Money going out

Wages Pensions & Other	£99,092
Rent & Services	£27,248
Meeting	£3,966
Print, Post & Stationery	£3,509
Light, Heat & Power	£1,627
Pub & Subs & Sundries	£1,660
Accounts & Bank Charges	£2,215
Insurance	£2,081
Rates & Water	£1,915
Equipment & Repairs	£3,929
Telephone	£1,436
Travel	£480
Depreciation	£9
Total Expenditure	£149,167