

# SPEAK UP

Issue #34  
Summer 2007

Newsletter from Manchester People First

## MPF Birthday Party



Our 15th birthday party on the 7 June was a big success. Over 150 people were there. We had some great prizes thanks to Jo Fearn from Greater Manchester Police Support Staff, who did the Manchester Run to raise money.

The DJ was brilliant and people were up dancing from the word go. He also gave out the raffle prizes and made every one who won feel special. There was lots of food and it was all eaten. We also had free champagne to toast Manchester People First and wish it a happy birthday. There were birthday cakes for people to eat at home.

The Lord Mayor of Manchester came and gave a speech and spoke to lots of people. Thanks to the Irish Heritage Centre for all their work.

*See pages 6 and 7 for more photos from our party!*

**AGM: 18 October**  
see back page

**Reunion Games**  
see page 11



*The Voice of the Learning Disabled*

## Welcome



to our summer issue of the newsletter. We have recently employed four learning disabled adults too come and work for us on a new and exciting project. Also we held our 15th Birthday party which was a great event and dont forget our AGM is coming up, so are the Reunion Games so please come along and see what we do at Manchester People First.

## 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 at:

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M40 8WN

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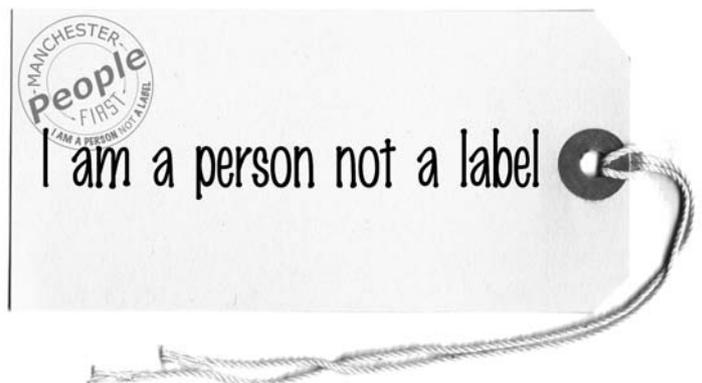
## Committee 2006/2007

### Officers:

Edward Kane (Chair)  
Joseph Rooney (Treasurer)  
Louisa Burton (Secretary)

### Committee Members:

Katherine Graham  
Frank James  
John Jarvis  
Yasser Mahmood  
Richard Hughes (co-opted)



# Health Workshops 2007

We held our annual Health Workshops in June and July.

Healthy eating was our first workshop and we talked with Nina about what foods are good for you and the different types of food groups.

Then James came to talk about keeping healthy and eating your 5 fruit and veg a day.



Leigh came from St Lukes in week 2 and did a whole day on relaxation and how to chill out. We learnt some ways of relaxing and doing some gentle exercise if we were feeling tired or stressed.

Week 3 was around exercise and Emma Clegg came in the morning to explain why we should all do 30 minutes of exercise a day. In the afternoon Craig from PACE helped take our blood pressure, weight height and our body mass index, we were all a bit healthier than we thought.

The final week we got feedback on how the course had gone and we went over all the things we had learnt over the sessions and in the afternoon we asked people what they would like to do at the health workshops in 2008. We hope to see you all next year.

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**Missed an issue? You can download 'Speak-Up' at [www.manpf.org](http://www.manpf.org)**

## **Hello to our new workers**

On the 30th July Manchester People First have employed 4 more learning disabled adults to work on our new project.

The Service Audit Assistants will help the Commissioners go into people's homes to ask them about how they find living there.

Congratulations to Christopher, Stephen, Michelle and Phillip (See their report on the next page). We thank all those people who put in an application form and wish you all the best in your search for a job.

## **Learning Disability Today**

On 4 July Manchester People First had a stall at Learning Disability Today. The event was attended by over 2,500 people, lots of people came to our stall as we were right by the front door. They said how good our stall looked, we had some new posters made, gave away lots of information and spoke to lots of different people.

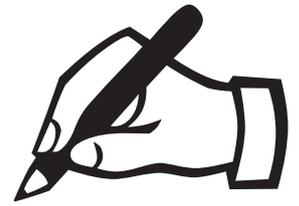


We met up with some old friends we hadn't seen for a while from St Helens and York People First. It was great to catch up with them and have a chat. It was a long day but we had some fun along the way.

**Everyone at Manchester People First would like to say thank you to Jo Fearn for raising money for our birthday party. Jo raised an absolutely fantastic £300 by taking part in the Great Manchester Run .**

# Guest writers Audit Assistants

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We applied for these jobs because we were interested in the work Manchester People First does.

Also to have new experiences and get to know different people and make new friends. We also applied for these jobs to get the experience of working and applying for jobs.



Stephen, Michelle  
Christopher, Phillip

We have all worked before but most of us haven't been paid for the work we have done, so it is great to work and get paid.

We were all nervous when we came for our interviews and one of us did it without support at all. On the day we were both nervous and excited.

Some of us knew people on the panel and this made it a little easier for us. The interview questions were very hard but once we started speaking and got over our nerves then it got a little easier.

We were all over the moon when we got the job and so were our friends, family, supporters and carers. We felt brilliant and we couldn't wait to get started on our new jobs.

On our first day we were all excited on the way to the office to start our new jobs. With our first month's wage we are all going to save it, we may have a small treat but we will try and save most of our wages for Christmas or a holiday.

The Fun Filled  
Bit in the Middle



# Birthday Party Pix





## TOP 5's: FOOD

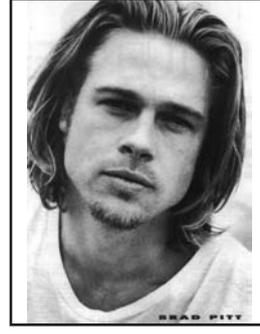
Stephen's Favourite Foods

1. Lamb Roast Dinner with all the trimmings
2. Full English Breakfast
3. Lamb Curry
4. Fish, Chips and Curry
5. Hot Buttery Toast with a nice cup of tea

Steve obviously cant have any of these foods as he's on strict diet but he can dream of them at night.

## Who is it?

Q. What have they got in common?



A. They were all born in 1965

## 3 facts Did you know?

1. Within the next few week's we may be a Company Limited by Guarantee.
2. We now employ 6 learning disabled adults.
3. Christmas will be here sooner than you think.

Q .....  
 Before they  
 invented drawing  
 boards what did  
 they go back to?  
 .....  
 Answer: ??????  
 A

## Pay attention at the back!



**You will find the answers in the newsletter!**

- What are the names of our four new workers?
- How many people came to our Birthday Party?
- Who came to our health workshop in week 2?

**Top 5's from Stephen, Guess the stars, Name the brand, Where is it? and more...**

## Where is it?

You can find this somewhere in Manchester—do you know where?



Answer: Science and Industry Museum



Q ..... Why is a carrot more orange than an orange?

Answer: ??????

A

**GUESS  
THE  
YEAR**



**That was the year that was...**

- \* The Beatles broke up.
- \* Brazil win the World Cup (again).
- \* Manchester City win the League Cup and Cup Winners Cup.
- \* Alan Shearer, Simon Pegg, Uma Thurman, Matt Damon are all born.
- \* Jimi Hendrix and Janis Joplin died.
- \* Edward Heath's shock victory in the elections.

*Name the Brand*



A: Apple Computers

A: 1970



# Notice Board

## News and dates for your diary

**Reunion Games**  
Ardwick Sports Centre  
Thursday 6 September  
11am - 2pm

**MPF AGM**  
GMCVO  
Thursday 18 October  
12noon- 2pm

**MPF Christmas Party**  
Thursday 13 December  
Venue and times to be confirmed

## Committee Meetings

Monday  
3 September  
1 October  
5 November  
3 December  
11am to 1pm



**26 September:** Cinema  
**31 October:** Whitworth Art Gallery  
**28 November:** To be confirmed  
**19 December:** Christmas Meal

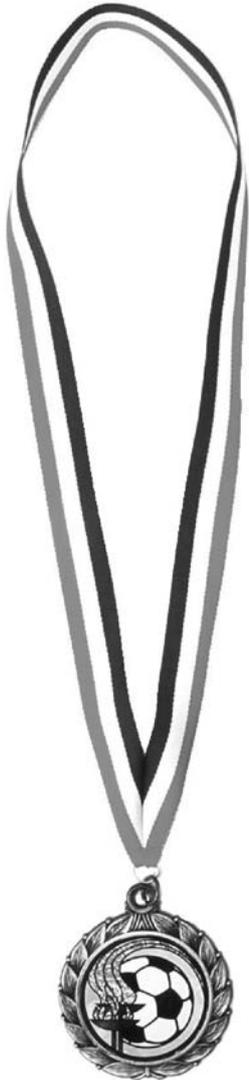


**Next Meetings:**  
Tuesday  
11 September  
13 November





# Reunion Games '07



Thursday 6 September  
11 am to 2 pm  
Ardwick Sports Centre  
Stockport Road  
Ardwick  
M12 4NE



This is the chance for people who were volunteers at the Manchester Commonwealth Games to meet up and have a fun day. For more info and to book places ring: 0161 205-0800





# Annual General Meeting



**Thursday 18th October 2007**  
**12 noon – 2pm**  
**Lunch from 12 noon**  
**Business From 1pm**

**This is an extra special meeting as we will be voting  
on becoming a company limited by gurantee  
(see resolution inserts for more information)**

**GMCVO, St Thomas Centre  
Ardwick Green North  
Manchester  
M12 6FZ**

**We hope to see you ALL there**

