

SPEAK UP

News from Manchester People First Issue 80 Spring 2020

Manchester People First

LET'S END ~~HATE CRIME.~~

LOOK INSIDE! → Hate Crime Day

80TH

Issue of our newsletter

Blackpool conference

North West Regional Forum 2020

Report from our delegates *See page 8 to 11*



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

- Barry Edwards
- Richard Hughes
- Joanne Smith

Staff

- Andy Needle
- Stephen Hughes
- David Dunnico
- Derek Owen
- Lea Heim
- Stephen Blake
- Louise Crowley
- Joanne Hickenbotham
- Christopher Kenny

Opening Times

Monday to Friday
9:30 to 3:30pm
Drop-in: Wednesday and
Thursday 10 to 3pm



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



Welcome to the 80th issue of our newsletter

Thursday 26 March 2020

See back page

Greater Manchester Confirm and Challenge Meetings

Thursday 10:30am to 3pm

- 7 May 2020
- 9 July 2020
- 8 October 2020
- 21 January 2021
- 20 May 2021



The Partnership Board is looking at how to be more effective. It will start meeting again later in the year
www.partnershipboard.org



Fundraising Summer Fayre

We will holding a Summer Fayre to raise some money for MPF. The last one raised over £200.

Wednesday 10am to 3pm



£2.50 (bring your own lunch or have one with us for an extra £2.50)



Raves

Thursday 14 May
Thursday 23 July
Thursday 29 October

Tickets from www.skiddle.com/groups/underoneroof



www.youtube.com/user/firstmcr



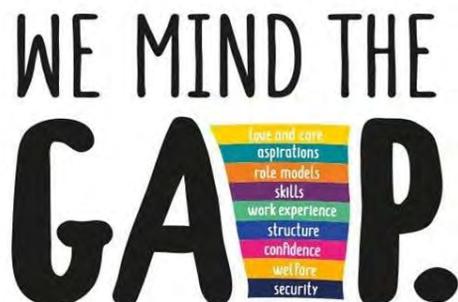
Follow us on Twitter @firstmcr



Please 'Like' MPF on FaceBook



Our web site: www.manpf.org



Hi, My name is Chloe Sinclair...

I am 22 years old and live in Blackley, but am originally from Moston. I have 2 sisters, 1 brother and 2 nephews. I like to hang out with friends and go for a coffee and I also like to spend time with my daughter and family. In my spare time I like going for long walks, listening to music and going to the cinema.

I've done a few different jobs, starting in a call centre when I was 17. After 2 years, I went into caring for the elderly in the community. I got a certificate in caring and did a 13-week course and got a Vocational Skills Level 1. Then, I started as a Student Nurse at MRI (Manchester Royal Infirmary), but I had to give it up after 3 months for personal reasons.

I went onto a traineeship with WE MIND THE GAP, so I could find myself and push myself out of my comfort zone. We Mind The Gap is for people who have not had the best of start to life, but want to get back into work, get some work experience, get a few references to help get a job they really want to do.

Up to now, I have done 2 placements. One was working in manufacturing company for 4 weeks, the other was working as an admin assistant for 3 weeks. Now, I'm here at Manchester People First. It will help me get experience for care work, which is what I like doing.

Volunteer



Hello, I'm Sean Wilson...

I am 51 years old and am volunteering on Wednesdays with Manchester People First. I first visited MPF with Ruth from Breakthrough UK. I liked it and wanted to help, so started coming with Tracey, who is a Support Worker from Breakthrough UK. From March I will be coming on my own by Ring and Ride. I have been helping to make lunch with Stephen and Andy, chopping veg, setting tables and washing up.

In my spare time I go out with my Nieces, Chantelle and Emily. We go to the cinema, restaurants and the airport. I support Manchester United and my Nieces can get cheaper tickets for games – And we get to sit in the Directors' Box!



Bad news Break-in...

■ **Break-in:** We are sorry to say our building was broken into while we were closed for Christmas. They ripped off the metal security shutters and broke the office door.

Who ever did it stole petty cash, cameras and laptops. Luckily no members or staff were in the building, so no one got hurt.

No information about members was on the computers which were stolen.

We told the police and have put an insurance claim to replace the things which were taken.

All-new info leaflet



■ We have a new 4-page A4 size information book that tells people about MPF. We had nearly run out of the old one, so instead of just reprinting it, we updated it.



Although we got broken into over Christmas, we have been reminded that there are plenty of good people around.



The Co-op chose us to be their charity for 2019 and in the last issue we told you about them paying for our new dishwasher.



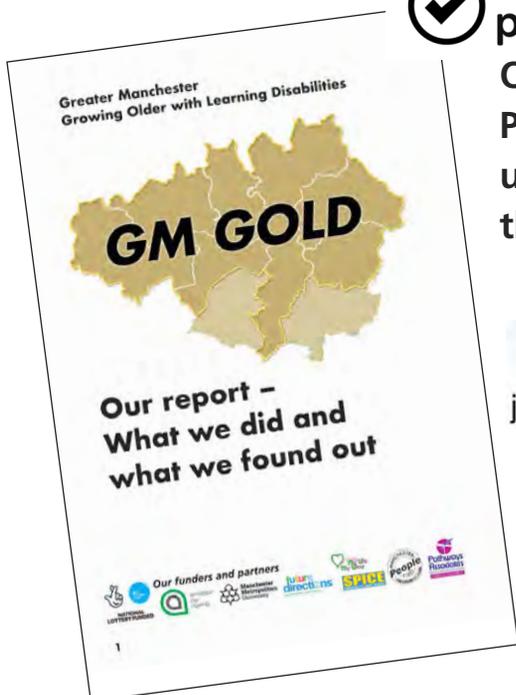
Students and staff at Manchester College in Wythenshawe raised £100 for us. Here is Richard keeping a tight hold on the money..



Parrswood School in Didsbury donated the raffle prizes for our Big Xmas Party.



made with photosymbols®



Our Just Info project uses pictures from PhotoSymbols to make information easier to understand. They have very kindly let us use their pictures for free again.



We have been doing a lot of work with GM just info GOLD (Greater Manchester Growing Older with Learning Disabilities). Just Info, our project that makes information easier to understand has done an easy read version of the project's final report and a PowerPoint presentation.



Health

Sessions 2020



Thursday

11am to 2pm

27 August

3 September

10 September

17 September

24 September

We will be having guests
tell us all about:

- Dental Health • Cancer
- Feet and Ears • Eyes
- Local Pharmacy Services

FREE LUNCH

But you must book and
tell us you are coming

Manchester People First
3 Broughton Street
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0161 839 3700

mcrpeoplefirst@gmail.com

LET'S END HATE CRIME.

On 6 February, we took part in Manchester City Council's yearly Hate Crime Week. Nearly 30 MPF members and friends from the Shaw Centre came to the event which lasted all day.

The morning session was run by Louise Tanner from Manchester City Council's Safe Guarding team who sponsored the event.

Louise explained the different types of Hate Crime and told us All Hate Crime is against the law. She got us to come up with lots of examples of different types of Hate Crime, such as stealing, vandalism, bullying, threatening, name calling, scaring and violence.

We looked at what the difference was between neglect and abuse.

Manchester People First is a Third-Party Reporting Centre, where people can report a crime if they feel worried about reporting it to the police.

Our Special Hate Crime Event

After a free buffet lunch, Sharon Jones read her poem 'Manchester: A City United'. Sharon works for the Manchester College as a Job Coach on the Free Internship Course. A lot of Sharon's poems are about football. She is from Liverpool, but loves Manchester too. We have put her poem on the next page.

Another Louise – one of the local Police Community Support Officers – spoke to us about the different ways we could report a Hate Crime and who we could tell if we were a victim or we knew someone who was.

We ended with a fun quiz about what we had done.





A poem by Sharon Jones

Manchester: A City United

We're Muslims we're Christians
We're Buddhists, we're Jews
We're atheists misfits Hindus too
We're rebels revolutionaries Rastas an' all
We march in the streets and we sit on the wall
We're artists and poets and punks on the prowl
We're casuals we're tribal we smile, and we scowl
We bleed and we hurt, and we know how to fight
But we know what is wrong and we know what is right
We're different we know that but then we're the same
We're red and we're blue and we all go the game
We're black and we're white but we're all more alike
We hurt and we love, we're clued up about life
We're queer and we're straight and we're she he and they
We're transgender not phobic we're proud to be gay
We're differently abled we're movers and shakers
We're Cheetham Hill champions and Manchester Quakers
Didsbury chic and mint Salford Quays
Rivers Canals and the buzz of the bees
A city united and a pie and a pint
Refugees welcome come in don't be shy
Pankhurst and Gaskell here they set off their sparks
And both of these women they made their Marx
Manchester rises this city this North
We all call it home, and this Scouser of course!



North West Regional Forum and National Self-Advocacy Convention 2020

Blackpool Conference Report

Manchester People First sent delegates to the conference – This is their report



Day 1

This year, 4 MPF members joined 250 other delegates at the North West Regional Self-Advocacy Conference. It was the first time Joanne Hickinbotham and Stephen Blake had been, but Paul Hughes and Nathan Cairns were there to show them everything, as they had been to the conference before.

After settling in our rooms, we did some filming for an MPF video and then had a go at the music quiz. It was Disney themed so thanks to Paul and Nathan we did pretty well, but not well enough to win.

Day 2

We started the day off with a Zumba session with Vicky that warmed us up a bit. Unfortunately the Mayor of Blackpool did not turn up, which made us a bit sad.

We heard from the 'Self-Advocacy Together' group about the social movement they want to create. Their aim is to centralise information about self-advocacy groups. There are many self-advocacy groups but no national movement, so they want to combine forces and speak up together.

They have developed an online map together with Sheffield University that shows all the self-advocacy groups in the UK. At the moment there are five organisations working together but others can join. This is their website for more information: <https://selfadvocacyuk.wordpress.com>

Workshops

After a coffee break we split up into groups. Paul and Nathan went to a workshop about homes that was about choosing where you live and getting the right support. Joanne and Stephen went to a workshop about work where people talked about how to get in to work. They also discussed the bad sides of work for people with a learning disability, like getting benefits cut. Good things were mentioned as well, such as Access to Work, getting tax credit, options of going to college and the impact of self-advocacy groups.

After lunch we split up again and Nathan and Paul did a health workshop about anxiety. They both liked it. They wrote down what causes anxiety and marked on a picture of a body where you can feel it.

Then they looked at ways to keep stress down and ended the session with a meditation where they all fell asleep!

In Stephen and Joanne's workshop, they did some table work first to see what problems people with learning disabilities have around housing. One major point was that the bidding takes too long, that there is no obvious support offered for bidding and you do not get the same information from people about how long it might take.

Another issue is that your benefits go down when you move in with your partner. It was also discussed that people should be able to choose who they share a house with. Often families make the decisions for people with learning disabilities, which can be a problem. Not having enough advocates came up as an issue, as well as advocates not having good knowledge about housing.

The group said that people with learning disabilities should be involved in making housing plans and strategies. We then learned about different housing options.



We are really sorry but we do not have any room in this issue for our 'Fun Filled Bit in the Middle' – even with the extra 4 pages we put in the newsletter.

Blackpool Conference Report

Dreams

In the afternoon, all MPF delegates went to a workshop called 'Dream Bucket' where everyone wrote down their own bucket list with things they want to do before they die.

Stephen wants to travel, go skiing and swim with sharks. Joanne wants to get married, have a downstairs flat, learn how to cook and go on a holiday. Nathan would like to go to the Harry Potter studios, take quad bike lessons and party it away. Paul wants to go travel, taste different foods, fly a plane, visit all the castles and live inside one and work for the National Trust. After we had written our lists, we decorated our dream buckets with magazine pictures.



After a long day we went to the gala dinner, which everyone enjoyed. Some of us stayed up quite late, dancing and having a good time.



Day 3

On Thursday we were all a bit tired in the morning but enjoyed listening to the Merseysingers. Before getting ready to meet the big bosses we took part in a workshop about advocacy. We did some table work and talked to people from Wigan People First. Everyone agreed how important self-advocacy groups are in people's lives and that it is very important to make sure that the funding for such groups does not get cut. We discussed the idea of all People First groups working together and said that we will start to look in to this.

Relaxation

We then went to an art and relaxation workshop where everyone got a small wooden tile to decorate. All the tiles were put together to one big picture in the end. Paul said that this workshop was really good.

"2020 Vision Moving Forward Together!"

Meeting the Big Bosses

After lunch it was time to meet the big bosses. Issues that came up were:

- Buying services (changing the way of buying services and taking social work out of the process; Care Quality Commission is getting in the way sometimes; give providers permission to do things differently)
- Self-advocacy groups (reality is that a lot of the money is gone; funding groups is a big issue)
- Co-production (not done in a genuine way)
- Learning Disability Plan (important to stick to the 10 point plan; making sure to invest in the right areas; everyone should know who the lead on this plan is in their area)

Comments from Delegates

- How come providers do not know about the conference?
- Creative solutions to give people what they need. Should not be to give them used furniture from charity shops

- Aging well programmes are important

Feedback

- The voting was not very well advertised this year. We did not see any videos of the candidates and did not know at what point the voting closed.
- When meeting the big bosses we could not see them well because most of them were sat down. They also did not answer the questions in a way that was understandable to us. We did like 'The Apprentice' afterwards.
- There was no Easy Read agenda again. A slimmed down version with less words and bigger writing would be nice to have next year.
- We enjoyed all the workshops and thought they were well organised. We had a good time at the conference and it was nice to see people again and to meet new people. We all would like to come again next year.

Thank you for your hard work!



Cookery

10-week courses, where you learn to cook cheap, healthy food in a small group

Fridays from 10am to 1pm

17 April to 19 June 2020 (10x Fridays)

26 June to 28 August (10x Fridays)

4 September to 6 November (10x Fridays)

13 November to 11 December

then 8 January to 5 February 2021

12 February to 16 April 2021



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

healthwatch Manchester



Thursdays from 10am to 12noon

13 February

Have you used a health or social care service recently?

5 March

2 April

Do you want to talk to someone about your experiences, good or bad, or get some advice?

14 May

4 June

A member of Healthwatch Manchester will meet you in private at our office for a 30 minute session.

2 July

6 August

3 September

You MUST book your 30 minute slot in advance – Just ring us, or tell Andy the week before.

1 October

5 November

2020



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



Manchester People First

GOT TALENT

MPF's Talent Show 2020



Thursday 26 March

11.00am

POSTPONED

live audience

FREE LUNCH



Because of Corona Virus we have had to cancel our talent show

We are sorry, but we will be holding it later in the year

3 Broughton St. Cheetham Hill M8 8RF 0161 839 3700