

SPEAK UP



News from Manchester People First Issue 70 2016



AGM

Your new committee



We held our Annual General Meeting at our office on 27 October. We read our Annual Report for 2015/2016 and members voted for our new Committee. Our new Committee members for the next year are from Left to Right: Tricia Phillips, Nathan Cairns (stood up), Ronnie Hailwood, Shirley Odell (stood up) Tracey Robinson and Paul Hughes. Also elected was Steven Hopkins who had to leave before the photograph.



Our 2016 Annual Report is inside this issue of our newsletter

Xmas Party: 8 December See back page



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 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

- Nathan Cairns
- Ronnie Hailwood
- Steven Hopkins
- Paul Hughes
- Shirley Odell
- Tricia Phillips
- Tracey Robinson

Staff

- Stephen Hughes
- Andy Needle
- David Dunnico
- Derek Owen
- Barry Hills
- Stephen Blake
- Louise Crowley
- Joanne Hickinbotham
- 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



MERRY CHRISTMAS

The office will close for Christmas on Tuesday 20 December and re-open in the New Year on Tuesday 3 January



Will be back our next issue in the New Year



Diversity Day

**Tuesday
15 November
10:30am to 3pm 2016**

find out about other cultures

try different foods from all over the world

**FREE
DROP IN
EVENT**



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

Charges at MPF

£5

As we told you in our last newsletter we have had to start charging people to come to Manchester People First – it is £5 per day, including lunch.

If you bring your own lunch the charge will be £2.50. Other snacks and drinks will still be for sale and we will still have free buffets for some special events.



Park Life

We are The Friends of Ladybarn Park – a friendly group of local people who live in Withington and Burnage. We love our local green space – Ladybarn Park, and help look after it and make it better for everyone in the community. We meet up, put on activities and would love to meet you!

Come along – you will get some fresh air, a warm welcome and a cup of tea. We meet every Tuesday from 10am to 12 noon and on the last Saturday of the month, also from 10am to 12 noon. Or if you can only spare half an hour you can join in on another day.

We provide all the tools and gloves you will need – especially tea, coffee, juice and cakes! We look forward to seeing you. We have a dedicated mobile number (for texting only):
0742 1734 656



**Next year MPF will be
25 years old
Come and join in**



[www.youtube.com/
user/firstmcr](http://www.youtube.com/user/firstmcr)



Please 'Like' MPF
on FaceBook



Stay in touch follow us
on Twitter @firstmcr



Our web site:
[www. manpf.org](http://www.manpf.org)



Manchester People First our 2016 Annual Report

This year to save money we are having our Annual Report as part of the newsletter. Here's your copy...

Welcome

- Every year groups like us have to write an annual report.
- This says what we have done. We show the annual report to our members at our Annual General Meeting, which we hold every October. We also send it to all our other members, people who support us, or give us funds, or make sure we work in the right way.
- This is our annual report for our 2016 Annual General Meeting, which was held on 27 October 2016 at our office.
- It tells you what we did from April 2015 to March 2016.

Management Committee



Our 2015 Annual General Meeting held on 22 October 2015 elected:

- Paul Brannick
 - Ronnie Hailwood
 - Paul Hughes
 - Shirley O'Dell
 - Tricia Phillips
 - Rose Purcell
- to be our Management Committee.

The committee meets every month and makes the big decisions about what MPF does and sees that the staff are working well.

A freelance consultant called Sarah Forster supports them to do this work.

We had a team building treasure hunt around the city centre to help the committee work together. During the year, Paul Brannick and Paul Hughes stepped down from the committee.

Funding

Information about the money we got and the money we spent are given at the back of this report.

We get less money than we used to. This means we have to be even more careful about what we spend and cannot do all the things we want to.

Staff

We employ 2 full time staff and 7 part time staff.

5 of the staff have a learning disability.

We use a company called Peninsula to help us with Human Resources.

They helped us write a new contract for our staff.

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A new law means we will have to offer all staff a work's pension.
We got an independent financial advisor to advise staff about this.

Staff Training

It is important that staff get the training they need to do their work.
We held a team building day, and put on cultural awareness sessions,
manual handling and office health and safety training.
Joanne completed an NVQ Level 2 in Business Administration and
Andy did an NVQ Level 3 in Management.

Training and Workshops

We have drop in sessions every week, where members can pop in
and take part in talks, games, or just meet others and have lunch.
We held lots of workshops to tell members about different issues that
affect them. Some of these were about voting, what Greater Manchester
Devolution means for health care, and a briefing about the Care Act.



In January, we took part in Hate Crime Week. We began the week by showing a video we had made with Jack Grindrod, who is a student. We also gave a talk to a local group at Gorton Community Centre, and a presentation to prisoners at Forrest Bank Prison in Salford.



We held a Keeping Safe Conference with guests from the police, council, Manchester University and the NHS. The Confirm and Challenge group met at our offices and looked at different issues that affect the lives of people with a leaning disability in the North West.



4 of our members, supported by a staff member, went to the North West Regional Self Advocates Conference in Blackpool. We put on 2 of our 12 week long cooking and healthy eating courses. We ran a 5 week fashion course and had a photo shoot with a professional photographer.



The Young Persons Forum met to talk about issues facing people.

We started our Chatty Tuesdays group where guest speakers including MPs and Councilors came and talked to us.

Emma from Central Manchester NHS Foundation Trust held weekly keep fit sessions and a special event for International Women's Day in March.

We had briefings about health and domestic violence, and ended with a Zumba class.

Social Events



Our annual MPF's Got Talent show was won by Martin, Damien and Tom from the Shaw Centre, who sang Queen's 'We Are The Champions'.

We ran a weekly Cinema Club with help from Zest.



We went on the Coronation Street Tour.

We held our first ever Christmas Fayre, which raised £300 towards our Christmas Party. Once again this was held at St. Kents in Fallowfield.

People We Have Worked With



We ran 4 disability awareness sessions at Greater Manchester Police's training college. This was for detectives and officers on a course about how to interview vulnerable witnesses.

The police pay us to do these sessions. We also went to an event about diversity at their Central Park HQ, We had lots of contact with the local police and PCSO's who gave talks and regularly popped in to our office to meet members.



Healthwatch asked a small group of members to look at a new part of the Accident and Emergency Department at Manchester Royal Infirmary hospital. The members were given a payment for taking part.

We gave a presentation to students at Manchester Law School on making information more accessible and one for the housing charity Shelter about homelessness and learning disabilities.

We took part in an information day at Melland School, which is a school in Gorton for students aged from 11 to 19 who have special needs.



Care and Repair came to our office to tell us about their service, which helps older people stay in their own homes.

We held an information sharing event about housing with Change. And young people from Challenge UK's National Citizen Service visited regularly.

Audit Assistants



Our 4 audit assistants and 2 audit assistant support workers, interviewed and wrote reports on 80 people who have a learning disability and live in a supported house. We have a contract with the City Council's Service Commissioners to do this.

The team gave a presentation to the Manchester Learning Disability Partnership Board about their work.

2 of the team also took part in interviewing for the job of Manchester City Council's Chair of Safeguarding.

Partnership Board



The Manchester Learning Disability Partnership Board carried on holding its meetings every 2 months at our office.

We produce their newsletter, which is called Together and is published 6 times a year, and we run their website: www.partnershipboard.org
We are paid to do this work for the Board, which brings money in to MPF.

Newsletter

We did 4 issues of our 'Speak Up' newsletter, which tells everyone what we have been doing. We get 600 copies of each issue printed and send them to our members, other disability organisations, funders and health care professionals. It is also available on-line.

We also keep in touch by using our web site at www.manpf.org having a FaceBook page and using Twitter @firstmcr.

SPEAK UP
News from Manchester People First Issue 65 2015

Keeping safe conference

Thursday 19 November
10am to 3pm

• Stalls • Workshop • Presentations
• Question and Answers Panel

Come to this event to find out how to be safe in your home and when you are out and about. Meet staff from different organisations, get tips how to look after yourself and tell them about what they can do to make you feel safer.

It's our AGM
Vote for your committee on 22 October - See Back Page!

The Voice of the Learning Disabled

SPEAK UP
News from Manchester People First Issue 66 2015

Your new committee

Lots of members came to our Annual General Meeting on 22 October, which was held at our office in Cheetham Hill. We presented our Annual Report to the members and have sent a copy out with this newsletter. We voted to change MPP's rules, so now the whole committee is elected every year. This was to give more people a chance to stand.

After a free hot lunch, members voted for their new committee and elected Paul Hughes, Shirley O'Dell, Paul Bramnick, Tricia Phillips, Ronnie Hailwood and Rose Purzell. The committee will meet at least once a month over the next year - We wish them well as they run Manchester People First.

• Xmas opening times • Xmas Fayre
• Xmas Party 10 December £5

The Voice of the Learning Disabled

Manchester People First

Greater Manchester POLICE MANCHESTER CITY COUNCIL

TELL SOME BODY 999 101

STOP HATE CRIME

Disability Lifestyle Secretary Race Religion

REPORT IT

LET'S END HATE CRIME

SPEAK UP
News from Manchester People First Issue 68 2016

International Women's Day

On 11 March we joined in International Women's Day and held an event for our women members along with Central Manchester Foundation Trust, Manchester City Council, Greater Manchester Sport, Street Shakers and Macmillan.

We had a mix of fun and serious activities, with a talk about domestic violence, a session on breast cancer including how to check for lumps. Fun and fitness mixed with a Zumba session and a quiz about health and wellbeing. We made posters about what made a strong woman. Everyone who came got a certificate and a goody bag - we enjoyed ourselves so much we are already planning holding an event for next year's International Women's Day.

There's lots going on See pages 4 and 5 and 11 and 12

The Voice of the Learning Disabled

SPEAK UP
News from Manchester People First Issue 67 2016

Hate Crime Week

• Workshops • Talks • Stalls • New video

We had a busy hate crime awareness week from the 8 to 12 February. Over 35 members turned up to the event we held at our office where Police officers Colin and PCSO Jack talked about what a hate crime is and how to report it.

After lunch we looked at different incidents and decided what we could have done about them. The day ended with us showing our new video called "Voices" about our member's experience of hate crime, made it was made by Jack Grindrod who is a student film maker.

The day before, our Service audit team gave a talk to a community group in Gorton about disability hate crime. Another day they were at Manchester Royal Infirmary running a stall to tell staff and patients about the problem.

Hate crime is always a big concern for us, so hate crime week is becoming one of our major themes.

Watch our Hate Crime Voices video on YouTube <https://www.youtube.com/watch?v=bZUG7WeBpl>

The Voice of the Learning Disabled



Thank you to everyone who has helped us over the last year. We hope we can carry on getting your support next year when Manchester People First is 25 years old.



Member survey

Manchester People First is your organisation – we have told you in our annual report what we did last year – now you tell us what you want us to do next year – our 25th anniversary year!

Have you been to any MPF events in the last year? Yes ✓ No ✗

If 'No', do you know how to get to our office? Yes ✓ No ✗

Would you be interested in learning a new skill? Yes ✓ No ✗

If you said 'Yes', what new skill would it be? _____

Would you be interested in a one-off workshop event to learn about an issue that affects you? Yes ✓ No ✗

If you said 'Yes', what would it be about? _____

What is the main thing you like doing at MPF? (Only tick 1 box ✓)

Meeting old friends Making new friends

Learning about different things Relaxing

Telling people in charge what you think

**Give us your ideas about the sort of things you want us to do.
MPF 3 Broughton Street, Cheetham Hill, M8 8RF 0161 839 8700**

Manchester People First's **Big Xmas Party**

Thursday 8 December 2016

12:00am to 3pm

St. Kent's Irish Club

36 Wilbraham Rd

Fallowfield M14 7DW

£5



First come, first served
Numbers are limited
Tell us if you are coming
0161 839-3700
mcrpeoplefirst@gmail.com

• **Buffet** • **Raffle** • **Disco** •

Bring money for drinks at the bar