

SPEAK UP



News from Manchester People First Issue 52 Summer 2012

Radio Stars

Full story on page 11



(allfm)96.9

...the real voice of Manchester

**You're invited to our
20th birthday party**

See back page

20 Years
1992 to 2012

Manchester
People First



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

Contact us

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M8 8RF

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Website: www.manpf.org



Manchester People First is a company limited by guarantee, registered in England and Wales, number 6339300. We are a registered charity, number 1124426.

Our directors

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Edward Kane
Shirley Ryder



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Kath Carey
Derek Owen
Barry Hills
Jodie Deegan
Stephen Blake
Louise Crowley
Rosie Cairns
Christopher Kenny
Nora Gardner
April Walkin
Delroy Sterling
John Bee



Opening Times

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

Notice Board



Wednesday

- 30 May: 10 Pin Bowling**
- 27 June: Media City Tour**
- 25 July: Golf**
- 29 August: Picnic in the Park**



Our Women's Group meets on the last Wednesday of every month. Details from Julie at OPAL: 0161 819-5262

Manchester Learning Disability Partnership Board

together

Safeguarding

Minutes of the March Meeting

Manchester Learning Disability Partnership Board Issue 47 • Free • Every two months March and April 2012

www.partnershipboard.org

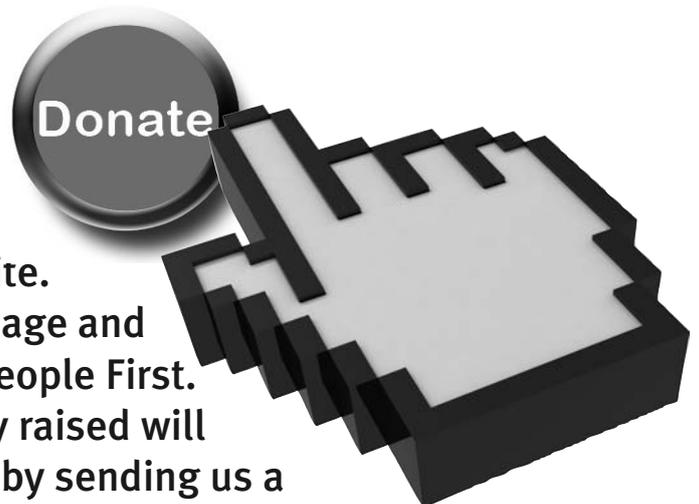
Manchester Learning Disability Partnership Board

www.partnershipboard.org

Become a FaceBook fan of Manchester People First

Can you help us?

We have added a new feature to our website. Click on the 'Donate' button on our homepage and you can make a donation to Manchester People First. We are a registered charity and any money raised will go towards our work. You can also donate by sending us a cheque made payable to 'Manchester People First'.





Fashion event

In March we held a fashion show at our Cheetham Hill office. It was the final session of a four-week series of workshops with Jacquie Pownell from Unique Cheshire Style.

In the first workshop we had a fashion quiz to see if we could choose which clothes were expensive and which were cheap. I won and got an Easter egg for my efforts, Gwen came second and won a nice scarf.

The second workshop saw us making posters of our ideal outfits. Next time we went and got our outfits and plain white t-shirts and then spent the fourth workshop customising them to make them our own.

On the day of our fashion event, I felt chilled and relaxed and enjoyed showing off my outfits.

We did our first catwalk with our designer-customized t-shirts and Jacquie introducing us.

We also chose our own music to walk down the catwalk to – mine was “Man I Feel like a Women” by Shania Twain. After this we had a break and enjoyed Brian’s home made buns and biscuits. We got changed into our own clothes and Jacquie explained our outfits’ colours and schemes as we walked down the catwalk. We all got a lot out of the fashion show and workshops – and helped us boost our self-confidence.

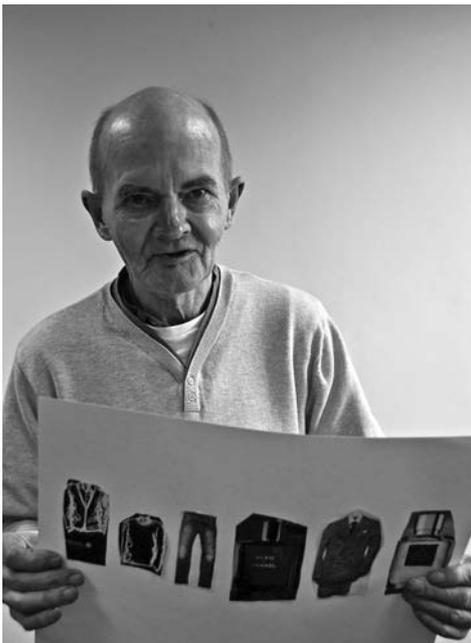
– **Paul Brannick**

Manchester People First would like to thank Jacquie from Unique Cheshire Style for working with us to help us develop our fashion event and Reza Kio Photography for coming and taking lots of great pictures at our fashion event.

News



is a big success



Websites: www.uniquecheshirestyle.co.uk www.rezakio.com



David's Top 5 TV

1. Breaking Bad
2. Horizon
3. Come Dine With Me
4. Desperate Housewives
5. Anything on BBC4

Music Quiz

Who sings:

- 1 Everybody in Love
- 2 Fight For This Love
3. Bear Necessities

- 1 JLS
- 2 Cheryl Cole
3. Baloo (Jungle Book)

Name the logo



HEBREW



CHINESE



KOREAN



THAI



RUSSIAN

Here's a famous beer as it looks in different languages. Can you name the beer?

Carlsberg

Movie Quiz

Who played:

- 1 007 in Goldfinger
- 2 Mr Bean
3. Mrs Thatcher in the Iron Lady

- 1 Sean Connery
- 2 Rowan Atkinson
3. Meryl Streep

The next issue of 'Speak Up' will be out in summer and will be a special birthday picture issue, where we look back on 20 years of Manchester People First.



I ♥ I
MCR^{UK} NY[®]

You will have seen the 'I Love Manchester' logo around the city – but did you know the original was designed for New York City by a graphic designer called Milton Glazier in 1977

I ♥
MPF

Name the logo

Here's a famous soft drink logo in different languages. Can you name the drink?

HEBREW

CHINESE

KOREAN

THAI

Coca-Cola Koka-Kola

RUSSIAN



Stephen in the 10k Manchester Run

On Sunday 20 May, I did the Manchester 10k run. It was a good day as 40,000 of us ran out to the Manchester United's ground and round Salford Quays and back to Deansgate in the city centre. Lots of people cheered and shouted us on and although I was not faster than Hussain Bolt, I did my best. If you want to sponsor me for the run, you can donate money via MPF.

Thanks, Steve Hughes



Hello to April



Hello I'm April Walkin and I work as a support worker in Manchester. This is my first time working in a social club setting and I'm very excited. My first day was really great. I love it and I'm glad I'm part of Manchester People First now.

I love watching movies! My family and me have a Cineworld card where we can watch films as much as we want. I'm married and have a teenage son. We love going out for a drive and having a laugh. I look forward to meeting all the members – see you all soon.

Lounge@3

www.loungeat3.wordpress.com



www.clubat3.wordpress.com

Zip wire



On the 31 March Andy, Nora, Rachel, Phil and Steve went to the Peak District for a sponsored zip wire and orienteering event, organised by Adventures Are Us. It was very cold and rainy so we got wet feet. We had a good day and raised £350. Thanks to everyone who supported us. We will use some of this to buy raffle prizes for our birthday party.



Report from the Service Audit Team

As well as our visits to inspect services for adults with learning disabilities, the Service Audit Assistants have been busy giving training and looking at access for people with a disability.

Police Training



The service Audit Team have been doing monthly training sessions with Greater Manchester Police about interviewing learning-disabled adults, on their 'Vulnerable and Intimidating Video Interview Course'. This is going very well and we have training sessions booked with GMP, bringing us up to 2013.

Swimming Pool Audit



The Service Auditors have also done some work with Manchester Learning Disability Partnership (MLDP) Physiotherapy Team. This was a joint piece of work, looking at the accessibility of different swimming pools across the city.

The started with the Auditors phoning the various swimming pools to ask questions about things such as; the wheel chair access to the building, changing areas, hoisting facilities etc. This was then followed by an actual visit to use each swimming pool. The Physio team will write a report, about accessibility, equipment, changing facilities and if staff were helpful.

All in all the Service Audit Team have been very busy. We hope that in the very near future we can provide more training to various agencies and may even expand on the service audit work we do.



The People First Radio Show

(allfm)96.9

...the real voice of Manchester

In April, members of Manchester People First and students from the Manchester College in Openshaw, joined together to start a series of workshops on how to do our own radio show. We are working on the show in partnership with Jason from ALL FM, which is a local community radio station broadcasting to South, Central and East Manchester.

So far we have spoken about our interests, what we do outside and the music we enjoy listening to. Jason told us how our show will work.

We have all been working really hard to develop the show so it is interesting and useful to our listeners – everyone has helped with the show and we have worked in smaller teams to develop our own little parts such as drama and interviews with guests. Our main theme will be about employment and having a job. We also recorded our voices so we know how we will sound on the radio.

We hope that you will either listen live on Mondays from 2 to 3pm or listen again on the web at our website www.manpf.org

**Remember if you have any requests
or you want a shout out to your
group, just ring us on:
0161 839 3700
or send us an email at:
mcrpeoplefirst@googlemail.com**

**Find out more about All FM at:
<http://allfm.org>**





Manchester People First

20TH Birthday Party

1992 to 2012

**Thursday 21 June
12 to 3pm**

Band on the Wall
Northern Quarter
25 Swan Street
Manchester
M4 5JZ

Disco
Bar
Raffle
Free Lunch
The **co-operative**
banking group



**BAND ON
THE WALL**

