

SPEAK UP



News from Manchester People First Issue 56 Summer 2013

Arts course



Christine Joyce writes...

We have just finished a new arts course lead by Martin from Venture Arts. We have been drawing and colouring in different ways such as ink, felt tips and computers. We have even done some animation with Lego and a foam monster, which you can see on Manchester People First's YouTube channel (www.youtube.com/user/firstmcr) Cyril said he, "Liked drawing and taking photographs" and Joseph thought, "Making pictures was good and Martin was very good". In the near future we are hoping to get our work displayed on kites at a show in Heaton Park.

What's inside this issue: South office moves, Changes to welfare, Our evening groups



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 peoples rights.

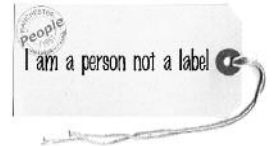
Contact us

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Manchester
M8 8RF

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Like us on Facebook
Follow us on Twitter: @firstmcr

Our directors

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Derek Owen
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Kath Carey
Stephen Blake
Louise Crowley
Joanne Hickinbotham
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



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



We have our own YouTube channel:
www.youtube.com/user/firstmcr



Stay in touch
follow us on
Twitter @firstmcr



Please 'Like' Manchester
People First on FaceBook



Can you help?

Click on the 'Donate' button on our web site's 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'.



www.partnershipboard.org
Next meeting: 19 July

Learn about healthy eating,
cook healthy meals together,
then eat what we have made!

Every Friday £2
10:30am to 1pm

To book a place or find out
more contact Stephen
Phone: 0161 839 3700



Changes to our evening groups



Lounge@3

We have to make savings, so we are sorry to say that Lounge at 3, our group for older people which runs on Monday evenings, will be closing on 20 May. The Wednesday disco will end in June. But Club 3, our Tuesday evening group for under 25s, will carry on until December. Call Nora on 07880 880 485 to find out more or to come and see us.

Goodbye to Opal

For the past 5 years we have shared our Cheetham Hill office with OPAL – Older and Positive About Life – a group for adults with a learning disability who are over 55. will be moving out and on to a new venue. We are sorry to see them go, and wish all their members and staff including Julie, Tina and Duncan all the best for the future.

OPAL

Older and Positive About Life



South office moves

After over 3 years, the South office has moved from South Court in Sharston to Baguley Methodist Church on Bowland Road.

The new office will help us save money so we can carry on.

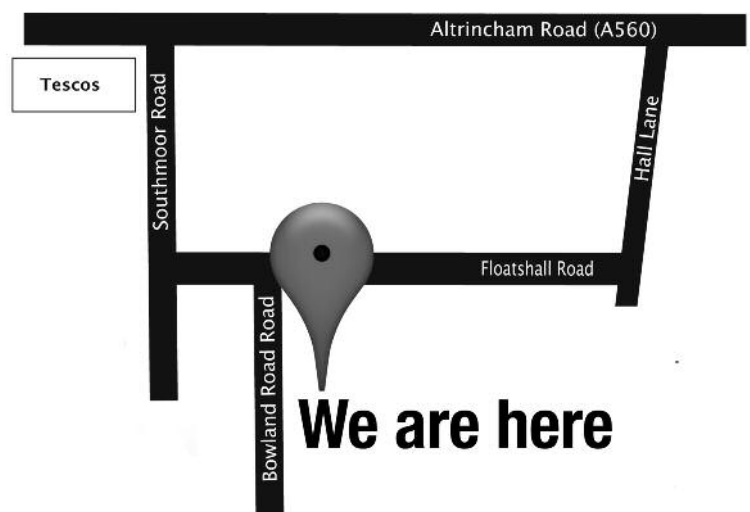
We have a big room we are using for meetings and our art group, which meets on Fridays from 10 to 12 noon. There is also an office for Barry and Jodie to work in.

Lots of other community groups use the church building for exercise classes, and knitting groups, as well as church services and events.

We will be having a open day soon and the Mayor of Manchester, and Paul Goggins our local MP have been invited. If you want to pop in and see us and have a brew, give Barry a ring or send an email.



**Our new South office address:
South Manchester People First
Baguley Methodist Church
Bowland Road
Wythenshawe, M23 1LE
Telephone; 0161 998 0517
southmpf@googlemail.com**





Joe Massey's Top 5 TV

- 1 WWE
- 2 Football on TV
- 3 The Bill
- 4 Judge Judy
- 5 Mr. Bean

Top 5 MCFC Players

- 1 Joe Hart
- 2 Vincent Kompany
- 3 Micah Richards
- 4 Joleon Lescott
- 5 David Silva

Jodies Top 5 Animals

- 1 Dolphins
- 2 Cats
- 3 Monkeys
- 4 Cheetahs
- 5 Dogs

Name the Animal



Kangaroo

Name the Brand



Adidas

Animal Word Search

W U E R Y E K N O M
O R A B B I T W N J
R E H Y E K N O D S
C F A A Q Z T A R T
B F T G T N D A E A
Y A E V M N V S G K
C R E X A T R H D R
N I H P L O D E A E
T G C I H W O E B E
C O W G E L G P I M

1. Cat
2. Dog
3. Dolphin
4. Monkey
5. Cheetah
6. Horse
7. Rabbit
8. Panda
9. Meerkat
10. Giraffe
11. Pig
12. Cow
13. Donkey
14. Sheep
15. Owl
16. Badger
17. Crow

Joanne's Jokes

Doctor, Doctor I feel like a pack
of cards.

I'll deal with you later.



Our guest writer is Kate Ringlow

Welfare changes may

The help and money that the government give to people, like benefits, is called welfare. Because of the 'credit crunch' the government has less money. They want to make sure that they are using their money in the best way, so that they can help the most people.

This means they are changing the way they are giving some people the help or money. Some changes have already happened.

Community care grants and crisis loans have stopped Manchester now has a Welfare provision Scheme more information is available on:
www.manchester.gov.uk/benefits (Financial Hardship)

- Housing benefit has changed already
- Council tax benefit has changed already

Some changes will happen slowly:

- Disability Living Allowance [DLA] will change to Personal Independence Payments [PIP]. They need to look at everyone's claim.

The way they pay people will change. The new payment will be called Universal Credit. If you are receiving a number of different benefits paid at different times you may receive just one payment that includes all these different payments. This change is happening over the next few years.

When it is time for your claims to change the Department for Work and Pensions [DWP] will write to you and tell you.

If they send you any letters about your claim or benefits it is important that you read them.

It is very important that you contact them and send any information they ask for or your money may stop.

affect you

If you are unsure what to do ask for some help. You can get help from your local care workers:

www.manchester.gov.uk/benefits

www.onestopadvice.org.uk

Help about benefits and support:
www.gov.uk

For general information on benefits and changes try:
www.disabilityrightsuk.org



You can also calculate your own benefits with a 'benefit calculator'
www.turn2us.org.uk

HATE IS A CRIME

In April Paul Brannick and Stephen Hughes went to a Hate Crime event at Central Fire Station. It was an interesting day and brought together lots of different people.

Paul spoke up for learning disabilities and the seriousness of Hate Crime and being bullied. We met lots of Police officers and talked about crime and how it affects learning disabled people. We will be keeping in touch with them and helping them understand about learning disabilities and Hate Crime and how we can work together to stop it.

Hello to Joseph



My name is Joseph Massey and I am 16 years old. I live in Derbyshire with my Mum and Step-Dad; they are called Janet and Lawrence.

I go to Lancasterian School in Didsbury. I sometimes stay at the Independent Development Service (IDS) where I do fun things with my

friends and learn how to look after money and wash clothes etc. I use a talker or 'AAC' device to help me communicate.

I enjoy wheelchair dancing with school, I have won lots of trophies, which I am proud of. I was the National Powerchair Freestyle Champion of 2011.

I am doing my 2-week work experience at Manchester People First, which will help towards my accreditation. I am really enjoying meeting new people, and learning what is possible for my future.

I went to the Paralympic games last year, I saw David Weir win his medals, it was a fantastic experience. I liked going on the London Underground.

I love football and support Manchester City. I like watching WWE wrestling on TV and going to the cinema, with my Personal Assistant, Matt.

Beyond Winterbourne



We went to an event in March at Manchester Town Hall called 'Beyond Winterbourne'.

There were 5 speakers from different organisations. Some gave PowerPoint presentations with too many slides so it was confusing and not easy to understand.

One speaker said organisations should employ people who have experience of working with disabled people, and staff that have strong values and know the job. It was also discussed how society should support disabled people in a positive way.

100% FREE

Your chance to have Your say.

NHS

The Big Health Check Up

Manchester Learning Disability Partnership

FREE HEALTH CHECK

Tuesday
JUNE 4th
2013
10am-4pm

LISTEN TO and MEET

Do you have a learning disability?

Are you a parent/carer who supports someone with a learning disability?

Do you work with someone with a learning disability?



Paralympian
Dame Sarah Storey DBE

There will be:

- Interactive Displays ➤ MENCAP
- Advice and Support from Talbot House
- Health professionals – includes GPs, hospitals nurse, district nurse e.t.c
- Active sessions throughout the day
Wheelchair dancing Belly dancing
- Opportunities for FREE health check.
- Presentation will be held throughout the day

Interactive Activities



Where?

The East Stand,
Etihad Stadium,
Etihad Campus,
Manchester M11 3FF
Entrance F



Wythenshawe Wheelers
All Abilities cycling group

www.mldp.org.uk



For more information contact Maxine Rigby on 0161- 226 8131



Prostate cancer awareness

Sharon Ferguson will talk to us about the most common sort of cancer that affects men.
Come and get information that could save your life.

Thursday 6 June 2013
1:30 to 2:30pm

Manchester People First
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