

SPEAK UP

Issue #29
Spring 2006

Newsletter from Manchester People First

Stop the Bullying



We held a successful series of workshops about bullying in March. Every Thursday the office was full. After the workshops, we had a big meeting of nearly 50 people at St John's Centre in Ardwick Green. The Police, Victim Support, PALS and other groups came to see how we could stop people with a learning disability getting bullied. We watched videos we had made of people talking about their experience of being bullied. We even had a spot on Channel M's news and will be in the Police's newspaper.



What's
inside?



Just Info
Grant and
Volunteer



Goodbye
Rebecca

**BULLYING
CONFERENCE**

Photos

The Voice of the Learning Disabled

Welcome to our second newsletter of 2006.



We have been looking at how to make all our information easier to understand. As well as our newsletter, we have been making videos and slide shows. We will tell you about them in future issues of the newsletter and on our web site.

We also have a new free booklet that tells you about Just Info – our accessible information service.

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.

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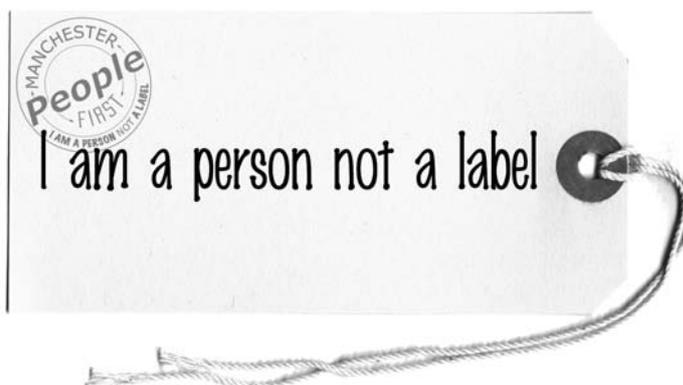
Committee 2006

Officers

Chair: Joseph Rooney
Vice Chair: Richard Hughes
Treasurer: John Cookney
Secretary: Edward Kane

Committee Members

Nadim Akram
Lousia Burton
Yasser Mahmood
Shirley Rhodes
Jackie Smith
Craig Street

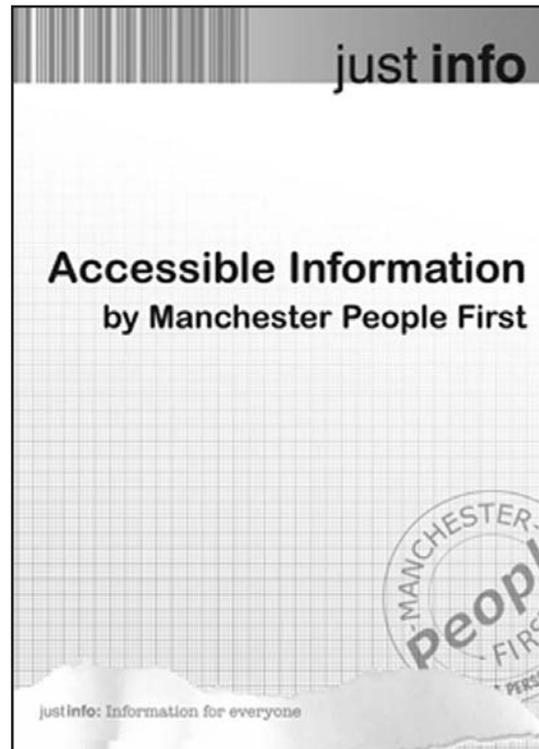




Just Info wins grant

Just Info our accessible information project has won a £5000 grant from Valuing People. The money will help us build up the project. We have bought a new computer and other equipment and written a booklet about what Just Info does. We have also made the People First Information Booklet even more accessible by doing a DVD version.

We are working on making an audio leaflet for Stepping Stones and making some information from Calderstones NHS Trust easier to read.



Our new booklet about Just Info is out now. We can send you a copy, or you can download it from our web site: www.manpf.org

Can you help us make Just Info better?

Do you want to learn how to make newsletters like this and make publications easier to understand? We need a member of Manchester People First to join our Just Info project. You will work one afternoon a week and will get training in desktop publishing and be paid expenses. If you want to find out more, get in touch with David at the office. You will need to be able to read and write and be free on Thursday afternoons. We would need you to agree to do this for about a year.



Black Group Meetings

The Black group will be holding regular meetings every Monday from 22 May at:

Longlight Library
519 Stockport Road
Longsight
M12 4NE
from 2-4pm

Women's Group

The group is running well. We have been out for a pub lunch. We have also had a Healthy Eating Workshop which we all enjoyed as we all got to make our own sandwiches at the end of the session.



We had a relaxation day on 17 May we held a relaxation day where a masseurs came to show us how to relax and the benefits of massage.

Bye to Rebecca



Rebecca Jordan our student finishes her placement in June. She says:

“The time has come for me to leave Manchester People First and I really can’t believe it as my time on placement has gone so fast. I have had a great time whilst I have been at Manchester People First and have loved meeting so many new and interesting people – people that have helped me lots and I really appreciate this.

“I want to thank everybody at Manchester People First for all the support they have given me and for providing me with all the opportunities they have. I have learnt so much from you all”.

We wish Rebecca well and thank her for all her hard work.



Photos from our Bullying Workshops and Conference



**BULLYING
CONFERENCE**



Who is it?

Q. Can you name the Doctors?

**A. Dr Strangelove
(Peter Sellers)
Dr Who (Tom Baker)
Dr Evil (Mike Myers)**

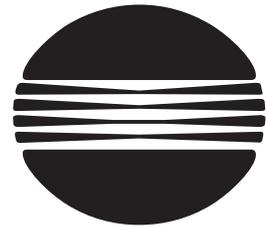


TOP 5's: Shops

Andy buys a lot of records:

1. Fopp
2. Vinyl Exchange
3. Piccadilly Records
4. Fat City Records
5. The Apple Store

Name the Brand



MINOLTA

Pay attention at the back!



You will find the answers in the newsletter!

What day does the Black Group meet at Longsight Library?

How much was Just Info's grant?

How many issues of the Partnership Board's newsletter has there been?

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



The Top Ten Biggest Countries in the whole wide world



1. Russia 6.59 million square miles
2. Canada 3.61 million square miles
3. China 3.60 million square miles
4. USA 3.54 million square miles
5. Brazil 3.27 million square miles
6. Australia 2.94 million square miles
7. India 1.15 million square miles
8. Argentina 1.06 million square miles
9. Kazakhstan 1.05 million square miles
10. Sudan 0.917 million square miles

TOP 5's:

Places to Visit

Rebecca's top five:

- 1 Australia
- 2 Thailand
- 3 Africa
- 4 China

Q
What does JCB stand for?

.....
Answer: Joseph Cyril Bamford
A

TOP 5's: Shops

Rebecca's top five:

1. Zara
2. Miss Selfridges
3. Office
4. TopShop
5. Boots

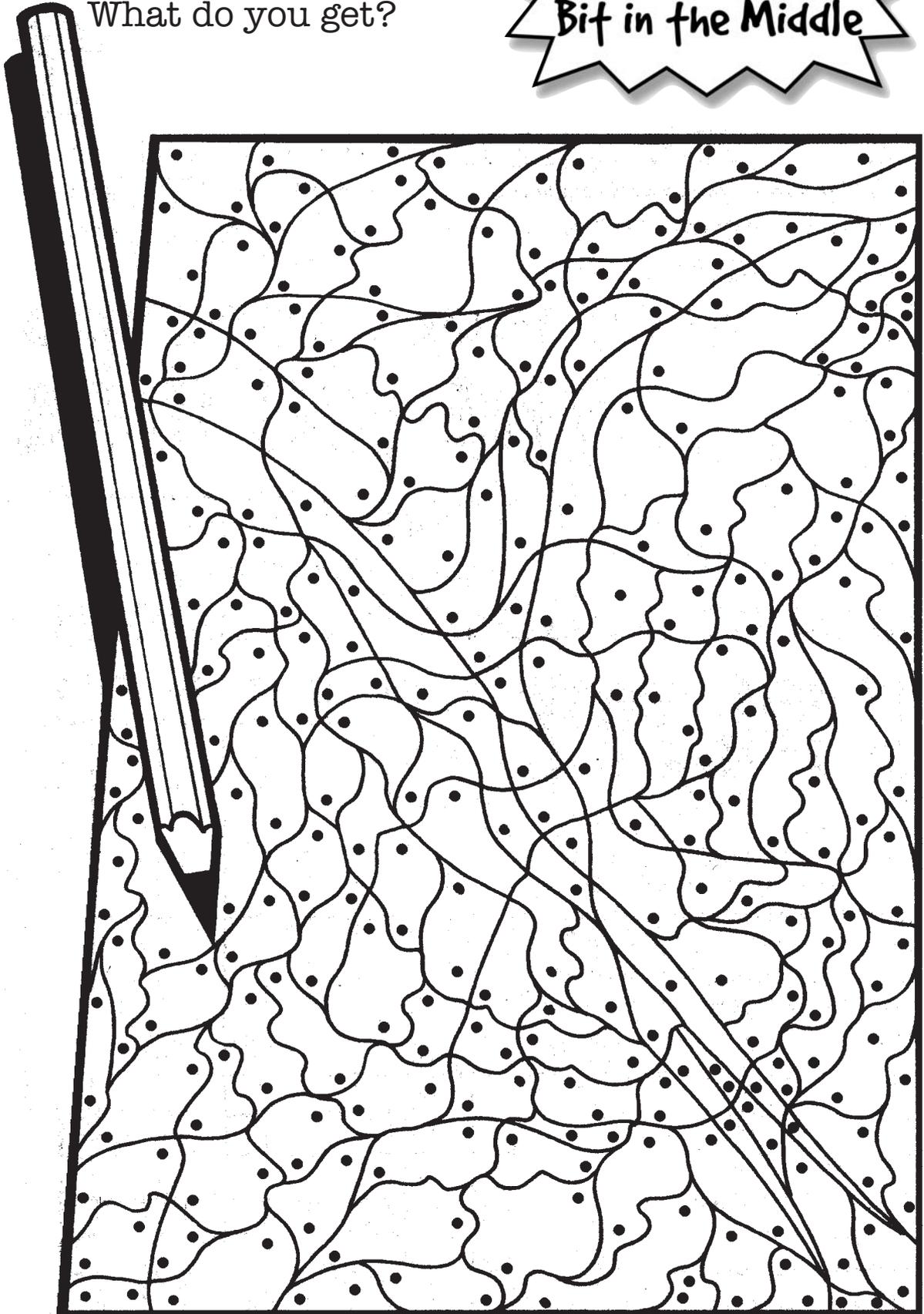
Where is it?

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



Answer: RBS Building on Deansgate

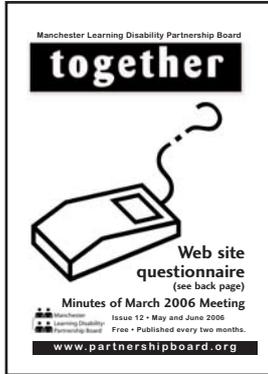
Shade in every shape
that has one dot in it.
What do you get?





Notice Board

News and dates for your diary



We have done the first update of the web site we run for the Learning Disability Partnership Board. This should make it easier to find what you want. We have had a lot of praise about the site, but we want to hear what you think. We also do 'Together', the Partnership Board's newsletter, it comes out every 2 months. **Issue 12 out now.**

 Visit the web site at:
www.partnershipboard.org



31 May: Warships
28 June: Pub Lunch
30 August: Train ride

Committee Meetings

5 June
3 July
7 August



Learning Disability Week
18–24 June

Asian Group

We are running a successful group at the Himmat Centre in Longsight and will be launching another group at Longsight Library in June. We are looking to find somewhere in Cheetham Hill for another group. If you want to know more and get involved, contact Hamaira at the office.

3 facts Did you know?

1. Salford Being Heard has become independent.
2. The Black Group meets at Longsight Library
3. We are looking for a member to join Just Info

 Visit our web site at:
www.manpf.org



Officers Reports

Edward on the Men's Group, Joseph on Landridge



Just to let you know about the Men's Group that we have here at Manchester People First.

In March, we went to the Trafford Centre to play pool.

We had a good time and the competition was heated! In April we went for a very good meal at the Rudyard pub. The activity that we are having in June is still to be announced – watch this space! In July we're going for a picnic in Heaton Park, which will be a nice day for all. We are going on a train journey to Chester in August, which will be a nice trip. In September the plan is to go on a visit to Manchester airport. The Men's Group meets on the last Wednesday of every month. Feel free to come along!

Landridge House Workshops



Manchester People First have just done a big 6 month project to help people self advocate at Landridge House, a day centre in Harpurhey.

The project was funded with a grant from the Community Chest and ran from September to February. Every Friday for 24 weeks, we ran a series of workshop. About 12 people came to each session. Some were about what self advocacy is. Others were about health, when we did sessions on healthy eating, making smoothies, exercise and relaxation. We also did some sessions about relationships and others with the Police about keeping safe and reducing crime. At the end of the project we had a party and everyone who took part got a certificate.

Some People First committee members such as me, Nadim and Louisa go to Landridge. I enjoyed it, it was a good way to learn new things. A lot of people said they would like to do some more.

Welcome to Paul

Paul Brannick was a member of Bradford People First. Now he has moved to Manchester and joined us.

Hi my name is Paul Brannick, I am 37 years old, I used to live in Manchester before I moved to Yorkshire. While in Yorkshire I joined Bradford People First, I really enjoyed my time there. I worked on the Citizen Project and we also did self advocacy. Whilst in Bradford I went to Bradford College where I was a volunteer support worker, I supported people with learning disabilities and also did other courses.

I have recently moved back to Manchester, round the corner from my sister in Moston. I have also joined Manchester People First and go every Thursday. I find coming to People First really interesting and I have made lots of new friends here and a great friend in Joseph. I also get on great with Andy, Rebecca and Stephen.



Since I joined, I have been to the Men's Group, Partnership Board, worked for Just Info checking accessible information, and done general office duties like answering the phone and photocopying. I have been to an open day to tell people about Manchester People First, I went to the Food Futures conference and met the TV gardener Monty Don and met loads of people at meetings in the office.

See you later (alligator). Paul

Want something in the next issue? Get in touch!



Events

Thursday 29 June

Health Consultation Day

Meet staff from Manchester Royal Infirmary
11am to 2pm with lunch

Thursday 6 July

Wills and Choices

Hugh Jones from Panone Solicitors
11am to 1pm with lunch

Thursday 13 July

Visit North Manchester General Hospital
(details to be confirmed)

We are also organising a trip to the Police
Communications Centre on 22 June
Contact us at the office to find out more

