

SPEAK UP

News from Manchester People First Issue 83 Spring 2021



To our members – There have been some big challenges moving a lot of our work online and we know it is not for everybody, but a big pat on the back for everyone who joined us and joined in with our Zoom sessions.

To our staff and supporters – All of us had to change the way we work and learn new things over the last 12 months. Thank you for making it work. Please give yourselves a big pat on the back!


**LOOK
INSIDE!**



ONLINE



- **Art Group**
- **Wellbeing**
- **Hate Crime**
- **Election**
- **Partnership Board**
- **+MORE**



The Voice of the Learning Disabled

SPEAK UP


Spirit of Manchester
Awards 2017 Winner



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
- Paul Hughes
- Richard Hughes
- Joanne Smith

Staff

- Andy Needle
- Stephen Hughes
- David Dunnico
- Derek Owen
- Stephen Blake
- Christopher Kenny

Opening Times

Our office is currently closed due to the Coronavirus

Staff are working from home
Please use our usual email and phone number



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

Elections

There are elections for local councillors and the Mayor of Greater Manchester on Thursday 6 May.

If you are registered to vote, we think it is important that you do. If you want to vote and need support, your staff must help. It is your human right.

It may be safer for you to vote by post. If you need a postal vote you must fill in an application form and send it back before 20 April.

Download an application for a postal vote from:
<https://www.manchester.gov.uk/info/500328/voting>

For help and advice ring Electoral Services Unit:
0161 234 1212

or email esu@manchester.gov.uk

Annual Report

You can download a copy from our website at:
www.manpf.org/newsletters-and-reports

Committee Meetings

We are meeting online on the first Wednesday of every month



Every
TUESDAY * WEDNESDAY * THURSDAY
10:30am to 12 noon

**SEE YOUR FRIENDS, PLAY BINGO,
GUEST SPEAKERS, GENTLE EXERCISE, QUIZZES
AND MUCH, MUCH MORE**

If you have a tablet, computer, or laptop send us an email:

mcrpeoplefirst@gmail.com

We will send you an email at 10am every morning
and you can join us online in 2 clicks

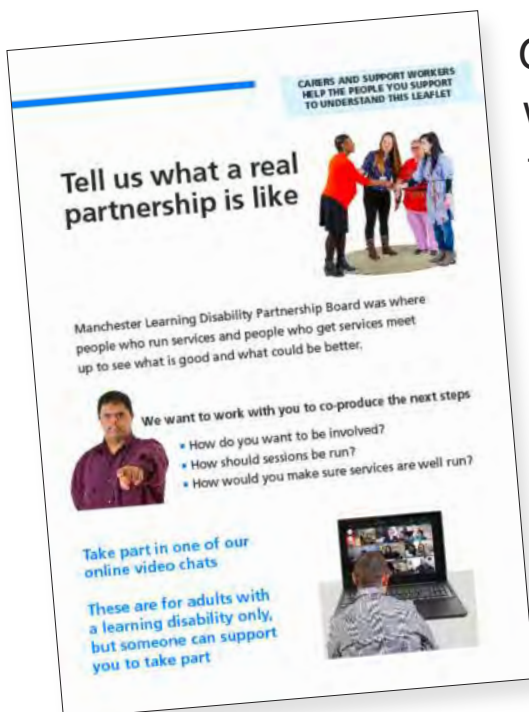




After we had to close the office because of the Coronavirus we got funding to buy tablet computers. We have loaned them to our regular members. We meet up online 3 days a week – Here are some of the things we have been doing



The Manchester Learning Disability Partnership Board is being re-launched



On Wednesday 27 and Friday 29 January, we held Zoom meetings for self-advocates to tell Catherine and Adele from Manchester City Council what we wanted from the new Partnership Board.

In total about 35 people took part in the sessions. People were from groups such as Manchester College, Himmat Support Centre, The Shaw Centre, Ordinary Lifestyles, and of course, Manchester People First.

Thanks to all who took part for your ideas about how the new board should work. We will keep you updated about this in our newsletters.



healthwatch

Healthwatch Monthly session

We hold a monthly Healthwatch session with Neil. We talk about any problems people may be having around their health. Contact us if you need support with any health problems.

DNR



We are looking at why some people with a learning disability are having Do Not Resuscitate notes put on their medical records when they go into hospital. This should not be happening. Please let us know if this has happened to you, or someone you know.

Healthwatch Survey

We have been through Healthwatch's survey about Covid-19 with a lot of our regular members. The survey asks how we are doing with health appointments during the lockdown. This is the 2nd time we have done this survey, if you want to take part please telephone Healthwatch Manchester direct and tell them you would like to do the survey: 0161 228 1344



On 3 March we did not have a guest, so instead we met up for a chat and to listen to some music – every one picked a song that made them **HAPPY**. Some people sang along, some had a dance and others sat and laughed at the other's singing and dancing – But we all had a good time. We will be doing it again with a different theme – If you want to join in send us your email address.



Have you taken part?

We had a Zoom Session with Helen from the Office of National Statistics who told us all about the Census.

Every 10 years the government collects information about everyone in the country by having a Census. This is when they ask questions about you, where you live and work.

Your answers help organisations decide how best to run services in your local area. Things like: council services, schools and hospitals and transport.

The Census took place on Sunday 21 March 2021. You have until the first week in May to fill it in. You can be fined if you do not fill it in.



Manchester People Fit



Our Thursday Zoom sessions are a game of 2 halves...



We start off with a pub quiz to exercise our brains – A special thank you to Paul H, Rosie C and Elliot who have all hosted quizzes over the past few months.

Once we have had our fill of quiz questions we do some gentle armchair exercises to stop us seizing up. Thank you to Marion who is a yoga teacher from the Street Shakers Project, who have run the sessions over the last year.



As usual – if you want to take part, send us your email address and we will send you an invite to the next session.

Manchester Art Gallery



Every Tuesday we have an Arts and Crafts session. On 9 March, Kate and Harriet from Manchester Art Gallery joined us on Zoom to run one of our sessions. Harriet spoke to us about still life paintings and showed us some of the pictures that are in the gallery, which is in the city centre.

Then we spoke about how we get creative and did a mind map about what we wanted from our photo or painting. Harriet then set us to work and gave us 20 minutes to come up with a picture to show the rest of the group.

We shared our creations and told everyone what we had done and why we had chosen the things we had photographed or painted. Harriet and Kate were really impressed with our efforts and really enjoyed our work.



Some members have sent us their work, which has been passed on to the Gallery – hopefully some of it will be shown online with Grayson Perry's Art Club later in the year.

Comming up...



Just For Me Wellbeing Sessions

In March and April we are having 5 FREE Zoom sessions – email us if you want to take part or find out more. We will cover:

- Foods and how it affects mood
- Music and feeling good
- Feelings and letting things out
- Being creative
- Being positive
- Better sleep
- and there will be lots and lots of other things to enjoy



We are looking at reopening the office in June – BUT this depends on the Coronavirus and the government's rules



*Stay tuned
for details...*



Not just online

Not all our members are online. We stay in touch with them by a weekly phone call to catch up and have a chat, see how their day is going and give them any help or advice they may need.

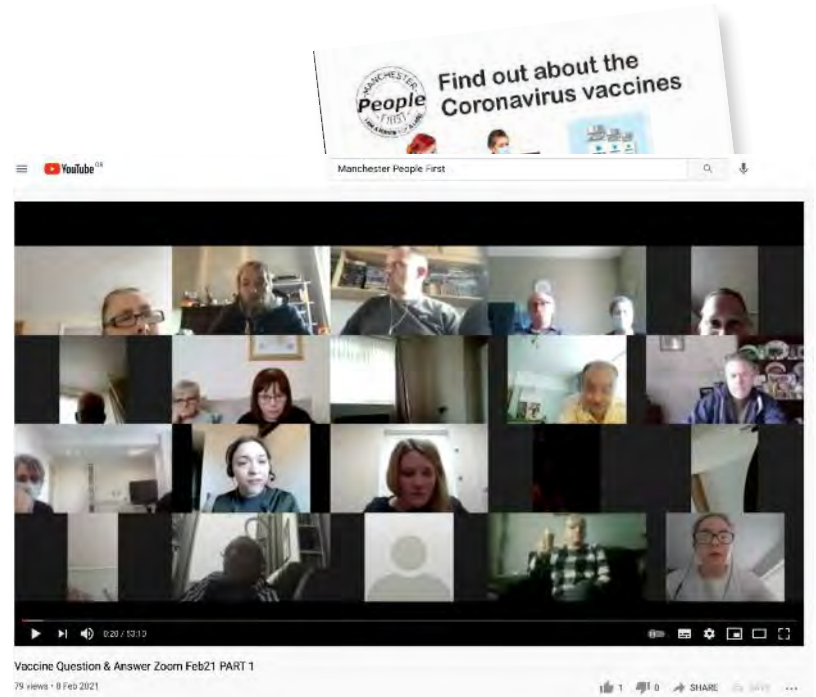
We have also done consultations and questionnaires about issues over the phone to make sure their opinions and ideas get heard.

At the start of February, we held a Vaccine Special on Zoom

Vaccine

Maeve Hanley is the lead Doctor for Learning Disabilities in Manchester and Nicola Sunderland is a Learning Disability Matron in North Manchester. They gave a presentation about the Covid-19 Vaccine.

They told us why it is very important for you, your carers or support workers and family members to have it



Between 25 and 30 people joined the Zoom session, including our friends from The Shaw Centre and Ordinary Lifestyles. Thank you to Maeve and Nicola for answering all our questions.

We recorded the session. If you would like to watch it back please go to YouTube and type in Manchester People First and you will see both of the films, the first film is Maeve and Nicola's presentation and the 2nd film is our question and answer session.



Have you had your first Coronavirus vaccination yet? It is free, it is safe

If you have not had a date for an appointment yet, contact your GP
If you need help or advice, ring us: 0161 839 3700





What to do after your vaccination

**The vaccine will help protect you from Coronavirus but you can still spread the virus to other people
Keep them safe by following the guidelines**



Stay at home as much as you can

Work from home if you can



If you go out keep 2 metres apart from other people



Do not mix with other people unless you have to

Wash your hands a lot



Cover your face on public transport or in shops unless you are exempt



If you or someone in your house has symptoms you must self-isolate





This year's North West Regional Self Advocates Conference had to be held online instead of in Blackpool because of the Coronavirus.

Tracy Robinson represented Manchester People First. Here is her report...

The Conference lasted from Monday 22 to Friday 26 February. I took part in the Women's Group on Monday day time and caught up with Danielle in the evening.

On Tuesday, we talked about the future of the Greater Manchester Learning Disability Plan. We had fun that evening with a karaoke.

Wednesday was 'pass it on line' I found this really interesting. Wednesday night was Party Night! On Thursday we had an exercise session, followed in the evening by Sign and Sing.

A lot of people had problems logging on at the start of the Conference, but we got used to it. I enjoyed representing Manchester People First at the Conference and look forward to next year when hopefully it will be back to being held live.

Meetings

We continue to represent our members and take part in meeting to make sure the voices of people with a learning disability are heard. Most meetings are held online.

We currently sit on

- **Our Manchester Disability Plan Board (OMDP)**
- **Lord Mayors Disability Advisory Group**
- **Breakthrough UK Covid Sounding Board**
- **Manchester Healthwatch Board**





Our friend and founder member Joseph Rooney sadly passed earlier in the year.

We could not go to the funeral, which was on 9 February due to the Covid rules, so we sent a wreath with messages from everyone.

We will have a celebration of Joe's life when we re-open the office.



JR RIP



HATE CRIME

Manchester held its annual Hate Crime Awareness Week at the start of February. Our friend Louise Tanner from Manchester City Council ran an online quiz for us which looked back at how MPF has campaigned against disability hate before it was even a crime.



Hate Crime



A hate crime is when a crime is committed against you because of who you are.



SPEAK UP
News from Manchester People First Issue 59 2014

HATE CRIME WEEK



Hate Crime against disabled people has been in the news again – and our members tell us it is very important that the police and the courts make this a priority. In January we joined in with Manchester's Hate Crime Week.

In this issue you can read a report about the workshop and conference we held with Greater Manchester Police, meet our Guest Writer who is a police officer, and find out about our upcoming tour of the police museum and role playing exercise in the courts – get in touch if you want to take part in the event which is on Monday 17 March 2014.

See pages 8, 9 and 10 for more details

Manchester People First
The Voice of the Learning Disabled

SPEAK UP
Newsletter from Manchester People First Issue #29 Spring 2006

Stop the Bullying



What's inside?
Just Info Grant and Volunteer

Goodbye Rebecca
BULLYING CONFERENCE
Photos

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.

Manchester People First
The Voice of the Learning Disabled

Manchester People First
Greater Manchester Police
MANCHESTER CITY COUNCIL

STOP HATE CRIME

TELL SOME BODY 999 101

Disability Lifestyle Sexuality Race Religion

LET'S END HATE CRIME

LET'S END HATE CRIME

SPEAK UP
News from Manchester People First Issue 67 2016

LET'S END HATE CRIME

Hate Crime Week
• Workshops • Talks • Stalls • New video



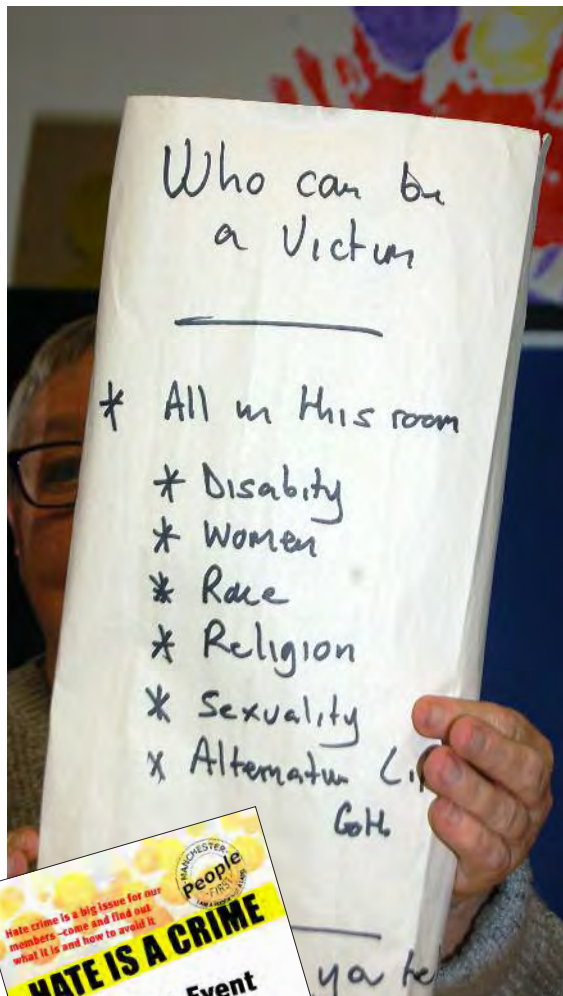
We had a busy hate crime awareness week from the 8 to 12 February. Over 35 members turned up to the event we held at our office where Police officer Colin and PCSO Jack talked about what a hate crime is and how to report it.

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. It was made by Jack, a friend 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 events.

Watch our Hate Crime Voices video on YouTube
<https://www.youtube.com/watch?v=b2BUC7Wd8gI>

Manchester People First
The Voice of the Learning Disabled



SPEAK UP
News from Manchester People First Issue 60 2014

Our new hate crime banner



Manchester People First
Don't be scared
speak out
say it loud
with a shout

HATE IS A CRIME

Rose and Patricia with the design that became our new hate crime banner (see the last issue for details). We will be taking the banner with us when we have stalls at events.

It's Speak Up's 60th Anniversary!

See page 9 for our guest writer
Jim Battle, the Deputy Crime Commissioner

Manchester People First
The Voice of the Learning Disabled

Manchester People First
Don't be scared
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LET'S STOP HATE CRIME

HATE IS A CRIME

Manchester People First
Greater Manchester Police
MANCHESTER CITY COUNCIL

Hate crime is a big issue for our members – come and find out what it is and how to avoid it

HATE IS A CRIME

Hate Crime Event
Thursday 11 February
11am to 3pm

Free Lunch • Guest speaker
Launch of our new video:
MPF members speak up about
their experience of hate crime

1 Broadgate St
Chesham Hill
M44 1JF
0161 275 9999
info@mpf-first.org.uk
mpfpeoplefirst@gmail.com

LET'S END HATE CRIME
Manchester People First
MANCHESTER CITY COUNCIL

LET'S END HATE CRIME.

GM AGAINST HATE
GREATER MANCHESTER STANDS TOGETHER



Just here to



We know things can be hard in lockdown if you are bored, or having problems and want to chat to someone – Phone us!

0161 839 3700

If we cannot help you we will know someone who can

