

Manchester People First

I am a person
Not a label



Our Annual Report 2022

**Self-advocacy for adults
with a learning disability**

Introduction

Welcome to Manchester People First's Report of the Year. This tells you what we have been doing from November 2021 to October 2022

Every year we have to do a report which we send to our members and our funders – the organisations that give us the money to run. By law, we have to also give a copy to the Charity Commission and Companies House, who make sure we follow the rules about how all charities and companies such as MPF should be run.

This is the written version of our report. We also do a video version.

This year is our 30th anniversary. We started in 1992 and have been speaking up for ourselves ever since. This is called self advocacy.

Self advocacy is about:

- Standing up for our rights
- Making choices
- Gaining confidence
- Taking responsibility
- Being independent
- Knowing our rights
- Being listened to

AGM and Committee

Every year we have an Annual General Meeting where our members vote for who they want to be on the committee that runs MPF. We are a member led organisation. This means our committee all have a learning disability.

Our last AGM was held on 11 November 2021.



Because of the Coronavirus pandemic and lockdowns we held it online with just a small group of members in the office. Because there were not many people there, we did not elect a new committee. The Charities Commission agreed the old committee could carry on for an extra year.

During the year, committee member Barry Edwards sadly passed away and Joanne Smith moved out of our area, so the committee was Nathan Cairns, Paul Hughes and Richard Hughes. Because of the Coronavirus we held our committee meetings online using Zoom video. It meets on the first Tuesday of each month from 1 to 3pm.



We will vote for a new committee at our next Annual General Meeting which will be held in early 2023. This is being held later than usual.

If you want to be on the committee come to the AGM and put your name forward. We will also be having a party to celebrate 30 years of Manchester People First.



Office Opening

During the Coronavirus pandemic we had to close the office. We are being careful about reopening as people are still getting Covid. At the moment the office is open to members on Thursday's from 9am to 3pm. Everyone has to show a negative lateral flow test as they come in.

We still have a few places free on Thursdays, so get in touch if you want to come in. It costs £2.50 plus another £2.50 if you want a lunch. When Thursdays are full, we will look at opening on other days if it is safe to do so.

Staff work in the office and at home. You can still contact us on the same phone number and email.



- 0161 839 3700
- mcrpeoplefirst@gmail.com



MPF Online

Even though the office is not fully open we still do the same mix of things online, such as arts and crafts, guest speakers, keep fit, chats and laughs. Our Zoom sessions are every Tuesday, Wednesday and Thursday from 10:30am to 12noon.



We have held over 400 sessions over the past 2 years. This year, highlights have been our event to mark International Women's Day and activities for learning disability week.



Get in touch if you want to join in. You will need an internet connection, an email address and a computer, smart phone or tablet.

We also have a website, a YouTube channel and are on Twitter and Facebook to keep in touch with members.

Our work

All through the year we have carried on working with other groups to make sure the voice of learning disabled people is heard and services take into account what we think. MPF helps us make informed choices about our own life, and gives us:

- A way of getting our voices heard
- A place to meet and make friends
- Information in a way we can understand

We do this by holding:

- Workshops and training sessions
- Meetings and events
- Drop-ins and social events
- We inspect services for people with disabilities

We work with others to help them understand what is important to people with a learning disability.

Some of the groups we go to are:



Greater Manchester Learning Disability Panel

We take part in the panel's meetings every 2 weeks. This is organised by Greater Manchester Coalition of Disabled People and advises Andy Burnham, the Greater Manchester Mayor.



Covid Sounding Board

We go to these meetings every month. They are run by Breakthrough UK and look at how Covid affects disabled people. They are also looking at the cost of living crisis.



Our Manchester Disability and Equality Inclusion Board

This meets 4 times a year and has subgroups every 2 months. It is run by Manchester City Council and looks at how their services can be better for disabled people.

Voluntary Community Sector Engagement

This meets between 4 and 6 times a year. It is for groups in Cheetham Hill where our office is. They tell each other what is going on in the area and can ask each other for support.

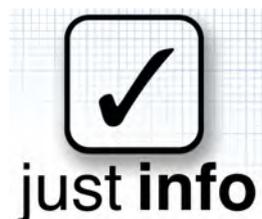
Healthwatch Board

Meets at least 6 times a year. Healthwatch look at health and social care services to see if they meet the needs of people who use them. We have been working with them to make sure people with a learning disability get their annual health checks. Healthwatch also join our members online every month to listen to what we have to say.



Just Info

We think it is important that we can understand information about things that affect us. Just Info is our accessible information project. Organisations pay us to make easy read versions of their reports and leaflets. This makes them easier for people with learning disabilities and other issues to understand, so they are able to make informed choices. It also brings extra money in to MPF.





This year we have done work such as Covid leaflets for Manchester City Council, an equality plan for Salford Council, surveys for the NHS and Day Services, notes of meetings of the LGBTI+ Sounding Board, GM Autism Consortium's plan, a constitution for health services in prisons in Humberside and Cumbria, and lots of other jobs.

PHOTO SYMBOLS



Thank you to Photosymbols who let us use their picture library for free. We use their pictures in nearly all our easy read work.

If you are given information that you cannot understand ask if there is an easy read version. If there is not, tell them to get in touch with us for help.



Newsletter

We send our free newsletter Speak Up, 3 times a year to nearly 600 members, supporters and organisations. It tells them what we have done and what is coming up.



Donations

We are very pleased to say we were given donations from a number of groups who think we do an important job. Thank you to Don Giovanni's Restaurant, Marion Rubins, Parrswood High School, STEP Programme Wythenshawe, Arnold Clark and two others who wanted to be anonymous.



Funding

Thank you to our main funders:

- Manchester City Council
- Manchester Wellbeing Fund





Thank you

We have worked with and been helped by lots of different people and groups. We would like to give special thanks to:



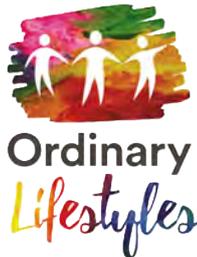
Andy Johnston



Manchester Local Care Organisation



Manchester Metropolitan University



Marion Rubins



the shaw centre

Street Shakers

Louise Tanner

Simon Tiller



Trinity Press



Thank you to all our staff who have done so much to keep delivering a service for learning disabled adults in Manchester. The staff would like to thank all of our members who make working for MPF so much fun (most of the time).



Our money

This is a short simple version of what we got and what we spent from April 2021 to March 2022. They have been checked by our accountants. Anyone can ask to see the full accounts.

MONEY IN (Income)

Grants £133,615
Easy read and Training £7533
Support £1369
Donations £3920
Interest £36

Total Income: £146,473

MONEY OUT (Expenditure)

Wages, Pension and Add Ons £83,053
Rent and Services £24,635
Meeting Costs £240
Print, Postage and Stationary £3924
Accounts and Bank Charges £2227
Insurance £2191
Light, Heat and Power £773
Rates and Water £823
Equipment £1776
Telephone £1656
Publications and Subs £1139
Travel £530
Depreciation £3

Total Expenditure: £122,970

Grand Total £23,503

Money in
£146,473



Money out
£122,970

Our accounts were checked by: Cadishead Accountancy Service Ltd,
Britannic House, 657 Liverpool Road, Irlam, Manchester, M44 5XD

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