

# SPEAK UP

News from Manchester People First Issue 62 2014

## Our new committee



Our committee for 2014/2015 are from left to right: Patricia Phillips, Paul Hughes, Joseph Rooney, Cyril Brodie, Nadim Akram, Stephen Burden, Shirley Ryder and Ronnie Hailwood. They will elect officers at their first meeting.

We held our Annual General Meeting at the end of October to elect a new committee to run MPF for the next year.

Over 30 members came to the meeting at our office in Cheetham Hill and after hearing our annual report, people put themselves forward to be on our committee.



We have sent out our annual report with this issue of the newsletter. Remember Manchester People First is your organisation, so read the annual report to see what we have been doing and the newsletter to see what we will be doing.

**Xmas Party: See back page**



*The Voice of the Learning Disabled*



## **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**

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M8 8RF

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Website: [www.manpf.org](http://www.manpf.org)  
Like us on Facebook  
Follow us on Twitter: @firstmcr

## **Our committee**

Stephen Burden  
Shirley Ryder  
Patricia Phillips  
Paul Hughes  
Joseph Rooney  
Cyril Brodie  
Ronnie Hailwood  
Nadim Akram

## **Staff**

Stephen Hughes  
Andy Needle  
David Dunnico  
Derek Owen  
Barry Hills  
Stephen Blake  
Louise Crowley  
Joanne Hickinbotham  
Christopher Kenny

## **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



## Tuesday's 2 to 3:30pm

Come to our Young People's Forum – a new group for people under 25 who have a learning disability and live in Manchester.

You can talk about things that are important, be listened to and learn more about issues.



### Christmas opening times

This is our last newsletter of the year, it may still seem a long time away, but the MPF office will be closed for 2 weeks over Christmas.

- We close at 2pm on Friday 19 December 2014 and
- Re-open at 9am on Monday 5 January 2015

We hope you all have an enjoyable Christmas – see you in 2015



[www.youtube.com/  
user/firstmcr](http://www.youtube.com/user/firstmcr)



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on FaceBook



Stay in touch follow us  
on Twitter @firstmcr



Our web site:  
[www.manpf.org](http://www.manpf.org)



# Wednesday drop in

We have a regular drop in day every Wednesday here at People First. Between 8 and 12 people come and pick different things to do each week, such as watching DVD's, playing bingo, knitting, doing jigsaws and puzzles and quizzes. Sometimes we invite guest speakers to tell us about things. So far we have had the Police, Fire and Ambulance services and Healthwatch Manchester, who talked to us about volunteering.

Paul H said his two favourite bits were the quizzes and playing bingo. Rose thought it was a good thing and enjoyed doing all the activities. Nathan said, "the drop in is lovely and I get to see all my lovely friends every week". Paul B added, "The Wednesday drop in is successful because it's different to Thursdays at MPF. It helps get me out and about – we have a choice about what we have for lunch from week to week and healthy eating is important to me."

# Open Day

**Drop in Open Day**

Tuesday  
19 August 2014  
11am to 3pm

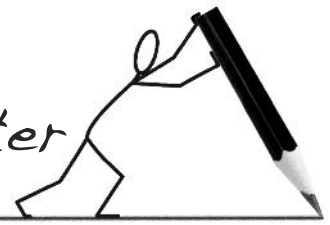
Come to Manchester People First's offices any time between 11am and 3pm, have a brew and meet local organisations. It's free - but please bring your own lunch if you are staying

healthwatch V2 Respect For All  
POLICE  
WE ARE MACMILLAN. CANCER SUPPORT  
MLDP  
LRF  
NHS  
North West Ambulance Service  
3 Broughton Street, Cheetham Hill, Manchester, M8 8RF  
Phone/Fax: 0161 839-3700 Email: mcpeoplefirst@gmail.com

We had an Open Day in August, so people with a learning disability in Manchester could find out about groups including Manchester People First, the North West Ambulance Service, Manchester Healthy Living Network and lots of others.

It gave everyone the chance to meet new people, learn more about other organisations and share information. Although not that many people came, everyone who did enjoyed it. Members of the Service Audit Team said it was a good day, although they wished more people had come.

Guest writer



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# healthwatch

- **Are you a patient?**
- **Do you use NHS services?**
- **Do you think you could make them better?**

Healthwatch are the group which represents patients who use health services. The Chief Officer Neil and Volunteer Officer Michael came and gave a presentation to Manchester People First and said they were overwhelmed by how much people had to say, both positive and negative about healthcare services. This response will hopefully be the start of a joint project with Manchester People First.

**In the meantime, can you help us some more?**

Healthwatch Manchester is a consumer champion. It is here to help the local people of Manchester. We aim to make health and social care services better for everyone that lives in Manchester.

We are not qualified doctors and nurses, so we will not be sorting out your medication or wearing white lab coats. But at Healthwatch we could possibly help with transport issues for people to get to hospital. We could help tell people where to go for the best treatment, and we could help people who feel the service they have received was not good enough.

**If you think that these are issues that affect you or any of your friends or family, then why not come and volunteer for Healthwatch?**



# Top Fives!

## Nathan's Top 5 Lunches



1. Toad in the hole
2. Tuna sandwich
3. Beans on toast
4. Egg on toast
5. Egg, beans and chips

## Paul Hughes' Top 5 Kings

1. William the First
2. Henry the Second
3. Richard the First
4. Henry the Fifth
5. Edward the First



## Paul Brannick's Top 5 Wishes

1. Dad to be with me in the world
2. To have a higher budget
3. To see my Mam right
4. To have a choice where I live
5. To have a healthy life

**Manchester  
People First's**



**GOT**

**TALENT**

**GET PRACTICING**

**IT'S NEARLY TIME**

**GIVE US A SONG**

**FREE LUNCH**

**11am to 2pm  
Thursday  
19 February 2015**

## **Nathan's Top 5 Phone Games**

- 1. Monster Wars**
- 2. Stupid Zombies**
- 3. Army of Darkness**
- 4. Ski Safari**
- 5. Angry Birds (Star Wars)**



# **Manchester People First's Big Xmas Party**

**Thursday 11 December**

**11:30am to 3pm**

**St. Kent's Irish Club**

**36 Wilbraham Rd**

**Fallowfield M14 7DW**



**First come, first served**  
**Numbers are limited**  
**Tell us if you are coming**  
**0161 839-3700**  
**[mcrpeoplefirst@gmail.com](mailto:mcrpeoplefirst@gmail.com)**

**Bring money for  
drinks at the bar**

**FREE • Buffet • Raffle • Disco**