

SPEAK UP

News from Manchester People First Issue 77 Spring 2019

2019

Happy New Year



Greater Manchester
Growing Older
with Learning Disabilities



**MACMILLAN
CANCER SUPPORT**

The Recovery Package:
Supporting people to recover
from cancer after they have
finished their treatment

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Consultation

The Voice of the Learning Disabled



**Fundraising
Winter Fayre**





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

- Richard Hughes
- Trisha Phillips
- Joanne Smith
- John Timms

Staff

- Andy Needle
- Stephen Hughes
- David Dunnico
- Derek Owen
- Lea Heim
- Stephen Blake
- Louise Crowley
- Joanne Hickinbotham
- Christopher Kenny

Opening Times

Monday to Friday 9:30 to 3:30pm
Drop-in: Wednesday and 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



**Greater Manchester Confirm
and Challenge Meetings
at our office 10:30am to 3pm
Thursday 17 January 2019 and
Wednesday 8 May 2019**



Thursday Drop-ins

24 January
Cancer Recovery Package
(see page 8 and 9)

31 January
Winter Fayre (see page 14)

7 February

26 to 28 February
North West Self-Advocates
Conference 2019 Blackpool
Self-Advocacy and Staying Strong



Watch a video of last year's conference at:
www.youtube.com/watch?v=cCRgn9yViUo



NorthernHealth
GPP0 Ltd



Manchester
Learning Disability
Partnership Board

Angela Martin is the
Health Coordinator
for Cheetham Hill
She will be visiting at 1pm
to talk about better health
in Cheetham Hill



Will meet at our office on:
Tuesdays 10:30am to 12:30pm
22 January 23 July
26 March 4 June
23 September 26 November

14 February
MPF's Got Talent
(see back page)

www.partnershipboard.org



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



Follow us on
Twitter @firstmcr



Please 'Like' MPF
on FaceBook



Our web site:
www.manpf.org



Hello to Lea

We told you in our last newsletter that Barry Hills had left to take up a new job at Stockport Cerebral Palsy Society. We are very pleased to welcome our new member of staff...



Hi Everyone,

My name is Lea Heim and I have started work for Manchester People First in November. I am taking on Barry's role as a co-worker with the Service Audit Assistants.

I will be around on Mondays, Tuesdays, and Wednesdays and will also be doing the Chatty Tuesday group.

I'm from Germany and moved to Manchester two years ago.

I'm looking forward to meeting everyone!



Lea has got off to a busy start and has already been out with the Service Auditors to visit people who get learning disability services.

£ Money Workshop



- Erik from The Money Charity ran a workshop for us in November about how to make our money go further and not get ripped off.



I am Dieu Merci from Lancasterian School in Didsbury. I am 15 years old and did my work placement here at Manchester Peoples First.

I felt excited because it was my first time doing work experience. I went to your Annual General Meeting and did some Epilepsy training. I also took part in the Greater Manchester Confirm and Challenge meeting. I learned a lot from my time.

The staff were very helpful and I want to thank everyone at MPF for supporting me and making me feel welcome and Andy, Stephen and Louise for helping me.

Thank you.



The Social **Thank you and goodnight**

**We held the last of our
Tuesday evening group
in early January**

We ran 'The Social' with funding from the National Lottery.

The group helped people with a learning disability have a good time, meet old friends, make new ones and stopped them feeling isolated.

Thanks to everyone who came and we hope you all carry on being social!



Having fun is hard work!
**We're glad it's not
 Christmas everyday!**



Carols at Christmas

Monday 11 December

**With the St. Joseph's
 school choir**



**Thanks to TSB for their
 donation – it paid for
 our office Xmas Dinner
 for members at the
 Thursday Drop-in
 before Christmas**



When I'm 64...



■ MPF founder member Joseph Rooney turned 64 in November – luckily all those candles on his cake didn't set the office fire alarms off.

...or 71!



■ Ronnie Halewood had his 71st birthday on the same day as our Big Xmas Party – his advice on long life and happiness is Guinness and watching Manchester United. Well, mainly Guinness nowadays.

UNDER ONE ROOF



Our fab rave night will be back in the New Year

We are looking at dates right now – So keep in touch!

Follow us on FaceBook and Twitter to find out when the next rave will be.



**Wednesday
10am
to 3pm**



£2.50 (bring your own lunch or have one with us for an extra £2.50)

The Recovery Package: Supporting people to recover from cancer after they have finished their treatment



Paula Daley is a Macmillan Nurse. They are specially trained nurses who look after people who have cancer. She is working at the Christie Hospital in Withington, which is an NHS hospital that treats people who have cancer.



Because of nurses like Paula, and hospitals like Christie's and all the medical research that is being done, Doctors have got much better at treating cancers. More people than ever get better and live longer. But cancer is still a very serious disease. Sometimes the treatment can make patients feel very ill while they are having it and still give them problems after the treatment has finished.



So Macmillan Cancer Care is looking at a 'Recovery Package'. These are things that can be done to help someone after treatment.

Paula's job at Christies is called a Macmillan User Involvement Facilitator. This means she looks at how to make sure the Recovery Package is accessible to everyone. Paula has asked to come and meet us, so she can make sure people with a learning disability can understand what support to recover they could get if they had been treated for cancer.



Not everyone with cancer is treated at The Christie. Other hospitals will use the Recovery Package, so Aoife Isherwood, who works in Tameside, would like to come with Paula to meet us at Manchester People First. They will tell us about the Recovery Package and see how they can make it accessible to us all.



WE ARE MACMILLAN CANCER SUPPORT
LIFE WITH CANCER IS STILL LIFE
WE'LL HELP YOU LIVE IT

**Meet Paula and Aoife at our office
on Thursday 24 January at 1pm**



**There is a video about the Recovery Package at:
www.youtube.com/watch?v=eapd1JEmCjI**



We are really sorry but we do not have any room in this issue for our 'Fun Filled Bit in the Middle' – even with the extra 4 pages we put in the newsletter. But if it is fun you want – come to one of our Drop-ins



Mel Chapman tells us how the new project is getting on

GM Gold have had a busy first few months finding out if older people with learning disabilities feel part of their local communities, meet people and get out and enjoy the things they want to do. Manchester People First are one of the partners in the project, which has been funded by Ambition for Ageing.

The best thing about the project is that we are building a team of older people with learning disabilities to do the work. We have told lots of people about it face to face and with leaflets and online at a webpage:

www.ambitionforageing.org.uk/wearegmgold

On our a Twitter account:
@wearegmgold

Or on Facebook:
We are GM GOLD)

Most importantly we found our GM GOLD team members, who live in different parts of Greater Manchester. They have come to 6 workshops. These have helped the team members get to know each other and learn about the project. We have tried out different ways of finding out information. It has been hard work, but it has been lots of fun! Team members are making a film to tell other people about the project.



Thank you to our partners



Next year, we want to find out whether other people with learning disabilities aged over 50 feel part of their communities, have friends and do things that they enjoy. If you are aged over 50 and would like to find out more please contact us:

Melanie Chapman (GM Gold)
Faculty of Health, Psychology and Social Care
Manchester Metropolitan University
Brooks Building, Birley Fields Campus
53 Bonsall Street
Manchester M15 6GX

Phone: 0161 247 2537

Email: m.chapman@mmu.ac.uk



**Greater Manchester
Growing Older
with Learning Disabilities**



30 people came to the anti-bullying event we held in November as part of the national Anti-Bullying Week



Your right to Vote

Even if you think politics is boring, the choices Councils and the Government make affect you.

2018 was the 100th anniversary of some women and all men getting the vote. But even a few years ago, some people with disabilities who wanted to vote, were not able to. We think this is wrong and we want to do something about it.

Last year we did lots of things to support our members to vote:

Staff from Parliamentary Outreach came to our offices.



We held an 'Equaliteas' event about the Suffragettes and how MPs were elected.



This year we will do all that – Our next 'Vote Cake' day will be held on 11 April, but we will also tell the people who organise elections in Manchester how to make sure people who have a learning disability are allowed to vote and we will look at what barriers are put in the way of people voting.

By the time you have read this we will have had a workshop to see what we can do about:

- People not registering to vote
- Staff not giving people support to go and vote
- People who run polling stations not being clear about what help people with a disability could be given.



Cake

Gets my vote x



Are you registered to vote?

We will not be telling you who to vote for or talking politics
Come for a brew, a piece of cake and we can check for you.
If you are not, we can register you. You **MUST** have your
Full name and address (including post code) and your
National Insurance Number

Thursday
11 April 2019
1 to 3pm

Manchester People First
3 Broughton St
Cheetham Hill
M8 8RF
0161 839 3700

YOUR VOTE MATTERS

MAKE SURE YOU'RE IN





Not get what you wanted for Xmas?
Donate it to us! Then come and buy
something you do like
Help us raise funds

Thursday
31 January
1 to 3pm

Winter Fayre



BUY Bric-a-Brac • DVD Stall
PLAY Shove-a-10p
ENJOY Tea • Cakes

3 Broughton St. Cheetham Hill M8 8RF



What do you think we should do?



What 3 things do you want
Manchester People First
to do over this year

My big 3 ideas are...

1.

2.

3.

It's your organisation – You tell us what you would like to see us do. The Management Committee you elected at our AGM in November will look at every idea sent in.

Please return your ideas to the office, or you can email them to us at:
mcrpeoplefirst@gmail.com



Manchester People First

GOT TALENT



MPF's yearly talent show back for 2019

Thursday 14 February
10:30_{AM} to 2:30_{PM}

**Show us what you can do or
come and be in the audience**
FREE LUNCH

You must book your
act before the event

**Plus! The Louisa Burton Award
for Special Achievement**

in memory of our friend and
Talent Show winner

**3 Broughton St.
Cheetham Hill
M8 8RF
0161 839 3700**

**Last year's Show had to be cancelled
because of the building work, so we hope
you have been practicing!**

