

SPEAK UP



News from Manchester People First Issue 65 2015

Keeping safe conference

Thursday 19 November
10am to 3pm

- Stalls • Workshop • Presentations
- Question and Answers Panel

Come to this event to find out how to be safe in your home and when you are out and about.

Meet staff from different organisations, get tips how to look after yourself and tell them about what they can do to make you feel safer.



MANCHESTER
CITY COUNCIL



Transport for
Greater Manchester



Greater Manchester
POLICE

MANCHESTER
1824



It's our AGM

Vote for your committee on
22 October – 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

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
Like us on Facebook
Follow us on Twitter: @firstmcr

Our committee

Stephen Burden
Shirley Ryder
Patricia Phillips
Paul Hughes
Joseph Rooney
Ronnie Hailwood

Staff

Stephen Hughes
Andy Needle
David Dunnico
Derek Owen
Barry Hills
Stephen Blake
Louise Crowley
Joanne Hickenbotham
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



Manchester People Fit

**Gentle exercise session
with Emma from Fighting Fit
Thursdays
from 1 to 3pm**



Do you want to get and keep fit and healthy?
Don't know where to start? Come and spend a couple of hours
doing some gentle exercises and have a laugh with friends while
you do them. Bring 50p and get a piece of fruit and water to drink.



**Young People's Forum
Tuesdays 2 to 3:30pm**



Is having an interval—stay tuned!



Manchester



Learning Disability

Partnership Board

www.partnershipboard.org

Meets on Tuesday

15 September

10 November

10am to 12pm



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



**Please 'Like' MPF
on FaceBook**



**Stay in touch follow us
on Twitter @firstmcr**



**Our web site:
www.manpf.org**



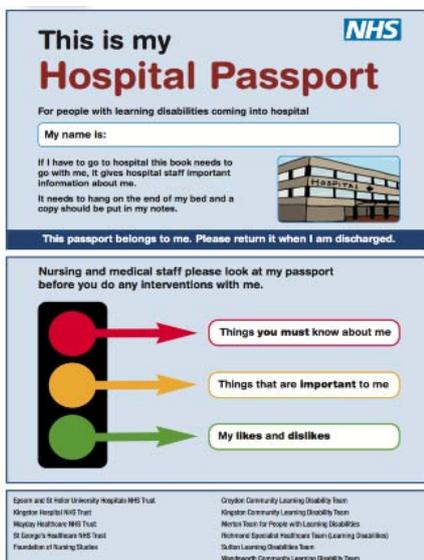
Health representative



Hello. My name is Stephen Burden and I am the representative for Manchester at the North West Training and Development Team Health Group. This is a group that helps professionals, families and self advocates to improve services for people with disabilities. Health is very important for us and the Health group talk about health issues.

We meet every 2 or 3 months at The Friends Meeting House in the city centre. At the last meeting we talked about GP's and learning disabled people getting a regular health check.

We also spoke about not being afraid to talk about cancer and about going to hospital and about having a traffic light document. This helps doctors and nurses know about things that are important to you.



The group have also talked about Dentists and going to get your eyes tested. If you have any health issues please get in touch with me at:

mcrpeoplefirst@googlemail.com

or ring:
0161 839 3700.

I will then raise your issues at the health group.



Sally Young from Gaddum House came to talk to us about the new Manchester Advocacy Hub, which is a new service provided by Gaddum Centre and Better Things. She told members that the Care Act which became law this year.

It says that some people who have substantial difficulty and are having an assessment, care plan or review may need an advocate to support them to be involved in planning for their care and support. Advocacy helps people to speak up about what is important to them, and supports people to get the things they need and are entitled to.

If you would like to find out more about advocacy call Sally Young on 0161 214 3904

See page 8 for more about the Care Act

Do you want to listen instead of read?



We have been thinking about doing an audio version of the newsletter, so you can listen instead of reading it. We already do this with the Partnership Board newsletter. Let us know if you would be interested and if you would prefer to get a version on CD or as an mp3 download instead of a printed copy.

If you still like to read the newsletter but want to be greener, or like reading on a tablet, we can email you the newsletter as a pdf, or you can see the latest issue on our website: www.manpf.org



We are thinking of charging for the MPF Christmas Party –what do you think?

It may seem too soon to be talking about Christmas, but we have to make plans now for our Christmas party. All our members know we have to make sure every £ we get is well spent. Funding is getting harder to get.

Your Committee has been looking at how we can pay for this and still do all the other things we do for the rest of the year.

One idea is to charge members £5 for the party. We need to know if this would stop you coming to it, or do you think £5 is a reasonable amount to pay? Please let us know.

Note for staff about our events

We hold lots of workshops for our members about important issues around disabilities. Some staff have asked if they can come to these? These are run to brief people who have a learning disability themselves. So personal assistants and supporters are welcome if they are there with a person with a learning disability, but the events are not for staff on their own. MPF can put on training for professionals, but we have to charge for this. We hope you understand.



We had too much to tell you about this issue – so ‘The Fun Filled Bit in the Middle returns next time.

Manchester People First Questionnaire

We see a lot of our members at the office and events, but we think it's important that everyone has a say in MPF – it's your organisation. So please help us know what you think by filling in this questionnaire.



Would you pay £5 to come to our Christmas Party? Yes No

Would you prefer to be sent the newsletter as an audio CD or mp3 download, INSTEAD of a printed copy? Yes No

Would you prefer to be sent the newsletter as a pdf computer file, INSTEAD of a printed version? Yes No

If 'Yes' what is your email?

Are there any subjects you would like us to hold a workshop on?
Please tell us which subjects, below

Do you use Social Media, such as FaceBook and Twitter? Yes No

If 'Yes', tell us any others you use:

We also want to hear about any ideas you have that would make Manchester People First better.

**Send this page back to: Manchester People First
3 Broughton St, Cheetham Hill, Manchester, M8 8RF**



Guest writer



**New laws may mean you may have a new right to free advocacy
Kirsty Keyword from Manchester University's School of Law
ran a workshop for us, here she tells readers about it**

The Care Act is a new law which changes the way that councils provide support to us. It sets out a new way of assessing what people need and creates new ways of giving support and paying for it. It makes councils listen more to what we say and allows more of us to have advocates to help us say what is important to us and help us manage our care.

Councils have a legal duty to give help to people who really need it, and it has to “promote our wellbeing”. This has a very special meaning under the Act and includes:



- Treating us with respect
- Listening to our wishes
- Protecting us from abuse
- Doing things that help us feel better
- Helping us with our relationships, family and friendships
- Helping us make a contribution to society
- Helping us live somewhere where we can feel at home

In deciding whether we need help, the council has to look at lots of different aspects of our life. They can meet us to find out these things, they can ask us to do the assessment by phone, or they can leave us with a document to fill in at home. If you want help with your assessment, you can contact the council and ask for someone to visit you to do the assessment.

If the council decide you need help with your care, they will draw up a plan and will work out how much the help will cost. You can ask the council to give you the money so you can buy the care or you can ask the council to arrange it for you. What you have to say about your care and your wellbeing is very important and must be considered carefully by the council.



How will we be getting about in 25 years?

Thursday 10 September 2015 10:30am to 12:30pm

Transport for Greater Manchester are planning how the buses, trains and trams will run by the year 2040 – they want to know what you think about the plan – come to the meeting at our office!





LGBT people with a learning disability

Equal Things

**A safe, friendly and supportive place for
Lesbian, Gay, Bi and Trans people
who have a learning disability**

**Share feelings, talk about fears or issues
Make new friends – it is free, it is friendly and it is fun**

**We meet every third Monday
6:30 to 8:30pm
at LGF 5 Richmond Street Manchester M1 3HF**

**If you want to come, or find out more, please ring Brenda
0161 728 7616**

Registered Charity Number 510031



FASHION SHOW AND WORKSHOP



Are you interested in looking good?

Come and take part in our Fashion Workshops

from 10:30am to 12:30pm

Friday 2 October

Friday 9 October

Friday 16 October

Friday 23 October

and come to our fashion show on

Friday 30 October



Tell us if you want to come: 0161 839 3700 mcrpeoplefirst@gmail.com



Annual General Meeting

AGM 2015

Thursday 22 October
10:30am to 2:30pm
Free Lunch

Come to our Annual General Meeting
Vote for members of your
management committee

3 Broughton Street, Cheetham Hill, M8 8RF

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Email: mcrpeoplefirst@gmail.com Web: www.manpf.org

