

SPEAK UP



News from Manchester People First Issue 71 Spring 2017



MPF's Got Talent contest

50 members were in the audience to watch 22 acts sing and dance and try to impress the 3 judges – MPF founder member Edward Kane, Emma Clegg from the NHS and Street Shakers' Rachel. Louisa and Caroline from The Shaw Centre won with their take on Morecambe and Wise's 'Bring Me Sunshine'. See you next year!



We have a video of the show on our YouTube Channel at:
<https://www.youtube.com/user/firstmcr>

If you have a smart phone and QR Code reader app, scan the QR Code to go straight there.



Blackpool Conference
25th Birthday 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

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
- Ronnie Hailwood
- Steven Hopkins
- Paul Hughes
- Shirley Odell
- Tricia Phillips
- Tracey Robinson

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



Good news and bad news



The good news is our newsletter now has 16 pages instead of 12! The bad news is we will be doing 3 editions a year instead of 4. We are sorry we need to do this, but it will save us £100s a year in postage alone. There will still be as much

to read because we have added 4 pages you will get the same number of pages a year, but in 3 issues, not 4.

Quick Response

You may have seen QR Codes like this on advertisements.

If you have a smart phone and an app for QR scanning, your phone can read the code which will take you to a webpage quicker than you could type in the web address.

This QR code will take you to the home page of our website: www.manpf.org

We will try putting QR Codes in our newsletter – let us know if you like the idea, or use them.

Home

Welcome to Manchester People First

We are a self advocacy group run by and for adults with a learning disability

Manchester People First
3 Broughton Street
Cheetham Hill
Manchester
M8 8RF

Phone or Fax: 0161 839 3700

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

To download pdf directions [click here](#)

Company limited by guarantee, registered in England and Wales, our number is 6339300. We are a charity, our number is:1124426

We welcome people from all communities
We are a registered charity, we welcome donations, cheques can be sent to us.
Opening Times: Monday to Friday 9.30am to 3.30pm
Drop in: Wednesday and Thursday 10am to 3pm
Charges: £5 per day including lunch, £2.50 if you bring your own

Interested in volunteering? [Download a form](#)

Like us on [FaceBook](#)
Follow us on [Twitter @firstmcr](#)
Visit our [YouTube channel](#)

Who we are

News

Booklets

Just info

Free Talks

Care Act

Hate crime

Manchester People First
FOR A PERSON WITH A DIFFERENCE





Chatty Tuesday is our Free afternoon group where we ask speakers to talk to us and answer our questions.



14 March Stephen Morris
English Democrats candidate in the Greater Manchester Mayor Election



21 March Irene Shafto
from the Metrolink tram service



28 March Planning Session
Who would you like us to invite next?

4 April Deborah Gallagher
North West Ambulance Service



Meetings usually start at 1:45pm



Dates for your diary

Meetings for 2017

Tuesday 10:30am-12:30pm

21 March

9 May

18 July

19 September

21 November

www.partnershipboard.org

Keep Healthy Days

Women: Friday 17 March 10am to 2pm

Men: Friday 24 March 10am to 2pm

(see page 13)

You and the Law

Know Your Rights Tuesday 4 May

Legal advice clinics Tuesday 1 June

(see page 14)



www.youtube.com/user/firstmcr



Stay in touch follow us on Twitter @firstmcr



Please 'Like' MPF on FaceBook



Our web site: www.manpf.org



@MPF

After our Christmas break we were busier than ever in January with lots of visitors to the office. If you have not been to see us why not come to one of our Chatty Tuesday meetings, or our drop in sessions on Thursdays?



Maddy from DOSH – DOSH is an organisation that gives people help and advice on managing their money, budgeting and making sure they get all the benefits they are entitled to. She ran 2 workshops with members.

Graham Stringer MP – for Blackley came to our Chatty Tuesday group. He spoke about the cuts Manchester is facing and the problems it is causing. See page 12 for news about Chatty Tuesday.



ambition
for
ageing

Valeska from Ambition For Ageing – Told us all about the work they are doing to make it easier for older people to live a full, rewarding life.



GREATER MANCHESTER
FIRE AND RESCUE SERVICE

Paul Burns from the Fire Service – Gave us advice about fire safety about the home – how to avoid fires and what to do if you find one.



A good experience!

We had a school student doing their work experience placement with us. Ali Hamza tells us about how he got on.



Hello. My name is Ali Hamza and I am 16 years old. I live with my mum and dad and 4 sisters in Chorlton and go to the Lancasterian School in Didsbury.

Whizz-kidz
move a life forward

I am a wheelchair user and recently completed a WhizKids Wheelchair Safer Driving course in school.

I love going to the wheelchair dancing club at school.

At Manchester People First I am doing work experience for 2 weeks, and I am enjoying it. I have been to a meeting of the Manchester Learning Disability Partnership Board at Beswick Library and Greater Manchester Confirm and Challenge Co-production Group at MPF's office in Cheetham Hill. They were both interesting and they let people ask questions. Stephen and Andy helped me with any problems I had.

I would like to work for the Police, after going to college, and Stephen has asked a policeman who does a lot of work with People First, to come and talk with me and give me some advice.



Barry's all heart



I'm Barry Edwards, I'm a 54 year old man from Gorton and have been a member of Manchester People First since it first started 25 years ago. I was the chair of the Friday Group in Gorton, which MPF helped to run.

About 5 years ago I got worried about my health. I had diabetes and weighed 23 stone.

My doctor told me I also had coronary heart disease and advised me to lose weight. I changed my diet and became much more careful about what I eat and lost nearly 9 stones in weight. I felt much better for it, and thought all was well, but in January I had another big health problem.

I was sat in the kitchen at People First's office in Cheetham Hill. It was just before lunch and I started to get pains in my chest. They got worse and I began to panic and become upset. Stephen Hughes was worried by this, he reassured me, but said I should go to hospital. He rang an ambulance, which took me to North Manchester General Hospital in Crumpsall (they didn't use the sirens or flashing lights). One of the ambulance crew sat in the back of the ambulance and asked me some questions.

Once I got to hospital they took some blood and put me on a heart-monitoring machine. I was not in any pain, but was worried about what might happen to me. I was kept in hospital for 4 days. The hospital staff were good and understood about how my learning disability affected my needs – even the meals were good. **I'm back at People First now and was a runner up in the Talent Show.**



PAUL'S

QUIZ

With your Question Master Paul Hughes

**The MPF Big Hard
General Knowledge
Quiz**

- 1** On what day of the year is Saint George's day?
- 2** What colour is the bullseye on a standard dartboard?
- 3** What is the name of Postman Pat's cat?
- 4** Which sort of dog has breeds called Welsh, Scottish and Irish?
- 5** What 2 numbers describe perfect eyesight and a sort of cricket?
- 6** Who was known as the Maid of Orleans?
- 7** How many boxes are used in Deal or No Deal?
- 8** Which football club has supporters called the Toon Army?
- 9** What was Muhammad Ali's birth name?
- 10** What is Doctor Who's time machine called?

11 How many dots all together are on 2 dice?



12 Who wrote the book 'The Hound of Baskervilles'?

13 How many wives did Henry VIII have?

14 In which city is the film Trainspotting set?

15 In a game of chess, which piece is the only one that can jump over other pieces?



16 Who was the presenter of The Weakest Link?

17 How many events are in the Decathlon?

18 According to the old proverb 'All roads lead to...' which city?

19 At which racecourse is The Derby and The Oaks usually run?

20 What is the Square root of 169?

Answers (No cheating)

- 11. 42
- 12. Sir Arthur Conan Doyle
- 13. 6
- 14. Edinburgh
- 15. Knight
- 16. Anne Robinson
- 17. 10
- 18. Rome
- 19. Epsom
- 20. 13
- 1. 23rd April
- 2. Red
- 3. Jess
- 4. Terriers
- 5. 20/20
- 6. Joan of Arc
- 7. 22
- 8. Newcastle United
- 9. Cassius Clay
- 10. The Tardis





Blackpool Conference

MPF staff member Barry Hills supported Barry Edwards, Joanne Smith, Nathan Cairns and Paul Hughes (with his personal assistant Kevin Flynn) to represent Manchester People First at the North West Regional Self Advocates Conference.

The Conference is held every year. This year it ran for 3 days from 28 February to 2 March at the Hilton Hotel in Blackpool, where we stayed. Barry and Joanne went by train and met us there; Kevin drove the rest of us down in Paul's car.

Self advocates

The conference was for self advocates with a learning disability from across the North West including Merseyside, Lancashire, across Greater Merseyside, Cheshire and Cumbria. It gave them a chance to be listened to and get elected onto different committees. It was organised by the North

West Training and Development Team and IC Jason Rhodes and Associates, who asked people if they wanted to come to it. It was the first time Nathan had been to the conference. He thought it was, "Brilliant and interesting, great, very good".

A representative of the Mayor of Blackpool opened the conference. There were other speakers including Gary Hart from Parliamentary Outreach, which helps people find out how Parliament works. Sam Sly talked about Keys to Citizenship, which tries to support people with a learning disability play a full part in being a citizen.

We also had updates from different Confirm and Challenge groups. Sandy Bearing told us what had been going on in Greater Manchester, and we heard reports from Pan Lancashire, and Cheshire and Mersey groups.



There were speakers from The National Transforming Care Team including Anne Webster, Gavin Harding MBE, Carl Shaw and David Gill. And Helen Wildbore from the British Institute for Human Rights, told us about this important subject.

Question time

Some of these speakers took part in a 'question time' session near the end of the conference. We had to choose various workshops on both days, including Relationships, Health, Hate Crime and other issues that are important to people with a learning disability.

Barry Edwards thought,

“It was good, I enjoyed the workshop about relationships”. Joanne Smith liked the workshops best, especially the one about consent.

It was not all hard work, though. On the first evening we had a music quiz, which we all enjoyed. The next evening was a Gala dinner, with a three-course meal, followed by a disco and karaoke. Paul Hughes described the conference as, “Brilliant, very informative I enjoyed it.

Our delegates will be telling other MPF members all about the conference and sharing the information they were given.



HATE CRIME EVENT

LET'S END HATE CRIME.



MANCHESTER CITY COUNCIL



Kathleen and Keeley told us what they thought of our latest hate crime event: "On Wednesday 8 February, 45 people came to our Hate Crime Event, which was free for members and held at our office.

We started the day off with an icebreaker called 'Talk Tower'. Then Colin and Kale from Greater Manchester Police were our guest speakers. Then Claire from St Mary's Sexual Assault Referral Centre (SARC) told us about the work they do. Then, Louise from the Safeguarding Team, helped by Ronnie, Malcolm and John gave a presentation.

The presentation was about people doing things they should not do, reporting things to the police, who can help us, 3rd Party Reporting Centres (such as MPF) and how Hate Crime makes us feel. We spoke about why it is important to speak up and speak out.

Kathleen thought it was a good day, it reminded her how to stay safe at home.
Keeley learned who could help you if you were the victim of hate crime.

We ended the day with a quiz about what we had learned about. Everyone was given a goodie bag. These had lots of things that would

stop us being the victims of crime, such as personal attack alarms we could carry with us and stickers to remind us to be safe at home.



Manchester People First

Look after yourself at our keep healthy days

Women Only Day 
Friday 17 March
10am to 2pm

Men Only Day 
Friday 24 March
10am to 2pm

At both days we will find out about our general health and what we can do to live in better health. We are having a day just for women so they can talk about health checks, tests and conditions that effect them. There will be a day just for men, so they can talk about issues that effect them.

There will be a free lunch on both days.

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





Legal advice clinics

Know your rights

Thursday 4 May 1:30 to 3pm

Legal advice clinic

Thursday 1 June 1:30 to 3pm

Do you have any issues about the law you want help with? Come and get some free advice.



**With Kirsty Keyword
from Manchester Law School**



**Manchester
Metropolitan
University**

Please note: The sessions are being run by Kirsty
Any advice given is NOT given by Manchester People First

**Sessions are at MPF's office
3 Broughton St. Cheetham Hill M8 8RF**



Election for the Mayor of Greater Manchester Hustings

On 4 May you can vote in
the first election for Mayor
of Greater Manchester.

The winner will take over from
Tony Lloyd, the acting Mayor.

We have invited all of the
candidates to a special event
where you can ask them about
what is important to you.

Thursday 20 April 2017

1 to 3pm

3 Broughton St

Cheetham Hill

M8 8RF

0161 839 3700





Raffle

Fun

Games

Dancing

Party



Come and help
celebrate our
25th birthday

Thursday

PARTY

22 June 2017

TICKETS ON SALE NOW

£10 while
they
last

12 to 3pm

NO TICKET NO ENTRY! (Last day to buy a ticket is Friday 9 June 2017 12 noon)

Tickets from MPF: 0161 839-3700



St. Kents
36 Wilbraham Rd
Fallowfield M14 7DW