

SPEAK UP

News from Manchester People First Issue 78 Summer 2019



Blackpool conference



healthwatch
Manchester

Raves

Come and take part



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Have you had to pay for your dental treatment? *Page 8*



The Voice of the Learning Disabled

SPEAK UP



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



Thursday 10am to 12 Noon
 16 May
 13 June
 15 August
 12 September
 10 October
 14 November
 5 December

Greater Manchester Confirm
 and Challenge Meeting
 at our office 10:30am to 3pm
 Wednesday 8 May 2019



**Wednesday
 10am
 to 3pm**



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



Raves

Thursday 30 May
 Thursday 1 August
 Thursday 17 October



Thursday 10:45am to 2:30pm
 8 August
 15 August
 22 August
 29 August
 5 September
 12 September



Will meet at our office on:
Tuesdays 10:30am to 12:30pm
 4 June 23 September
 23 July 26 November
www.partnershipboard.org



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



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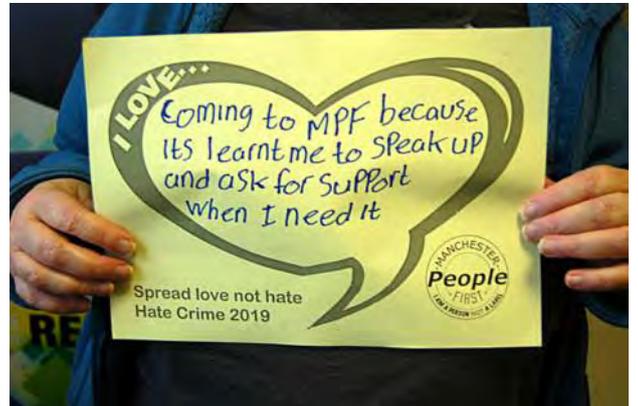


Our web site:
www.manpf.org



What has been going on at the office

LET'S END
~~HATE~~ CRIME.



■ In 2017, we were very proud to win a prize for the Best Service User Involvement Group at the Spirit of Manchester Awards, organised by MACC – The voluntary sector group. The beautiful heart shaped glass trophy we won is still on display in our office.

Sarah is one of the consultants with MACC. She came to interview us about what the award meant to MPF, one of our committee members said at the time, it was a pity we could not all keep the award as MPF is all about all of us.

We were surprised and delighted when Sarah turned up at the office with some individual glass heart-shaped awards for us. Thank you Sarah for being so thoughtful and thank you to all the MPF members who have supported us.

■ We decided to do things a bit differently for this year's Hate Crime Week – We put the things we love on our speech balloons instead of the things we hate and turned negative thoughts into positive thoughts.



■ We started a new group in April for members hungry for a chat. 'Come Dine With Us' is a really simple idea that will be really popular. Members pay £3.50 for a nice two course meal with their friends at MPF.



Fundraising Winter Fayre

■ We held one of our fund raising sales at the office – There were loads of bargains to be had and we raised nearly £200 for MPF. Thanks to everyone who donated items and came and spent some money – We hope you got something you wanted.



■ Paul H. won our fun Easter Bonnet competition – He made his with a Game of Thrones theme. Nicky from The Shaw Centre was our guest judge and was very impressed with them all.



There are elections on Thursday 2 May. MPF would never tell you who to vote for, but we think it is important that people do vote. It is one way to make sure the people who have power over services we use listen to the voice of the learning disabled.



In April, we had one of our 'Vote Cake' sessions – If people brought their voting card to show they were registered to vote, they got some free cake.



Rave on



In March we held another one of our Under One Roof Rave Up's at YES ,the nightclub in Manchester City Centre. Yet again we sold out! Usually 100 people can fit in the club, we do not sell all 100 tickets so there is a bit more room on the dance floor for us to throw our shapes.

This time we had special guest DJ SuperNature MCR. They played disco all night long – And what was even better – it was all on vinyl records. Alice from Meat Free was there, hosting and running the door and it was great to catch up with her and the rest of the Meat Free gang.

A camera crew from Skiddle filmed the whole night and interviewed some MPF members, staff and Alice from Meat Free. Their video is on YouTube. If you were there have a look and see if you made the final edit:



www.youtube.com/watch?v=GDeSuSRJfT4

The next Rave will be on **Thursday 30 May 2019** from **6:30pm to 9:30pm** at **YES, 38 Charles St. M1 7BD**



If you are thinking about coming please make sure you get a ticket as soon as you can – every Rave we have had has sold out.

Tickets are £3 (plus £1 booking fee) from Skiddle, the booking website.

To find it go to:
www.skiddle.com
search for "Under One Roof"
and the date "30th May"
Carers need a ticket as well.



Showing our talents

The Manchester People First's Got Talent Show was as popular as ever. We had nearly 50 people in the office on Valentines Day to hear songs old and new belted out in our member's own style! Our guest judges were PCSO's Jack and John who were joined by MPF founder member Edward. They had the tough job of picking the winners. In the end they gave top marks to Ronnie who sang 'Glory, Glory Man United', Second Place went to Joanne H. for 'Making Your Mind Up', made famous by Bucks Fizz and in Third Place, a duo – Joanne Smith and Tracey Robinson who sang the crowd pleasing 'I Will Always Love You'.

This year was the first Talent Show without our friend (and winner) Louisa Burton, who sadly died. But we were very happy to welcome Louisa's family who gave a special award in Louisa's memory to Barry Edwards who sang a Daniel O'Donnell song.



Guest writer
Simon Tiller



Have you had to pay to see your dentist?

You may be able to get free dental treatment, but it is up to you to claim it. The rules about who can get it are hard to understand.

If you make a claim for free dental treatment but are not entitled to it, you can be fined £100 or more.

Dentists do not think this is fair. We think a lot of people who have a learning disability do not know what the rules are and some have been fined. We think this is wrong.

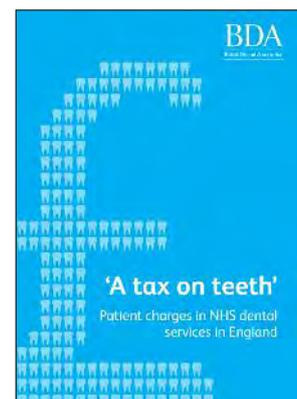
If you have had a problem like this, the British Dental Association, which represents most dentists, would like to know. The BDA will tell the NHS and the Government it is not fair.

1. Have you been asked to pay for dental treatment?
2. Have you been to a dental appointment but not had your check up because you could not fill in the claim form?
3. Have you ever been fined for claiming free treatment you were not entitled to?

Tell us about your experiences by contacting Simon Tiller: simon.tiller@cmft.nhs.uk



The NHS have done an easy read leaflet that tells you about who does not have to pay for dental treatment:
<https://preview.tinyurl.com/ybs54nus>



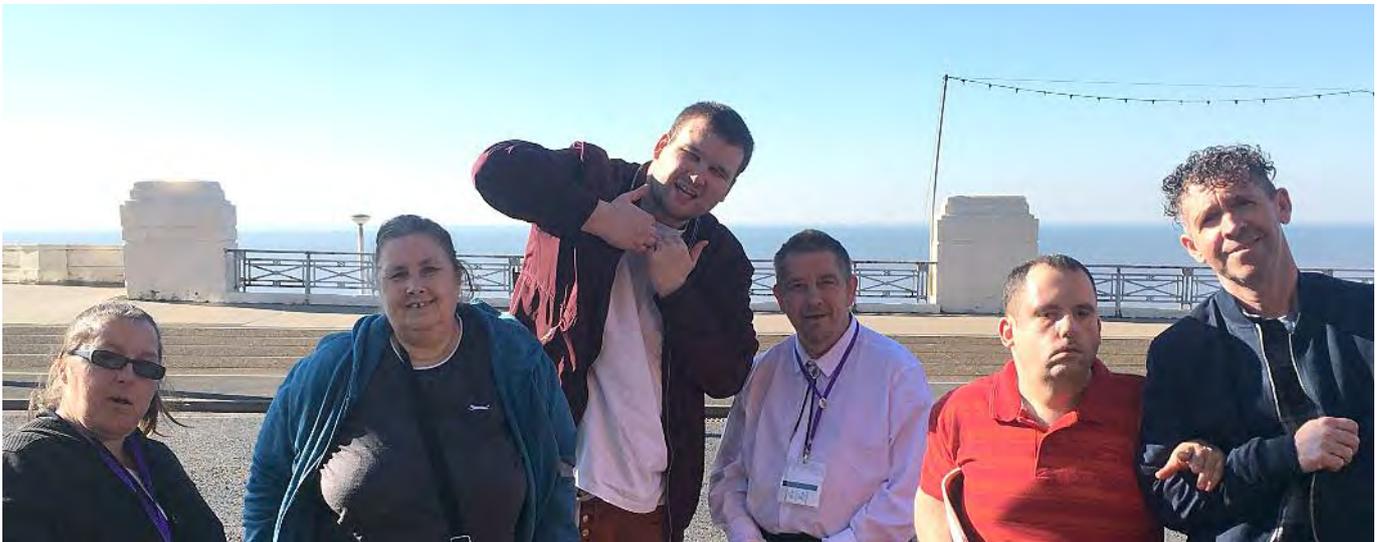
The BDA leaflet:
<https://bda.org/news-centre/press-releases/Documents/a-tax-on-teeth.pdf>



**North West Regional Forum and
National Self-Advocacy Convention 2019**

Blackpool Conference Report

**Manchester People First sent delegates
to the conference – This is their report**



Five of our MPF members Paul Hughes, Barry Edwards, Joanne Smith, Nathan Cairns and Tracey Robinson, together with Paul's Personal Assistant Kevin and MPF staff member Lea Heim, joined 250 others at the North West Regional Self-Advocates Forum.

It was held from Tuesday 26 to Thursday 28 February at the Hilton Hotel in Blackpool.

All of them apart from Lea had been before and they all thought it was worthwhile and would be eager to go again.

The Conference is a chance for adults with a learning disability, to take part in the North West Training and Advocacy Team's work, meet other self-advocates, make new friends and have some fun while learning what is going on.



Blackpool Conference Report

It also gives us the chance to meet the bosses of adult social care services and tell them what we think is important. Every year the Conference has a theme. This year it was: 'Rise Up, One Voice, Stronger Together'.

Tuesday

The first day started with the Red Flag For Cancer Campaign, which NHS England with good help from People First Merseyside have launched. It tells people what signs to look for and when to go and see their Doctor. Tracey thought it would help her be, "More aware of what I need to look out for" and Paul said he, "Thought it was really important to know about it."

We split up into groups, some practiced their Makaton skills while learning to sing and sign the #NWRf19 conference song, which Joanne said she enjoyed.

Others went to a 'Speed Mate-ing' event to make new friends. Barry said: "I liked all of it. We were talking about relationships and I met new friends".

After dinner we did a music quiz – which we did not win.

Wednesday

Wednesday started with a fun Zumba session, and a welcome speech from the Mayor of Blackpool, who told us our voices are stronger when they are combined together.

We watched a video about a serious subject, the Campaign to respect Calderstones Cemetery.

The rest of morning included speakers from the British Institute of Human Rights and the NHS who told us about their 10-year Plan for Learning Disability and Autism.

“Rise Up – One Voice – Stronger Together!”

After lunch, most of us went to a Keeping Healthy and Healthy Eating Workshop. Tracey said it, “Brought my confidence up because I was speaking in the workshop. Last year I didn’t speak, I just sat there, didn’t even say anything, but this year I spoke and I’m really, proud of myself”.

Others went to a workshop about what it takes to speak up. There were other workshops we could choose to go to. One was about the training health and care staff should get about Autism, another was role-playing to learn about self-advocacy. After all that hard work we were ready to enjoy The Gala Dinner, dancing and (some of) the Karaoke.

Thursday

The last day began with singing and signing the conference song, we heard a poem, and were given the results from a survey.



We watched a video, which Andy and Stephen from Manchester People First had made on the first day. We then went to a workshop about NHS improvement standards.

One of the most important parts of the Conference is where the big bosses of services tell us what they have been doing and listen to what we think is important. People thought bosses were listening to them more this year.

Lea has written a longer, report about the Conference, ask us for a copy if you want to know more.

**CARERS AND SUPPORT WORKERS
HELP THE PEOPLE YOU SUPPORT
TO UNDERSTAND THIS LEAFLET**



Come and join us

Have your say about services for adults with a learning disability

Manchester Learning Disability Partnership Board is where people who run services and people who get services meet up to see what is good and what could be better.

If you have a learning disability, live in Manchester and are over 18 – you know what is best for you, so we want to invite you to our meetings.

Come and shape the future of services in Manchester!

Everyone gets a chance to speak – What do you think about big issues such as staying safe, being healthy and living well?



Our website is:
www.partnershipboard.org

- We meet every 2 months on a Tuesday
- Meetings last 2 hours, 10:30am to 12:30pm
- We have a short break half way through
- We have a another short meeting just for self advocates, from 1 to 2pm on the same day. We talk about what went on at the morning meeting and what it means.
- The meetings are run by the Chair, who is a Councillor and are Co-Chaired by an adult with a learning disability
- We tell people what we did at the meetings in our newsletter 'Together'
- We meet at Manchester People First – a self advocacy group for adults with a learning disability



The address is:
 Manchester People First
 3 Broughton Street
 Cheetham Hill
 M8 8RF



To find out more you can phone:

Andy Needle at



Manchester People First:
 0161 839 3700

or **Catherine Campbell** at



Manchester City Council:
 0161 234 4825



This year's meetings will be held on:

- Tuesday**
- 22 January**
- 26 March**
- 4 June**
- 23 July**
- 24 September**
- 26 November**

Greater Manchester Learning Disability Plan

What are the most important things to you?

Greater Manchester Health and Social Care Partnership has done a plan on what it can do to make the lives of people with a learning disability better. This plan is the Greater Manchester Learning Disability Strategy.

They looked at the 10 areas of people's lives where we could change things in a way that would make their lives better.



They were set a '100 Day Challenge' to see what things could be changed to make the lives of disabled people better. Manchester People First and the Manchester Learning disability Partnership Board want to know what YOU think.

These are the 10 main things we need to look at. Tick the 2 which are the most important to you.

ALREADY DONE
Priority 1: Leadership

ALREADY DONE
Priority 6: Homes for People

Priority 2: Advocacy

Priority 7: Employment

Priority 3: Bespoke Commissioning

Priority 8: Workforce

Priority 4: Good Health

Priority 9: Early Support

Priority 5: Belonging not Isolation

Priority 10 : Justice System



Healthwatch Manchester looks at health and social care services to see if they meet the needs of people who use them

healthwatch Manchester



Thursdays from
10am to 12noon



18 April

16 May

13 June

25 July

15 August

12 September

10 October

14 November

5 December 2019

Have you used a health or social care service recently?

Tell us what you think – good or bad – about your GP, hospital unit, home care visit, ring and ride, or whatever service you used.

Help make services better and make sure...



Manchester People First 3 Broughton St. M8 8RF



Health



Workshops 2019



Thursday

8 August

15 August

22 August

29 August

5 September

12 September

10:45am to 2:30pm

Free Lunch

Each week we will look at a different issue:

- Hearing
- Eyes
- Feet
- Teeth
- General Hygiene
- Menopause

Manchester People First

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Cheetham Hill

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