

Our Digital Health Project by Stephen Blake

This project started in May 2023. I gave a presentation to our members at our offices on Thursday 25th June. We wanted to know how people with learning disabilities use technology to stay healthy and well, and how everyone could do this better.

The project was led by Darren from Liverpool John Moores University and took place across the country. Our first meeting was in Dudley, where we met the other researchers and spent the day with Dudley Voices for Choices. I really enjoyed meeting everyone and being out and about.

The project gave 10 adults with learning disabilities in Manchester a brand new tablet. I helped everyone learn how to use their tablets. Some people needed a lot of help and some people only needed a little. Everyone kept an online diary. They could take photos, record videos, make voice notes or write about how they had used their



tablet that week. I helped people if they needed support. We had a competition to see who completed the most diary entries, and Richard was the winner. He recorded lots of videos showing how he had used his tablet to stay healthy and well. Well done, Richard!

I really enjoyed being a co-researcher and working with the other researchers. It was important to help Liverpool John Moores University with this research and to make sure people with learning disabilities were included.

Please come and see my final presentation online on Wednesday 9th September, 1pm–3pm. I am also looking forward to being in a book about all the research we have been doing, so I will tell you more about that soon.



**LOOK
INSIDE:**

Engagement Team update, Joe's World Cup Report,
Dentist and Me and much more...

The Voice of Learning Disabled People in Manchester

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

Our committee

- Nathan (Nemo Rawcliffe)
- Paul Hughes
- Richard Hughes
- Trish Phillips
- Alex Webb
- Natasha Pilkington
- Stephen MacDonald

Staff

- Andy Needle
- Derek Owen
- Stephen Blake
- Louise Tanner
- Amber Shaw
- Blaine Haney
- Lisa Farrand

Charges

£5 per day including lunch or £2.50 if you get your own lunch

Opening Times

Monday to Friday 9.30am - 3.30pm
Drop-In Tuesday to Thursday 10am - 3pm

Manchester People First is a company limited by a guarantee, registered in England and Wales, number 6339300

We are a registered charity, number 1124426

Learning Disability Week 2026



This year's theme was 'Do You See Me?' and we had a brilliant week of activities.

Monday – We hosted our own live radio show from 2pm–4pm.

Tuesday – Members enjoyed arts, crafts, games and our busy Drop-In.

Wednesday – We took part in a research workshop with Learning Disability England and Lancaster University.

Thursday – Around 125 members came together for our Superhero Party at The Derby Arms. Thank you to Mark, the manager, for all his hard work, and thank you to everyone who dressed up.

During the week we also shared videos showing members as DJs, radio hosts, researchers, committee members, chairpeople and even an Egyptologist.
Don't forget to check out our YouTube channel to watch them.

Engagement Team Update

We completed our Jobs and Employment report and presented it to the Learning Disability Action Team. We are now waiting to meet the new Director of Adult Social Care to decide which workshop topics to work on next.

We have continued sending out our health poster packs. **If you would like one, or know somewhere they could be displayed, please get in touch.**

Our team also took part in an NHS Fifteen Step Challenge at Manchester Royal Infirmary, helping improve patients' experiences of the X-ray department.

We have also been working with the Disability Supported Accommodation Service to help residents create a new charter describing what good support looks like.



Under one roof, Summer BBQ - Alex

On Thursday 23rd July we held the Under One Roof Summer BBQ Rave at The Yard in Cheetham Hill and it went very well. This is the first time Under One Roof has been there and it was really good. Thanks to the staff for making us feel so welcome. We were really close to selling out and we sold about 90 tickets.



I was Djing back to back with Ryco, back to back means I played a song and then Ryco did, and then I played another song and then he played another. We did this for 3 hours. In May we also held a rave at Yes nightclub in the city centre. I didn't DJ at this one but thanks to fat Britany and Jake Smith playing, it meant I could have a night off and have a dance with the amazing crowd.

I hope to see you all at the next Under One Roof, which is on Thursday 8th October at Yes nightclub. We don't know who the DJs are yet, but it will be amazing.

Alex (Dj Xander)



Thursday Work & Social Group

Thursdays are not drop-ins anymore.

Here at MPF, we have changed a few things:

We have changed our Thursday Drop-in group. We are now called “The MPF Work and Social Group”.

The reason why we had a drop-in because of lockdown, so members could just drop in whenever they wanted, or felt safe to come in.

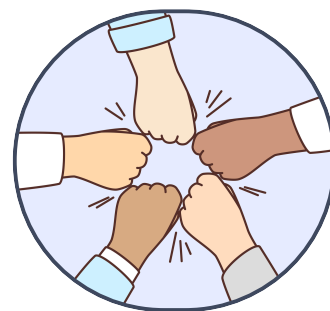


We are very happy to say our Thursday group is getting busy so we cannot offer drop-ins anymore. But this is good news, because it means we are getting full again. We will carry on doing our work on Thursdays by speaking to groups, like Health Watch and by doing exercises with Holly. It just means you now need to come in regular to have a space for our Thursday MPf Work and Social Group.

If you want to drop in we still have spaces on Tuesday. We also have sessions that we run on a Monday and Wednesdays. (See the dates for your diaries page)

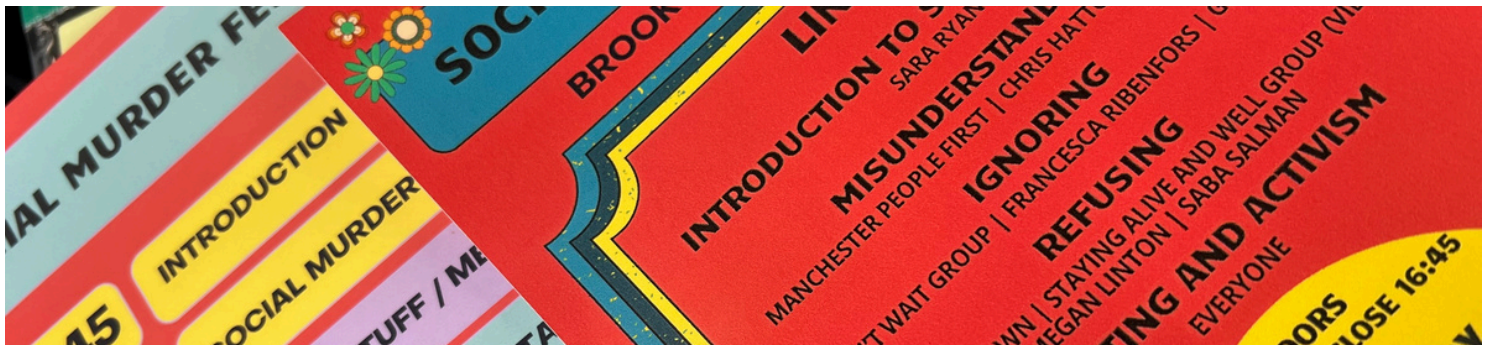
.....

Manchester Metropolitan University (MMU) (critical) Friends Group



Once every 3 months the friends group meet at the MPF offices and online. The “Friends Group” is really a Critical Friends Group but we didn’t like the critical bit in our name so we changed it to just “Friends Group”, which we all liked.

The idea of the group is to help MMU involve learning disabled people more in their research and make sure we are listened to and things co-produced. We have people from all over the country join us both online and in person at our office.



Social Murder Festival - Nemo

On Monday 6th July 2026, I went to visit the Brooke Building at Manchester Metropolitan University. I went to attend the first ever Social Murder Festival in this country.

This was a gathering of some learning disability groups and self-advocates to discuss what social murder is and what it means to us.

Sara Ryan (who is Conner Sparrowhawks mum) hosted the event along with other docs and professionals.

I presented a talk on the Manchester People First Afterlife Workshops and also mentioned that these workshops were delivered by our friends at Merseyside People First.

When it was nearly home time, we had a learning disability theatre group show about Article 52. The day was a fantastic opportunity and I felt proud to be part of it. This was a unique chance to learn what it was all about.



Joe's World Cup Report



Hello everyone,

Here's my World Cup 2026 report. We had the fun of the World Cup recently, well done to the Spain for winning. They beat Argentina in the final. I think Argentina deserved to lose as they were not playing fair. I thought England should have been in the final because Argentina scammed them in the semi-final.

I watched all the games at home with my mum and dad. We watched it on our big TV. I feel it should have been England vs Spain in the final. I also think we could have wiped out Spain and brought the World Cup home. In my heart, even though we came 3rd, I felt we had nothing to celebrate. I thought in the semi-final our manager should have used better tactics to beat Argentina. If I had a chat with our England manger I would tell him to up his game, especially in the semi-finals.

On a positive note, we did come 3rd but maybe we will do better next time. Here's some photos when the World Cup came to the MPF office before the world cup.

P.S. Well done to our volunteer Beth, who won the MPF World Cup sweep stake.

From Joe Aka Scar.





Learn to be a
Self Advocate



MPF and Speaking Out
Forum presents

SPEAKING UP & SPEAKING OUT

FREELUNCH } FREETRAINING

You Will Learn To:

- 🔊 Speak up for yourself and others
- 🔊 Use your voice with confidence
- 🔊 Be listened to
- 🔊 Give a short speech
- 🔊 Improve your listening skills
- 🔊 Learn about advocacy



10:00 AM to
3:00 PM



Wednesday 16 September
Wednesday 23 September

You must attend both sessions.

We can help you complete a simple one-page profile.

Venue: MPF Offices

To book: Call 0161 839 3700

or email us mcrpeoplefirst@googlemail.com

Book Club Report



Hi I am Paul H,

Today I want to talk to you about an exciting new project called “The MPF Beyond Words Book Club”. It’s on Mondays 10am - 12pm.

You Do Not Have To Be Able To Read Words. This is because the books do not have any words and they are all picture books.

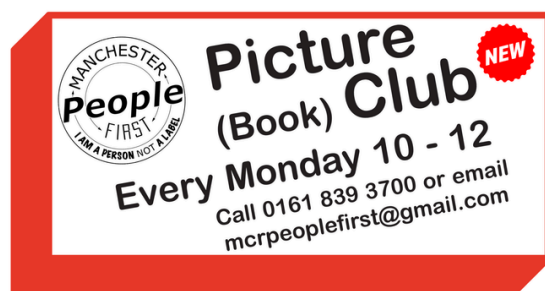
Spaces are very limited to 5 and we only have 2 spaces left (call the office to book now). At the start of the book club, you have to put a dot to a sheet to tell us how you feel before then another on the sheet to tell us how you feel after the book club. We have 2 of the same book, 1 book goes on the stand, so everyone can see the picture. The other book goes to the person who is making the story up. The storyteller will answer some questions that I asked them about the photo.

How it started

At home I went onto the Beyond Words Website. I found out some information and brought this to MPF. I told Andy about Beyond Words, then asked at committee. The committee agreed to go ahead, so Andy and I did the online training with Beyond Words. I got a certificate and then we made a poster to set up the book club.

If you or someone you support would like to come to my book club give the office a call and ask for me.

Keep reading Paul H.



Come along and join our
NEW club

You **DO NOT NEED** to be able
to read to join OUR Picture
(book) Club

Just use your imagination

Places very limited to 5 spaces

Call 0161 839 3700 or email
mcrpeoplefirst@gmail.com to book



Beyond Words
empowering people through pictures



After Life 2

Let's talk about future plans

5 workshops

Thursdays

Sept 10th, 17th & 24th

Oct 1st and 8th

10.30am - 2.30pm

FREE lunch included

3 Broughton St,
Cheetham Hill, M8 8RF

Book your FREE place here:

Call: 0161 839 3700

Email:

mcrpeoplefirst@gmail.com

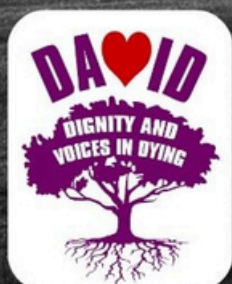


Image: Photosymbols

Bowel Cancer Research

On Wednesday 17th June 2026 Learning Disability (LD) England and Lancaster University came to Manchester People First to do some research.

We met Rachael from LD England and Maria and Nicola, researchers from Lancaster University.

We looked at the home kits for doing Bowel Cancer screenings, you only get these kits when you are 50 years or over. You have to put some of your poo (faeces) on a stick and send it back to the NHS for testing.

Our workshop was to test the kits and see how it works and how it could be more accessible and eventually save someone's life.

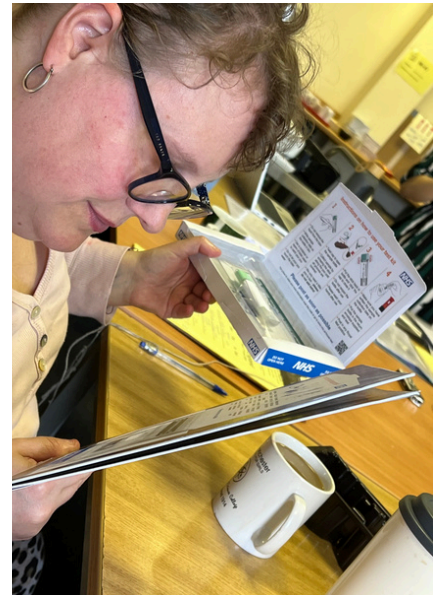
We opened the boxes and looked at the writing and the instructions, and then did a test with chocolate cake and brown chocolate spread (Nutella). We got the test kit out and stuck it in the Nutella and tried to get it back in the container, this proved difficult.

It was difficult to see the small hole for the container, some people could not hold the stick steady enough, all the information was too small and not in Easyread, Also, there was a QR code but nobody (of our 7 members) had a smart phone or knew what a QR code was.

We had some fun doing this research workshop even though it was a serious subject we still had a laugh. These tests are very important because doing it could save your life.

So when you are 50 plus watch out for the box arriving in the post!

Patricia and Richard



My Big decision: The Dentist and me.



I had bad toothache for 10 days and my dentist said I needed 5 teeth removed to stop the pain.

My dentist said I could choose:

1. To go to sleep and have all 5 teeth out at the same time or
2. I could go to the dentist 5 times and have 1 tooth out each time.

This was a big decision for me to make, so to help me decide I spoke to Andy at Manchester People First. Our friend Noel lent me a book about going to the dentist with lots of pictures in. Noel said 'you can borrow it until after you've been to the dentist'. I liked reading the book a lot. Then I spoke to our large Thursday group about the 2 procedures to help me make my choice.

I asked what the group what they would do and everyone said they would choose to go to sleep and have all 5 teeth out in one go. But, in the end I decided my choice was to have a tooth out at a time and go back 5 times.

On Monday 20th July I went to the dentist for my first appointment.

I did everything right I sat in the dentist chair and lay back with special glasses on. Then I had the injection and suction tube in my mouth, but the dentist had to stop. She just couldn't continue as she was struggling and I was having trouble with swallowing and choking on the water. So we stopped and the dentist and I decided to try something different.

I'm now taking tablets then I will go back to the dentist to try again soon, and I will report back again in the next newsletter.

To be continued.... Jake



Dungeons and Dragons

- Nathan C



A few weeks ago(April/May), we did Dungeons and Dragons here in the office. We played for 4 days over a month. It was brilliant, and I loved every minute of it. One of the missions was to find Goats inside a massive castle and inside was the goats. Another mission was helping a shopkeeper to test out his safes, and we also opened all the safes to see which was the most secure. We all chose character names at the start of the game, I was Natheniette stage, Paul H was Horace the Healer, Joe was Greg the Knight, David was a monk, Alex the rouge, and Nemo the bard. Ian was our Brilliant Dungeon Master for 4 weeks.

Thanks to our Dungeon Master Ian for teaching us how to play and making it hilarious, along our journey. I've been wanting to do DnD for about 7 years, and I was over the moon when I knew we were getting to play here. I was a little nervous and worried that I would mess it up, but I didn't. On the first day, we got our own dice to play the game, but I didn't because I had

been to a comic convention and bought my own custom-made ones, each dice had a dragons eye inside.

In the last session, we went to Fanboy 3, which is a popular game shop in the city centre, and it holds league gaming tournaments. We were offered a free table to play our final session. So thanks to Fanboy 3 and all the staff for the free table. We hope we can play more games there in the future.

As always massive thank you to Charlotte from MMU, as she got the funding to help us run this 4 week DnD group.

We are looking to get more funds to make an accessible game for all Learning disabled adults to play. Keep checking back to see if we have the funding/money to do lots more sessions in 2027.

Nathan c the wizard.



Dates for Your Diary

Our Week at MPF

Monday



AM - Book Club
PM - Radio
Recording



Tuesday



Drop-In - All day 10am - 3pm
Arts and Crafts - 10.30am - 12pm
Some meetings

Wednesday



Committee once a month
Pampering once a month

Thursday



MPF Work and Social Group
(FULL)

Friday



Workshop days



After Life 2

Thursday
10th Sept
17th Sept
24th Sept
1st Oct
8th Oct



Special Events

September



**Speaking Up,
Speaking Out
course**

3rd Sept



October



**Learning Disability
Action Team**

6th October



AGM

22nd October



**Shaw Centre
Halloween
party**

29th October



December



**International Day
of Disability**

3rd December



School choir

7th December

jingle
AND
mingle



**Xmas party at
the Darby Arms**

10th December

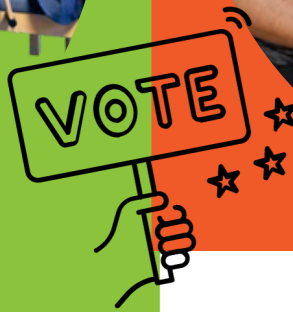


MPF shut for Christmas

Friday 18th December

Re-opens 4th January 2027

AGM 2026



Come to our Annual General Meeting

Vote for members of your Committee
and hear our Annual Report

When:

Thursday
22 October 2026
12.00 - 2.00pm

Where:

3 Broughton St,
Cheetham Hill,
M8 8RF



0161 839 3700
mcrpeoplefirst@googlemail.com
www.manpf.com