

SPEAK UP



News from Manchester People First Issue 89 Summer 2023

Manchester Health and Social Care Conference



Royal T Party

**LOOK
INSIDE!**

See page 8 & 9

- **New Committee**
- **Hate Crime Event**
- **Learning Disability Week**



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
- Trish Phillips
- Rakki Taylor
- John Timms

Staff

- Andy Needle
- Stephen Hughes
- David Dunnico
- Derek Owen
- Stephen Blake
- Christopher Kenny

Opening Times

Thursdays 11am to 2:30pm

Staff are sometimes working from home. Please use our usual phone number and email.



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



New Committee



On Thursday 23 February 2023, we held our postponed Annual General Meeting at our offices in Cheetham Hill.

Our existing committee members – Richard H, Paul H and Nathan C – stepped down. We would like to thank them for their hard work over the past year and a bit, and we really appreciate how they got MPF through the strange and challenging times of the covid pandemic.

We presented our Annual Report, which was sent out in the last issue of Speak Up and watched the video version of the report, which you can see at: <https://tinyurl.com/2c5pk5ba> or go to our YouTube channel.

We asked members who wanted to be on our new committee to put themselves forward over the lunch break. We were delighted that Richard, Trish, Rakki and John put themselves forward. Because the group was small, they are all able to serve on our Management Committee. We wish them luck for the next year.



www.youtube.com/firstmcr



Follow us on
Twitter @firstmcr



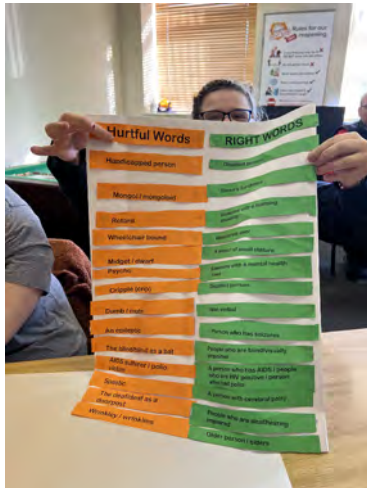
Please 'Like' MPF
on Facebook



Our web site:
www.manpf.org

News

Hate Crime Event 2023



On Thursday 7 February we joined in Manchester City Council's yearly Hate Crime Week. Our session was funded by a grant from the City Council awarded through MACC.

We held the event at our offices where some new members joined our regular Thursday group and guests from The Shaw Centre. In all, 35 people took part.

In the morning, we spoke about words and language and some of the nasty words people may use toward us. We had 2 groups of words the nasty and hurtful words and the correct words we should use to talk about people and their disabilities.

Working in small groups, we spoke about how words can be upsetting and how it is important to use the right words when speaking to people and also about asking people how they would like to be described. We fed back to the whole group, then broke for lunch.

In the afternoon, we came up with designs for a pocket information card. It gives you all the information you would need if you or a friend had been called names, been hit or been the victim of another sort of hate crime.

We took our ideas and had the card printed and sent out with this edition of the newsletter.



TOO GREAT FOR HATE
GREATER MANCHESTER STANDS TOGETHER
Greater Manchester stands together against hate crime. LetsEndHateCrime.com

TOO GREAT FOR HATE
GREATER MANCHESTER STANDS TOGETHER
Greater Manchester stands together against hate crime. LetsEndHateCrime.com

If you see a Hate Crime or are the victim of a Hate Crime, tell someone

- Phone the Police
Emergency 999 Non-emergency 101
- Manchester People First 0161 839 3700
- Online www.report-it.org.uk

Or tell family, teacher, or staff

MANCHESTER People FIRST
MAKE HATE CRIME HISTORY

MANCHESTER CITY COUNCIL | Manchester Community Support | Macc

<p>Being yourself is not a crime</p> <ul style="list-style-type: none"> • Everyone has the right to be safe • Reporting Hate Crime makes a difference • Stop it happening to someone else in our community 	<p>Hate Crime can be</p> <ul style="list-style-type: none"> • Bullying • Abuse • Stealing • Picking on you • Name Calling • Threatening • Taking Advantage • Damaging Your Things 	<p>They are Hate Crimes if they are done because of someone's</p> <ul style="list-style-type: none"> • Disability • Race • Religion • Sexuality • Gender Identity • Alternative Subculture
--	--	---

We hope you like the card. If you would like a few more copies, please get in touch with us at the office.

Thanks again to Manchester City Council, MACC and The Shaw Centre for working on this important project together.



Learning Disability
Annual Health Check

Health Checks



In March, we held the last of our 6 workshops about Annual Health Checks.

We hope the group will carry on and meet a couple of times a year to make sure our members are having the checks and a useful Health Action Plan is being done for them.

We have designed lots of more accessible information for Doctors in Manchester to use when they do the checks, and we are currently making an accessible Health Action Plan.

Charlotte and Zoe from the NHS are getting ready to write to all the Doctors surgeries to ask them to use this new information.

Manchester People First, Better Things and The Shaw Centre have all signed a letter telling Doctors why it is important people with learning disabilities have accessible Annual Health Checks and accessible Health Action Plans. We hope that you will see the NEW accessible Health Action Plans being used at your local doctor's soon.



Health and Care Conference

We went to the Hilton Doubletree Hotel in Manchester on 27 April to attend the Health and Care Conference.

There were lots of people there from all over Greater Manchester. We watched videos about the different boroughs of Greater Manchester and what progress they were making with their priorities.

Manchester's Priorities were:

- 1 Good Health
- 2 Commissioning (buying services)
- 3 Transition (to being an adult)

Andy Burnham the Mayor of Greater Manchester came and the group asked him some questions and he had a photo taken with us.

We did some more table workshops on the 3 priorities for Manchester and gave our thoughts.

There was a good lunch which we all enjoyed.



CDCs

We have got funding to do some work about Community Diagnostic Centres.

These are new services the NHS are developing, where tests such as x-rays and scans can be done in places away from busy hospitals. The idea is to make it quicker and easier for patients to get tested and let hospitals do their own kinds of work. We will be working with Pietro Bonamino, the Senior Community Diagnostics Navigator to make CDCs be more accessible.



Royal T Party



We celebrated the Coronation with a 'Royal T Dance' on Thursday 4 May. Over 40 people came to the office including our friends from The Shaw Centre. We had a fancy-dress competition, where people came as their favourite Coronation Street character, although some people came in Star Wars costume as it was 'May The 4th' day.

Special well dones go to Laura C as Bet Gilroy, Margaret K as Hilda Ogden, Paul T as Albert Tatlock and Paul H who was the one and only Jack Duckworth. Everyone made a great effort – it was so hard to pick a winner, we decided to award a joint 1st, 2nd and 3rd place.



CORONATION ST.



We had some royal themed music in the morning, from the likes of Queen, Royal Blood and Prince and Paul H ran his Very Royal Quiz. After a cream tea lunch, we held a picture quiz, then a Royal Family Quiz. Well done to Nathan C, Trish and Paul H's table who won a box of biscuits.

A special thank you goes to Brewin Dolphin and Anne A who made very kind donations which paid for everything including lunch, 4 prizes for the fancy dress and a prize for the quiz.





We continue to host Zoom sessions every week. We have arts and crafts on Tuesday, a guest on Wednesdays and finish the week with a fun pub quiz and some gentle exercise with Marion on Thursdays. All the sessions are free, you just need an internet connection, an email address and a device to join us and join in.

So send us an email or give us a call and get on the email list to join us 3 times a week on MPF Online. mcrpeoplefirst@gmail.com

You need a photo ID to vote

The next local elections are on 4 May 2023
 You will need to show a photo identity card if you vote in a polling station. Photo ID includes things such as a:

- Passport
- Driving License
- Bus Pass
- Blue Badge

These have to have a photo of you that still looks like you.

If you do not have any of these, you can get a free Voter Authority Certificate. You will need a recent passport-style photograph of yourself and know your National Insurance Number to get one.

Find out more and apply online at:
www.electoralcommission.org.uk/i-am-a/voter/voter-id/applying-a-voter-authority-certificate

Manchester Election Service can help:
 Telephone: 0161 234 1212
 Email: esu@manchester.gov.uk
www.manchester.gov.uk/elections

You will need to be registered to vote with Manchester City Council by 13 April 2023.

This year for the first time, the government made people bring Photo ID with them to vote. A lot of people who have a learning disability probably did not have Photo ID such as a passport or driving licence.

Did having to have Photo ID stop you or put you off voting? Did you remember to take Photo ID with you when you voted?

How did it go?

Did you have any problems when you went to the polling station?

Did you need any help from the staff?

We really want to know how you got on casting your vote in May's elections. Please let us know, so we can pass on your experiences to Manchester City Council.

Join us Join in



The Learning Disability Action Team Needs You

At the end of May, we held 5 workshops to talk about the old Manchester Learning Disability Partnership Board and speak about how we can get a NEW Board off the ground. The idea is to talk to the big bosses of adult social care in Manchester and tell them what we want services to be like, here and sometimes across Greater Manchester.

The information days were held every day from Monday 22 to Friday 26 May. We spoke about the old Partnership Board and where it had come from, how people wanted a new group to run, how often it would meet, what the group should talk about, how we tell the big bosses what we want and how they tell us what work they have done.

We want as many self-advocates from Manchester to get involved in this work and say what is good and bad and how things can be made better. If you would like to know more, please get in touch.

We hope you join us, join in and get your voice heard.
Remember Nothing About US, Without US



Learning Disability Week



The theme for the 2023 Learning Disability Week is 'Incredible People'. We want to show the world what incredible things people with a Learning Disability can do, smashing ideas about us not being able to do things. Why not show us by sending us a video or photo of some the incredible things YOU get up to?



0161 839 3700

If you need a bit of advice, or just want to have a chat – give us a ring. If we can't help we may be able to point you towards someone who can.



You can get your newsletter by email or download it

Send your email address to us at:
mcrpeoplefirst@gmail.com
or download it from our website:
<https://www.manpf.org/newsletters-and-reports>

Under One Roof is our inclusive accessible rave night at the Yes night club in the city centre. It is as popular as ever and always sells out. Book now.

.....



**Accessible raving
for all**

**Nite School
DJ Xanda**

**Thur 22 June
6pm - 9pm**

The Pink Room, YES

**YES,
38 CHARLES ST,
MANCHESTER,
M17DB**

fb.com/underoneroofraving
instagram.com/underoneroofraves

**Tickets
£4**

**Carers go free
skiddle.com**

Dates for the rest of the year (follow us on Twitter and Facebook for when tickets go on sale): Thursday 14 September, Thursday 7 December 2023.



Scam-A-Lot

**Wednesdays from 21 June to
6 September 2023**

1 to 2pm in the office, or on Zoom

**A safe place to talk about the scams
being done at the moment**

Phone 0161 839 3700

Email mcrpeoplefirst@gmail.com



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

healthwatch Manchester

Wednesdays 10:30am to 12noon

28 June

26 July

30 August

27 September

25 October

29 November

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.



The sessions will be held online using Zoom. Email us to get an invitation link sent to you.

Covid is still with us – take care – get your jab



Take care, the NHS is offering a booster jab to vulnerable people – It is safe, it works and is free. Ask at your Doctor's or pharmacy.



Health

Workshops

**Every Thursday from 7 September
to 12 October 2023 11am to 2:30pm**

We will talk about:

- **Cancer • Hearing • Meditation**
- **Healthy Eating • Mental Health**
- **Annual Health Checks • Fun Session**

Free Lunch

Look on Twitter and our website for more information.
Email us to book a place – limited places available –
first come, first served

Manchester People First
3 Broughton Street
Cheetham Hill
M8 8RF
0161 839 3700
mcrpeoplefirst@gmail.com
www.manpf.org

