

SPEAK UP



News from Manchester People First Issue 90 Autumn 2023



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LOOK
INSIDE!

**Sorry about the
mistake with
postage last issue**

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- **Our indoor BBQ**



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 Tailor
- 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



Sorry for the postage mistake...

Last issue, we sent out the newsletter as usual, but made a big mistake and put the wrong sort of stamps on the envelope. We only found out when letters started getting sent back to us and we learnt that some of you may have been asked to pay for the extra postage.

The Royal Mail have changed their stamps to ones with QR codes on them and we had to send our old stamps away to be changed for new ones. The new stamps are now all the same size, but some are for small letters and some are for big letters (such as our newsletters) so when we used the wrong sort it meant we had not paid enough postage. **We are really, really sorry, but as you can see the stamps look very, very similar.**



www.youtube.com/firstmcr



Please 'Like' MPF on Facebook



Follow us on Twitter @firstmcr



Our web site: www.manpf.org



Come and work for Manchester People First on a new project

Engagement Co-Worker

The Job

To support a small team of Learning Disabled Engagement Assistants to:

- Go out and speak with other Learning Disabled adults on issues in Manchester that affect them.
- Put together and present a report to the Planning with People Board about what they have found.
- Run training sessions for health and social care staff.
- Take part in all of Manchester People First's other work.

Experience

You **MUST** have experience of working with people who have a learning disability and a NVQ level 4 or Higher in Business administration, or Health and Social Care. You will be required to undergo an Enhanced Disclosure and Barring Service Check.

Main Terms and Conditions

The job is based in our office in Cheetham Hill, but will involve traveling around Manchester (in your car), visiting people who use services, both in their own homes and places they go during the day.

Hours: Part time, 18 hour per week. Monday, Tuesday and Wednesday 9am to 3pm.

(You may need to work more flexible hours depending on when people are available.)

- Pay £26,026 pro rata
- Actual pay £13,384

The job is funded for 12 months in the first instance.

Full details and application form can be downloaded from our website: <https://www.manpf.org/coming-up>
Or, phone: 0161 839 3700

DO NOT SEND YOUR CV

Closing Date: Friday 27 October 2023 at 12 noon

Interviews: Friday 3 November (all day)

Start Day: To be arranged (no later than Tuesday 28 November 2023)



Plans for services



There has been a lot of work going on around the main things that should be being done by services for adults with a learning disability in Manchester over the next year.

These are:

1. Better Health
2. Better Commissioning
3. Belonging
4. Housing

Manchester City Council and the MLCO – the Manchester Local Care Organisation asked us to do a more accessible version of their ‘Action Plan’, which says how they are going to commission services and their document ‘Our Plan For Services’, which says how they will make services better.

As well as producing these easy read documents, we held a workshop in the office to see how accessible these plans were.

They listened to what we said and made the documents shorter.

Kind Donations

Over the past few months we have had a couple of donations from people who want to remain nameless.

We would like to say thank you.

Your donations will always be spent directly on people who have a learning disability whether that is on resources such as arts and crafts items, or paying for lunch at one of our days.

We do not use donations to pay bills or wages. Thanks once again – you know who you are.

From our Members and Committee



MPF and Shaw Centre

On Thursday 24 August we held our Indoor Barbecue in our office. It was a good job we held it indoors as threw it down with rain. 35 people from MPF and The Shaw Centre came along. Everyone was ready for the beach in fancy dress.



We started the day off with a game of 10 pin bowling in the big room, we mixed up the teams so it was not MPF v The Shaw Centre. The game ended in a draw and the day carried on with our all-time favourite – the Knobbly Knees Competition. Steve H was the judge and the event was won by Tom from The Shaw Centre.

Summer Indoor BBQ

It was time for lunch which was burgers, hot dogs, chips and dessert. Thank you for the donations (see page 5) which covered the cost of everyone's lunch.

In the afternoon, we split up into tables for Andy's Big Quiz – 50 questions on general knowledge, music, a couple of picture quizzes and finally finishing on sport

A great day was had by all and we hope our members and The Shaw Centre students enjoyed the day. As usual we were so busy we forgot to take photos of the whole day but we did manage to get a few of some of the people before they left.



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>**

YOU SAID WE DID

At our last Annual General Meeting in February 2023, we asked our members what they wanted MPF to do during the coming year. Here's what you asked for and what we have been able to do...



Hate Crime

We put on events during both the local and the national Hate Crime Weeks. We made sure Hate Crime was part of Safeguarding week and will be doing another session next February.



Going out and about

We do not have enough staff to do this at the moment. We hope there are other organisations who can help members do this.

Health and Safety

We have an event called Safety at Home, on Thursday 2 November from 1pm to 2.30pm



First Aid Course

We did this as part of our Care for Carers Course.

See the article in this issue.



MPF's Got Talent Show

This will be back and taking again place next February.

Discos and Parties

We hold 4 'Under One Roof' discos at Yes nightclub in Manchester City Centre. See page 15 for details of our December event.

MPF and Shaw Centre Days

We held one in August and are planning more for the coming year. The Shaw Centre will be joining in with our Health Workshops which are taking place in September and October.

Women's Health Day



Planned for October 2023.



Film Club

We did try this, but turnout was very poor. We may try again next year.

Fun and Games Days

We have been doing these every few months with The Shaw Centre.

Information Days

We go to these as when we are asked by big organisations like schools or the NHS



Cooking Club

We are hoping to offer this in the middle of 2024.

Art and Craft Sessions



We do this this on Zoom.



Opening up on more days

We will do this once Thursday are full.

If there are any new things you would like to see MPF put on, please fill in a form at the office or come to the AGM and let us know.

We are always looking for new things to try and new activities that can help our members get more skills.

Care for my Carer Session

Thanks for arranging this session. I feel much more confident now about how to care for my carer in an emergency I would like to do this training every year.
– Richard Hughes



15 of us attended the first ever Care for my Carer session with The Shaw Centre held at MPF offices on Thursday 27 July 2023.

We all learned:

- What to do if there was an emergency at home,
- Who to contact in an emergency
- How to help our carer in an emergency
- How to do CPR

We were all refreshed on what to do in an emergency:

1. Ask if the person can hear you
2. Check if they are breathing
3. If you are on your own, shout for help
4. When help arrives ask them to call the emergency services (999)

Everyone got the chance to practice CPR on one of the 4 dummies. We could choose to do CPR to the tune of ‘Nelly the Elephant’ or ‘Staying Alive’ (I preferred Nelly the Elephant).

I thought the best thing about the day was being shown how to use a deliberator machine – I found out the machines can talk and tell you what you need to do next, like: “Place wires on chest”, “Stand Back” and most importantly do not use a defib machine in the rain!

After lunch, we had a quiz on what we had learned. Then everyone got a certificate.

Medications
And My Mental Health



FUNDED BY

NIHR

National Institute for
Health and Care Research



**A new project is starting about
mental health medications.**

**This research will help people know more
about their medication for mental health.**

**We would like to interview adults with learning disabilities who
live in the North of England who have mental health medication
or have been offered medication but prefer not to take it.**

Interviews will take place on Zoom, or face-to-face if you wish

If you want to take part or have any questions contact

Dr Dawn Cavanagh

Email d.cavanagh@mmu.ac.uk

Phone 07468743450





Looking at Hospital Signs

CDC Report

On 7 August 2023, David and Stephen B. went to:

- Manchester Royal Eye Hospital
- Christie Hospital
- Withington Community Hospital

to look at the signs and information that told visitors from the front door of the hospital to where their appointment was.

We imagined we had an appointment at each hospital to see if we could have found our way to where our appointment was.

People have said they have problems finding their way to hospitals. We wanted to see if the things that help people were accessible and understandable by people with a disability.

We did this as part of our work making access to the Community Diagnostic Centres. One of the sites is at Withington Community Hospital.



Community Diagnostics Centres Workshop 2

Hospital Signs Work Book



In the last issue we told you about the work we were doing with the NHS about Community Diagnostic Centres (CDC). These are local places where people can get scans and tests instead of having to go to a big hospital.

So far, we have held two workshops in our office. Members get vouchers for taking part. The first workshop was to tell people what CDCs, look at what information was already available in easy read format and what else might be needed.

The second workshop looked at how people find their way around hospitals and how the way signs are designed can help.

**There is a new sort of Covid virus about.
It is easier to catch and spread.
Your NHS recommends you get your Covid
and Flu jabs**



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.



7 September Diabetes and Healthy Eating with Nadeem
from Manchester Foundation Trust

14 September Cancer by Answer Cancer

21 September Ears with Jenny from MFT
Eyes from See Ability

28 September Looking After Our Mental Health

5 October Teeth with Nicola and Joanne from the NHS
Yoga and relaxation with Marion

12 October Fun Session

Email us to book a place – limited places
available – first come, first served

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FREE LUNCH



The Christmas List



MPF Christmas Party

Thursday 14 December 2023

11am to 3pm at our office

Tickets £7.50

Lunch, Pub Quiz and Disco



MPF Goes to the Panto

Jack and the Beanstalk

Wednesday 13 December 2023

12 noon to 4pm at Middleton Arena

Meet at the Arena – Tickets £10



Our office closes Friday 22 December 2023

Re-opens on Monday 8 January 2024

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.

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The Pink Room at YES
38 Charles St Manchester
M1 7DB

Thursday 7 December 6 to 9pm



Tickets £4 + £1 booking fee  **skiddle**
Carers go free **buy online at**

fb.com/underoneroofraving
instagram.com/underoneroofraves



Manchester People First Annual General Meeting



**Thursday 26 October
12.00 noon to 2pm**

Free Lunch

Vote for your Committee

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