

# SPEAK UP

News from Manchester People First • Winter 2025 Issue 95

## Our New Committee for 2026



On Thursday 23rd October 2025 we had our Annual General Meeting at our office.

The old committee sat at the front of the room and talked about various things we went through the minutes from the last year, we spoke about being a committee member and the "You Say We Do" and "Make My Life Better" forms and how filling these in will help us plan our work in 2026.

Each Committee member read out their own annual report about the things we have been doing in 2025.

The accounts were presented and accountants nominated for 2026.

We broke for lunch and then voted in our new Committee the coming year, Maria (The Shaw Centre) and Blaine helped with the voting and watched as the votes were counted and the new committee was elected.

Thanks to all who came and congratulations to the new 2026 Committee.

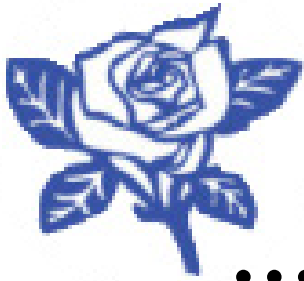
**Contact us for the You Say We Do and Make My Life Better Forms and we will send you copies**



**Our Annual Report is inside**



**The Voice of Learning Disabled People in Manchester**



# Student Reports



## Lancasterian student - Ty

Hi, my name is Ty. I did my work experience at Manchester people first and I met some lovely people. I enjoyed working with the engagement team talking about getting around. My favourite thing was being on the live radio introducing songs like APT- Rose & Bruno Mars and giving shout outs to all of my family and friends. Manchester people first is a good inclusive community.



## Lancasterian student - Kayden



I did my work experience at Manchester Peoples First. As soon as I arrived I was made to feel welcome and felt comfortable. I recorded a part for their radio station. I picked three songs and introduced them. I answered the telephone and took messages. I also got to be part of their meeting with the Mayor Andy Burnham's team. I really enjoyed myself and liked meeting new people who were very friendly.

# Christmas

# Notice Board

Thursday 4th December,  
6.00pm - 9.00pm:  
**Under One Roof @ Yes**

**UNDER  
ONE  
ROOF**



Monday 8th December,  
12noon - 3.00pm:  
**Carols with St Joseph's  
School Choir**

Thursday 11th December,  
10.00am - 3.30pm:  
**MPF Friends and  
Members Christmas Meal**



Monday 15th December,  
1.00pm - 4.00pm  
**LIVE Radio Show**  
**Get voting soon!**

Thursday 18th December,  
11.00am - 3.30pm:  
**MPF Big Christmas  
Party at The Derby  
Arms**

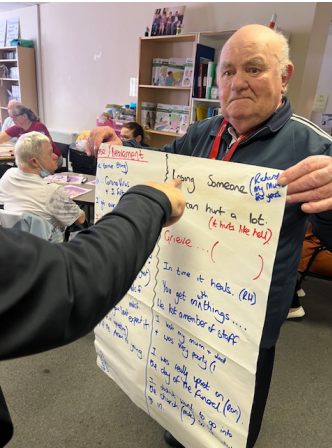


Friday 19th December 2025 MPF Closes  
**Monday 5th January 2026 MPF Opens  
for Staff**  
**Tuesday 6th January 2026 - first MPF  
Drop In of 2026**



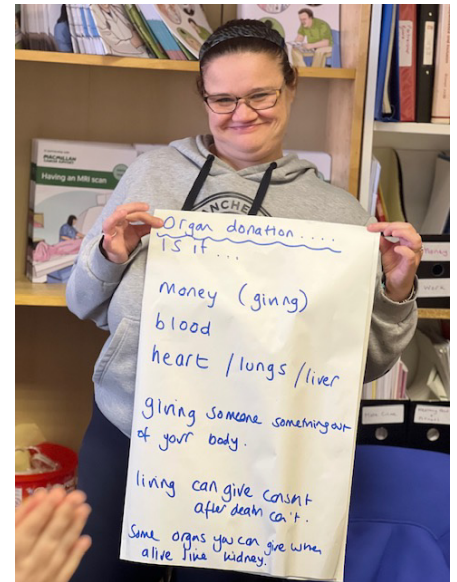
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A group of people are sitting in a circle in a room, engaged in a discussion or activity. The room has a wooden floor and a large window in the background. There are some plants and a small table with a lamp in the background. The people are dressed in casual clothing.



Each week about 25 - 30 people came to the workshops that were held at our office, thanks to The Shaw Centre, their members and staff for coming to each of the session, there was also a FREE lunch every week

At the last workshop we had a chance to bring in an item like a photograph, a poem, a song, or some clothing or even just a memory to tell the group about the person this reminded us of and why this thing was important to them and to us.



We now have 10 Easy read work booklets on different topics, please get in touch with us if you would like some of these booklets and resources.

# Manchester People First Annual Report 2025



**Self-advocacy for adults  
with a learning disability**



## **Staff**

- Andy Needle
- Derek Owen
- Stephen Blake
- Amber Shaw
- Blaine Haney
- Lisa Farrand
- Hannah Brierley
- David Dunnico
- Nicola Evans

## **What we do**

Manchester People First is run by and for adults with a learning disability. We are independent of all services. Since 1992 we have given training and support to learning disabled adults and professionals, and have campaigned for disabled people's rights.

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

We are a registered charity, number 1124426.

## **Stay in touch on social media**



[x.com/first-mcr](https://x.com/first-mcr)



[youtube.com/firstmcr](https://youtube.com/firstmcr)



[tiktok.com/manchesterpeoplefirst](https://tiktok.com/manchesterpeoplefirst)



[instagram.com/manchesterpeoplefirst/](https://instagram.com/manchesterpeoplefirst/)



[threads.com/@manchesterpeoplefirst](https://threads.com/@manchesterpeoplefirst)



[tiny.cc/fbmpf](https://tiny.cc/fbmpf)

# Nathan R (Nemo) - Chair

## Hello everyone and welcome to the annual report

We have worked really hard in 2025, doing lots and lots of things you have asked us to do via the "You Say We Do" model. We have made a separate report on this.

### **Staff**

We've welcomed new staff to MPF: Blaine, Amber, and Hannah. Hannah moved on in August, and we wish her all the best!



### **Learning Disability Action Team**

The team meets 4 times a year to sort things that affect our members. This year's issues were Housing, Social, Getting Around, and Staffing.

Our Engagement Team speaks with members about these topics, and report back to the Action Team and we share it with the big bosses at the Council.

### **Placements and Volunteers**

We offer volunteer placements throughout the year. Well done to the 4 students from Lancastarian school. Special thanks to Bethany who runs our Arts and Crafts session. We also participated in the Northwest Regional Self Advocate conference in Blackpool, accompanied by three self-advocates supported by Hannah, and Kev.

### **MPF's Got Talent**

In February, our Annual Talent Show took place, judged by Jason, Louise Tanner, and Phil Samphire. Congratulations to Margaret for winning, and hats off to Trish and The Shaw Centre for taking 2nd and 3rd place! A special thanks to Louisa Burton's family for their support and for presenting the award, which I was privileged to receive.



# Paul H - Vice Chair

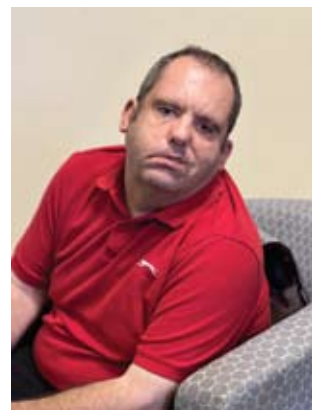
## Meetings, Boards and Committees

### Healthwatch Board

I used to be on this board where we spoke about things to do with health, like Annual Health Checks, Dentists, and Screening.

We have worked closely with Healthwatch over the years and their closure saddens us here at MPF given their hard work in making changes in the local NHS.

We are unsure now who will support us and raise our concerns. A huge thank you to all at Healthwatch for their hard work.



### Easy meetings

We sit on Andy Burnham's Easy meeting and full board which take place on a Tuesday, every month. We also go to the full board meetings twice a year, this is where we talk about lots of things and tell Andy Burnham how he can help us.

### Planning with people board

Nathan, the Engagement Team and Andy go to this meeting to talk about the report that we spoke about at the last Learning Disability Action Team meeting.

### Our committee

We continue to have our own committee meetings once a month. We talk about plans and ideas for MPF, and we also talk about money and building issues. We also sit on some other boards and tell them how they can support us.

I hope you enjoy my report.

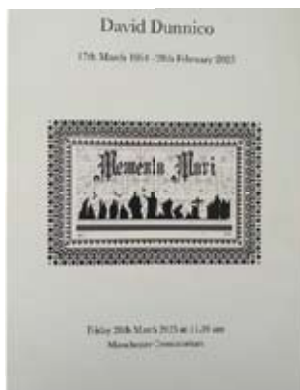


# Steve B - Staff and Self Advocate

## Afterlife and Goodbyes

### End of Life Conference

In May Richard, Trisha, Andy and I went to a conference in the Midland Hotel, the day was hosted by Jenny Jones from the Northwest Inclusion Team for Health. The conference was to talk about planning for when we die.



The workshops were excellent, showing the importance of planning for our future and our wishes after death. The conference showed me that planning can be enjoyable rather than sad.

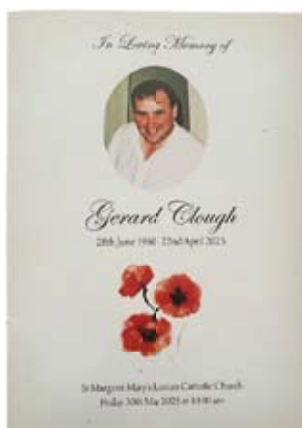
### Afterlife workshops

Following this, you asked us to do our own "Afterlife" workshops to aid self-advocates in their own planning. Thanks to Merseyside People First for doing these workshops.



### Goodbyes to Staff and Members

Sadly, we received news of the passing of Dave Dunnico, Gerrard, and Fred this year. We attended their funerals. At Dave's service, the vicar brought humour to the occasion and even shared some personal stories. Fred B has also left us and will be missed. It was a true honour to carry my friend Gerrard's coffin. All 3 have left a significant hole at MPF.



# Trisha P - Treasurer

## Pampering and Women's Sessions

### Pampering

In July and August we had 4 Pampering Sessions here at the Office.

We had between 10 – 15 ladies come to each of the sessions. Every session had its own theme, nails, pedicures, facials, hair and a festival theme to end.



I loved seeing more ladies come together to have fun! Thank you to the Shaw Centre and their staff for coming, and a big thank you to The Fairy God Mothers Pampering Palace for leading these sessions.

### Let's Talk About Boobs

In October, we held a Women's Only session called "Let's Talk about Boobs," led by Jenny Jones from the North West NHS. She emphasised the importance of self-checks, what to do if we find lumps, and sharing screening experiences.



I think it's vital to create a safe space for Learning Disabled women at Manchester People First. If you or someone you know with a Learning Disability wants to learn more about this work please reach out.

I aim to carry on this important work in 2026.

# Richard H - Committee Member

## Animation and Research

### Animation project

We did a 6 week animation project and we all made our own short films.

We worked with Phil Samphire and Kyza, who showed us how to make short, animated films.

Phil and Kyza went away and edited all the films together. To see the final version, please go to the MPF YouTube channel and look for "MPF Animation".



### Research

This year we have been busy doing a lot of research with different universities. We spoke to these universities about Artificial Intelligence, Digital Health and Wellbeing, Being Carers, Belonging, and Medications. Some of these projects are long and need a lot of hard work but others are simple 1 day interviews.



**Manchester  
Metropolitan**  
University

It's good to be involved in research so people with Learning Disabilities can understand new things, like AI, but sometimes it can be hard. It is also important for researchers to speak to us so they can understand our point of view. We have been asked to work even closer with MMU, and to be a Critical Friend to help them include more disabled people in their research.

# Alex W - Committee Member

## Radio and Raves

### **Manchester People First radio show North Manchester FM 106.6**

We record the shows on Monday, and they are edited and aired every Friday 12pm to 1pm. You can listen again on Sunday between 5pm to 6pm or on the Station's website anytime.



Thanks to Jason from NMFM radio for helping us and supporting us to do the show. Doing the radio show makes me feel happy and I hope it never ends.

### **Under One Roof**

We continue to have our Under One Roof raves with Alice from Meatfree DJs. We have these in the Pink Room at Yes nightclub 4 times a year. I like the Under One Roof parties because it gives me confidence when I DJ at them. Keep an eye on our socials and also look for Under One Roof. Thanks to Aalice for all her hard work.



### **Manchester International Festival**

This year, Under One Roof and MPF closed the Manchester International Festival. It went really well; everyone was amazing, from Billy and Andy's music school, and all the DJs who were Fat Britney, Jake Smith, and myself DJ Xanda.

We are looking forward to working closer with the Aviva studios and MIF in the future.

Watch my socials at DJXANDA because I may be DJing at a party near you.

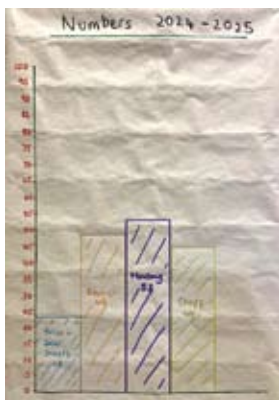


# Amber S - Staff

## Engagement team report for 2025

Earlier this year, we tackled 4 topics from the Learning Disability Action Team: Police and Safer Streets, Dentists, Housing, and Staffing, creating worksheets for each.

We visited day centres in Manchester to gather learning disabled adults' ideas through workshops.



In our workshops, we started with 23 participants, then 48, followed by 53, and finally 44. It was great to see our numbers grow!

We completed reports on each topic and met with the big bosses to give feedback. We are trying to find out what they have done with the things we put in our reports. If you would like a copy of any of our reports, please ask.



Later in the year we explored 4 new topics: Social, Transport, Health, and Life Skills. Blaine led Transport, enjoying chats with other learning disabled adults and uncovering fascinating transport facts.

I explored social activities beyond day centres, discovering people's hobbies and future desires. Meanwhile, Stephen took charge of Staffing, enjoying the engagement and camaraderie as everyone participated, listened, and had a good time. If you would like to add your thoughts to our sessions get in touch.



# Blaine H - Staff

## Cycling UK Report

In November Cycling UK came into Manchester People First and did a taster workshop showing all the different accessible bikes.

This year 4 of us from Manchester People First went to Salford University to do cycling sessions and they showed us how to use the bikes.



Over the past 9 months, we have been doing cycling sessions. This has opened an opportunity to loan the bikes and ride to work. It has been fun and it has opened our eyes to cycling in a way we would never have thought otherwise. It has also been a more sustainable (green) way to travel to work.

This then opened other opportunities:



I have done a video with Transport for Greater Manchester (TfGM) that has gone out on social media. Nathan and I have helped them with case studies and we are now ambassadors, talking about different types of green transport like lime scooters and bikes. We have even appeared on their posters!

In September we were invited to the Cycling UK research launch where they released their first annual report. We look forward to carrying on the cycling project in 2026.

# Nathan C - Committee Member

## Interviews and looking forward

### Interviews

This year I took part in interviews to hire a new worker.

I interviewed three candidates, a male and two female, for a cleaner job.

Each interview had two parts: a conversation where we asked questions, which made me nervous, and a practical session where each candidate tried the job.

After the interviews, we sat down as a committee and decided who was the best.

Everyone did really well and it was a hard decision to take but we decided to give Nicola the role and welcome her on board.



### Looking Forward

In 2026, we're excited about new projects, especially the Dungeons and Dragons sessions! Let me know if you would like to help.

I believe DnD is a fun way to bring people together.

I want to start as a player and eventually become the Dungeon Master to craft the stories.



**DUNGEONS & DRAGONS**

Imagine a world filled adventure with a simple version of the game ran by Manchester People First



Come to create a world with just your imaginations.

Call to book your place. We will need at least 6 people interested

Free to any adult with a learning disability in Manchester

We plan to have the sessions 10:30 to 12:30

**Fridays at Manchester People First**

3 Broughton Street Cheetham Hill M88RF  
01618393700



To have your say about what MPF should focus on this coming year fill in "You Say We Do 2025" form, and maybe your project can take off in 2026!

We are always excited to welcome new members and make new friends.

# Summary of Accounts

## April 2024 - March 2025

This is a short simple version of what we got and what we spent from April 2024 to March 2025.

They have been checked by our accountants.  
Anyone can ask to see the full accounts.



MONEY IN (Income)		2025	MONEY OUT (Expenditure)		2025
Grants		£182,178	Wages, Pension and Add Ons		£117,655
Easy read and Training		£11,957	Rent and Services		£28,048
Support		£13,919	Meeting Costs		£4,369
Donations		£2,453	Print, Postage and Stationery		£3,367
Interest on account		£4,676	Accountancy and Bank Charges		£2,892
<b>Total Income</b>		<b>£215,183</b>	Insurances		£1,933
			Heat, Light and Power		£2,971
			Water and Rates		£1,205
			Equipment		£4,583
			Telephone		£1,215
			Subscriptions and Sundries		£2,788
			Travel		£843
			Volunteer Expenses		£1,385
			Repairs		£2,620
			Staff Training		£4,380
			Depreciation		
			<b>Total Expenditure</b>		<b>£180,254</b>
			<b>Total Income</b>		<b>£215,183</b>
			<b>Grand Total (Income – Expenditure)</b>		<b>£34,929</b>



Our accounts were checked by: Cadishead Accountancy Service Ltd, Britannic House, 657 Liverpool Road, Irlam, Manchester, M44 5XD

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Manchester People First is a company limited by guarantee, registered in England and Wales, number 6339300. We are a registered charity, number 1124426.