



Spirit of Manchester Awards 2017 Winner

SPEAK UP

News from Manchester People First Issue 76 Winter 2018

Your new committee



We held our 2018 Annual General Meeting at our office on 1 November and voted for our new committee. Thank you to everyone who came to the AGM and congratulations to: **Joanne, Trish, John and Richard.**

We did things differently this year. As well as the written Annual Report you will find inside this issue, we did a video version. Members at the meeting thought the video made things easier to understand and said we should do another one next year. You can watch it online at YouTube:

<https://tinyurl.com/mpfagmvideo>



Our Annual Report is inside this issue
Xmas Party – Thursday 13 December • See Back Page



The Voice of the Learning Disabled

SPEAK UP


Spirit of Manchester
Awards 2017 Winner



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

- Stephen Hughes
- Andy Needle
- David Dunnico
- Derek Owen
- Stephen Blake
- Louise Crowley
- Joanne Hickenbotham
- Christopher Kenny

Opening Times

Monday to Friday
9:30am to 3:30pm
Chatty Tuesdays
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



Xmas office opening and closing times

The office will close on Friday 21 December 2pm
We will re-open again on Wednesday 2 January 9am



MERRY CHRISTMAS

Big Xmas Party

Thursday 13 December
See back page



Manchester
Learning Disability
Partnership Board



the shaw centre

The Social

Christmas Party
Tuesday 18 December

Meetings for 2019

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



Thursday 15 November
Special Event
10:30am to 2:30pm
Free



Greater Manchester Confirm and Challenge



Thursday 17 January 2018
Thursday 8 May 2018
10:30am to 3pm

All meetings run from
10:30am to 12:30pm
www.partnershipboard.org



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



Follow us on
Twitter @firstmcr



Please 'Like' MPF
on FaceBook



Our web site:
www.manpf.org



Barry on the mend

We want to wish Barry Edwards all the best and a speedy recovery after a seriously big operation.

Barry had been waiting a long time for the operation and spent weeks in hospital. But we are happy to say he is now home and feeling much better. We kept in touch with Barry and sent him DVDs every week to fight off the boredom.

We were hoping the surgeon would remove Barry's corny sense of humour, but Barry has been coming in to see us – and his jokes are just as bad as ever!

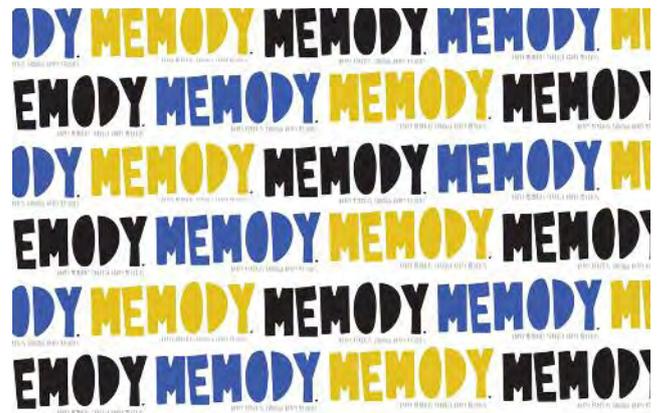
Relax

Tuesday's are a lot less stressful since we started a series of 1-hour long relaxation sessions for our Chatty Tuesday group. Gaynor from Peace Place Holistic Therapies has been running these between 2pm and 3pm most Tuesdays. If you want to get rid of some stress, get in touch with us.

Don't get stressed over money – Chatty Tuesday is free.

Music Workshop

Over Summer the office was full of music on Thursday afternoons. It was thanks to Tom Edney who is from an organisation called Memody, who ran 8 music workshop sessions with us.



Tom started Memody to help people work together to express themselves by composing music about their lives. He came each week and we all had a chance to sing, play an instrument or do some percussion, recording what we had done on a laptop.

The first few weeks were spent getting to know about each other and finding out what we wanted to make a song about. We decided to make 2 songs. One was about how Hate Crime makes us feel and the other was a Manchester People First anthem.

A few weeks later we held a listening party to hear the finished songs.



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Manchester People First Annual Report 2018

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number: 6339300 Registered Charity, number: 1124426



Introduction

Welcome to Manchester People First's Annual Report. It tells you what we did from 1 April 2017 to 31 March 2018.

At our 2017 Annual General Meeting, we said we would make a video version of our Annual Report. We showed it to our members at the 2018 AGM, which we held at our office on 1 November 2018.



You can watch the video on our YouTube channel:
www.youtube.com/firstmcr



In last year's Annual Report we told you it was Manchester People First's 25th birthday in 2017. In this Annual Report we will tell you about some of the things we did to celebrate, and who we met and worked with over the year.

Membership

We have nearly 600 members. To join MPF you have to have a learning disability, be over 18 years of age and live in the area covered by Manchester City Council.

Our Committee

At our 2017 Annual General Meeting, held on 26 October 2017, the members elected their new committee: Barry Edwards, Ronnie Hailwood, Shirley Odell, Tricia Phillips, Rose Purcell, Tracey Robinson, Joanne Smith and John Timms.



Staff

Our staff were: Stephen Hughes, Andy Needle, David Dunnico, Barry Edwards, Stephen Blake, Louise Crowley, Joanne Hickinbotham and Christopher Kenny.

What we do: Our Mission Statement

Our mission is for all learning disabled people in Manchester to have control over their lives, make their own choices and be confident self-advocates.



We will work with other groups to help us reach our goal.
We will be brave and strong in how we support people.
We will be positive and move forward together.

Keeping in touch with members

Every member is sent a copy of our newsletter 'Speak Up', 3 times a year. We also send copies to people who work in health and social care services.

This annual report is being sent out with issue 73.



We also use social media:

Twitter @firstmcr

FaceBook: Manchester People First
and our website: www.manpf.org
to tell people what we are doing.



Charges

Last year, we had to introduce a charge of £2.50 a day for people to come to our drop in sessions. We kept this as low as we could, and it has not affected the number of people who come to our drop-ins.

We do not charge when we are hosting some special events, such as our Annual General Meeting.



Working with other groups

We work with lots of different groups, especially if they are doing work about health, safety, or hate crime. We learn from them and we make sure they think about people with a learning disability in their work.

Consultation

We are well known and respected in Manchester, and organisations including the NHS and Manchester City Council consult with us about issues to do with learning disability.

Hosting meetings

We also host meetings for the Manchester Learning Disability Partnership Board, 6 times a year, and produce their newsletter 'Together'. NWTDT hold their Greater Manchester Confirm and Challenge meetings here 4 times a year. We take the minutes for these and other NWTDT meetings.



Drop-ins

Our regular drop-ins are on Tuesdays, Wednesdays and Thursdays. We joined with The Shaw Centre to start a new group on Tuesday evenings called 'The Social'.





25 Years of Self-Advocacy

2017 was the 25th anniversary of Manchester People First.

In January 2017, we started working on a project with staff from Manchester City Council's Libraries and Archives to tell our story in an exhibition at Central Library.





Our year



We were one of the groups who helped with Manchester's Disability Plan.



Kirsty Keywood and her students from Manchester Law School put on a Know Your Rights session for us.



The biggest event of the year was our party to celebrate 25 years of Manchester People First.



We started had our own radio show on All FM in Longsight. The community radio station ran weekly training sessions for us and leading to us present a radio show, which was broadcast on 9 June.



Our Service Audit Team of 4 adults who have a learning disability and a co-worker carried on their work inspecting services.



Len from Manky Poets came in on National Poetry Day, read some of his poems and helped us write our own.



October was a big month for us. We won an award from Manchester Alliance for Community Care for being the Best Service User Involvement Organisation in Manchester.





We were in the papers and on TV when we were part of the first rave club nights especially put on for adults with a learning disability. They were held at Texture in the Northern Quarter and were massively popular.



Once again our Big Xmas Party was at St. Kent's in Fallowfield – the celebrations went on an Xmas lunch at the office, a visit from a school children's choir and a Ukulele Orchestra.



Andy Burnham the Mayor of Greater Manchester came to answer our questions at a special meeting held with the Partnership Board.



We sent 5 delegates and 2 supporters to this year's North West Self-Advocates Conference. The weekend long event was held in Blackpool.



We had to cancel our 'People First's Got Talent show because of all the building work that was going on.

We had to say goodbye to two of our friends, who died during the last year. R.I.P. Louisa Burton and Leo Bond



Accounts

From 1 April 2017 to 31 March 2018

Income (Money we get in)

Grants £128,804

Support £10,895

Just Info and Training £12,050 Donations £7,948

Other Income £3,004

Interest £31

Total Income £162,732

Expenditure (Paying the bills)

Accountancy, Legal fees and Bank Charges £2,140

Meeting Costs £4,671

Wages, Pension Recruitment and Training (staff) £120,493

Rent including Services £25,188

Insurance £1,928

Light, Heat & Power £2,207

Telephone & Internet £805

Printing, Post and Stationery £3,636

Equipment £2,712

Rates and Water £931

Travel £412

Publications and Subscriptions £187 Sundries £2,049

Depreciation £20

Total £167,379

Surplus {Deficit} {£4647}

These accounts are a summary. Full copy available upon request.

The accounts were audited by

Cadishead Accountancy Service Ltd

Britannic House

657 Liverpool Road

Irlam

M44 5XD



Greater Manchester Growing Older with Learning Disabilities

Need your help

This October we held our yearly series of 6 Health Sessions.

Each Wednesday we looked at a new subject. This year they were:

- Getting the Flu Jab
- Ask a GP,
- Cancer
- Epilepsy,
- Mental Well-being
- STOMP (Stopping Over Medication of People with a learning disability, autism, or both).

Over 30 members of MPF and The Shaw Centre came to each session. We worked in partnership with Dr Claire Lake, Greater Manchester Lead GP on Learning Disabilities.

We were able to fund the sessions thanks to a very kind donation we were given in December. We would like to thank all the speakers who shared their knowledge, and the staff and members of The Shaw Centre. We really enjoyed the themselves and learnt new things each and every week.

We want to talk to people who have a learning disability and are over 50 years of age about what can be done to make them feel more a part of their community.

If that sounds interesting and you live in either Bolton, Bury, Manchester, Oldham, Rochdale, Salford, Tameside, or Wigan, get in touch with GM Gold if you want to take part.

Contact Melanie Chapman

Phone: 0161 247 2537

Email: m.chapman@mmu.ac.uk

 **@we are gm gold**

 **we are gm gold**

Manchester People First is one of the partner organisations in GM Gold



Our rave night is back – new venue – same great night out

Under One Roof -The Revenge



Our rave night "Under One Roof" returned in October. We almost sold out the new venue, a club called 'YES', which is next door to The Lass O' Gowrie pub, just off Oxford Road. YES only opened at the end of September and the room we were in was packed.

It was our first rave since Texture, where we used to go closed. It took a lot of work to find another fully accessible venue in the city centre. But it was worth it to hear people say, "Great night and the people were fantastic", and "The music was the best I've heard in ages". It was also the first time some people had ever been to anything like it. One said, "I've never been clubbing before, EVER!"



It's great to be working once again with Alice and all the DJs from Meat Free. We are making plans and have a few ideas, such as having food.



The event was so popular we are looking at moving into one of the bigger rooms, which will let more people attend and make it easier for wheelchair users. We are trying to fit in another night in before Christmas. If you are interested, check FaceBook or Twitter, or phone.

Finally, thank you once again to Nicola and ALL the staff at Texture for their hard work giving our members some great nights out.



New rules say how companies and organisations like Manchester People First look after the information they keep about you.

These rules are called the General Data Protection Regulations (GDPR) and become law on 25 May 2018. They replace the Data Protection Act 1988.

When you joined Manchester People First, you told us your name and address and may have told us your phone number and email address. We keep this information on a computer, so we can send you our newsletter.

We have always kept this information on a password protected computer. Only staff can see this and only to use it for MPF work.

If you regularly come into the office, we may ask you for some emergency contact details and medical information. This is in case you need any help in an emergency. We keep this information in a locked cupboard.

We NEVER give this information to any other people, groups, or companies.

If you want to know more phone or email us
Manchester People First
3 Broughton St
Cheetham Hill M8 8RF
Phone: 0161 839 3700
Email: mcrpeoplefirst@gmail.com

To find out more about the GDPR,
visit the Information Commission's
website:
www.ico.org.uk

Manchester People First's

Big Xmas PARTY



- **Buffet** • **Raffle**
- **Disco** •

**Thursday 13 December 2018
12:00am to 3pm**

St. Kent's Irish Club

36 Wilbraham Rd

Fallowfield M14 7DW

£5 **Bring money for
drinks at the bar**

**Tickets must be bought before the party,
so we can book food • No tickets will be
available on the day. Numbers are limited,
so book as soon as possible**

Email: mcrpeoplefirst@gmail.com

Phone: 0161 839-3700

Tickets also available online

Search at www.skiddle.com



or (direct link): <https://tinyurl.com/mpfxmasparty>

Tickets bought online cost £6 (£5 plus a £1 booking fee)

