

SPEAK UP

Issue #33
Summer 2007

Newsletter from Manchester People First

Health Workshops



Our annual health workshops this year will run every Thursday from 21 June until 12 July. Come and join our healthy eating workshop where you will learn what's good for and what's bad for you to eat.

Our relaxation workshop will show you techniques to help you relax and unwind. Our exercise workshop will show you how to keep fit and healthy. The last workshop will be about general health and what you want us to do for next year's health workshops.

All the workshops are free, and come with a free healthy lunch. But you have to sort out your own transport. Ring us if you want to come.



Job Opportunity
centre pages

Service
Audit
Assistant



See back page



The Voice of the Learning Disabled

Welcome



to our second newsletter of 2007. We're already half way through the year. Don't forget you can always download all our publications from our web site at: www.manpf.org This issue is a bit different as we have an important job advert in the centre pages and don't forget to help us celebrate our 15th Birthday – see back page for details!

What we do

Manchester People First is run by and for learning disabled adults and is independent of all services.

We give training, support and advice to learning disabled adults and professionals and campaign for disabled peoples rights.

Contact us at:

Manchester People First
Unit 21
Wilson Park Business Centre
Newton Heath
Manchester
M40 8WN

Phone: (0161) 205-0800
Fax: (0161) 205-3030
peoplefirst@another.com
www.manpf.org

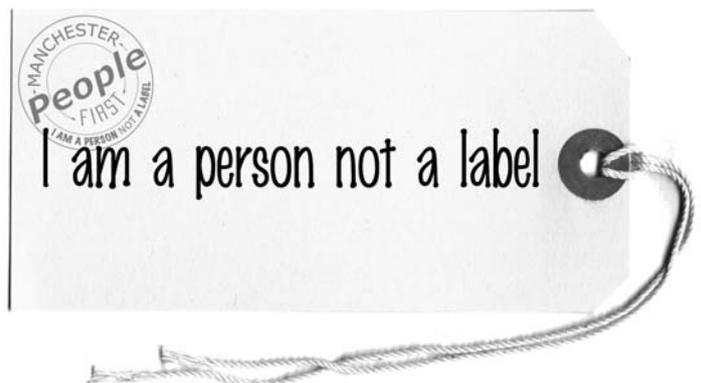
Committee 2006/2007

Officers:

Edward Kane (Chair)
Joseph Rooney (Treasurer)
Louisa Burton (Secretary)

Committee Members:

Paul Brannick
Katherine Graham
Frank James
John Jarvis
Yasser Mahmood
Stuart Maragh
Richard Hughes (co-opted)



People First Open Day



Our open day was on 19 April. Over 30 learning disabled adults and friends of MPF came to see what we do. We also had friends from other groups in Bolton and Oldham.



We gave away some of our information and showed people what we had been up to over the past 12 months.

We also sold tea and coffee and donated the money raised to Comic Relief.

Pounds for our Party

Our friend Jo Fearn will be helping to raise some funds for our 15th Birthday Party. She will be taking part in the Great Manchester Run on Sunday 20 May 2007.

The run is going to be around 6 miles and we are asking you to sponsor Jo to help us raise much needed funds so please give us a call at the office and make your donation/pledge.

Also if you want to go along and support Jo on her run, it will be in the centre of Manchester around the G-Mex area so please go along and show your support. But remember it may be quite early in the morning.



Free Tickets

learning disability
today

This years Learning Disability Today event will be held at the City of Manchester Stadium (MCFC's ground) on Wednesday 4 July 2007.

MPF will have our own stall at the event to celebrate our 15 years of self advocacy. We would love to see ALL of you down there at our stall.

You can get your free tickets from Pavillion Publishing on:
0870 890 108
(please don't ring us).

You must have a learning disability to get a free ticket. carers, professional's and students have to pay £20 per ticket but can get a discount if they buy in bulk.

Local Elections Thursday 3 May

We hope you all voted in the local elections.

Remember it is very important to have your say about where you live and the services you get from councils.



If you didn't vote, or you are not registered, why not check by seeing if you are on the electoral register. You can find out by ringing the Electoral Office in Manchester Town Hall: 0161 234 3145



Dream Team

Unfortunately we have finished our work with The Dream Team self advocacy group from Landridge House. The members of the group have completed a 10 week assertiveness course. We covered lots of different things about standing up for your self and speaking up for your rights. It was quite hard work, but fun.

New Horizons



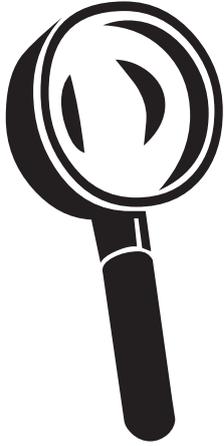
We are still working with the New Horizons group every Tuesday or Wednesday. We are working on their constitution so they can set up and run their own independent group. A constitution is a set of rules about how you run your group and who the group is for. They will be having an AGM to elect their first committee. The group have produced their own newsletter. You can download a copy from our website: www.manpf.org and click on the 'Our Groups' button.

Men's Group



MPF have recently been out with the men's group to Manchester Airport, we all had an excellent day and spent most of the morning wishing we were on the leaving planes. We went to the local pub hoping for some great food – but the pub was closed so we had to make other arrangements. Talking of food. We paid another visit to favourite place to eat The Rudyard on Stockport Road. We had a fantastic roast dinner with meat, roast potatoes and all the trimmings.

Job opportunity



**Would you like to help
make sure services
for learning disabled
adults are good quality?
If so, this could be a job
for you!**

The commissioners of adult learning disability services and Manchester People First want to employ a learning disabled adult to help check that services for people with a learning disability in Manchester are as good as they should be.

We are looking for someone to work a few hours every month to take part in inspections and work with a Service Co-ordinator.

You will work with the Service Co-ordinator at Manchester People First's office, but will travel all over Manchester and the North West.

The work is paid and will last for 12 months, but we may get funding to carry on longer.

Job: Service Audit Assistant

Hours: About 9 hours each month

Pay: £49.68 per month

Contract: 12 months, temporary

(possibly will be extended depending on funding)

Location: MPF Office, across Manchester and North West

Application forms from Manchester People First
available in different formats

Closing date for applications: Friday 22 June 2007

Shortlisting: Tuesday 26 June 2007

Interviews: Friday 13 July 2007

Start date: Monday 30 July 2007 (or soon after)

Contact:

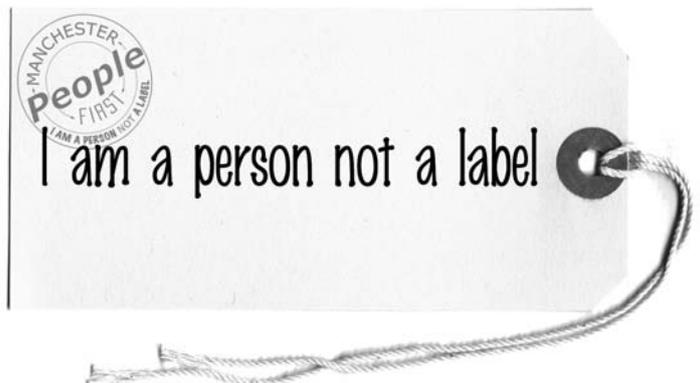
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Who is it?

Q. Everyone knew their names in 1966



A. Alan Ball, Bobby Moore, Gordon Banks

Way Back When



Here's one of the first MPF committee meetings. Thanks to Edward for bringing the picture in.

Pay attention at the back!



You will find the answers in the newsletter!

Who is running to raise money for us?

When is our First Aid Training Day?

Where are the Men's Group doing in July?

Guess the stars, Name the brand, Where is it? and more...

Where is it?

You can find this somewhere in Manchester—do you know where?



Answer: Toxteth Tower

Name the Brand



A: Kodak

Too much to fit in!

We've got too much to tell you about this issue, so the Fun Filled Bit in the Middle is a bit smaller than usual. Back to its normal 4 pages next time.

.....
Q Whose real name was Archibald Leach?
.....

Cary Grant

Answer:

A



Top 10 TV Programmes of 1992

1992

- 1 Eastenders
- 2 Coronation Street
- 3 Only Fools and Horses
- 4 Worst of Alright on the Night
- 5 You've Been Framed
- 6 The Trouble with Mr Bean
- 7 The Darling Buds of May
- 8 Merry Xmas Mr Bean
- 9 More Aunties Bloomers
- 10 Taggart

3 facts Did you know?

1. Our Health Workshops start in June
2. New Horizons meet at Landridge House
3. You are invited to our party!



Advertise in Speak Up

As we celebrate our 15th Birthday, we want to go on and make Manchester People First better still. We are planning to make our newsletter more appealing by getting it professionally printed. It will cost us more, but we think it is worth it.

Can you help?

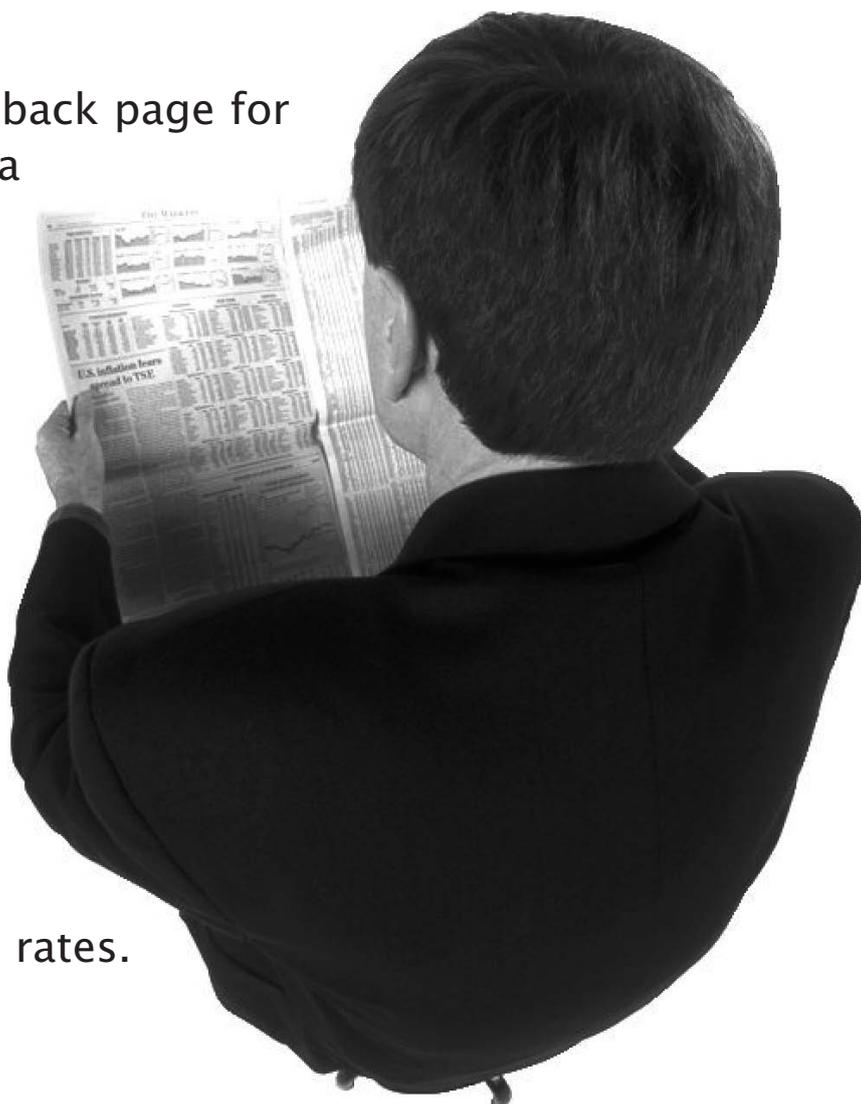
We are looking for organisations that have contact with adults with a learning disability to advertise in our newsletter.

Special offer

We are offering you the full back page for £150 per issue or £500 for a full year. We can reprint your advert or create one free of charge for you.

Speak Up is published 4 times a year and is distributed free to 550 people with learning disabilities or individuals or organisations involved in social care.

Manchester People First can also include your leaflets in our mailings. Contact us for rates.





Notice Board

News and dates for your diary



Wednesday 30 May: Picnic in the Park

Wednesday 27 June: Seeing Robin

Wednesday 25 July: 10 Pin Bowling



Next Meetings:
Tuesday 10 July
Tuesday 11 September

MPF Committee Meetings

Monday 11am to 1pm
4 June
2 July
6 August

Visit the web site at:
www.partnershipboard.org



Health Workshops

Thursday 21 June
Thursday 28 June
Thursday 5 July
Thursday 12 July



First Aid Training
Thursday 24 May

Wednesday 4 July

.....
Great Manchester Run: Sunday 20 May See page 3 and support Jo Fearn
.....

MPF 15th Birthday Party
Thursday 7 June 11.30 – 3.30pm

Visit our web site at:
www.manpf.org





You are
invited to our
15th Birthday Party



Thursday
7 June 2007
11.30am to 3.30pm

Irish Centre
Queens Road
Cheetham Hill

