

# SPEAK UP



News from Manchester People First Issue 64 2015



Department  
of Health

## Our rights Our consultation

**NO VOICE  
UNHEARD  
NO RIGHT  
IGNORED**



The government are asking people what they think about the rights of people with a learning disability, autism or mental health condition. We held a meeting in our office at the end of May to think about some questions the Department of Health had asked. Tom and Anna from 'Think Quality' came to help and over 30 MPF members and people from the Shaw Centre and OPAL took part.

The 14 questions included, "What support should people get if something goes wrong?" And, "If self-advocates do not have mental health issues, should they be sent to hospital under Mental Health Act?"

Joanne found the day "Interesting, but questions could have been easier" and Paul "enjoyed the day", but also thought the questions not very clearly worded. We have sent off our thoughts and hopefully this will help make services better.

## Advocacy Hub See pages 8 and 9

**New service launched in Manchester**

*The Voice of the Learning Disabled*





## 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

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3 Broughton Street  
Cheetham Hill  
Manchester  
M8 8RF

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Website: [www.manpf.org](http://www.manpf.org)  
Like us on Facebook  
Follow us on Twitter: @firstmcr

## Our committee

Stephen Burden  
Shirley Ryder  
Patricia Phillips  
Paul Hughes  
Joseph Rooney  
Ronnie Hailwood

## Staff

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

## Opening Times

Monday to Friday 9:30 to 3:30pm  
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



**Meets on Tuesday**  
**14 July**  
**15 September**  
**10 November**

**10am to 12pm**

**[www.partnershipboard.org](http://www.partnershipboard.org)**

**Manchester People First**

***Young People's Forum***  
**Tuesdays 2 to 3:30pm**



We have started a new fitness group with Emma from Fighting Fit. She will be coming to our office on Thursdays from 1:30 to 2:30pm and doing some exercises that will be light and fun. Come along and get fit – bring 50p for fruit and water



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



**Please 'Like' MPF on FaceBook**



**Stay in touch follow us on Twitter @firstmcr**



**Our web site: [www.manpf.org](http://www.manpf.org)**



**CORONATION ST.**<sup>TM</sup>



We went to see the new Coronation Street Tour at ITV studios in Salford Quays. Naturally we had a great time and all ended up propping up the bar in the famous Rover's Return pub.



## Election: No Vote No Voice



In May the country voted for a new government. As you know, David Cameron's Conservative Party won. We hope everyone was registered to vote and took part.

We would never tell members who they should vote for, but we do think it is

important that you vote for someone.

In the run up to the election we ran some sessions to show people how to register to vote and sent out regular Tweets and FaceBook status updates to remind people that without a vote you do not have a voice in how the country is run.





*Hello* my name is Patricia Phillips.

I have been a member for a very long time and I was elected to be on Manchester People First's Committee at the Annual General Meeting. Manchester People First is helping me build up my confidence when I come to meetings. I enjoyed The Talent Show and will take part next year. I haven't decided yet what I am going to do. I try to be helpful at meetings and do my best to help others.



Shelter

MANCHESTER  
1824



## Service Audit Team Update

Our Service Audit Team go out and inspect services in Manchester for adults with a learning disability, but Joanne, Christopher, Stephen and Louise, supported by Barry and David, also put take part in other work. In April we did a training session with professionals about homelessness and learning disabilities. This was held in our office and co-hosted with the homeless charity 'Shelter'.

Then it was on to the School of Law at Manchester University to give a presentation about self-advocacy for law students.

The Audit Team ended the month being part of the interview panel for the new Chair of the Adult Safeguarding Board. We have also been doing our regular training session for Greater Manchester Police on their course on how to interview vulnerable witnesses.



# Word Search

Can you find the hidden words?

## Soft Drinks Word Search

D R P E P P E R I F  
 E I A L L U B D E R  
 J H F B P W O R P L  
 Z G S A D G C D I S  
 R O B I N S O N S M  
 S A C T Q T W Y P Y  
 M S H V U S A S E A  
 V I M T O S K N P Z  
 R S P R I T E T G O  
 L M A P S F P M Y O



Dr Pepper	Robinsons
Fanta	Sprite
Pepsi	Tango
Oasis	Vimto
Red Bull	Yazoo



## Chris's Top 5 Curries

1. **Korma**
2. **Vindaloo**
3. **Madras**
4. **Tikka Massala**
5. **Rogan Josh**

# QUIZ!

Can you answer these questions without peeping?



## Questions



1. How many holes in a ten-pin bowling ball?
2. What colour are Superman's shorts?
3. In Roald Dahl's famous book, what do the letters BFG stand for?
4. What is the highest number on a dartboard?
5. Who is the lead guitarist of Queen?
6. Who played Joey in the TV show Friends?
7. What is the capital of Australia?
8. What is the name of the new child of the Duke and Duchess of Cambridge?

## Answers

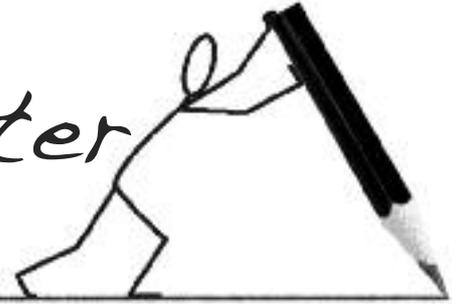
1. 3
2. Red
3. Big Friendly Giant
4. 20
5. (Dr) Brian May
6. Matt LeBlanc
7. Canberra
8. Princess Charlotte

## Joanne's Top 5 Seaside Towns

1. Blackpool
2. Southport
3. Bridlington
4. Prestatyn
5. Formby



# Sally Young *Guest writer* from Manchester Advocacy Hub



## **New laws may mean you have a right to free advocacy**

The Manchester Advocacy Hub is a new service provided by Gaddum Centre and Better Things. The Hub aims to strengthen the voice of Manchester citizens through the delivery, promotion and understanding of advocacy.

Advocacy helps people to speak up about what is important to them, and supports people to get the things they need and are entitled to.

The Manchester Advocacy Hub provides different types of advocacy;

The Independent Mental Capacity Advocacy service (IMCA) service works with people who do not have capacity to make some decisions for themselves and need someone independent to make sure that decisions that are made are in the person's best interest.

The Independent Mental Health Advocacy (IMHA) service works with people with mental health needs who are being kept in hospital to get treatment for their mental illness.

### **Care Act Advocacy**

The Care Act says that some people who have substantial difficulty and are having an assessment, care plan or review may need an advocate to support them to be involved in planning for their care and support.

If you would like to find out more about advocacy call Sally at the Manchester Advocacy Hub on 0161 214 3904





**New laws mean you may have the right to have an advocate to help you make choices about support you get**

**Come and find out more with **Sally Young** from Manchester's new advocacy hub which is based at the Gaddum Centre**

**Thursday 25 June 2015  
1 to 3pm**

**Tell us if you are coming**

**Manchester People First  
3 Broughton Street  
Cheetham Hill, M8 8RF  
Phone or Fax: 0161 839 3700  
Email: [mcrpeoplefirst@gmail.com](mailto:mcrpeoplefirst@gmail.com)**





# Charter for the rights of older people in Manchester

The Age-friendly Manchester Older People's Board is made up of people who live in Manchester and are over 50 years of age. They meet every 6 weeks to look at things that effect older people and ask older people what they think about things and advise people who run services.

They have produced a charter to make Manchester an age-friendly place for older people and strengthen the rights of older people in the city.

Some of the things the charter says are that older people have the right to be treated with dignity and respect and people should have the right to decide where they live and who they live with. They should have the right of choice and control and to be able to take part in decisions that affect them.

Lots of the things in the charter for older people are the sort of things Manchester People First supports for people with a learning disability

**The council have been asking people what they think about it. You can get more information from the Age-friendly Manchester Team's Project Manager, who is called Patrick Hanfling, by phoning: 0161 234 4188 or emailing him at [p.hanfling@manchester.gov.uk](mailto:p.hanfling@manchester.gov.uk)**





# People First Recipe

## Fish, chips and mushy peas

You can make the food you love in a way that makes it healthier to eat. The Cookery Group made this with less fat by baking instead of frying.

### This is what you need:

400g baking potatoes  
2 tsp olive oil  
2 slices white bread  
2 white fish fillets, such as haddock, hoki, pollock  
1 table spoon of plain flour, with salt and pepper  
1 egg, beaten  
140g frozen peas with mint  
2 tbsp crème fraîche

**The  
Next Cooking Club  
Course runs from  
on Fridays from  
25 September to  
11 December  
tell us if you want to  
be on it**

### What you do

#### Making the chips

Heat oven to 200C/fan 180C/gas 4.  
Peel and chop the potatoes into thick chips, toss them with the olive oil and some salt. Put them on a large non-stick baking tray and roast for 20 mins, after 10 minutes turn the chips over.

#### Making the fish

Lightly toast the bread, then pulse briefly in a food processor for coarse breadcrumbs. Dust the fish in flour, shaking off the excess, then dip into the egg, then breadcrumbs to coat thoroughly. Roast the fish with the chips for a further 20 mins, until both are golden.

#### Making the peas

Just before the fish and chips are ready, boil the peas for 3-4 mins, then drain and mash. Stir in the crème fraîche and add a bit of salt and pepper.



# Manchester People First

Want to go?  
Let us know!



## FASHION

Are you interested in looking good?  
We are planning another workshop  
and fashion show later in the year.

If you would be interested in the  
event and want to know more,  
get in touch.

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