

SPEAK UP

Issue 44
Spring
2010

Newsletter from Manchester People First

Training course



PACE courses for North and South



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

Contact us

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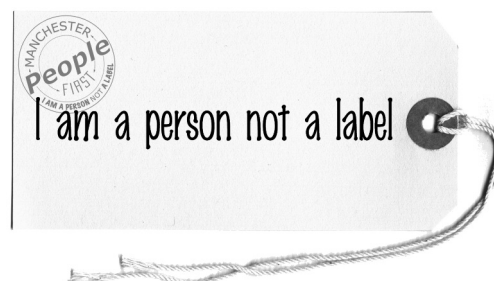
Website: www.manpf.org

Our directors

Louisa Burton
Edward Kane
Joseph Rooney

Staff

Stephen Hughes
Andy Needle
David Dunnico
Derek Owen
Barry Hills
Jodie Deegan
Ged Ratchford
Stephen Blake
Louise Crowley
Christopher Kenny



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

PACE course is big success



The first PACE course in the South Office, has been a big success. Joseph Rooney, Louisa Burton and Paul Brannick came from the North as well as Mark Taylor, Tommy Shufflebottom, Patrick Linnane, Rosemary Hill, Stephen Burden and Paul Wheeldon.

We will be running a new PACE course in May in Cheetham Hill.

PACE stands for Personal Awareness Community Empowerment, Christine White is the course tutor, and has led sessions on a number of subjects including voting, personal safety, meetings and lots of other subjects.

Everyone has enjoyed the course and the group have made new friendships.

The learning has been fun, using different methods including group work, presentation skills, games, designing posters and invites.

The course finished on 15 April, but we are planning to have a drama group which will start soon. The group are going to have a presentation in May with Alison Frith, the Lord Mayor of the City of Manchester.



News



Our new social club for people with a learning disability aged between 18 and 30 has got off to a good start. Our open evening was a great success, everyone wanted another, so Vanessa our resident D.J. brought her wheels of steel and played chart music from the 80s, 90s and 00s. Everyone enjoyed themselves and went home tired from the dancing.

At the beginning of April, we held our first sensory evening – it was another popular event – and we eventually got the place clean!



We have also started cookery sessions first items on the menu are veg curry, rice n' peas and sag aloo. Everyone will have to create their own culinary masterpiece or go home hungry.

If you are a young person with a learning disability and want to get involved, get in touch.

**Tuesdays and Wednesdays
5 to 9pm
Ring: Mike 07841 405 898
socialclub3@googlemail.com**



**Issue 36 out now!
Download a copy from:
www.partnershipboard.org**



**Next meeting: Tuesday 18 May
www.partnershipboard.org**

Efua Brako



STUDENT PLACEMENT

I am 23 years old, and have three brothers and sisters.
I live in Pendleton, but my mum is from Ghana.

I am a social work student, studying at the University of Manchester. Since January I have been doing a placement and learning a lot with OPAL – the older person's group who share an office with Manchester People First. I will be here until June and will finish my course in July. After my course ends I would like to travel around a bit before getting a job as a social worker.

I love working with OPAL – it has taken me out of my comfort zone and made me open up. I keep being reminded how everyone is an individual and I've been treated as 'one of the family'.

In my spare time I like to read – especially murder mysteries and watch a lot of TV and go to the cinema, I also love singing and bugging people, especially my mum.



On the run again...

Last year a team from MPF, Landridge House and Opal ran in the 10km Greater Manchester run. We are doing the same again and we need you to sponsor us!

The run will be on Sunday 17 May.





Hello to Ged



**We have a new
member of staff
Ged Ratchford
will work with
the Service Audit
Assistants**

Hello. My name is Ged Ratchford and I am the new Service Audit Assistant Support Worker at our office in Cheetham Hill. I am 34 years old and live in Withington with my partner and 3 kids Ellen (9), Katy (7) and Sean (4).

In the last 12 years I've had lots of different jobs supporting people with learning disabilities. I have supported people in their homes, worked for day services and also worked for a Community Team in Wandsworth in London.

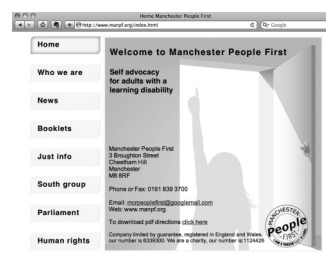
My last job was as a learning disability nurse for the Seashell Trust, a residential school and college for children and young people with communication difficulties in Cheadle.

I spend most of my free time running round after my kids, but when I get the chance I enjoy playing basketball and the guitar.

I am really excited to be working for Manchester People First and can't wait to get going and working with Stephen, Louise Christopher, Michelle, and David.

We will be carrying on the project to inspect the services people with learning disabilities get.

MPF web site updated



www.manpf.org

Leadership course for service audit assistants



The Service Audit Assistants – Stephen, Louise, Michelle and Christopher, with Stephen Hughes and Andy Needle went to Birmingham on 22 February, to get leadership training from RADAR, the disability network.

This was the second of 4 leadership development days. The next one is in April in Birmingham.

The idea of the course is to learn how to be a leader.

The service audit assistants said: “We went on the train from Manchester. We had a good day, but it was tiring. We listened to speakers, then after lunch had coaching sessions. We hope the course will help us to do our job. And look forward to the next part later in April”.



The Young Peoples’ Parliament is a place where young people with a learning disability can meet and speak up and be listened to.

If you are between 18 and 25 and want to find out more, contact Barry at South MPF.

0161 998-0517

southmpf@googlemail.com



The Skills Pledge

Manchester People First has become a member of the Skills Pledge, this is an organisation that encourages employers to invest in staff training.



Where is it?

Do you know where in Manchester this new building is?



A: New Islington (Ancoats)

Top 5's

Joseph's fave TV soaps

- 1 **The Bill**
2. **Coronation Street**
3. **Match of the Day**
4. **Eastenders**
5. **Emmerdale**

3 facts Did you know?

1. Ged is our new member of staff
2. You can sponsor us in our run
3. Jodie and Barry met the Minister for Disability

Name the Brand



Bags of style from this Australian firm

A: Crumpler

Top 5's

Jodies's fave singers

1. **Pink**
2. **Pussycat Dolls**
3. **The Saturdays**
4. **Justin Bieber**
5. **Akon**



Manchester People First



Vote for self-advocacy

**Get involved and speak up
Manchester People First:
The voice of the learning disabled**



Trip to London



Jodie and Barry went to London on 23 March and met Jonathan Shaw MP

– the Minister for Disability. We told him all about South Manchester People First and the things we have been doing, such as the Young People's Parliament, Men's Group, Cooking Group, Drama Group and our work with the Getting a Life Project.

The Minister sounded interested in the things we told him and gave us some information. We took a picture with him. Jodie talked about us starting a new women's group and what we were planning to do.



The South Mens Group is going from strength to strength – we have regular trips out. Our latest trip was at the end of April when we went for a meal in China Town.

The group is for men with a learning disability who live on the south side of Manchester.

You will usually need to make your own way to and from the event and bring money to pay for the activity. If you want to join in, get in touch with Barry.



Come with us to the cinema

Friday 26 February 2010

Meet at 11am
Cineworld, Parrswood, Wilmslow Road, Didsbury, M20 5PG
Bring £20 (including refreshments)

We will choose what film to see when we get there.

Buses: 42, 23, 23a, 370
Train: East Didsbury

More details from: Barry
Phone: 0161 998-0517
southmpf@googlemail.com



Free talk

from Andy Ferns of
Greater Manchester Fire Service
for adults with a learning disability



Fire Safety in the home

Wednesday 17 February 2010
1:30 to 3:30pm

South Manchester People First
Suite A1 South Court
Sharston Rd
Sharston
M22 4SN

More details from: Barry
Phone: 0161 998-0517
southmpf@googlemail.com



New South Manchester mens group

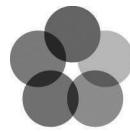
Pizza Buffet

Wednesday 16 December 2009
12 to 2:30pm

Pizza Hut
766 Wilmslow Road, Didsbury, M20 2DR
£6.49 for pizza, pasta and salad buffet – bring extra for drinks

More details from: Barry
Phone: 0161 998-0517
or: 0161 839-3700
southmpf@googlemail.com





VOICE UK

promoting justice and wellbeing for vulnerable victims

Worried about bullying or crime?

We have set up a group with Voice UK, a national charity which helps people with learning disabilities who have been victims of crime or hate crime.

Come and talk to other people like you.
Tea and biscuits.

**First Wednesday of every month
1:30 to 3:30pm**

South Manchester People First
Suite A1 South Court
Sharston Rd Sharston M22 4SN
More details from: Barry
Phone: 0161 998-0517
southmpf@googlemail.com



Help run a new group for women with a learning disability

Manchester People First is a self-advocacy group for adults with a learning disability and a registered charity.

We are starting a new group for women with a learning disability to meet, make friends, go out together and learn new things.

We are looking for a volunteer to help run the group. You will meet some great people and get practical experience.

The group will be based in Sharston and Cheetham Hill.

You will need to be available for 4 hours during the day on 1 day a week.

Travel expenses will be paid.

For more information contact:
Barry Hills or Jodie Deegan
South Manchester People First
Suite A1 South Court
Sharston Road
M22 4SN

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