

# SPEAK UP

Issue #28  
Early 2006

Newsletter from Manchester People First

## Black Group Launched



Over 25 people came to the launch of our Black Group in February. Phillo gave a presentation about what self advocacy means and Alex Kufuor from Phoenix Supported Employment Service, gave a speech about how important it was for learning disabled people to be heard and respected. After lunch, there was a short video made with people from Propria Persona. Phillo and Stephen closed the day by asking black learning disabled people to come to our new group and have a say in what it will do.



What's  
inside?



New worker  
see page 11

Bullying  
Workshops  
see back page



*The Voice of the Learning Disabled*

*Welcome* to our first newsletter of 2006.



We have still got copies of our Annual Report and Information Booklet available.

If you want a copy please get in touch.

If you want to find out more about the work of the Partnership Board, we can send you a print or audio, copy of their newsletter.



## 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.

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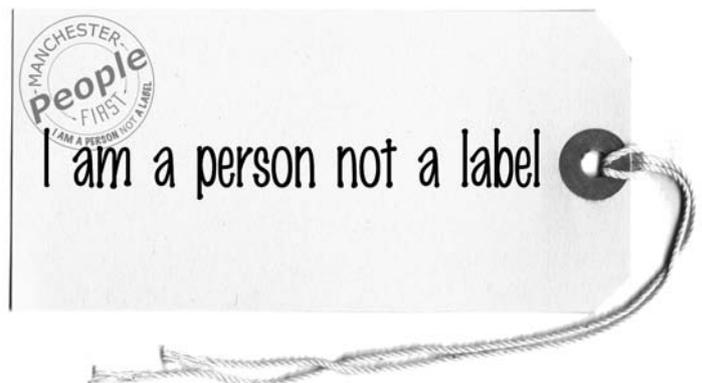
## Committee 2006

### Officers

Chair: Joseph Rooney  
Vice Chair: Richard Hughes  
Treasurer: John Cookney  
Secretary: Edward Kane

### Committee Members

Nadim Akram  
Lousia Burton  
Yasser Mahmood  
Shirley Rhodes  
Jackie Smith  
Craig Street



## Women's Group launched

We had our first meeting with some women members on 16 January.



This was a huge success and we discussed the activities and the training that we would like to be involved in.

We are hoping to see more people in the future – please do not hesitate to telephone and join in! You are all welcome.

Contact Phillo at the office.

## Partnership Board



We have just finished building a web site for the Partnership Board.

You can download their newsletter, to see when meetings, learn about the subgroups and email them.

Issue 11 is out now.

## justinfo



Our accessible information project has just finished a big job to make a report from Sheffield

University easy to read. The 150 page document is about disabled people and jobs.

We have also applied for £5000 funding from Valuing People to help us do more of this kind of work. We want to practice what we preach, so will be making all of our policies more accessible over the next year.



Manchester Learning Disability Partnership Board

Visit the web site at:

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



# Edward's Report

*People First Secretary: Edward Kane*



## **Xmas Party**

We held our Christmas party at the Irish World Heritage Centre in Cheetham, Hill.

Over 100 people came from Northfields, Landridge House, Abraham Moss, St Helens Peoples Choice, Salford Being Heard and Bury People First. We had some excellent raffle prizes such as two tickets for the cricket at Old Trafford, 4 tickets for Manchester City stadium tour. Thanks to Alan King our superstar DJ for all the great music and Peter and all the staff at the Irish Centre for hosting our party.

We had our first men's group of the year, where we planned the next twelve months events. We will be going on a train journey, playing table tennis and snooker/pool, going to the cinema, picnicing in the park and a few other activities. (For more details please see Dates for your Diary in each issue of the newsletter).

## **Home safety**

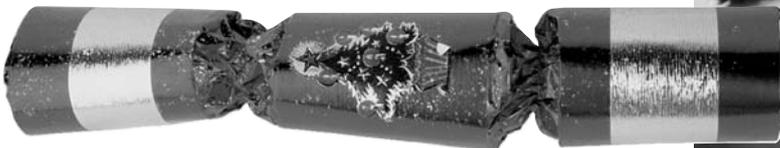
We had a visit from an ex-policeman called Steve from Telesafe. He came to see if we knew how to keep safe in our homes and on the streets. Steve showed us a video of someone robbing a house and asked if we knew how to stop it happening to us. We answered questions about the video and described what we had seen. It was a very enjoyable and interesting and Steve made it a lot of fun.

That's all for now



# Xmas Party

If you're in a picture, get in touch for a free copy!



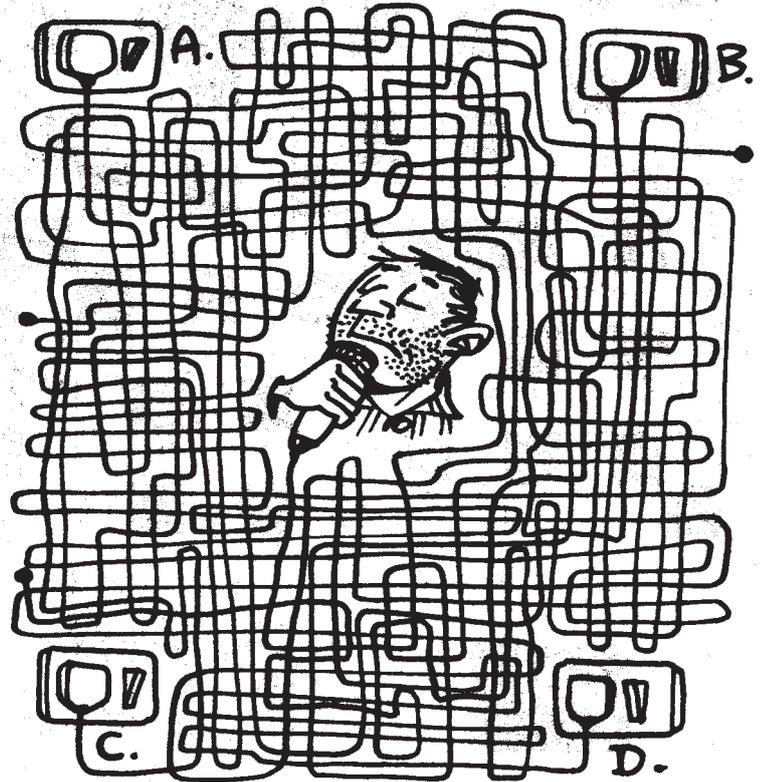


Which socket is the razor plugged into?

**TOP 5's: Films**

Edwards's five films:

1. Blue Hawaii
2. Jail House Rock
3. Eagle Has Landed
4. Guns of Navarone
5. Return to Navarone



**Q** .....  
What were Manchester City Football Club first called?

.....  
Answer: 'West Gorton' (St Marks)

**A**

**Pay attention at the back!**



**You will find the answers in the newsletter!**

- What's Louisa's favourite sport?
- When was the first Women's Group meeting?
- What is Rebbecca's surname?

**Top 5's from Louisa and Edward, Guess the stars, Name the brand, Where is it? and more...**

# The Top Ten tallest mountains in the whole wide world

1. Everest in China and Nepal 29,028 feet
2. K2 in China and Pakistan 28,250 feet
3. Kanchenjunga in India and Nepal 28,208 feet
4. Makalu in China and Nepal 27,825 feet
5. Dhaulagiri in Nepal 26,810 feet
6. Nanga Parbat in Pakistan 26,660 feet
7. Annapurna in Nepal 26,504 feet
8. Gasherbrum in China and Pakistan 26,470 feet
9. Xixabangma in China 26,286 feet
10. Nanda Devi in India 25,645 feet



*Name the Brand*



A: National Westminster Bank

## Who is it?

Q. Can you still remember the housemates?

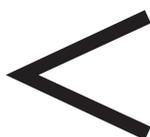


A. George Galloway, Preston, Chantelle.

## TOP 5's: Sports

Louisa's top five:

1. Curling
2. Pool
3. Table Tennis
4. Football
5. Badminton



## Where is it?

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



Answer: It's Piccadilly Gardens

The Fun Filled  
Bit in the Middle

Spot the 10 differences





# NOTICE BOARD

## Committee Meetings

Monday 6 March  
Monday 3 April

## Bullying Workshops

See back page.

## Bullying Conference

Thursday 30 March  
See back page

## Mens Group

Wednesday 22 February  
Wednesday 29 March  
Trip to Blue Planet Aquarium

## Learning Disability Today

Wednesday 8 March

## Partnership Board

Tuesday 7 March  
Tuesday 9 May



Back  
Next  
Issue!

## 3 facts Did you know?

1. We have a new worker
2. The women's group launched on 16 January
3. We are hosting Person Centred Planning workshops in February.



## Black Group

We got some funding from Mencap. This has been used for art work and also drumming and dancing. We had a great time with the group. The art work was exhibited on the Launch Day in February. We held a Self Advocacy workshop in December, which was very good for us as we got to learn how to speak for ourselves and express our opinions.



Phillo

Visit our web site at:  
[www.manpf.org](http://www.manpf.org)



# Stephen's Report

## *Project Manager Stephen Hughes*

Manchester People First have got bigger this year—we have taken on 2 new workers. Phillo will develop a Black group for learning disabled adults, and Hamaira who will develop an Asian group for learning disabled adults. A lot of you will have met Phillo while she has been going around meeting people and letting you know about the launch day. Hamaira, will be going around to meet lots of you in the next few weeks, I know you will make her welcome when you see her.

We have some bullying workshops coming up in March so please come along, but as usual places are limited, so please book early.

We have lots of other workshops and conferences coming up this year as well as our usual Reunion Games in September, so if you volunteered at the commonwealth games in 2002 then please get in touch and we will be happy to see you, however you could also just come along to have some fun and meet new people, we will send out flyers nearer the time with all the details on.

## *Student Placement Rebecca Jordan*



Since I wrote in the last newsletter I have been speaking to lots of different people about services for adults with multiple and profound learning disabilities. I have spoken to people to find out what people with multiple and profound learning disabilities would need to be able to get involved in advocacy.

I still need to speak to lots more people about this to know exactly what people would need. I have also arranged some visits to day centres to look at what services are available at present for people with multiple and profound learning disabilities.

# Welcome to Hamaira

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Our development worker for learning disabled asian adults

Hello. My Name is Hamaira Ashraf and I have just joined the team at Manchester People First. Along with the team, I will be forming a self-advocacy group for Asian adults with learning disabilities. This group will look at issues that affect them and the services they get.

Advocacy is still not reaching people with learning disabilities from Ethnic minority backgrounds. By setting up this group, we hope people from Asian communities will be able to speak out and get their voices heard

We are aiming for the group to run at least once a week. And be a place where people can meet new people from their own culture and create friendships and relationships.

We also hope that group members speak up about issues affecting them and look at how they can make services better.

I look forward to this happening as we can all learn a lot from this group. A self-advocacy group is needed in the Asian community and I hope people will use what is now available.





# Bullying Workshops

People First are holding a series of workshops on bullying during March. We still have some places for the conference. Please get in touch if you would like to be there.

## **Thursday 2 March 11-12.30pm**

Telesafe: All about keeping safe in the home and on the streets.

## **Thursday 9 March 10.30-2.30pm**

People talk about how they have experienced bullying in a way they are comfortable, by using poems, drawing or symbols.

## **Thursday 16 March 10.30-2.30pm**

Drama day where people act out their experiences of bullying and what can be done to stop it.

## **Thursday 23 March 10.30-2.30pm**

Different ways that people are abused and bullied. Why people get bullied and who we can help us if we are getting bullied.

All workshops are being held at People First's office.

## **Conference (full day) St Thomas Centre, Ardwick Green**

### **Thursday 30 March**

Lots of different groups such as the police, Victim Support, Respect For All and PALS will come together to run workshops all about bullying.