

SPEAK UP

Issue 40
Summer
2009

Newsletter from Manchester People First

We're on the run



People First, Landridge House and Venture Arts joined 33,000 other runners in the 10km Greater Manchester Run to raise money for a joint Christmas Party.

The run was on 17 May –we raised over £1000. There were 15 of us running. From People First and Opal, Andy, Stephen, Peter, Julie ran and Nicky lead from Landridge.

Thanks to everyone who sponsored us!



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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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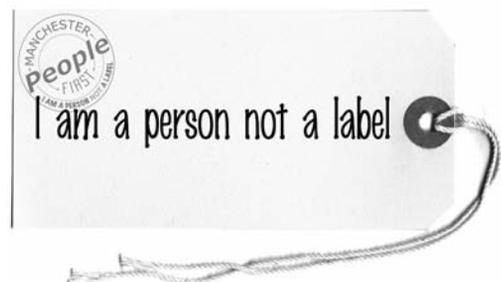
Our directors

Louisa Burton
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Joseph Rooney

Staff

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

News

A 12 week course to build up skills for life and work

Training Course



Learning about computers

Members of People First, Landridge House and Opal are doing a 12 week course to build skills that they will find useful in life and at work. The course is called 'Personal Awareness Community Empowerment Programme' or PACE and runs on Fridays at our office, with Chris from Social Health and Care Solutions. Each week they cover a different subject including team work, epilepsy, food hygiene, healthy living, safety, information technology and citizenship.

News

Games Day

We held a mini-olympics at the office with three teams from People First, Opal and Landridge House. After a hard fought series of rounds Landridge House won – but we will be back next year!

Dream Team

We have finished our self-advocacy course with the Dream Team at Landridge House. 10 adults with a learning disability came on the weekly course for 6 months.

Health and Well-being

 The Men's Group went to Manchester City's stadium to a health and wellbeing day where there were lots of stalls where you could try sports and learn about having a healthy lifestyle.



New Sign

We have had a posh new sign with the names of both groups made for our offices. Now the postman will know exactly where to deliver the bills to.

Service Audit Assistants



We were invited to run a stall at Breakthrough's open day in May.

The new Mayor of Manchester Alison Firth, opened the event. Also in May, MIND the mental health charity ran a training course about mental health issues. We all went on it.



Just Info

Our accessible information project has been as busy as ever. We have been making policies easier to read for Remploy, doing a easy read version of a booklet for Calderstones NHS Trust and redesigning a form for the National Lottery.

Meet Natasha

Hello, I'm Natasha Mooney.
I am a student doing a 2 year
Masters Degree in Social Work.
I am doing a 100 day placement
here at People First.

I am half way through my
course and would like to work
with disabled people as part of
a social work team when I leave
University.

I have really enjoyed my time
at Manchester People First and
have got involved with lots of
different things such the new
learning disabled peoples
parliament, the new women's
group, drama workshop and the
photography project.



Thanks to Martha

Martha our other student placement, has now finished her time with us. We wish her well with the rest of her studies and thank her for all the work she did with us.

The Fun Filled
Bit in the Middle

Where is it?



Manchester Art Gallery

Name the Brand

Did you know?
This film studio
was the home of
Bugs Bunny and
founded in 1913.



A: Warner Brothers

**Top 5
Biggest Selling
Board Games**



1. Monopoly
2. Scrabble
3. Trivial Pursuit
4. Chess
5. Cluedo

3 facts Did you know?

1. We have a new sign
2. The Coop did the garden
3. Landridge won the games day

What sign are you?

<p>Capricorn</p>  <p>22 Dec - 20 Jan</p>	<p>Aquarius</p>  <p>21 Jan - 19 Feb</p>	<p>Pisces</p>  <p>20 Feb - 20 Mar</p>	<p>Aries</p>  <p>21 Mar - 19 Apr</p>
<p>Taurus</p>  <p>20 Apr - 20 May</p>	<p>Gemini</p>  <p>21 May - 21 Jun</p>	<p>Cancer</p>  <p>22 Jun - 23 Jul</p>	<p>Leo</p>  <p>24 Jul - 23 Aug</p>
<p>Virgo</p>  <p>24 Aug - 22 Sept</p>	<p>Libra</p>  <p>23 Sept - 22 Oct</p>	<p>Scorpio</p>  <p>23 Oct - 22 Nov</p>	<p>Sagittarius</p>  <p>23 Nov - 20 Dec</p>



The Mona Lisa is one of the most famous pictures ever – but who painted it?

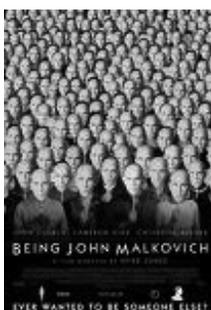
Leonardo Davinci!

Steven's Top 5 things at People First

1. Photography
2. Drama
3. Computers
4. Friends
5. Parties!

Paul's Top 5 people in my life

1. Mum
2. Care Manager
3. P.A.s
4. Mencap
5. Sister



Top Ten DVDs

David can't keep out of Fopp. He's been spending his wages on DVDs – here's the last 10 he bought:

- Being John Malkovich
- Brideshead Revisited
- Oh! What a Lovely War
- A Handful of Dust
- Dead of Night
- Bedazzled
- Fitzcarraldo
- Badlands
- Henry V
- If...



In the Garden

Our new offices now have a new garden ready for summer



Andy the builder: 007

It has took a while, but we have got the garden at 3 Broughton Street sorted out in time for summer. There is a ramp to make it accessible, raised flower beds and decking. The building work was done by Andy Sykes the builder. We were helped by staff from the Co-op as part of their community outreach programme, where staff help a group instead of doing their usual job. Lead by Debbie and Rebecca, they painted decking, planted flowers, built a raised bed and lots of other things. So a big thank you to the Co-op for their help.



The Co-op team



At the start



Nearly finished



PhotoProject

Martin from Venture Arts is running another photography project for Opal and MPF members.



Martin said: “The photography project is running very well and I am delighted with how much interest the group has.

“We have all used a pin hole camera, developed a film and shot lots of multiple exposure photographs. It’s going to be fun developing them.

“The next stage will be to organise an expedition to a place nearby and carry on with our work. It will be an exciting few weeks”.



Venture arts have a web site you can visit to find out more about what they do and how you can take part: www.venturearts.org

If you want to know more about any of our activities, get in touch.

Women's Group

We have run a successful Mens Group for a number of years. Let us know if you want to be part of a new group for women.

Are you interested in joining a women's group and making some new friends? All our activities will be decided by the group at the first meeting. We could do things such as going swimming, tai chi, pub lunches, courses such as first aid, health and wellbeing and healthy eating.



Come to the first meeting with your ideas.

If you are interested in getting involved please ring Maureen or Natasha on 0161 839 3700 to book your place.

The first meeting will be held one afternoon at Manchester People First's offices where we will have a chat with tea and biscuits.



Manchester Learning Disability Partnership Board
Next meeting
Tuesday 14 July

Do you get 'Together' the Partnership Board's newsletter sent to you by post? We are updating the mailing list. If you want to carry on being sent a copy – tell us!



How to get here

Manchester People First has new offices, this is how to get in touch with us.

 Manchester People First
 3 Broughton Street
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 Manchester
 M8 8RF

 Phone or Fax: (0161) 839-3700

 Email: mcrpeoplefirst@googlemail.com

 Web: www.manpf.org



1. From Piccadilly Gardens, walk to Lever Street Bus stand E. Get bus number 135 (First Bus run the service about every 10 minutes).



2. Get off at Cheetham Hill Road / Derby Street stop just before The Jewish Museum and before you get to Manchester Fort shopping park.



3. Cross Cheetham Hill Road at the pelican and walk down Broughton Street.



4. Our office is at the end of the road on the right.



OPAL



Older and Positive About Life

What we do



We have a kitchen where we can have a drink, eat a meal and have a chat.



Lounge with a TV, DVD player and Nintendo Wii



Meeting room for games, meetings and courses.



Arts room for painting, drawing and crafts. A sewing machine and knitting materials.

There is a quiet zone where people can relax or talk to staff in private. We have trips out.



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OPAL is a day service for adults with a learning disability who are over 55 years old.

We started on 1 July 2008 and are for

-  Choice
-  Creativity
-  Independence (sticking up for yourself)
-  Healthy eating
-  Self-advocacy (speaking up for yourself)

We are open from Monday to Friday 9:30am to 4:30pm

Our office has barrier free access and an accessible toilet, there is on-street parking outside. We share the building with Manchester People First.