



Annual Report

Welcome to our Annual Report, which tells you what we have done from 1 April 2018 to 31 March 2019.

We have also made a video version, you can watch it on our YouTube Channel: www.youtube.com/firstmcr



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Committee

At our 2018 Annual General Meeting held on Thursday 1 November 2018, we elected our new committee: Joanne Smith, John Timms, Richard Hughes and Trish Phillips.

Membership

We have nearly 600 members. To join MPF you have to have a learning disability, be over 18 years of age and live in the area covered by Manchester City Council.

Staff

Our staff are: Andy Needle, Stephen Hughes, David Dunnico, Derek Owen, Stephen Blake, Louise Crowley, Joanne Hickinbotham, Christopher Kenny and Barry Hills. Barry left during the year and was replaced by Lea Heim.



Some of the things we have done

Vote Cake is our fun way to encourage and help members register to vote – We do not tell people who to vote for, but think it is important to vote in elections.



Listening to older people with a learning disability

We joined with Mel Chapman from Manchester Metropolitan University, Future Directions and Pathways Associates to bid for funding for a new project called **Greater Manchester Growing Old with Learning Disabilities**.

They trained a group of people with learning disabilities to interview others around Greater Manchester, to find out about isolation in their community.



28 members got a certificate for doing a full day **First Aid Course** at the office.



Chatty Tuesdays is our regular session where we invite speakers to come and talk to us about

different things. Manchester City Council's Taxi Licensing department told us how to keep safe. We also went on trips out to the local Mosque and Gudwara Temple to learn about different faiths. Gaynor from Peace Place Holistic Therapies did 6 relaxation sessions with us.



Every year, the **National Citizen Service** organise a group of 15 to 30 young adults to come and visit us. They find out what it is like to have a learning disability and organise an activity for us. This year it was a party. They held 3 sessions – getting to know us, planning and the party itself. Thanks once again to them all.



We had some **Safety at Home Training** to learn about how to avoid dangers around the home. There was a test at the end – Everyone passed and was awarded a certificate.



As part of the **Ambition for Ageing** festival, we held a tea dance at our offices. 25 of our members who were over 50 years of age danced the afternoon away and enjoyed a brew, a chat, did a karaoke and had a game of bingo.



All through 2018, we ran a weekly group called **The Social**. This gave people with a learning disability somewhere to go in the evening when most other groups were closed. People could meet others over an evening meal, do arts and crafts and exercise and not feel lonely. They put on a drama performance at our Christmas Meal.





We did our yearly series of **Health Workshops**, organised with help from Dr Clare Lake who leads on learning disabilities in Manchester. This year, health professionals put on sessions about STOMP

(Stopping The Over Medication of People with Psychotropic medicines); Flu Jabs; Healthy Eating; Epilepsy; Cancer and Mental Wellbeing. Workshops also give health professionals the chance to learn how services could be better for people with a learning disability.



We hit a problem with our **'Under One Roof' Rave ups**, when the night club we used closed down. It was hard to find a new venue in the city centre which was fully accessible. But finally, we found 'Yes' and every night we have had has sold out.



Tom from Mody ran a 6-week **music writing workshop** with us during September and October. We used an iPad to compose and record 2 songs – The first was an MPF Anthem, the second was about Hate Crime. We used this to launch our Hate Crime Week.



In early November we had a workshop from Eric from **'The Money Charity'**. He came all the way down from London to give us tips on how to be clever savers and keeping safe on line.

2 students from the Lancastarian School in Didsbury did a 4 to 6-week placement with us. It was good to meet with Duei Merci and Abdul (pictured). We hope they found their time with us interesting.



Christmas

Thanks once again to St. Kent's Irish Centre in Fallowfield for our **Big Christmas Party**. 85 of us eat, drank, danced and were merry. A few lucky ones went home with a raffle prize.



For the second year running, the St. Joseph's Primary School Choir in Shaw performed a **Carol Concert** for us. It was a great way to get in the Christmas spirit and all for a small donation for a brew and a homemade mince pie or Christmas cake.



40 of our regular Thursday group members enjoyed a 4-course **Christmas Dinner** with entertainment from the 'The Social' drama group who put on a really funny performance which mixed pantomime and soap characters.

The Wednesday group members did not miss out, they went to see the **pantomime Aladdin** at Middleton Arena.





We continue to host the **Manchester Learning Disability Partnership Board** meetings every 3 months. This is a really

important meeting that brings together all the different service providers, Manchester City Council and people with learning disabilities. They look at what services there are in Manchester, how they are doing and what is missing. MPF member Paul H. is the Vice Chair of the Board and we produce its newsletter 'Together'.



At the end of January, we had a **Winter Fayre** fund-raising event which raised £200. There were lots of different stalls selling tea and cake, DVDs, books, and bric-a-brac. Visitors could play table games and take part in a raffle and tombola.



We decided to be positive with our **Hate Crime** work to show people hate will not win. We used speech bubbles to tell people what was good about our lives and launched the Hate Crime song we had written with Tom from Memordy.



Our yearly **MPF's Got Talent Show** show was on Valentine's Day and for the first time included the Louisa Burton Special Achievement Award, named after our member and

friend who passed away. The award was for the performer who had gone the extra mile to entertain us and was presented by Louisa's family to Barry Edwards, who performed a Daniel O'Donnell song. Ronnie won the main prize for best performance.

MPF sent Nathan, Paul H, Barry, Joanne S, Tracy, supported by Lea and Kevin to Blackpool for the yearly **Self-Advocates Conference** organised by Pathways (see the picture on the cover).



The 3-day conference lets learning disabled self-advocates from across the North West, talk and share ideas, take part in workshops and socialise together. On the last day, the big bosses of adult social care from different councils came along to answer questions from the audience about the big issues that affect us, such as funding cuts leading to services closing.

In 2017, we won the award for Best Service User Involvement Group. in the **MACC Spirit of Manchester Awards**.

Sarah Forster, who is a consultant, visited a small group of members to find out how winning the award had helped us and how it made us feel. Members said it was a pity the award was in the form of just one trophy, as it would have been nice to have had a memento of it for each person.

We got a nice surprise when Sarah came back at the end of her research and gave a medallion to each of the members and staff who had taken part. Thank you Sarah!



Keep in touch

You can keep up to date with what we are doing by reading our free newsletter, 'Speak Up' which we publish 3 times a year.

Accounts 2018 and 2019

This is the money we get and the money we spend.

We have also shown what we got last year, so you can compare.

This is a simple version of the accounts, please ask if you want to see the full version.

The Accounts were audited by: Cadishead Accountancy Service Ltd, Britannic House, 657 Liverpool Rd, Irlam, Manchester, M44 5XD

Income (Money we get)

Grants	Last Year £128,804	This year: £134,173
Just Info and Training	Last Year £12,050	This year: £18,076
Support	Last Year £10,895	This year: £9,411
Donations	Last Year £7,948	This year: £846
Other	Last Year £3,004	This year: £6,450
Interest	Last Year £31	This year: £201
Total Income	Last Year £162,732	This year £169,157

Expenditure (Money we spend)

Wages, Pension, Other	Last Year £120,493	This year: £105,896
Rent and Services	Last Year £25,188	This year: £22,259
Meeting Costs	Last Year £4,671	This year: £5,298
Print, Post, Stationery	Last Year £3,636	This year: £4,636
Light, Heat, Power	Last Year £2,207	This year: £2,891
Publications, Subs, Sundries	Last Year £2,236	This year: £2,378
Accounts, Bank, Legal Fees	Last Year £2,140	This year: £2,180
Insurance	Last Year £1,928	This year: £2,037
Rates and Water	Last Year £931	This year: £1,306
Equipment	Last Year £2,712	This year: £ 959
Telephone, Internet	Last Year £805	This year: £942
Travel	Last Year £412	This year: £433
Depreciation	Last Year £20	This Year: £13
Total	Last Year £167,379	This year £151,228
Surplus {Deficit}	Last Year {£4,647}	This year: £17,929