

SPEAK UP



News from Manchester People First Issue 69 2016



What friends are for...



This year's theme for learning disability week was "Friendships and Relationships" – we had a busy week with something going on every day. Everyone who came to our office was asked to fill in a speech balloon telling people why friends were important. For the second year running, we ran an information stall at Manchester Royal Infirmary to tell patients and staff about us.



AGM: 27 October see back page

The Voice of the Learning Disabled

SPEAK UP



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

Manchester People First
3 Broughton Street
Cheetham Hill
Manchester
M8 8RF

Phone or Fax (0161) 839-3700
Email: mcrpeoplefirst@gmail.com
Website: www.manpf.org

Like us on Facebook
Follow us on Twitter: @firstmcr

Our committee

Rose Purcell
Shirley O'Dell
Tricia Phillips
Ronnie Hailwood

Staff

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

Opening Times

Monday to Friday 9:30 to 3:30pm
Drop-in: Wednesday and
Thursday 10 to 3pm

Charges

£5 per day including lunch or
£2.50 if you get your own lunch



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



Important News

We have had to start charging at MPF

We have always tried to make Manchester People First open to all our members even if they do not have much money. Nearly all our events are free. But as you will know, we have less money and are very sorry to have to tell you that we will have to start charging people to come to our social events and drop-ins.

From Thursday 1 September 2016 we will be charging people to come to MPF on Wednesdays and Thursdays.

The charge will be £5 per day. This includes lunch.
If you bring your own lunch the charge will be £2.50

The money will go towards the cost of new equipment, paying for heating and lighting and buying bingo and quiz prizes.

Other snacks and drinks will still be for sale and we will still have free buffets for some special events.

£2.50 to come to our drop in



OR



£5 with lunch

We will be holding a Christmas Fayre in December to raise funds for MPF – do you have any items you would like to donate? If so, please bring them to the office.





POWERED BY



NCS The Challenge



Young people from the NCS Challenge regularly visit us to find out more about our members and living with learning disabilities.

The group's theme this time was around drama. The young people came and spoke with our members and then went away and prepared a drama presentation to do the following day. The play was about being a strong self advocate, having a voice and speaking up for your self. We would like to thank all the young people.

We enjoyed your visit and performance.

Goodbye Emma

We said goodbye to Emma Clegg who ran our Thursday afternoon health and fitness sessions over the last year. She got us exercising without us even knowing about it and let us choose what sports and activities we did. Here she is pictured with Tracey during the International Women's Week event she organised at our offices We wish Emma well in the future.



www.youtube.com/user/firstmcr



Stay in touch follow us on Twitter @firstmcr



Please 'Like' MPF on FaceBook



Our web site: www.manpf.org



We have just finished a 6 week series of Health Workshops. Each session looked at a different health issue. An expert on each subject came and told us about it, answered our questions and listened to what we thought.

We worked in groups and made a report on each session that we can use to tell people who provide services what we think is important.

The first session was for men and talked about prostate cancer – we had two speakers, one of who had recovered from prostate cancer.

The following week Lousie a practice nurse worked with us to see how we could make health checks better for people who have a learning disability.

Then Bonnie from Diabetes UK and talked about the condition and Andrew from the NHS told us about diabetic eye screening. Other sessions looked at Bowel Cancer and Women's Health issues.

Thank you to all our speakers and guests.

We ran another successful healthy eating and cookery course for our members on Fridays from May to July.

Here's Joanne Hickinbotham, Carl Peters, Barry Edwards and Joanne Smith getting their well deserved course certificates.



We are sorry to say we had a poor turn out for the Friday film screenings we were running over Summer. So for the time being we have cancelled them.



David and Louise gave a talk to staff at Manchester Women's Aid in July. They told them about what Manchester People First does and gave them background information about learning disabilities. The staff said it would help them to make services more accessible.



Can you find and circle the animal names in this word search?

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

CAT	HIPPO	MOUSE	TIGER
DOG	SQUIRREL	MONKEY	
BIRD	GIRAFFE	ALLIGATOR	
ELEPHANT	FISH	LION	



Missing Words:
Fill in the words
from the titles of
Prince's hit singles

Purple _ _ _ _
Colourful weather

You Got The _ _ _ _
What your eyes do

Raspberry _ _ _ _ _
Hat

Thieves in the _ _ _ _ _
Place of workshop

When Doves _ _ _
Sad

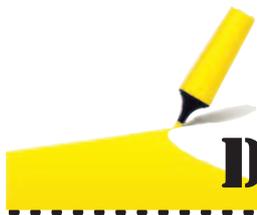
1. Who had a number 1 single
with a cover version of
Prince's song 'Nothing
Compares to You'?

2. Which American city did
Prince come from?

3. What was the name of
Prince's own record label?



- '1. Sinead O'Connor
- 2. Minneapolis
- 3. Paisley Park



DESIGN A BANNER COMPETITION

If you have been to our office or seen one of our information stalls, you will have seen one of our big banners that tells people who we are, or about an issue that is important to us such as Hate Crime.

We want our members to come up with a design for a new banner – that says why self advocacy or speaking up is important.

The best design will be made into an 8 feet tall banner and displayed at MPF's office, put on the front of our newsletter and the person who designs it will get a £20 gift voucher.

Don't worry if you are no good at drawing – we will be picking the best idea, not the best drawing and we will produce the final artwork. You can even write on your picture to explain your idea more, or get someone to help you draw it.

The Rules

- The banner must say why self advocacy or speaking up is important to you.
- Ideas should be on A4 or A3 paper and given to us by the end of October.
- Sorry but entries can not be returned. You must be a member of MPF to enter.
- The person who enters the best idea will be given a £20 gift voucher.
- The judges decision is final.

Thanks to Kirsty



Kirsty Keyword from the University of Manchester's School of Law, who we have worked with has very kindly sponsored the banner and competition.





Eye tests made easy

There is a new eye testing service for people with a learning disability in Greater Manchester says SeeAbility's Laura Christie

Who is it for?

- People who are aged 14 and over, who are
- Registered with a GP in Greater Manchester
- Unable to go to a regular eye test



What's different to a regular eye test?

- The appointment is longer or can be spread over a few visits
- People can visit the opticians first
- The optician will send you a form to fill in to tell them all about you
- The optician will write an easy read report to tell you what they found out
- All the opticians have had training about testing and talking to people who have a learning disability

Why do I need an eye test?

- We use our eyes for everything we do so its important to look after them
- Everyone needs an eye test every two years or sometimes more often
- We know that people who have a learning disability are 10 times more likely to have serious sight problems than others
- Everyone can have an eye test, there are tests for people who find it hard to talk

How do I book my eye test?

- There is a map and a list of all the opticians who are taking part in the service at www.gmpec.co.uk



Or you can call your learning disability team and they can help you find the nearest opticians to you

- SeeAbility also have lots of easy read information about eye care and glasses: www.seeability.org





Free talks in September

Tuesday 6 September

Elizabeth Sweeney from
The European Parliament
Please arrive at 10:15am

Tuesday 13 September

Ayo from Lloyd's Pharmacy
Arrive for 1pm speaker at 2pm

Tuesday 20 September

Tony Lloyd Interim Mayor and Police
and Crime Commissioner 1pm

Tuesday 27 September

Tour of the First Bus depot
Meet at 1pm at MPF office

Chatty Tuesdays is our regular series of talks, where we invite a guest each week to talk about issues that are important to us.

We have had some important visitors come to the office recently including Afzal Khan a Member of the European Parliament, Jeff Smith, the MP for Withington, John Leech the one and only opposition councillor on Manchester City Council and Dick Vene from the Manchester Green Party.



We think that it is important to meet the people who represent us and for them to hear what we think about what is going on.



Next meetings of the Partnership Board will be at our office on 3 September and 8 November 2016 from 10:30am to 12:30pm
www.partnershipboard.org

What's coming up at MPF



Rio Rave

- **FREE LUNCH**
 - **PRIZES**
 - **CARNIVAL**
 - **PARADE**
- Celebrate the start of the Paralympics in Rio**
Come and join in some fun and games

Thursday 8 September 10am to 3pm

This is the start of a BRAND NEW 10 week sports project with a chance to buddy up with a local volunteer to support you to get out and be active!



Friday 18 November INTERNATIONAL **MENSDAY**

FREE LUNCH



An **all-day** fun event about men's issues. Looking after our own health and well being.



AGM



Annual General Meeting Thursday 27 October 2016 12 noon to 2pm Vote for your new committee

Agenda (Times are approximate)

12 to 12:45pm Lunch

12:45 to 12:50 pm Hello and Welcome

12:50 to 1:20pm Speeches and Reports

1:20 to 1:35pm Nominations

1:35 to 1:50pm Voting

1:50pm New Committee Announced

2pm Thank you and close of meeting

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