

# SPEAK UP

Issue 49  
2011

Newsletter from Manchester People First

## Summer BBQ



### MPF, OPAL and the Shaw Centre celebrate

On 7 July we celebrated the third anniversary of being in our building, with a BBQ at our offices. The food was good, the beer was better!

We invited The Shaw Centre to come and join us and OPAL. The weather was warm and dryish. Everyone joined in to cook the food, serve everyone drinks and run the games in the afternoon. We finished the afternoon off with a giant game of Jenga which the Shaw Centre won. We will have a re-match next year and win.

Report by Malcom Fairbrother

### AGM 2011 See back page!

Come adventuring  
and raise funds  
see page 11



*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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3 Broughton Street  
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Email: [mcrpeoplefirst@googlemail.com](mailto:mcrpeoplefirst@googlemail.com)

Website: [www.manpf.org](http://www.manpf.org)

## Our directors

Louisa Burton  
Edward Kane  
Nadim Akram



## Staff

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Andy Needle  
David Dunnico  
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Barry Hills  
Jodie Deegan  
Stephen Blake  
Louise Crowley  
Rosie Cairns  
Christopher Kenny  
Nora Gardner  
Louise Wilson  
Delroy Sterling  
John Bee



## Opening Times:

Monday to Friday 9:30 to 3:30pm

Drop-in Thursday 10 to 3pm



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

We are a registered charity, number 1124426.



# Stitched up!

## New art sewing course



Things the art group have said about the course:

“I would like to do more”

“Very good that”

“Alright”

“It’s fantastic”

“Interesting, it is nice”

“Something different”

We started a 15 weeks art course – learning different ways to sew, including back-stitching, running stitch and threading needles.

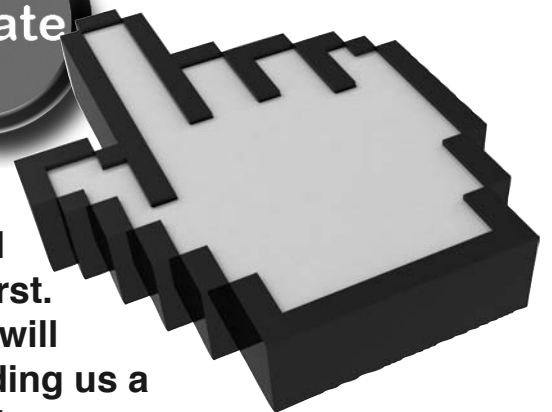
We started off learning the different basic stitches, moved on to sewing our names and now have drawn things we are interested in. We are about half way through the project and if our sewing is good enough the finished items will make it into an art display at the end of the year with Venture Arts at a local art gallery.

## Can you help us?

Donate

We have added a new feature to our website.

Click on the ‘Donate’ button on our homepage and you can make a donation to Manchester People First. We are a registered charity and any money raised will go towards our work. You can also donate by sending us a cheque made payable to ‘Manchester People First’.



# News

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## Mexican Day



In June we held a Mexican Day with Manchester People First and OPAL group members. People from the Shaw Centre also came along and joined in the fun. Everyone wore their own tie-die ponchos which we had made a few weeks before. We had our own maracas made out of empty bottles and rice, decorated with bright coloured paint. We also made traditional donkey piñatas out of empty cardboard boxes, decorated with bright coloured crepe paper balls.

We put sweets into the piñatas, which were hung from the ceiling for blindfolded members to hit with a stick to get the sweets out.

We had some traditional Mexican food such as nachos, tortillas and fajitas and danced to Mexican music in the afternoon.

We will have more, different themed events and in September the Shaw Centre are holding an Irish day and have invited OPAL and Manchester People First to go along. **Report by Joseph Rooney**



## Coming up... £2 per session

September: Police Museum

October: Whitworth Gallery

November: Trafford Centre

December: Xmas Meal

# Steam train trip

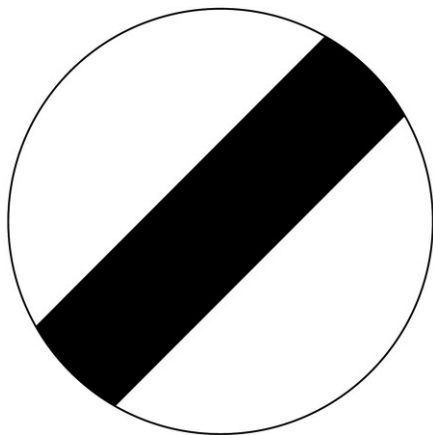
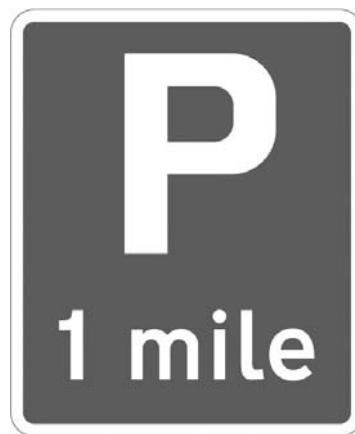
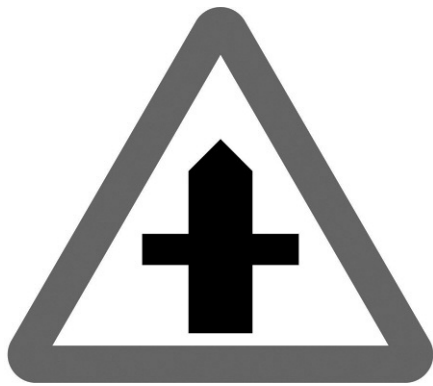
On 27 July, Manchester People First's Men's Group went on a steam train ride from Bury to Rawtenstall. We got a tram from Manchester's Victoria Station to Bury where we had a brew in the local cafe.

There were 7 of us on the trip and the weather was fantastic it was sunny and hot all day. We made our way to the railway station and got on the steam train. It took us all the way to Rawtenstall, where we got off and waited for the train to turn round and take us back.

On the way back we stopped at Ramsbottom. We were going to go to a really good chip shop, but unfortunately they were away on holidays so we ended up in the pub and had a pub lunch. We ate our lunch outside because the weather was nice. Then we headed back to the train station and got back on the train to Bury. The view out of the window was very nice and we waved to the people outside and they waved back at us. When we got back to Bury we got on the tram back to Manchester. It was a great day out everyone enjoyed themselves. I hope there will be more trips like it soon. **Report by Alan Sutton**



*What do these road signs mean?*



### **Fill in the Blanks**

The Manager of Man City?   AN  \_\_\_\_\_

United's ground is called? O   T  \_\_\_\_\_

Flavour of crisps? Smokey \_\_\_\_\_

# Autumn Word Search

## Alan's Top 5 Foods

1. Curry
2. Fish & Chips
3. Gammon
4. Ice Cream
5. Custard

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CWE

6 Letters.

clouds

leaves

orange

7 Letters.

bonfire

puddles

8 Letters.

squirrel

4 Letters.

Fall

rake

5 Letters.

brown

pears

9 Letters.

Halloween

Where is it?

This sculpture is in which famous square?



London  
Square in  
It's Trafalger





In January 2010 we opened our evening social group for learning disabled adults between aged 18 to 30. It has been popular from day one, giving our users somewhere to go to socialise and have fun in a safe and friendly environment. It has been challenging it has been really enjoyable. The staff and members are more like a family and the parents and carers are very supportive of Club 3. Our group has had some trips out recently we went to the cinema, bowling and to a restaurant. Some of our members went to a climbing centre and really enjoyed it (so much so they are talking about returning to go on a 12 week climbing course) We have an upcoming trip to Chester Zoo in September and are planning a disco for Halloween and Christmas. Darrell Walker a member of Club 3 said: "I started coming to the Club 3 in March 2010 - I really enjoy it".

## Hello to John

Hi. My name is John Bee and I started working for Manchester People First (Club 3) in February 2011. I am an avid Manchester City supporter. I officially retired from the Prison Service in March of 2008 after 30 years service and between then and joining Club 3, concentrated on the things nearer to home that I never had the time to do whilst working such as my golf handicap and gardening – the things that really matter!

My partner Sue and I have 2 boys, Bradley, and Michael. Bradley has gone to Huddersfield University for a Masters Degree in animation and multi-media, Michael is in further education at school. Bradley has worked hard to overcome his disability (Asbergers) and the difficulties associated with it.





# Notice Board

## News and dates for your diary

## New group Lounge@3

We are going to be opening an evening social group for over 50's. We will be doing activities in the office and going out to do social things such as cinema and meals. If you are interested call us and put your name down.



The latest issue of the Partnership Board's newsletter is out now. Download a copy from their web site:

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

**Next meeting: 15 November**

## Committee Meetings



**Monday**  
**3 October**  
**7 November**  
**5 December**



**Become a fan of Manchester People First on FaceBook**

## HATE IS A CRIME

If you have been a victim of disability hate crime and want to talk to someone about it you can call the helpline on: **0161 882 2213**

In an emergency ring: **999**

To report a crime ring Greater Manchester Police: **0161 872-5050**

**If it happens to you, report it!**

*Guest writer...*

.....

## **Elaine Carter tells us about**



# **Life Stories**

**A life story is the story of your life as you tell it or want it told.**

My life story was important to me. I wrote about my life and people I care about. I wrote my story about important things. It helped me to think about my mum and dad and other people. I learned a lot about my mum and dad by talking about them.

It really helps to know that somebody is interested and listening to you. It's exciting to do and we all have a story to tell. Writing it helps you to sort things out in your head.

It's a good idea to start with a plan. Think about what you want your story to look like – a book, a poster, a photo album.

Talk with your friends and family too. They might remember extra stories that you have forgotten. Enjoy writing your life story. If you want my help I'm here!



# Help Manchester People First REACH OUR TARGET

Spend the day on the zip wire and orienteering with Adventures are Us and raise money for our Christmas Party. You need to raise £150 sponsorship. Ring us for a sponsorship form.



## Saturday 15 October

Meet at 10am at Burbage Bridge car park  
Ringinglow Road  
North Derbyshire S11 7TS  
(2 miles up road west of Norfolk Arms)



Contact us to find out more:  
0161 839-3700 mcrpeoplefirst@googlemail.com  
Registered Charity: 1124426

## Can you sponsor us?

| Name: | Sign: | £ Amount |
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# Annual General Meeting

## Thursday 20 October 2011

11:15am Speeches  
11:45am Accounts  
12noon Lunch  
1pm Nominations for committee  
1:15pm Voting  
1:30pm Counting Votes  
1:45pm Who has been elected  
2pm Close

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