

SPEAK UP

News from Manchester People First • Spring 2025 Issue 93



Our Annual Report
for 2024 is inside

AGM REPORT New Committee



Our new Management Committee: Alex Webb, Nathan (Nemo) Rawcliffe, Steven MacDonald, Nathan Cairns, Trish Phillips, Paul Hughes and Richard Hughes

On 31 October, we held our Annual General Meeting at our office. We asked members to elect a new Committee for 2025 and tell us what they think we should do in the future. The members who are on the Committee have to have a learning disability and meet every month.

The AGM is also where we first show our Annual Report. This tells members, supporters and funders what we have been doing over the last year. Because we are a charity and a limited company, we also have to send a copy to the Charity

Commission and Companies House. We have put a copy of the report inside this issue.



The Voice of Learning Disabled People in Manchester



What we do

Manchester People First is run by and for adults with a learning disability. We are independent of all services. Since 1992 we have given training and support to learning disabled adults and professionals, and have campaigned for disabled people's rights.

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

We are a registered charity, number 1124426.

Contact us

Manchester People First
3 Broughton Street
Cheetham Hill
Manchester
M8 8RF
Phone or Fax (0161) 839-3700
Email: mcrpeoplefirst@gmail.com


Committee


- Nathan Cairns
- Paul Hughes
- Richard Hughes
- Steven MacDonald
- Nathan (Nemo) Rawcliffe
- Trish Phillips
- Alex Webb

Staff


- Andy Needle
- David Dunnico
- Derek Owen
- Stephen Blake
- Hannah Brierley
- Amber Shaw
- Blaine Haney
- Lisa Farrand

Stay in touch on social media

 <https://twitter.com/firstmcr>

 <https://www.facebook.com/profile.php?id=100084025961772>

 <https://www.youtube.com/firstmcr>

 <https://www.tiktok.com/@manchesterpeoplefirst>

 <https://www.instagram.com/manchesterpeoplefirst/>

 <https://www.threads.net/@manchesterpeoplefirst>

 www.manpf.org

Manchester People Say...



Hello everyone my name is Jake.

I am 28 years and have been coming to MPF since the summer. I had never made a brew before coming here and now I make brews for everyone who comes into the office.

I also enjoy dancing and eating the pizza at the Under One Roof raves. Away from MPF, I enjoy going to the Chance to Meet Disco. On Halloween I went in fancy dress. I also like to go on the Karaoke and my favorite song is 'Wanna Be' by The Spice Girls.

I have also enjoyed putting on music quizzes for members on Tuesdays. I can't wait to see you all in the office in 2025. Say hello and I will make you a brew.

My Work Experience by Zulqernain

I went to do my week long work experience at MPF

During my time there, I did lots of creative writing with Noel. I wrote a story about how I played cricket. We dressed up for Halloween and went to the Halloween party where we had food and drink, and a Halloween quiz.

I enjoyed making new friends. It was great.



New Member
of Staff



Hello to Hannah Brierley

Hannah started in June as a Support and Development Worker. She has been enjoying her work and made a lot of new friends here. She has been working with Andy to learn how MPF runs. Her favourite part of MPF is how friendly and welcoming people have been to her.

Outside of MPF she loves going to the theatre, reading books and at home you will find her playing with her 2 dogs and 2 chickens.



Cycling Workshop and Taster Sessions

Steven Blake tells us about a scheme to get everyone on their bike



Two staff members from We Are Cycling UK Ryan and Simon, ran an inclusive cycling workshop at MPF. They told us lots of information about the bikes they brought us to try, such as their names and how to use them safely. We sat on the bikes to see if we liked them and to check whether they were OK for our abilities and if any adjustments were needed. The workshop was amazing and I enjoyed it.



I went to test the bikes out at Salford University with Nemo and Blaine. Simon from We Are Cycling UK was there to help us. We chose which bike we wanted to try out and learned how to stop, turn corners safely, go through bollards and reverse.

We all loved the session and we are going back to have a longer bike ride around Peel Park.





Manchester People First Annual Report 2024

Join us Join in



The Learning Disability Action Team Needs You

Come to our meetings on:
 Tuesday 23 January 2024
 Tuesday 23 April
 Tuesday 23 July
 Tuesday 29 October
 All meetings 11am to 1pm

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

Phone 0161 839 3700 or Email mcrpeoplefirst@gmail.com
 Nothing about us Without us



Come and make your own radio show

RADIO Ga Ga

From Monday 11 March
 12:30 to 2:30pm

at our offices
 Manchester People First
 3 Broughton Street
 Cheetham Hill M8 8RF
 (0161) 839-3700
mcrpeoplefirst@gmail.com
 with



Learn about the signs and symptoms of the menopause and how to deal with it
World Menopause Day
 Friday 18 October 2024
 11am to 2pm **FREE LUNCH**



The Shaw Centre
 Redbank House
 Cheetham Hill
 M4 4HF
 0161 203 5109
 0748 337 6522
info@theshawcentre.org.uk

Women only



Learning Disability Week 2024 Party



This year's theme is 'Do you see me?'
 Which is all about being seen, heard and valued.

FREE Posh Lunch
 Quizzes with prizes
 Disco
 Dancing
 Karaoke

Celebrate Learning Disability Week
Thursday 20 June
 11am to 2:30pm

You must book your place
 MPF 3 Broughton St. M8 8RF
mcrpeoplefirst@gmail.com
 0161 839 3700



Scam-A-Lot

Wednesdays from 21 June to 6 September 2023
 1 to 2pm in the office, or on Zoom
 A safe place to talk about the scams being done at the moment
 Phone 0161 839 3700
 Email mcrpeoplefirst@gmail.com

Cake Gets my vote x

Voting Register
 Thursday 11 April 2024
 1 to 2pm
 Manchester People First
 3 Broughton St.
 M8 8RF
 0161 839 3700
 Election Day
No Vote No Voice

Free **MANCHESTER PEOPLE FIRST** Join us Join in
we need YOU to join our online Zoom sessions

Join us Join in
 nmfm106.6



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- David Dunnico
- Derek Owen
- Stephen Blake
- Hannah Brierley
- Amber Shaw
- Blaine Haney
- Lisa Farrand
- Stephen Hughes
- Christopher Kenny

Stay in touch

Our free newsletter 'Speak Up' is sent out to members, supporters and professionals 3 times a year.



Follow us



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<https://www.tiktok.com/@manchesterpeoplefirst>



<https://www.instagram.com/manchesterpeoplefirst/>



<https://www.threads.net/@manchesterpeoplefirst>



Richard Hughes Chairperson's Report

This year me and your Committee have been working hard getting things done.

We have been having lots of meetings with different organisations. For example, we sit on Andy Burnham's disability advisory board and Breakthrough's Sounding Board. We have taken part in research projects with Liverpool John Moore University who are working with us on a project about digital inclusion. This looks at how doing things online sometimes leaves out people with a Learning Disability.



We also held our yearly Health Workshops. Our members picked what topics they wanted to learn more about. These included sexual health, healthy eating, cancer awareness, exercise, hate crime and mental health and wellbeing. We were joined in the 6 weekly sessions by our friends from the Shaw Centre.



We have been answering lots of surveys and questionnaires about how services can be made better for Learning Disabled people.

We got people registered to vote in the local, mayoral and national elections, to make sure people could use their voice and have a choice about who represents them. SPICE visited us at our offices to talk about being more green, eco-friendly and caring for the environment.



In February, we ran a session on Hate Crime. This year we tried a different thing where we played the part of judges.



Members spoke about various different crimes, and had to decide if and why they were Hate Crimes. Then we put on judge's wigs and banged our gavels to pass sentence on the offenders. It was a fun way to learn about a serious subject.



After nearly 25 years Stephen Hughes retired from MPF. It was sad to see him go but we hope he enjoys his retirement. Steve will be back in to cover for staff holidays, so he's not totally gone gone.



We have taken on 3 new staff in this financial year. Amber and Blaine have joined the Engagement Team and Hannah is working with Andy and Derek as a Support and Development Worker.

We needed to get new workers because a few members of staff left when we were in lock down. We now have a full team again, which is great for us as a Committee and for all our members.



Nathan Rawcliffe Vice Chairperson

Research

For the last 18 months, I have been working on a research project with Manchester Metropolitan University. It is called Medication and My Mental Health for People with Learning Disabilities. The project is very near its end and we are writing up the final easy read report.

In the project we have spoken and interviewed GPs and carers and Learning Disabled people who have been prescribed medication to treat their mental health.



We want to understand why people who have a Learning Disability are put on strong mental health medication a lot more often than members of the general public and why they stay on them for longer. When we finish the report, we will make a toolkit for people to use to reduce this problem. Keep an eye out for the report.

Learning Disability Action Team



The Learning Disability Action Team was formed in January 2024. The idea was to find out what people with a Learning Disability thought about services and then pass on this information to the big bosses from Manchester City Council, the NHS and Adult Social Care.

We started by holding 8 meetings over 2 weeks with people who had a Learning Disability. I was voted to be the Chair of the group.

The Chair's job is to be the link between our board and the big bosses. Each meeting looks at a different topic. So far, we have looked at transport including Ring and Ride, Dentists and now we are looking at Housing.



Our Engagement Team (Blaine, Amber and Stephen, supported by Lisa, the Engagement Worker) go out and find out what Learning Disabled individuals and groups think about the topic.

The Team write a report based on what they have been told. Then the Engagement Team present this report at the next Learning Disabled Action Team meeting.

We are always looking for new Learning Disabled adults from Manchester to be on our team and tell us how to make services better.



Patricia Phillips Treasurer's Report

The Treasurer's job is to help staff look after MPF's money. You can see our accounts on the next page.



At our last Annual General Meeting Richard Hughes, Nathan Rawcliffe, Rakki Taylor, John Timms and myself, came onto the Committee. We meet every month. Andy and Hannah update us on what we have asked them to do and how things are going in general. We then vote on what we want MPF to do over the next few months and further in the future.

Over the last year we have held workshops on dental health, safety at home and creative storytelling and safeguarding. We had fun at our Annual Talent Show, enjoyed a trip to see the pantomime, and sessions on meditation and DJ-ing.



Members went to the Northwest Regional Self Advocates Conference in Blackpool.



On 25 April we had our final online Zoom session. We started doing them during the first Covid lockdown and carried on using it 3 to 6 times a week for 4 years.

We would really like to see more MPF members to join the Committee and decide how MPF goes forward. Come and join us by putting yourself forward for the Committee at our Annual General Meeting.



This is the simple version of our accounts, please ask if you would like to see the full version, or to know more.

MONEY IN (Income)

	2023	2024
Grants	£157,694	£167,053
Easy Read & Training Support	£24,527	£10,798
Donations	£3,650	£2,454
Interest on account	£2,332	£1,500
Interest on account	£2,717	£9,265
Total Income:	£190,920	£191,070

MONEY OUT (Expenditure)

Wages, Pension, Add Ons	£78,587	£89,223
Rent and Services	£24,995	£24,090
Meeting Costs	£904	£2,870
Print, Postage, Stationery	£4,610	£4,302
Accountancy, Bank Charges	£2,584	£2,514
Insurances	£3,031	£2,766
Heat, Light and Power	£1,493	£2,019
Water and Rates	£1,423	£965
Equipment	£1,163	£584
Telephone	£1,669	£1,418
Subscriptions, Sundries	£1,688	£1,652
Travel	£463	£698
Volunteer Expenses	£1,105	£560
Repairs	£710	£1,419
Depreciation	£2	£3
Total Expenditure:	£124,427	£135,083
Grand Total (Income – Expenditure)	£66,493	£55,987

Our accounts were checked by: Cadishead Accountancy Service Ltd
 Britannic House, 657 Liverpool Road, Manchester, M44 5XD

Manchester People First – 2023 to 2024

<h2>October</h2>  <p>Manchester People First Annual General Meeting AGM 2023 Thursday 26 October 12.00 noon to 2pm Free Lunch Vote for your Committee</p> <p>health watch</p> <p>Workshops 2023</p>	<h2>November</h2> <p>Creative Storytelling</p>  	<h2>December</h2>  
<h2>January</h2>  <p>The Learning Disability Action Team Needs You Come to our meetings on: Tuesday 23 January 2024 Tuesday 23 April Tuesday 29 July Tuesday 29 October All meetings 10am to 5pm at Manchester People First 3 Broughton Street Cheetham Hill M8 8RF</p>	<h2>February</h2>  	<h2>March</h2>   <p>World BOETRY Week 25 March 24</p>
<h2>April</h2> <p>GM Mayor's Housing Event</p> 	<h2>May</h2>  <p>Job Interviews</p>	<h2>June</h2>  <p>World Menopause Day Friday 18 October 2024 11am to 2pm FREE LUNCH</p>  <p>Belonging means</p>
<h2>July</h2> 	<h2>August</h2>  <p>Thursday 29 August 2024</p>	<h2>September</h2>  <p>Engagement Team</p> 

MPF'S RADIO SHOW nmfm106.6
LISTEN LIVE ON FRIDAYS
12 NOON – 1 PM
TUNE IN ON 106.6 FM

People First's radio show is a great success on North Manchester FM Radio. You can take a listen by tuning your radio to 106.6 on the FM band on Fridays from 12 Noon to 1pm.

You can also listen again to the show on NMFM's website.



<https://northmanchester.fm>

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JANUARY 10, 2025 NMFM1066

Coming up at
 People First Ra

Listen Live

- Listen Again
- Listen Again Health
- Listen to FC United Commentary



North Manchester FM 106.6 Listen Again

Listen whilst connected – downloading our shows is not possible.

North West Training and Development Team Meeting with Greater Manchester Mayor Andy Burnham



Story by Nemo

We went to a meeting on Wednesday 27 November at The Kings House, just off Oxford Road, behind the Aquatics Centre in central Manchester.

The meeting was for self advocates from across Greater Manchester to come together and talk about our priorities for 2025. It was organised by Pathways and the North West Training and Development Team.

We talked about social care and what works well and things that can be done better. Then we spoke about things WE wanted to do in Manchester and why these things are important to us.

Andy Burnham was there in the morning and answered some of our questions about Housing, Transport and a few funny questions like what was his favourite drink? And what would he order from the chippy?

I (Nemo) attended, along with Trish, Paul H and Kev, and Andy from MPF. Also sat with us on the Manchester table were Stephen E and Paul S, Catherine, Tracy and Catlin from Manchester City Council and Adele from the NHS. It was great to see everybody again and it was a good meeting, lets wait to see what happens.



ANDY BURNHAM
MAYOR OF
GREATER
MANCHESTER

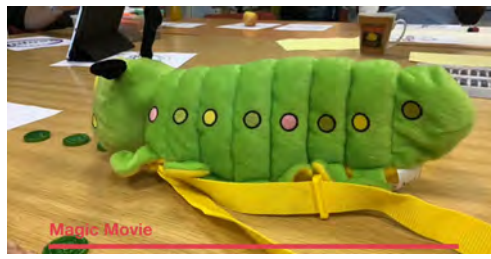


Trish



Story by Richard

Animation Project



At the end of 2024 we did an Animation project. The workshops was made up of a 1 week taster session and a 3 week project. The sessions were held every Wednesday afternoon and were run by Kyza and his friend Phil. Thanks to both for all their hard work making this project happen.

We took lots and lots of photos and made some stop motion animation, like you see in the Wallace and Gromit films. If you want to see our short films look on Manchester People First's YouTube channel.

I hope these sessions run again in 2025 because I really enjoyed them.



Engagement Team.

We are Lisa, Stephen, Amber and Blaine from the Engagement Team. We work for Manchester People First on a new project with Manchester City Council.

We want to talk to learning disabled adults in Manchester to ask them what they think about staff who support them. We will be visiting the Manchester Day Centres to talk about staff. If you want to talk to us please get in touch. The more we listen to you the louder our voices are.





Manchester People First

GOT TALENT

FREE!



MPF's yearly talent show 2005

**Thursday 20 February
11AM to 2:30PM**

**Come and tell us a joke,
sing us a song, or
give us a dance**



**FREE LUNCH
Prizes for 1st
2nd and 3rd places**

**You must book your act
before Monday 17 February**

**3 Broughton St. Cheetham Hill, M8 8RF
0161 839 3700 mcrpeoplefirst@gmail.com**