

SPEAK UP

News from Manchester People First Issue 92 Winter 2024



Goodbye to Stephen

After 25 years of service to Manchester People First and all the Self Advocates in Manchester and beyond, Stephen Hughes has finally escaped! We tried to keep hold of him for as long as we could, but somehow he managed to get out and leg it.

Everyone at Manchester People First wants to say a massive **Thank You** to Stephen for all his tireless work supporting so many learning disabled people over the years and developing MPF into the organisation that it is today. We will not be the same without him and he is leaving some pretty BIG shoes to fill.



Manchester People First
Annual General Meeting



Thursday 31 October
AGM 2024
12.00 noon to 2pm



- **Goodbye to Stephen, Hello to new staff**
- **MPF's Got Talent** • **Hate Crime Week**



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

Charges

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

Our committee

- Richard Hughes
- Nemo (Nathan) Rawcliffe
- Trish Phillips
- Rakki Tailor
- John Timms

Staff

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

Opening Times

Tuesday Drop-in 10am to 3pm
Thursdays 10am 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.



News

Members and staff say what Stephen has meant to them and MPF...

“I’ve known Steve since before he started working at MPF, he supported me to get to Stockport College and get my City and Guilds.” – **Richard H.**

“I’ve known Steve for many, many years and he has helped me through a lot of things.” – **Trish**

“We will all miss your cooking!” – **Everyone**

“Good luck in whatever you’re going to do in retirement. Enjoy it and put your feet up.” – **Derek**

“He used to be my boss when I first started working here and he has helped me a lot.” – **Stephen B.**

“We will miss his sense of humour. He is great company.” – **Natasha**

“We are gonna be lost without Stephen. MPF would not be as strong and our advocates would not have such a strong voice here in Manchester.” – **Andy**

“Steve is passionate about helping us all and it really helps to have him on our side. He has helped me speak up.” – **Nemo**

Hello to Blaine and Amber

We have two new members of staff – Blaine and Amber join Stephen and Lisa on our Engagement Team.



Blaine said he was looking forward to doing workshops and making a change for good in the community. When he is not working Blaine watches TV and listens to 1960s and 70s music.



Amber is looking forward to working with other people and making a difference. She likes rock music, going to concerts and collecting records. She also likes shopping, swimming and horse riding.

We will be welcoming another new member of staff soon. You will hear about Hannah in the next issue.



Stay in touch with us online



www.youtube.com/firstmcr



Please ‘Like’ MPF on Facebook



Follow us on Twitter @firstmcr



MPF's yearly talent show back for 2024

In February, we held our very first MPF's Got Talent Show since the lockdown. About 45 MPF members and students from The Shaw Centre and their family members and friends came together for a day to remember.

We would like to Thank Louisa B's sisters for donating prizes and coming along and supporting this event year in, year out. Once again they presented the Special Louisa B Award for an Outstanding Contribution. This year it went to The Shaw Centre who presented their own song.

Richard H sang Angels by Robbie Williams, but Brian from The Shaw Centre was the overall winner after singing Elvis Presley's Don't Step on My Blue Suede Shoes. Bobby came in second place and Luke and Alex came a close third with their rendition of Hotel California.

There's a special thank you to Jason from North Manchester FM and Colin C who came along and played judges Simon Cowell and Amanda Holden (make your own mind up who was who). Thank you so much if you attended and supported on the day.

If you want to join us in 2025 get practicing now as the event is usually held around Valentines Day.



**Our web site:
www.manpf.org**

News



Confirm and Challenge Meetings are back

On the 17 May over 40 people from different groups came to a Confirm and Challenge meeting at the MPF offices. The first since the lockdown. We stayed in groups from our own Greater Manchester boroughs (Manchester, Bury, Tameside, Wigan, Trafford etc.) and talked about what was going on.

The meetings are hard work, but very informative and full of useful information – Plus you get a tasty free lunch. You are very welcome to come to the next two meetings on: Friday 20 September and Friday 22 November 10am – 2.30pm



Our Manchester Plan 2025 to 2035

In May we had a workshop at the office looking at how we want Manchester to change over the next 10 years. We spoke about lots of serious things including transport, Ring and Ride, health, social services, support workers, recycling and more affordable homes for us and the homeless, but it was still fun and we had a nice free lunch. Thanks to everyone who braved the rain to come to the event.
– Natasha and Trish

It's not easy being green

(as Kermit used to say)...

On 4 April we had a visit from the SPICE training group – Eric, Louise F and Mel C (not that one). They ran a workshop for us about recycling. We played recycling bingo, did a recycling quiz and played for prizes for the greenest team.

I really enjoyed the workshop, it was very intriguing because it was informative and it was good to get some new ideas and information about recycling, which I didn't already know about.

The Green Team are back on **Thursdsy 22 August** for another fun workshop.

– Nemo





Blackpool Conference

In March, we sent 4 of our members to the North West Training and Development Team's Self-Advocates Conference. Lisa reports



Nathan Rawcliffe (Nemo) Paul Hughes, Trish Phillips and Nathan Cairns were supported by our Engagement Worker Lisa and Paul's Personal Assistant Kevin at the 2 day event, which is held at the Grand Hotel in Blackpool.

The idea is to bring together adults with a learning disability, so they can find out what is going on all over the North West region, make relationships, learn new thing and be able to have a say over how services are run.

There was a great vibe when we arrived and it was nice to get settled in. Jason Rhodes was the master of ceremonies and kept us on track and well informed in a fun way.

To start there were some full group talks in the big conference room. We heard from the Living Well, Being Safe and Staying Healthy subgroups. In the afternoon we could choose 2 small group workshops to go to. Paul and Nathan went to 'Improving Mental Health – A Workshop for Men', Trish went to 'The 5 Ways to Wellbeing' and a woman's workshop.



She learnt about connecting with people and how being with friends helps her to keep happy. Trish also thought about how learning new skills and keeping busy helps her to keep healthy.

After tea there was a fun music quiz – it was really hard and really quick! We did well, but did not win.

Thursday began with a Zumba session to work off our breakfast, then it was more workshops. Paul, Nathan and Nemo did one about building your confidence.

It was the first time Nemo had been to the Conference and he said it felt a bit overwhelming at times. He impressed us by wearing a full dinner suit to Thursday evening's big gala dinner, held to celebrate the North West Training and Development Team's 40th Anniversary. Nathan enjoyed it, but did think it would have been even better if there had been some Biscoff cheesecake on the menu.

It was great to see old friends from across the North West, especially after a break in the Conferences because of Covid. We did wonder if the Conference had to be in Blackpool every year, or could it be held in different towns and cities in the North West. But, the fish and chips on the way home were good.

Two of our members, Nemo and Stephen B. tell us about research projects they are taking part in

Mental Health Research Project

Since February 2023, I have been working as a co-researcher on a project being run by Manchester Metropolitan University. The project is also working with people from Sunderland People First, Speak Up Advocacy, University of Sheffield, People First (Lancashire and Cumbria) and the University of Central Lancashire.

We have been interviewing with Learning Disabled adults, parents and carers and prescribers such as GP's and Pharmacists, to get their views on medication used to treat mental health issues. We have just finished holding some focus groups and will be moving on to the next change. We expect to finish the project by the end of Summer – Nemo.

Digital Health Research Project



This project is about our health and how to keep fit and healthy using digital technology like mobile phones, apps on our phones, ipads and laptops. It also looks at things such as gaming with friends online and talking to family using Zoom.

We started this project at the end of 2023. Andy and I went to Dudley in the Midlands. I stayed overnight and met the rest of the research team members who come from all over the UK. We spoke about what the project was, what we were all going to do and how we are going to do it. The project runs until 2025.

We have so far held 1 focus group at MPF and other organisations have done the same. If you want to be involved call MPF and ask for me.
– Stephen B.



Our Radio Show

On Monday afternoons between 12.30 and 2.30pm we put together a radio show with Jason from North Manchester Radio.

We choose our own songs, do requests and shout outs. The show is called the Manchester People First Radio Show and is broadcast on 106.6 FM on Fridays between 12 noon and 1pm and repeated on Sunday from 5 to 6pm.

We really enjoy making it. We hope you have been listening. We now have some merchandise like posters and coasters for your coffee mugs which you can use while listening to our show.

Natasha and Trish said, "We make the radio show along with other people. It is fun and we enjoy doing it". Considering we have never made a radio show before we find it really interesting. Speaking into the live mic was frightening at first but once we had done it was fine.

Learning Disability Week 2024

Our radio show was in full swing for this year's Learning Disability Week. The week was held from 17 to 23 June and had the theme 'Do YOU see ME? We started the week by doing an all request live radio show on North Manchester FM. We added a new video every day to our YouTube channel, and on 20 June we had a party at our office. We finished the week with our regular Friday MPF Radio Show.



Confirm and Challenge
Friday 20 September
Friday 22 November
10am – 2.30pm



Under One Roof – accessible raving
Thursday 5 September and
Wednesday 4 December 6pm to 9pm
at Yes Nightclub, Manchester City Centre
See Skiddle.com for tickets

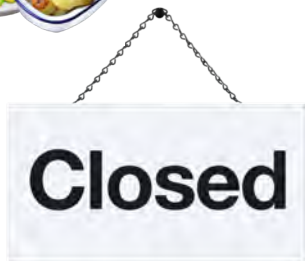


Xmas Panto – Oh yes it is !!!
Wednesday 11 December

MPF Xmas Party
Thursday 12 December
Get in touch closer to
the time for more info



MPF Members Christmas Meal
Thursday 19 December



MPF OFFICE CLOSSES
for Xmas
Friday 20 December 2024

OFFICE RE-OPENS
for the New Year
Monday 5 January 2025

Join us Join in



The Learning Disability Action Team Needs You

Come to our meetings on:

Tuesday 23 July

Tuesday 29 October

All meetings 11am to 1pm

at Manchester People First

3 Broughton Street

Cheetham Hill M8 8RF

Nothing about us Without us





Healthwatch Manchester looks at health and social care services to see if they meet the needs of people who use them

healthwatch Manchester



Our friends from Healthwatch Manchester return to help you with any problems you face getting the treatment you need.

Thursdays 10:30 to 11:30am

6 June

4 July

1 August

5 September

None in October

7 November

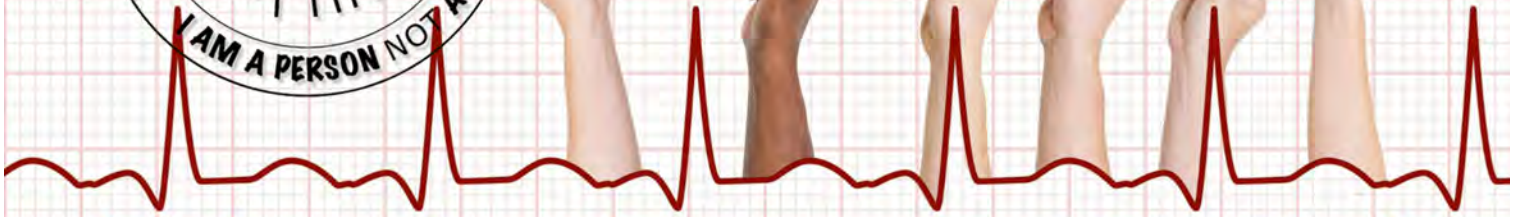
5 December



Sessions are held at the office:
MPF 3 Broughton St. M8 8RF



Health



Workshops 2024

Every Thursday from 11am to 2:30pm

12 September • Sexual Health
with Kay from the Northern Contraception,
Sexual Health and HIV Service



19 September • Healthy Eating
with Orla from MMU and Nutrition Students

26 September • Mental Health and Well-being
with Eddie (to be confirmed)

3 October • Cancer
with Gazzala from Answer Cancer

10 October • Fun Exercise
with Do Sport

17 October • Recap and Looking Forward
with Manchester People First

Free Lunch

MPF, 3 Broughton St. Cheetham Hill, M8 8RF

0161 839 3700 • mcrpeoplefirst@gmail.com • www.manpf.org

**YOU
MUST
BOOK**



Thursday 29 August 2024
11am to 2:30pm
Celebrate the start of the
Paris Paralympics

• 4 Teams • 4 Countries • 4 Games

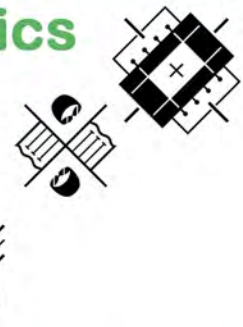
Join a team and
take part in 4
Paralympic sports

Rhythmic gymnastics

Join us in the pool

Discus

Javelin



Please wear Red, White & Blue
Free Lunch and medal for
everyone who takes part

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AGM 2024
Thursday
31 October



Agenda – What we will do



This is the meeting we have once a year to launch our Annual Report and elect a Committee to manage MPF.



12 to 1pm Lunch

Meeting starts at 1pm with hellos and welcome.



Annual Report Video

– This will be on our YouTube channel after the meeting.

There is also a written version of the Annual Report

– This will be in our next newsletter.



Accounts and any questions

The money we have got in and the money paid out.

Nominations for Committee

– This is where MPF members who want to stand for election to be on our Management Committee can say so.



Voting

– Members of MPF who are at the meeting can vote.

New Committee Elected

Thank you and end of meeting



Manchester People First Annual General Meeting



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AGM 2024
12.00 noon to 2pm

**Be the first to watch the Annual
Report video • Free Lunch
Vote for your new Committee**

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