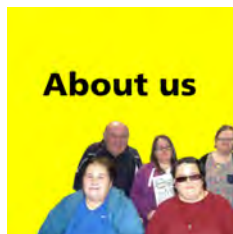


SPEAK UP

News from Manchester People First Issue 81 Summer 2020



Home



About us

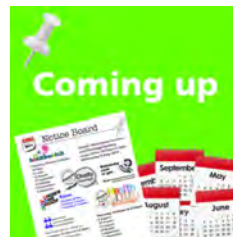


What we do

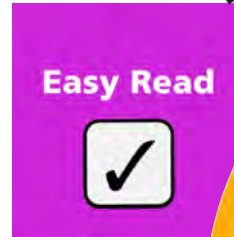
**Look at the
new MPF
website**



Newsletters
and Reports



Coming up



Easy Read



4 pages about
staying safe from
the Coronavirus



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

- Nathan Cairns
- Paul Hughes
- Richard Hughes
- Joanne Smith

Staff

- Andy Needle
- Stephen Hughes
- David Dunnico
- Derek Owen
- Lea Heim
- Stephen Blake
- Joanne Hickinbotham
- Christopher Kenny

Opening Times

Monday to Friday



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

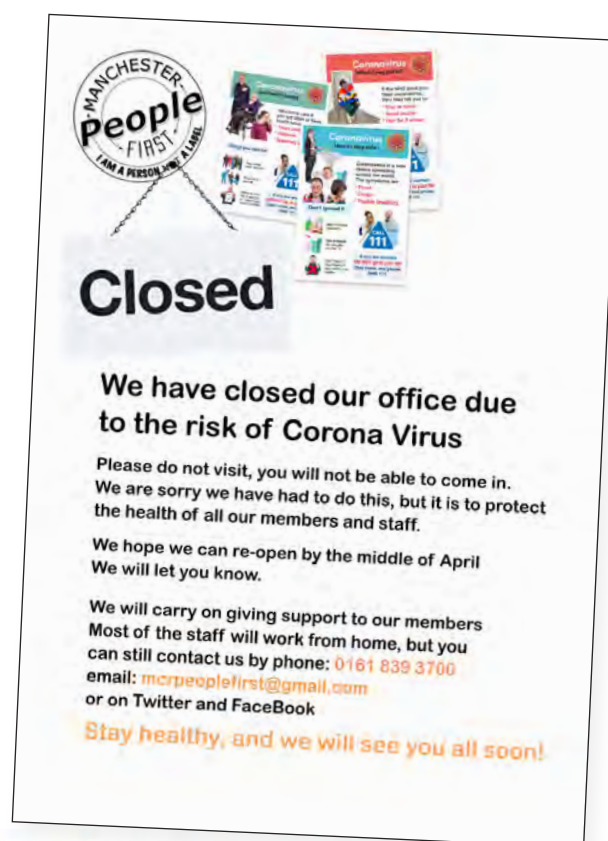
Our office is still closed but we are still working

Closed

In March, we had to close our office due to the risk of staff and members getting ill with the Coronavirus. We sent you a letter and said we hoped to be able to open again in April.

But things got a lot worse with the Coronavirus. The government had the Lockdown, where people had to stay at home. The staff have been able to carry on doing work from home and we have tried to find ways of keeping in touch with all our members while the office stays shut.

Some places such as shops and pubs are reopening again. We looked if it was safe to open the office, but it is still too much of a risk. We will keep looking and let you know when things get better and it is safe to reopen.



See the next page for how we are doing things online



www.youtube.com/user/firstmcr



Please 'Like' MPF on FaceBook



Follow us on Twitter @firstmcr



Our web site: www.manpf.org



We may not be able to meet in person but we can see each other on-line



To keep in touch with our members who were coming to the office, we have started #MPF Online. We got a grant from the Lankelly Chase Foundation to buy some tablet computers. We did a printed guide to help people use them and delivered them to some of our regular members.

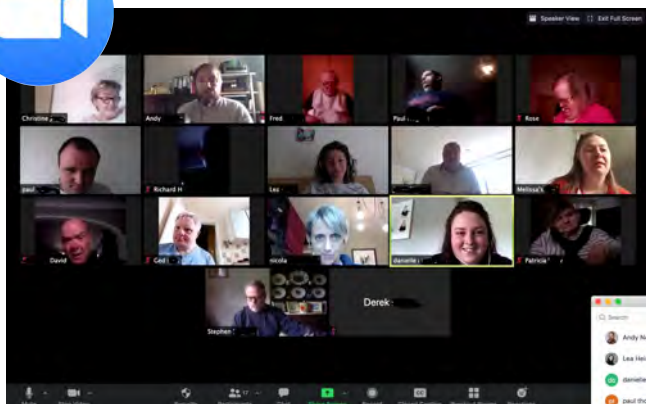
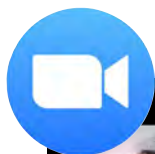
We are running regular fun and informative live sessions with our members over the internet. We do quizzes, craft sessions and have guest speakers and exercise classes – Lots of the things we were doing in the office.

If you want to join in, even if you have not got a computer, smart phone, or tablet, get in touch!

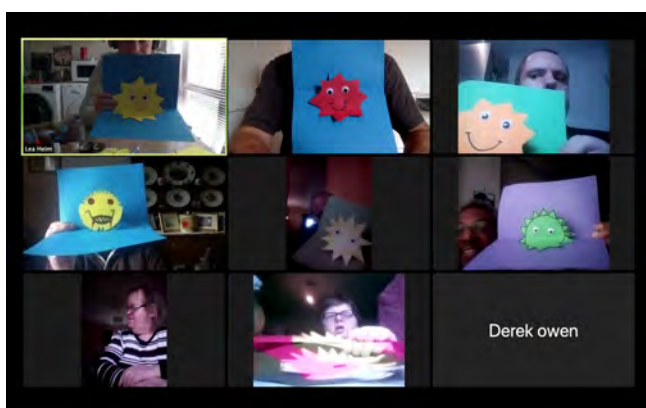




Online quiz with our friends at
The Shaw Centre...



Craft session making pop-up cards...



Staying safe online with Louise from
Manchester City Council...



On page 9 we tell you
about our new website

Disabled People's Panel Survey

In April and May, the Greater Manchester Disabled People's Panel did a big survey of disabled people in Greater Manchester, to see what effect the Coronavirus was having on them. A lot of our members took part. We did an easy read version of what they found out. You can download a copy from their website:

<https://gmdisabledpeoplespanel.files.wordpress.com/2020/07/easy-read-panel-survey-v2.pdf>

We also did an easy read version of the Panel's report on what they have done in their first year:

<https://gmdisabledpeoplespanel.files.wordpress.com/2020/07/gmdpp-y1-easy-read.pdf>



Sad news...

We are sorry to have to tell you that two of our members have died. Barry Edwards and Andrew Herbert, were both regulars at the office. Because of Coronavirus, members and staff could not go to their funerals, so we sent our condolences on behalf of us all.



Andrew was a kind and fun person. Quiet and yet full of life. He had a dry sense of humor and was full of

charming grace. He would come into the office on Thursday, make himself a cup of coffee and sit and read his paper for an hour or so.

Andrew would always join in when things were going on, but rather than being at the front he was quietly thinking about things. He made music with us, joined in talks and would celebrate with us in his own special way.

He enjoyed people's company and would often be talking to them. He also enjoyed a game of pool, and would also go down to the local snooker hall with his friend Stephen, where they would play and have their tea.

Andrew will be missed at Manchester People First, He will be missed for his sense of humor, his charm and his outlook on life, which was to take things in his stride.



In March, Barry passed away. He had been ill for some time, but it was still a shock to hear the news, because he was always the life and soul of the party – And if there wasn't a party he would start one.

Barry's big personality made him one of the best-known members of Manchester People First. When we told people about the bad news on our Facebook page, dozens of people and organisations posted comments and shared their memories of him.

Once met, Barry was never forgotten. People will never forget his bad jokes or fancy dress costumes, but although he was usually laughing, he also took some things seriously and did things for charity and talked to groups about issues facing people with a learning disability.



Through My Manchester

Outside inside
Whichever way round
Through my Manchester window
Life is sound
There's music chatter and bins being moved
Babies bouncing on trampolines too
Wildlife singing Boggart Hole
Interfaith worship saving our souls
Football shirts some blue some red
Rainbow thanks for the NHS
It's Us not them not I but We
College students being the best they can be
If we all pull together, we all can achieve
So, let's take this window of opportunity
For change, for justice, for equality
#BlackLivesMatter, take the knee
Hope not Hate, we all need to breathe.



Do you know someone who may want to know more about Manchester People First? We can send them our new 4-page A4 size information booklet that says who we are and what we do



We have enjoyed working with Greater Manchester Growing Older with Learning Disabilities. They have just finished their project and published their reports.

The project started in June 2018, it was set up by Ambition for Ageing and was funded by the National Lottery's Community Fund.

The idea of the project was to talk to people who have a learning disability, who are over 50 years old and live in parts of Greater Manchester.

GM GOLD wanted to find out what they think about the area they live in, and ask them: Do they feel part of their local community? Do they see people they like and do things they enjoy? What helps them do this, or what stops them?



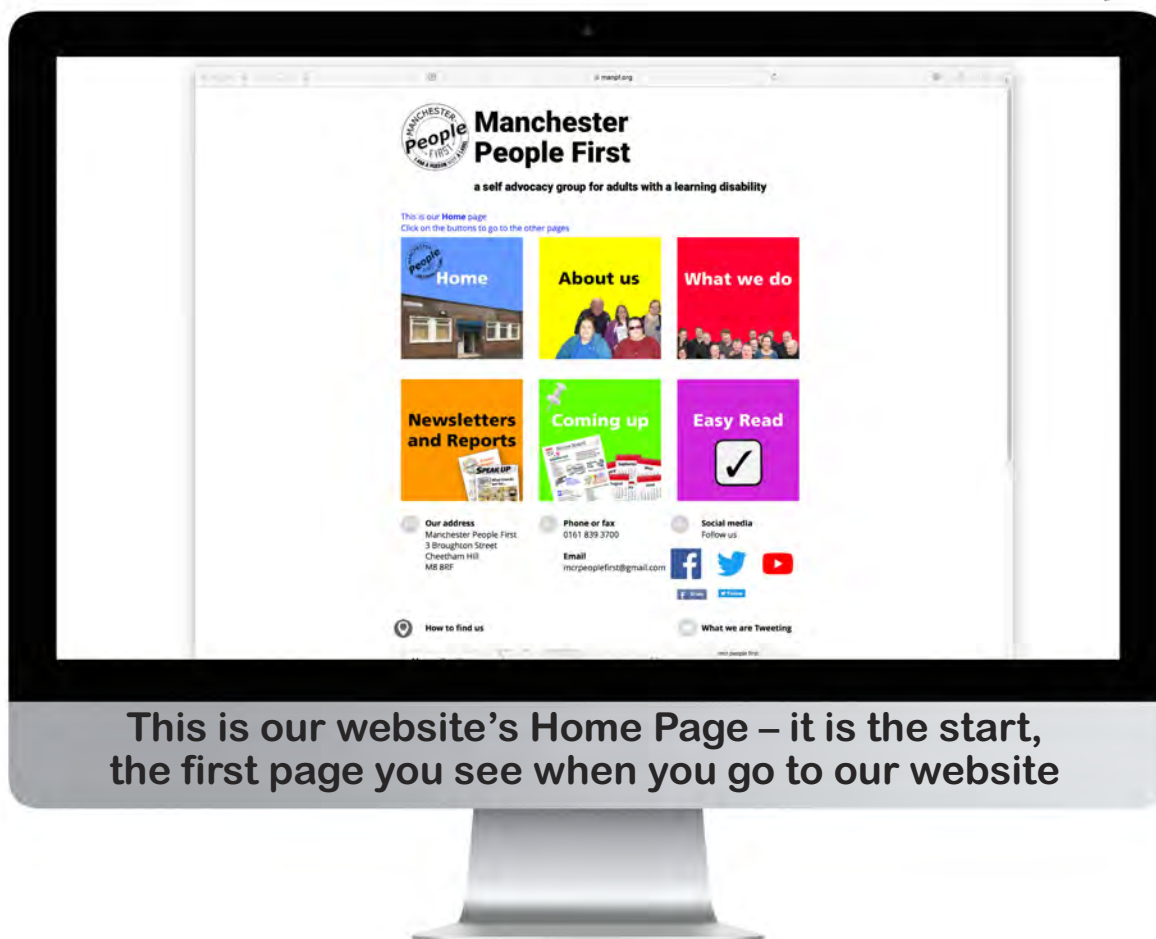
There were 7 'Research Buddies' led by Melanie Chapman from Manchester Metropolitan University, who helped build a team of 17 Co-Researchers, who themselves all had a learning disability, were over 50 years old and were from Greater Manchester. They went out and interviewed 59 people from all the parts of Greater Manchester that were taking part in the project.

We were one of the partners in the project and produced easy read versions of their Final Report, Evaluation Report and a PowerPoint presentation.





Our new website



This is our website's Home Page – it is the start, the first page you see when you go to our website

We have had a website for a long time – and it was showing its age. We mainly tell people what we are doing using Twitter and Facebook, but a website is still the best way for people like funders to get information about an organisation. So, while the office has been closed we have used the time to make a completely new website. It has more information on it than the old one, it is easier for us to keep it up to date and works better on smartphones and tablets than before.

Here is a peep at what it looks like, but why not go and visit it online and tell us what you think?

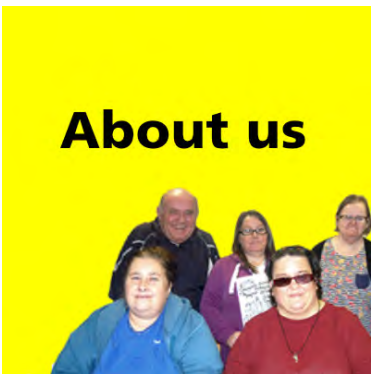
It is the same web address:

www.manpf.org

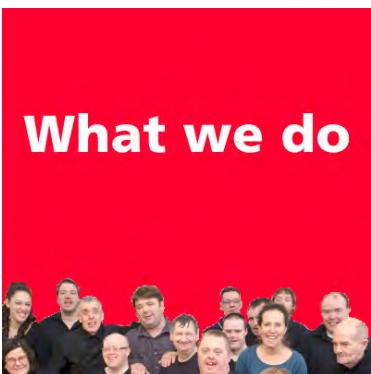
Click on these buttons on the Home Page to go to the other pages



This page lets you go to other pages, tells people how to get in touch with us. There is a map of how to get to our office and you can see our Tweets



This page lets people join MPF, tells them who is on our committee, who the staff are and some legal information charities need to tell people



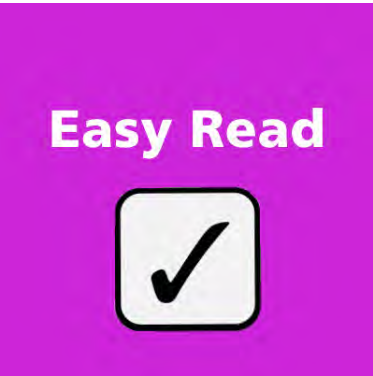
This page has a list of what we do for all our members and how we do it and some of the groups we work with



This page is where you can read and download the latest Newsletter or Annual Report and look at old copies



This page is where we put our news about what is going on at Manchester People First. There are also photos from past events



This page is where we tell people about 'Just Info' our accessible information service. They can download a guide to help them



Read the latest newsletter on screen
Click on the arrows to turn the page



www.manpf.org



Guest writer
Dr Claire Lake

Hello. My name is Claire Lake and I am a GP in Wythenshawe. I also work for Manchester Health and Care Commissioning (MHCC). This organises NHS healthcare in Manchester, to make sure we have all the healthcare services that we need. We have been very busy because of Coronavirus. We have been trying to keep people in Manchester safe and well.

We are also working hard to make sure people with a Learning Disability get really good care from the NHS too. This includes making sure reasonable adjustments are made and that information is accessible (such as having easy read versions).

We know there is still lots to do. There is a whole team of people working hard to make sure health and social care services for people with a Learning Disability are safe and good at keeping people healthy.

Last month, I enjoyed a Zoom meeting with members of Manchester People First. We talked about Coronavirus and how it has affected all of our lives.

It has been hard living in lockdown. We talked about how GPs and hospitals are using telephones and videos to talk to patients, instead of the normal way of seeing someone in person. We talked about why PPE (the gloves, facemasks and aprons we wear) are important to stop the spread of germs.

We talked about the new track and trace system and about getting a Covid swab test. I wanted everyone to remember that GPs and hospitals are still open.

After the meeting, Manchester People First made its very own easy read leaflet explaining the track and trace system. I thought this was brilliant. [It is on the next page]

The last few weeks have been exciting as we come out of lockdown and are allowed to do more things. I really hope you have enjoyed seeing some of your friends and families again. Maybe you have even been to the pub!

Just remember to keep washing your hands and keep social distancing.



Coronavirus

if you may have it stay home, get a test



If you have any of these

- New cough that will not go away
- High temperature
- Loss of taste or smell




You should

- Stay home
- Get a test



To get a test

- Phone 119 or
- Go on the internet to
www.nhs.uk/coronavirus

 The NHS will tell you what you need to know



- If you have been near someone who has been tested and has Coronavirus, the NHS Track and Trace Team will contact you
- They will tell you what you need to do
- They will **never** ask you for money, or things about your bank





New rules from TfGM **On public transport**



A lot of our members use public transport to get about.
New rules mean you **must** wear a face covering when
you travel by bus, tram, or train.
If you do not, you can be told to get off, or fined £100.

Ring and Ride and taxis have the same sort of rule.



A face covering does not have to be a surgical mask.
A scarf or bandana can be worn.
But make sure it covers your mouth and nose.



It is up to you to have one.
If you do not, you can get a disposable one from
Travel Shops or ticket offices.
Some Interchanges sell face coverings.



The rules may change, check before you travel

Some people are exempt (have special permission not to wear a face covering) because of a condition or disability. Younger children do not have to wear a face covering



If you are exempt, you should get a **Journey Assist Card** from TfGM which you can show to people.

To get one phone: 0161 244 1000

Web: <https://tfgm.com/contact-form>



- Walk or cycle if you can instead of using a bus
- Do not travel at busy times (rush hour)



- Wash your hands, try not to touch things
- Keep as far from other people as you can



- **Remember!** You may have the Coronavirus but not feel ill



buzz

Manchester
Health & Wellbeing
Service



Buzz is Manchester's Health and Wellbeing service. They help bring communities together to come up with interesting ways to improve people's physical and mental health and so help their sense of well-being by living fuller, healthier, happier and longer lives.

On the buzz website you can get lists of all the things going on in your area – This can be anything from gardening projects to knitting groups. buzz have 12 Neighbourhood Health Workers, who are each based in a different part of the city – if you are interested, get in touch with yours. Details are on their website:

www.buzzmanchester.co.uk

Thank
You



to **buzz** for giving us
the packets of seeds

We are sending them out
to our members so they
can grow things at home



MANCHESTER'S COMMUNITIES CREATE NEW WAYS
TO KEEP BUZZING UNDER LOCKDOWN

