

Bury People First



Speaking up
Speaking out

Bury People First Newsletter Winter 2017

Bury People First Funding update



In our spring newsletter we said that Bury Council had not renewed our contract. This meant that we had to cut back and use our reserves to keep going. At the same time we said we would try and find funding from other places.

Up to now we have not been able to find any more funding. Because of this, in the New Year we will have to seriously consider what our options are. One of them may be that Bury People First has to close down. We will do all we can in the meantime to avoid this happening. We will keep you up to date as we get more information ourselves.

What else is in this newsletter

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Safe and Healthy Lifestyles Workshops



People taking part in the Workshops



Rebecca Lunness, who attended both workshops

It is important to talk about Hate Crime and Mate Crime because people with learning disabilities are vulnerable. The workshops gives us an understanding of what to look out for and keep ourselves safe.

During the summer Gwyn Jones presented our idea of workshops to the local community. We were fortunate to secure some funding from The Pitch to run some workshops around safe and healthy lifestyles.

We have already run 2 workshops. They were:-

- **Hate crime/Mate crime**
- **Lifestyle Choices**

We will be running another 4 workshops in the New Year. They are as follows:-

- **Mindfulness**
Wednesday 10th January
- **Personal Safety**
Wednesday 24th January
- **Friendships and relationships**
Wednesday 7th February
- **Healthy eating and activities**
Wednesday 21st February

The venue for all the workshops will be at Elms Community Centre. Workshops will start at 10.30pm and finish by 2.30pm.

Hate Crime Days



Elton High School

We went to Elton High school to talk to Year 7 pupils about Disability Hate Crime.

We talked about how being bullied can affect people with learning disabilities.

The team that did this work was Catherine Mercer and Karen MacDonald.



Karen



Catherine

Voting Workshop

In May we ran a voting workshop for the general elections.

We talked about all the different parties and what they represent. We discussed why it is important to vote in the General Election. We also discussed what a manifesto was and we looked at each parties manifesto. We discussed all the different ways people can vote.

People said what changes they would like to see the government make.



**June
Wilson**

I really enjoyed the workshop. I learned a lot about the different people I can vote for and how I can vote.

AGM

We had our AGM in May at the Elms community centre. It was a very successful day and many of our members attended. We had a busy morning informing all members of everything we have been doing. We then had a raffle followed by lunch. In the afternoon we had a disco.

We would like to thank everyone that attended the AGM. We would also like to thank everyone who supported us on the day and all those who donated raffle prizes.



**Tom
Hull**

Tom helped us on the day with the presentation. He changed the slides during our presentation on the computer.

On the day the old trustees stepped down and new trustees were elected. Below are all the new trustees along with their role.



Rebecca Lunness
Co- Chair



Gwyn Jones
Co-Chair



Jon Brocklehurst
Treasurer



Catherine Mercer
Secretary



Karen Macdonald
Publications Editor



Mandy Rigby
Trustee Support

Gala Dinner

Mandy Rigby, Tamar Melia, Rebecca Lunness and Christopher Blunt were supported at the Blackpool Gala dinner by Hamaira. The Gala dinner was a chance to for Northwest Training and Development Team (NWTDT) to raise money for the Blackpool conference that runs every year.

Bury People First won tickets for the first festival for learning disabled adults. The festival was called Ossey Fest organised by NWTDT. Rebecca attended this festival.

I really liked the Gala Dinner. The food was really nice. There was a lady who sang live and she was really good.

(Tamar Melia)



Pathways Associates

We have been working with Kim from Pathways Associates and Occupational Therapists to develop a training package that looks at meaningful support. The people involved in this are Jon Brocklehurst, Mandy Rigby, Christopher Blunt, Gwyn Jones, Alex Duthie and Rebecca Lunness.



'Have a Go' Sessions

The 'Have a Go' sessions promotes healthy lifestyles. We gather information about different activities. People get the chance to try out new things.

Here are some of the things we have been doing recently

We went to play Golf in May. We went to Heaton Park on the pitch and put course.



In June we did a sponsored walk at Clarence Park. We raised £421.15 for Have Go Sessions. Thank you to everyone who sponsored us and well done to everyone who took part.

In July we went cycling at Clarence Park. We accessed Wheels for All where everyone was able to find a bike to ride. There were many different types of bikes that had been adapted to make sure everyone could ride on the bikes.



'Have a Go' Sessions



We went to the Anderton Centre in August for an overnight stay.



In November we did Badminton.



The Challenge



In July a group of young people from The Challenge come to help us make a promotional video for Bury People First.

The Challenge is a charity for building a more integrated society. They work to connect people together across all ages and walks of life through running a variety of youth and community programmes that mix diverse groups of people together.

Those that were involved in the video were Mandy Rigby, Julie Howarth, Alex Duthie, Jon Brocklehurst,

If you would like to watch the video please call in to the office during opening hours.



What is next?



'Have a Go' sessions

In the New Year we hope to have a planning meeting to decide what activities to do next.

We will let you know when we have a date for this and you could attend and tell us what activities you would like to do.

Safe Places Scheme



We will be working with Pete Miller from the Safe Places Scheme to run training events. The training events will be around how organisations involved in the Safe Places Scheme can best support those with learning disabilities.

Gardening Group



The gardening group that is run by Contact will be starting up again in March.

If you would like to join the gardening group you will have to call Maria at Contact on 0161763 6471

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