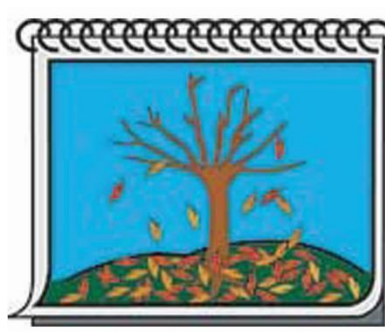


through the Maze

Autumn Edition 2016



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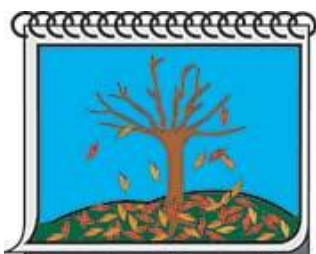


The Connect in the North board.



Welcome to Through the Maze

Hello and welcome to the Through the Maze Newsletter.



We hope that you enjoy the Autumn Newsletter.



We hope that you like the Through the Maze website and that you are finding it useful to find out accessible events and activities in Leeds.

Please pass on this magazine to a friend or recycle it after reading.



For more information see <http://www.recyclenow.com/local-recycling>



If you would like to send an article for our next newsletter please email ttm@citn.org.uk

We will send you a template to help you write the article.

We can provide you with some help and support to write an article.

Through the Maze – Drop In



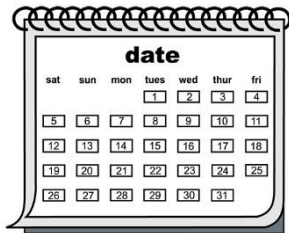
Drop in at -
Bridge House
Balm Road
Leeds
LS10 2TP

How to find us -

<https://tinyurl.com/bridge-house-directions>



Time 1:00 PM → 3:00 PM.



Dates

Monday 5th September.
Monday 12th September.
Monday 19th September.
Monday 26th September.



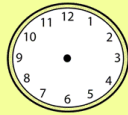
September – Ask us about safety.

Come talk to the Through the Maze team and learn about how to keep safe.

The Through the Maze Drop In is moving to Leeds Kirkgate Market Unit 524 Row G



**Every Tuesday
Starting Tuesday 4th October**



11:00AM → 1:00PM



**Through the Maze is an information
and signposting service in Leeds for
adults with learning disabilities,
family carers and professionals**



Better Action For Families



There is lots going on at BAFF for people with learning disabilities and their families.



Drop into the Better Action For Families for the Monday Social 6:00PM → 7:30PM.

Just turn up, there is no need to make an appointment.



Work on the allotment on Tuesday and Saturdays.

Contact Lynn to check that it's running each week.



Family Fun on Wednesdays
5:00PM → 7:00PM for families of children with learning disabilities.

£1 donation to cover costs.



You need to book a place for this by contacting Lynn.

On Thursdays there is Chair Based Exercise at 11:15AM → 12:15PM and Dancercise at 2:45PM → 3:45PM.

You can just drop in.

For more information contact Lynn



☎ 0751 585 1631

✉ baff2007@hotmail.co.uk



Better Action For Families Pamper Day



Help Raise money for Better Action For Families by coming to their pamper day.

You can choose 3 beauty treatments for £15.

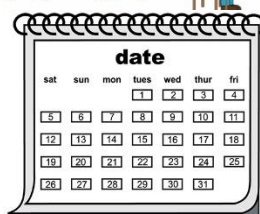


There is –

- Hand Massage.
- Feet Exfoliating.
- Hot Wax Hand Treatment.
- Indian Head Massage.
- Facials.



You can buy a cream tea for £3.50.



Saturday 24th September 2016
3:00PM → 6:00PM.



Beeston Village Community Centre
St Anthony's Drive
Leeds
LS11 8AB



To book your place contact Julie

☎ 0113 270 4947

✉ keepfitjulie@yahoo.co.uk

Connect for Health



Connect for Health is a service to help people in South and East Leeds find community groups and activities to improve their health and wellbeing. All patients registered with a GP practice in Leeds South and East can use this free service.



Connect for Health try and help people to improve their health. This can be done by supporting people to find local community groups or services.

Some examples of this are –

- supporting you to find a local exercise group
- bringing you together with others.



Connect for Health staff have good relationships with GP surgeries.

You can arrange to meet a member of staff somewhere at a place close to you.



For more information contact

☎ 0113 387 6380



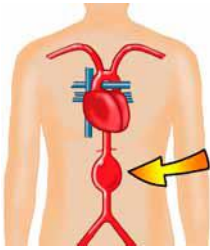
info@connectforhealthleeds.org.uk

Free Health Screening for Men

Abdominal Aortic Aneurysm (AAA) Screening.

An aneurysm is a bulge in an aorta. The aorta takes blood from the heart around the body.

As some people get older, the aorta can get weak and swell up. This sort of swelling is called an abdominal aortic aneurysm (AAA).



The test is called AAA Screening. It is for men who are 65 or older and who are registered with a G.P.



The NHS offers AAA Screening tests so aneurysms can be found early and they can be checked regularly. Or treated if necessary.



Checking helps to make sure an aneurysm will not give you serious problems in the future.



For more information contact the local screening programme on

 0113 206 3640

 leedsth-tr.aaa.screening@nhs.net

Competition

A chance to have some fun and win £15
in shopping vouchers

How to enter,



Take a picture of you reading
this Through the Maze newsletter.



Post the picture on Facebook
or Twitter.



Include the hashtag
#ThroughTheMaze



We will pick our favourite
picture and contact you
online if you win.





Pass it on People out and about

Pass it on People went to different events in Learning disability week.

Here are some things people went to.



Euro 2016 Football Tournament

Sapphire and Janet took part in the football. They didn't win but they had fun.



Tenfold Market Place and Learning Disability Partnership Board AGM

Most of the group went to the Tenfold Market Place. There were lots of different stalls there.

We found out about of different organisations.



NHS Fashion Show

A few of the Pass it on People took part in the fashion show. Everyone wants to do it again next year.



Picnic in the Park

The picnic gets bigger every year. It was good to see old friends and catch up.

Look out for Leeds Learning Disability week in June next year.

Leeds Centre for Integrated Living

Leeds Centre for Integrated Living are running some free training.

It is for people employing their own personal assistants and their staff. Shulmans solicitors are running courses about employment law in October.



- Contracts of Employment.
- Managing Your PA.
- Grievance and Disciplinary.
- Ending the Employment Contract.

Connect in the North are running training about managing staff in September.



- Recruiting a New PA.
- Inducting a New PA.

There are lots of other training sessions later on in the year.

Including

- First Aid.
- Autism Awareness.
- Intensive Interaction.

For more information contact Soo Taylor



☎ 0113 230 8255

✉ soo.taylor@leedscil.org.uk
www.leedscil.org.uk

People Matters Leeds



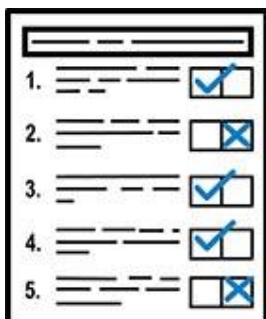
Autumn 2016 Courses.



People Matters new courses offer a choice of learning for disabled people aged 25 and over.



Bookings can be made by a professional, family carer or you can book yourself.



1.	☒
2.	☒
3.	☒
4.	☒
5.	☒

For information on opportunities and an enrolment form

www.peoplesmattersleeds.co.uk



For more information contact
Sally Jude

☎ 0113 234 6896

✉ info@peoplesmattersleeds.co.uk



Money Matters Budgeting Course

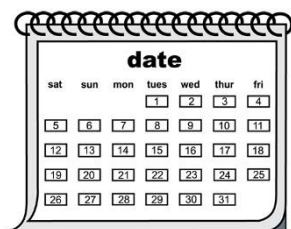
Money Matters is a budgeting course to help you learn about saving money.

The course runs for 4 weeks.



You will learn about,

- Cooking on a budget, wasting less food.
- Cutting your energy bills.
- Working out your budget for the month.



Starting on Friday 16th October 2016.

1:30PM → 3:30PM.



The Meeting Point
Cafe 409
Harehills
Lane LS9 6AP

For more information contact Esther

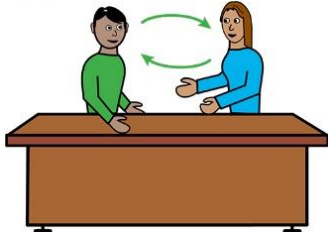
☎ 0113 276 2851

Swarthmore College

Swarthmore College has courses for people of all ages and abilities.



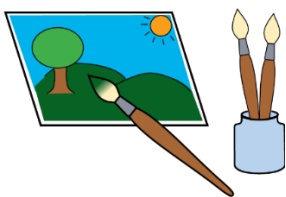
There are some courses which have classroom support.



There are lots of subjects to choose from.

Such as –

- English
- Maths
- Art Courses
- Eat Well, Keep Well
- Out and About
- Swarthmore Study Program (for people aged 16 -24)



You can find out more at the open days -

- Tuesday 6th September
10:30AM -1:30PM (information about English and Maths)
- Thursday 8th September
10:30 AM -13:30PM



For more information contact



☎ 0113 243 2210

<http://www.swarthmore.org.uk>

2016

Count Me In – We offer one-to-one support for people with learning difficulties.

We make sure to match the support worker to our customers' needs and interests.



Changing Lives – We run 10 social groups for adults with learning difficulties in and around Leeds.

Activities vary from things like cooking to music and sports.



Health and Wellbeing – This service is made up of 11 fun courses that help adults with learning difficulties gain life skills, social skills.



Play, Fun, Learn – These are engaging sessions for young people with learning difficulties aged 8-18.

Siblings are welcome too, and parents can choose to stay or take a short break.



For more information contact

 0113 244 3729

www.peopleinaction.org.uk

William Merit – Kit 4 Kidz 2 Adults



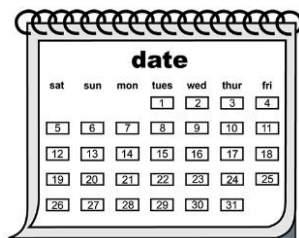
Kit 4 Kidz 2 Adultz, the biggest exhibition of equipment in Yorkshire. It is for disabled children and adults, parents, carers and professionals.

A number of companies will be showing a wide range of assistive technology including

- Beds.
- Seating.
- Driving Adaptations.
- Wheelchair Accessible Vehicles.
- Accessible Gaming.
- Walking Aids.
- Bathing.
- Tricycles.
- Associated Charities.
- Plus much more.



Free of charge.



Wednesday 5th October 2016.

10:00AM → 3:00 PM.

Centenary Pavilion
Leeds United Football Club
Elland Road
LS11 0ES



For more information contact

☎ 0113 350 8989

✉ info@wmdlc.org.uk

Inter Faith Event



**Inter Faith
Week**



**14th November 1.00PM → 3.00PM
in Leeds.**

People with learning difficulties who are Christian, Hindu, Jewish, Muslim and Sikh will be talking about their faiths.

We want to –

- People to learn about the different faith communities.
- Celebrate different faiths.
- Increase understanding.

If you want to come along and learn more about different faiths please fill in the booking form below.

.....✂.....

Inter Faith Week			
I am want to come to			
Name 		Phone 	
Address 			
I will be bringing support		☐	

Please send back to Connect in the North at -
Bridge House, Balm Road, LEEDS, LS10 2TP.



Leep the Bridge Club Night dates



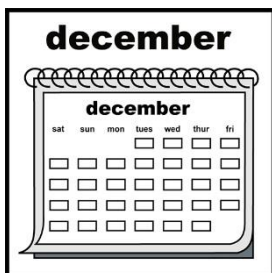
Up and coming dates for Leep the Bridge club nights.



September 8th 2016
at Tiger Tiger.
7:00PM → 10:00PM.



October 27th 2016
at Tiger Tiger.
7:00PM → 10:00PM.



December – Date to be announced
at The Royal Armouries.
7:00PM → 10:00PM.



For more information contact
Mandy

☎ 0113 243 9477

✉ manager@leep1.co.uk

Contact Us

	By phone	 0113 270 3233
	Write to	Connect in the North Bridge House Balm Road Leeds LS10 2TP
	By email	ttm@citn.org.uk
	Facebook	www.facebook.com/throughthemazeleeds
	Twitter	@ThroughTheMaze

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