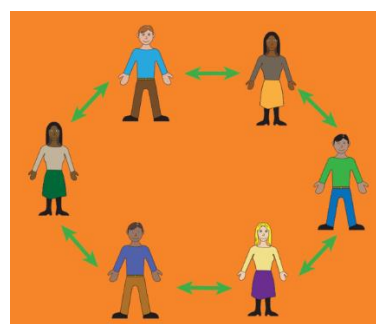
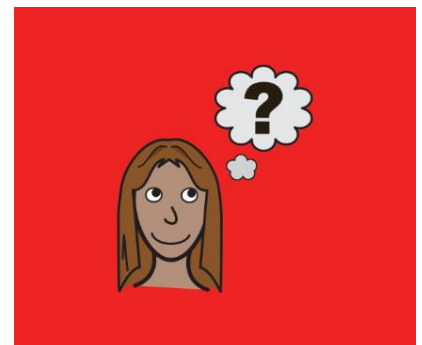
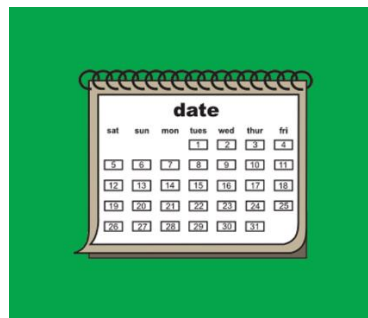


through the Maze

Easy read information about accessible events and activities in Leeds for adults with learning disabilities



Spring Edition 2017



Registered charity number 1078829 registered in England and Wales.
A non-profit company limited by guarantee, number 3127540

Contents	Page
Welcome to Through the Maze	2
Through the Maze Drop In	3
 What's on	4 → 6
 Learning for work	4
 Mencap Me Time	5
 World Autism Day	6
 Nights Out	7
 Beat it	7
 Leep the Bridge	7
 Useful information	8 → 12
 Pass it on People visit Leeds Bradford Airport	8
 My Health App	9 → 10
 Happy Snappy Photobooth	11
 Citizen Advice Bureau	12
 Learning Disability Week	13 → 18
 Learning Disability Week timetable	13 → 15
 Learning Disability Week Photography Competition	16
 Learning Disability Week Fashion Show	17
 Pyramid of Arts in Leeds Central Library	18
Contact Us	19



Welcome to Through the Maze

Hello and welcome to the Through the Maze Newsletter.



We hope that you enjoy the Spring Newsletter.



If you like this newsletter you will also find our website helpful.

You can see more information about accessible events in Leeds by visiting through-the-maze.org.uk
Leeds Learning Disability Week 2017



19th June → 25th June 2017

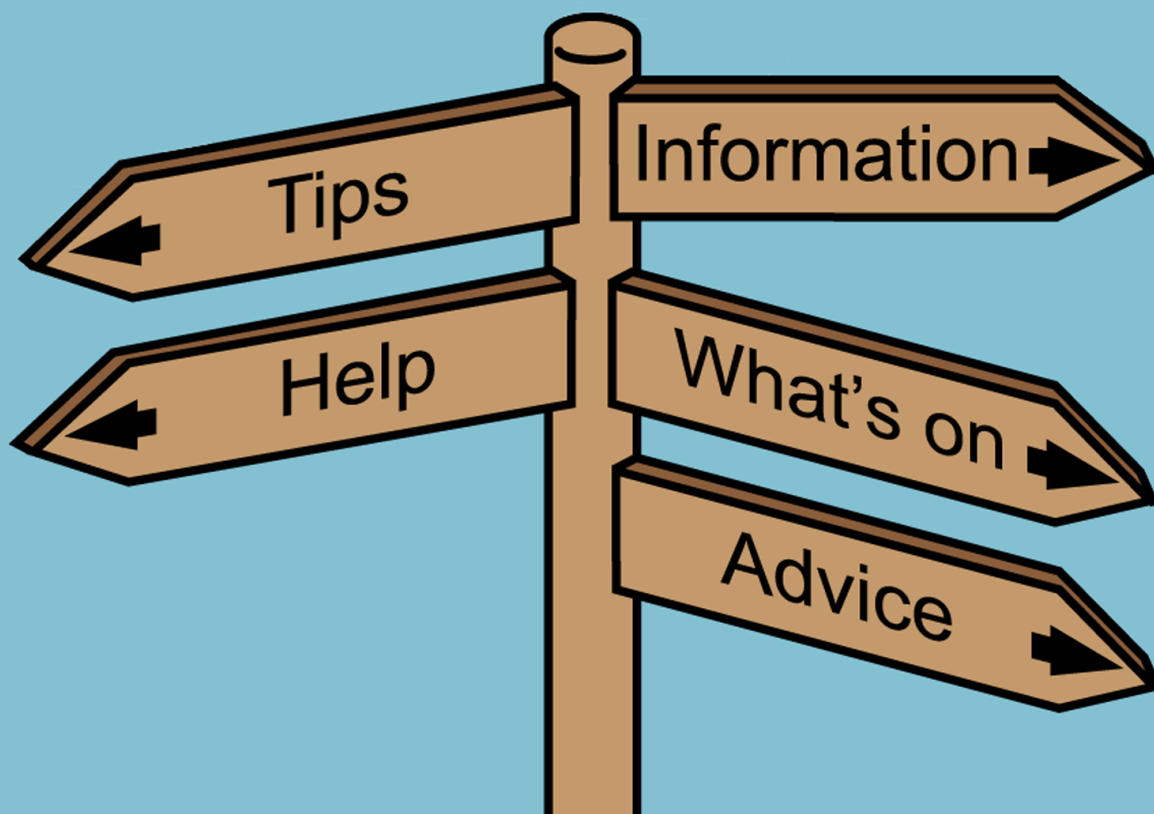
Please let Through The Maze know if you are planning a special event.



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.



Information for people with learning disabilities

Free drop in sessions

Monday 12:30pm - 3:00pm

**Or phone to make an appointment
to come and talk to us on another day**



call 0113 270 3233

www.through-the-maze.org.uk



**Connect in the North,
Bridge House, Balm Road,
Leeds LS10 2TP**

**Connect in the North is a registered charity number 1078829 registered in England & Wales.
A not for profit company limited by guarantee number, 3127540**



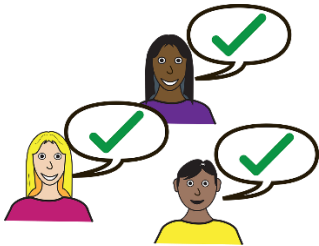
Learning for work



People Matters are running a new course for anyone who would like to learn in a place of work.



You will be learning and working for a new Social Enterprise called Nourishing People.



The course will help you gain and improve personal and social skills along with practical skills.



During the course you will be adding to your skills for your C.V.

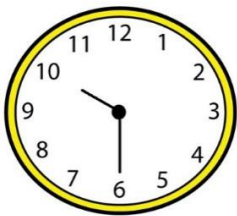
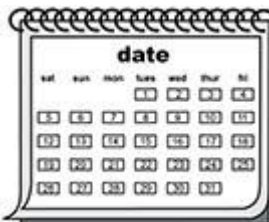
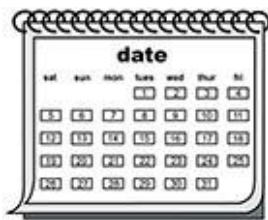
You will decide on an action plan for what you want to do after the course has finished.



For more information contact People Matters

☎ 0113 234 6896

✉ nourish@peplemattersleeds.co.uk



Mencap Me Time

Me Time is a free 8 week course for people over 18.

- Relaxation.
- Outdoor pursuits.
- Exploring Culture.
- Keeping Fit.
- Healthy Eating.
- Independent Travel.

The next courses start in April.

Tuesday 5th April → 23rd May.

Wednesday 6th April → 24th May.

Thursday 7th April → 25th May.

Another course begins in June.

Tuesday 6th June → 25th July.

Wednesday 7th June → 26th July.

Thursday 8th June → 27th July.

Friday 9th June → 28th July.

10.30PM → 2.30PM

Meet at Leeds City Bus Station.

For more information contact Hannah



0113 827 0058



0758 0997 347

Hannah.dunmore@mencap.org.uk



World Autism Day

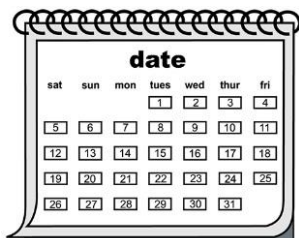
Bigger and Better in Leeds is a yearly event to celebrate World Autism Awareness Day.

It was set up in 2015 to promote awareness and acceptance of autism.



At the event there will be more than 20 stalls representing autism charities and services for adults and children, parents and carers.

There will be lots of information available at the event about work, mental health, advocacy and peer support.



Monday 3rd April 2017

9:30AM → 3:00PM

Leeds Civic Hall

For more information contact



Leeds Autism Services
28 Grape Street
Hunslet
Leeds
LS10 1BX

☎ 0113 245 2645

✉ biggerandbetterinleeds@gmail.com



Beat It Nightclub

The nightclub is held on the first Thursday of every month. It is at Wharf Chambers.

Tickets are £5 in advance and £6 on the door. The ticket price includes a free drink and food from the buffet.

There is also a performance from The Outsiders.

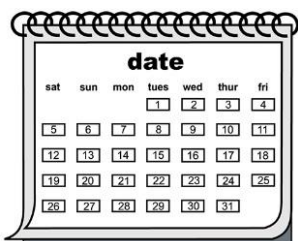
For more information call

 0142 363 817



Leep the Bridge

Leep on Dancing



Future Dates

13th April at Tiger Tiger.

18th May at Tiger Tiger.

20th June at Meanwood Fest.

22nd June at Tiger Tiger.

20th July at Tiger Tiger.



For more information please call

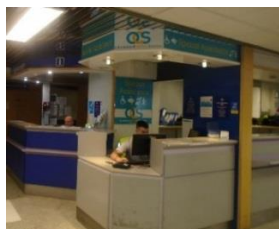
 013 243 9477



Pass it on People visit Leeds Bradford Airport

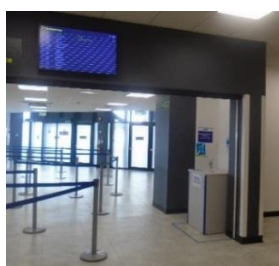


Pass it on People went to Leeds Bradford Airport. We went to find out how accessible it is for disabled people.



We were shown around by Dan and Mike. They work for OCS. They offer support to disabled people.

This is the help desk.



The airport has made it easier to find out where you need to go. They have made flight information clearer.



The airport has a Changing Place for people that use a hoist or need a changing bed. There is a phone inside and outside the toilet, to ask for help.



Wheelchair users are offered support to go through security and to get on the plane.



There is transport for wheelchair users to get on a plane. We travelled around the edge of the runway.



If you need help at the airport, tell the company you book with.



Thank you to the team at OCS and Leeds Bradford International.



My Health Guide App



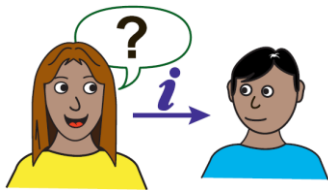
People with learning disabilities can find some information hard to understand.

This can include important information about their health.



My Health Guide is an app that can be used on a tablet computer so that information can be easily stored in a way that people find easy to use.

It can help keep important information about your health all in one place.



My Health Guide app can make it easier to share information with everyone you know. It also helps you to get on better with nurses, doctors and other people who can help.

It can be used to,

- Help you explain about your needs and concerns.
- Help you understand and use the advice you get.
- Help you to keep and share information about yourself and your needs.
- To record important information to listen to again.



For more information go to

<https://www.myhealthguideapp.com>

Leeds My Health Guide Month!


MyHealthGuide

Take part in a free trial of the My Health Guide!



My Health Guide is an app that can be used on a tablet computer so that information can be easily stored in a way that people find easy to use.

It can help keep important information about your health all in one place.



During the month of we are asking you to join us in trying out My Health Guide so that we can find out how well it works.



All you need is a tablet computer that can run My Health Guide to try out the free month trial. We want people to do this so that we can find out if My Health guide was useful.



We will use what we find out to see how My Health Guide can help people.

If people like My Health Guide we will then try and let more people have a chance to see if My Health Guide can work for them.

If you would like to help us by joining in please get in touch with



Telephone.....

Email.....

<https://myhealthguideapp.com/>



HAPPY SNAPPY PHOTOBOOTH
FOR BOOKINGS & INFO
SID.MAHIUDDIN@HEALTHFORALL.ORG.UK
01132762720/07944461545



For more information on how to book the Happy Snappy Photobooth for your event please contact Health for All at The Bridge

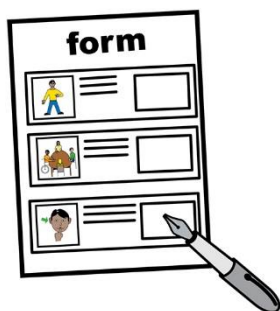
☎ 0113 276 2720

☎ 0794 446 1545



Citizens Advice Bureau

Learning Difficulties Project in Leeds



Do you need help checking you are getting the right benefits or help to apply for benefits?



Do you need help with your finances?



Advice about rights to work?
Advice about housing problems?
Help and Advice about financial assessments?

For more information contact

Bashiran Zaman (covering for Kate Huthwaite who is on maternity leave)



Chapeltown Citizens Advice Bureau
Willow House
Cross Francis Street
Leeds
LS7 4BZ

☎ 0113 262 2281

✉ bashiran.zaman@chapeltowncab.org.uk



June
19th - 25th
2017

Leeds Learning Disability Week



Aspire does X Factor

Auditions are taking place leading up to Learning Disability Week. The final to take place during Learning Disability Week.

For more information and an application form please email

✉ william.guy@aspirecbs.org.uk

19th – 23rd June

Pyramid of Arts Presents work in collaboration with Aspire CBS

9:30AM → 5:30PM

Room 700

Leeds City Library

☎ Mindy 0113 234 6040

Tuesday 6th June

Leeds Peoples Parliament

Council Takeover

10:30AM → 12:30PM

Leeds Civic Hall

☎ Claire Nixon 0113 244 0606

Wednesday 14th June

Leeds Teaching Hospital Fashion Show

10:30AM → 12 noon

Room 2, 3 and 4 Gledhow Wing

St James Hospital

☎ Sadie 0113 206 9206

Monday 19th June

5-a-side Football Tournament

10:00AM → 2:00PM

Middleton Leisure Centre

Leeds

LS10 4AX

☎ Tim 0781 730 4998



The Leeds
Teaching Hospitals
NHS Trust





Monday 19th June

Fun Day

10:00AM → 2:30PM

Hamara
Tempest Road
Leeds LS11

☎ Azra 0113 773 3330



Tuesday 20th June

**Supported Sponsored Walk
(for Africas Aid)**

11:00AM onwards

Swinsty Reservoir

☎ Cath 0113 336 7713



Tuesday 20th June

Leeds Partnership Board Meeting

10:30AM → 12:30PM

☎ Louise Mills 0113 378 3846



Tuesday 20th June

Meanwood Fest

7:00PM → 10:00PM

Meanwood Valley Urban Farm
Leeds
LS17 2QG

☎ Carol-Ann 0113 276 2720



Wednesday 21st June

Boccia Tournament

10:30AM → 12:30PM

Middleton Leisure Centre
Leeds
LS10 4AX

☎ Martin 0743 270 2911





Wednesday 21st June
Leeds Young Talent Night

6.30PM → 9.00PM

Leeds City College

Large Printhall

Printworks Campus

☎ 0113 234 6896 or 0113 244 3729



Thursday 22nd June
Strawberry Lane Dance Day

10:30AM → 2:30PM

Bramley Fulfilling Lives

Bramley

Leeds

LS13 3AA

☎ Jackie 0113 378 1227



Thursday 22nd June
Customer Awards and Photography Competition
Awards (invitation only)

12:30PM → 2:30PM

John Charles Centre for Sport

Middleton Grove

Leeds

LS11 5DJ

☎ Julie (Aspire CBS) 0113 387 6363



Friday 23rd June
Picnic in the Park

11:00AM → 2:00PM

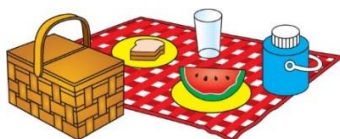
Temple Newsam

Temple Newsam Road

Leeds

LS15 0AE

☎ Carol 0113 378 1919



Sunday 25th June
Wetherby Fun Day

11:00AM → 3:00PM

Wetherby Social Club

Sandown House

Sandbeck Way

Wetherby

LS22 7DN

☎ Sandra 0113 378 1919



The Leeds Learning Disability Week **Photography Competition** is a celebration of the wonderful diversity of Learning Disability and seeks to encourage people with learning disabilities to show us what matters to them about their lives. Entries are made under the 3 categories of



- **Get Me?**
This category only includes pictures of someone with a learning disability and must be entered in their name.
- **Artistic and creative**
This must be a photo taken by someone with a learning disability.
- **Outdoors and nature**
This must be a photo taken by someone with a learning disability.



The competition aims to produce a digital yearbook created by people with learning disabilities. This can help raise awareness and improve attitudes while serving as a growing historical record for both public use and personal reminiscence. Our aim is to add some more depth to the changing and more honest picture of learning disability whilst encouraging people's skills in a rewarding and positive way.

There is a lot that you can say with a photo, even if you can't say it using words.



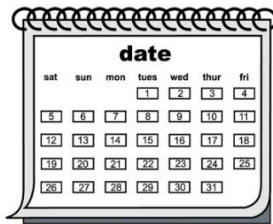
All you have to do is email your picture to
yourhealthmatters.lypft@nhs.net

You can view your entry and everyone else's at the Leeds Learning Disability Week Facebook page.

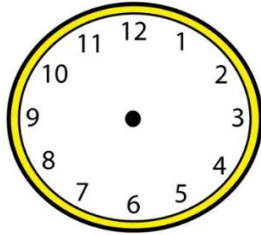
 **DLA GRAPHICS**



Fashion Show



Wednesday 14th June 2017



10:30AM → 12:00PM



The Fasion Show will be held in the rooms behind the canteen in the Gledhow Wing at St. James' Hospital.



Please let Sadie know if you would like to take part.



Sadie Dunne

☎ 0113 206 9206

☎ 0789 998 8703

✉ sadiedunne@nhs.net

Pyramid of Arts Presents

Work in collaboration with Aspire CBS

19th – 25th June 2017

(open during Library hours)

Music, Visual Arts & Sensory Movement.

Work created by Pyramid of Arts during their sessions at Aspire CBS.

Room 700, Leeds City Library

Sensory Movement group Workshop –
Tuesday 20th June TBC



Contact Us



By phone

 0113 270 3233



Write to

Connect in the North
Bridge House
Balm Road
Leeds
LS10 2TP



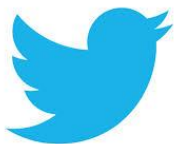
By email

 ttm@citn.org.uk



Facebook

[www.facebook.com/
throughthemazeleeds](http://www.facebook.com/throughthemazeleeds)



Twitter

@ThroughTheMaze

Thanks to  easy on the  for the use of their image bank © LYPFT
www.easyonthei.nhs.uk