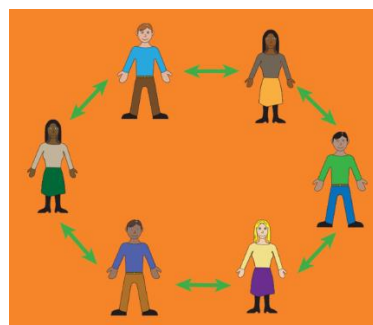
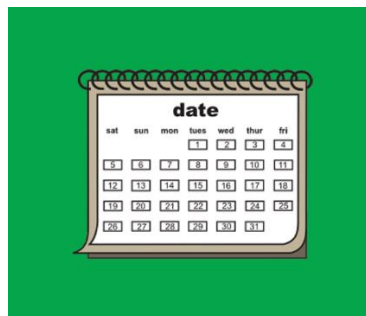


through the Maze

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



Summer Edition 2017



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

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Welcome to Through the Maze

Hello and welcome to the Through the Maze Newsletter.



We hope that you enjoy the Summer Newsletter.



We are looking forward to getting to see and speak to you at our open day.

There is more information about the open day on page 3.

Leeds Learning Disability Week 2017



19th June → 25th June 2017

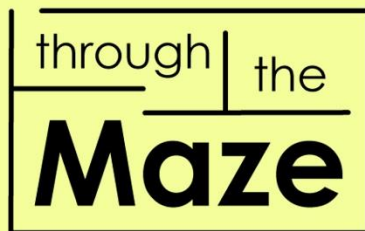
Please let Through The Maze know if you are planning a special event and we can add it to the website and let people know.



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.

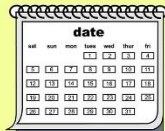
We can provide you with some help and support to write an article.



Through the Maze Open Day



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



Tuesday 11th July 2017



10:30 AM ➡ 2:00 PM



Please call us to book
for lunch 0113 270 3233



Learn how to use
the Through the
Maze website



Meet the
Pass it on People



Find out more
about the
Ask Us - Drop In



Includes a
free lunch



If you have a phone or tablet please bring it along

Carlshead Care Farm



We are a Wetherby-based care farm offering day activities, indoors and outdoors. As a member of the team you can look after small animals such as guinea pigs and chickens. You can feed the sheep and cattle.



We can do gardening - growing your own fruit, flowers and vegetables. We have a polytunnel and raised beds.



We cook in our kitchen using farm produce. This can be taken to sell at a market or farm shop. There is an excellent art and craft room.



We focus on life skills. You will have opportunities for training and qualifications.

For more information contact



☎ 0794 179 6370

✉ tanya@livingpotentialcarefarming.org.uk

Carlshead Care Farm
Paddock House Lane
Sicklinghall
Wetherby
LS22 4BN

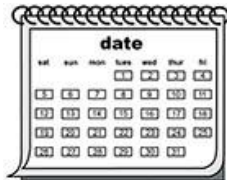


Purple Patch Arts Lifelong Learning Programme

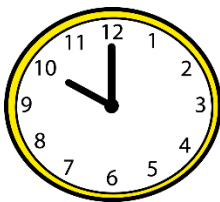


Our lifelong learning programmes are for anyone 18+ with a learning disability. We do lots of different arts activities throughout the day, all of which help to improve social skills, confidence, independence and health and wellbeing.

The sessions are at The Vinery Centre, 22 Vinery Terrace, Leeds, LS9 9LU.



Every Tuesday during term time.



10:00AM → 3:00PM



£35 per day, two free taster sessions for new participants.



For more information contact Bronia Angove

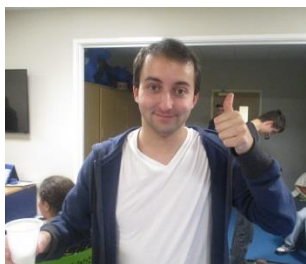
☎ 0772 504 1801

✉ bronia@purplepatcharts.org

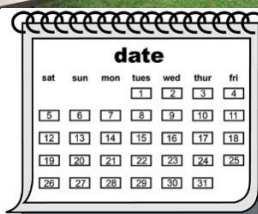
Contact Bronia to arrange to come to a session.

You will need to fill out a form before you can come.

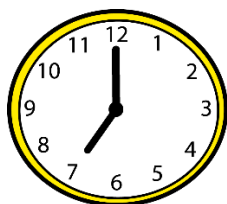
Leeds Mencap Friday Club



Friday Club is a weekly social club for young adults 18 – 25 with learning disabilities. We are based at the Vinery Centre and do lots of different activities and have trips out once per month.



Friday evenings



7:00PM → 9:00PM



£16.00 every four weeks



For more information or an application contact Gemma Airey.

☎ 0113 235 1331

✉ gemma.airey@leedsmencap.org.uk

www.leedsmencap.org.uk/support-for-adults/friday-club



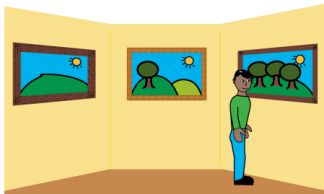
Pyramid of Arts



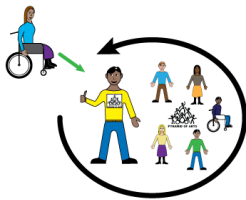
Pyramid of Arts runs weekly groups that do visual art, music and movement.



We also support people one-to-one to learn about different art-forms, like photography, music or woodwork.



We have exhibitions and performances to show our work to the public.



Please contact us if you would like more information about costs or how to get involved.



☎ 0113 234 6040

✉ info@pyramid-of-arts.org.uk

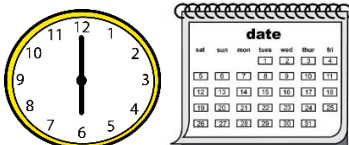
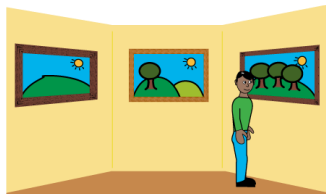




Pyramid of Arts

The Pyramid View on 'Refinding'
(art by Jessie Flood-Paddock)

A guided tour of the 'Refinding' exhibition and
of new work by Pyramid of Arts' Eden Group.



6:00PM → 8:00PM
Wednesday 19th July



The Tetley
Hunslet Road
Leeds
LS10 1JQ



No cost. Free refreshments.

(Supported by Leeds Inspired.)



For more information contact Sarah Kennedy

☎ 0113 234 6040

✉ info@pyramid-of-arts.org.uk



Webwise Be Safe Online

Free Training for people with learning disabilities who live in Leeds
Wednesday 16th August 2017
10:30AM – 12:30PM



Do you go on Facebook, shop online, or surf the internet?

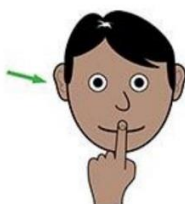


This half day course will show you how to do these things safely.



At the end of the day you will –

- ✚ Know what to do if someone bullies you online
- ✚ Be able to spot a scam email and know how to block it
- ✚ Know what to look for when checking a site is safe
- ✚ Know the dangers of making friends with strangers online
- ✚ Understand the need to keep personal details private



You can bring your tablet or smart phone if you have one.



If you would like to come ring Sarah for a booking form ☎ 0113 270 32 33 or email sarah@citn.org.uk



Forum Central

A collective voice for the
health and social third sector

10.30am-3.30pm
Drop-in

- Learning Disability
- Mental Health
- Older People
- Physical & Sensory Impairment

www.forumcentral.org.uk

Stalls

Workshops

MASSIVE

Market Place

4 July 2017

Info



Venue: The Bridge Community Church, Rider Street, Leeds LS9 7BQ



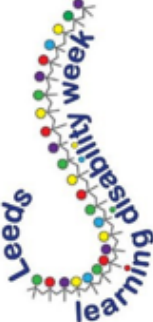
Kath 0757 695 2527

#FCMassive17

Supported by



Learning Disability Week

Event	Event	Date	Address
  	Pyramid of Arts presents work in collaboration with Aspire CBS.	19 th June → 23 rd June 9:30AM → 5:30PM	Room 700 Leeds Central Library Calverley Street LS1 3AB  Mindy 0113 234 6040
 	5-a-side Football Tournament If you are not playing come along and support your team.	Monday 19 th June 10:00AM → 2:00PM	Middleton Leisure Centre Middleton LS10 4AX  Tim 0781 730 4998
 	Halo Fun Day Zumba, Punjabi Dhol and much more. Photo Booth (Cost £1) Please ring to book your buffet lunch.	Monday 19 th June 10:00AM → 2:30PM	Hamara Centre Tempest Road LS11 6RD  Azra 0113 773 3330

Learning Disability Week

 	SKY FALLERS Playing Live Don't miss the chance to see the SKY FALLERS playing live!	Tuesday 20th June 11:00AM → 2:00PM	Leeds Kirkgate Market  0796 107 3063
 	Supported Sponsored Walk (for Africa's Gift). Please contact Cath for a sponsorship form.	Tuesday 20th June 11:00AM onwards	Swinsty Reservoir  Cath 0113 336 7713
 	Leeds Partnership Board AGM Theme – Being Connected.	Tuesday 20th June 10:30AM → 12:30PM	Venue to be confirmed please contact Louise for further details.  Louise 0113 378 3846

	Sensory Movement Group Workshop	Tuesday 20th June 10:00AM → 12:00PM	Room 700 Leeds Central Library Calverley Street LS1 3AB  Mindy 0113 243 6040
	Meanwood Fest Disco in the open barn. Hot Food available to buy	Tuesday 20th June 7:00PM → 10:00PM	Meanwood Valley Urban Farm LS7 2QG Entrance £7 Carers go free  Carol-Ann 0113 276 2720
	Boccia Tournament If you are not playing please come along and support a team.	Wednesday 21st June 10:30AM → 12:30PM	Middleton Leisure Centre LS10 4AX  Martin 0743 270 2911

Learning Disability Week

 	Down Memory Lane Cinema Film, Vintage Tea Room, Photographs, Picture Gallery, Victorian Sing a long. Bring your own lunch.	Wednesday 21st June 10:30AM → 2:30PM	Armley Mills Canal Road LS12 2QF  Jackie 0789 127 1499
  	Leeds Young Talent Night Tickets - £4.00 which you can buy from People in Action, People Matters or Leeds City College.	Wednesday 21st June 6:30PM → 9:00PM	Large Printhead Leeds City College Printworks Campus Hunslet Road LS10 1JY  0113 234 6896 or  0113 244 3729
 	Strawberry Lane Dance Day Dance workshops taking place throughout the day. Please bring your own lunch.	Thursday 22nd June 10:30AM → 2:30PM	Bramley Fulfilling Lives Bramley LS13 3AA  Jackie 0113 378 1227

Learning Disability Week

 	St Anne's Fun and Games Picnic in the Park Please bring a picnic and something to sit on.	Thursday 22nd June 11:30AM → 2:30PM	The Bandstand near to the Mansion Roundhay Park LS8 2HH  Alison 0113 281 6969
	Customer Awards & Photography Competition Awards By invitation only.	Thursday 22nd June 12:30PM → 2:30PM	John Charles Centre for Sport Middleton Grove LS11 5DJ  Julie 0113 387 6363
	Leep the Bridge Night with special guests – SKY FALLERS 	Thursday 22nd June 7:00PM → 10:00PM	Tiger Tiger The Light 117 Albion Street LS2 8DY  Mandy 0113 243 69477

Learning Disability Week

 	Picnic in the Park Don't forget your picnic and something to sit on. X-Factor final. Featuring a live performance from SKY FALLERS at 1:15pm	Friday 23rd June 11:00AM → 2:00PM	Temple Newsam Temple Newsam Road LS15 0AE  Carol 0113 378 1919
	Leeds Mencap Zumbathon £10 Entry Fee plus sponsorship	Saturday 24th June 11:00AM → 1:00PM	The Vinery Centre 20 Vinery Terrace LS9 9LU  Call for your Zumba pack 0113 235 1331
 	Wetherby Fun Day Tombola Raffle, Lots of Games. All proceeds go to The Martin House Children's Hospice.	Sunday 25th June 11:00AM → 3:00PM	Wetherby Social Club Sandown House Sandbeck Way Wetherby LS22 7DN  Sandra 0113 378 1919



Beat It Nightclub



Beat It Night is a monthly social event for people with disabilities and mental health conditions.

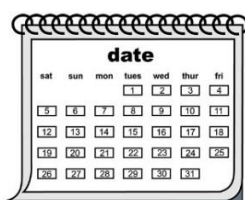


We wanted to run a night where anyone would feel welcome, where people could sit and chat or get up and have a boogie, where people could listen to live music.



A place where artists would have an opportunity to showcase their talents a place where people could meet old friends and make new ones.

Most important of all a safe environment where people can have fun.



Leeds Night 1st Monday of each month.

3rd July

7th August



£5.00 if you book in advance.

£6.00 if you pay on the night.

£2.50 for staff and support.



Wharf Chambers
23-25 Wharf Street
Leeds
LS2 7EQ

For more information contact

☎ 0142 236 3817



Leep the Bridge

Leep on Dancing

Future Dates

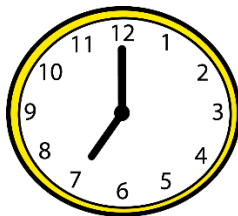
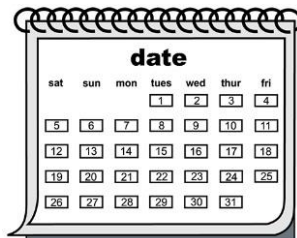
20th June at Meanwood Fest.

22nd June at Tiger Tiger.

20th July at Tiger Tiger.

24th August at Tiger Tiger.

5th October at Tiger Tiger.



7:00PM → 10:00PM



£7.00

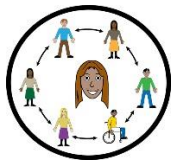
Carers: Free



For more information contact Mandy

☎ 0113 243 9477





Pass it on People

The National Science and Media Museum



The Pass it on People went to the National Science and Media Museum in Bradford.

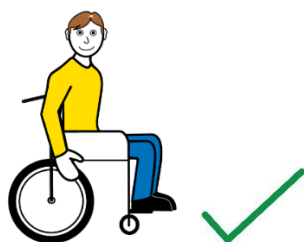


The Museum was easy to get to. We caught the X6 bus from Leeds. It only took us 10 minutes to walk to the museum from Bradford Interchange.

We stopped to enjoy Bradford City Park.



There was lots to see and do at the museum. We could have spent a whole day there. We really enjoyed the gaming room.



We found the museum accessible. It has lifts to all floors and accessible toilets.

There is an Access Guide for people on the Autistic Spectrum.

We found the staff very helpful.



It is free to go to the museum.



The National Science and Media Museum
Bradford
BD1 1NQ

 0844 856 3797



SLATE

SLATE is a charity that employs people with learning disabilities.



We have two charity shops, one is in Hunslet and the other one is in Armley. We also have a Warehouse and a Training Centre in Hunslet and a Feel Good cafe in Beeston.



We collect and deliver furniture all over Leeds. Sometimes we go even further. We get to meet lots of people in the community.



Jon Rudette is the Organisation Ambassador at SLATE. He is asking for a volunteer to help him to check and prepare the clothing donations at the SLATE Warehouse in Hunslet.



If you like fashion and clothes this could be the role for you.



For more information contact Ann Wilson

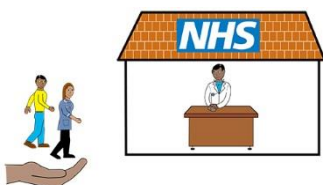
☎ 0113 270 4005



NHS 111



 111 is a telephone service brought to you by the NHS.



You should call 111 when you need medical advice or medical treatment quickly and cannot wait to see a doctor.

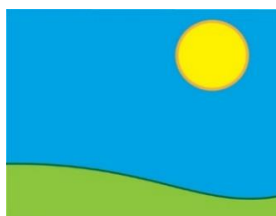
If you need immediate medical help you must call  999.

When you call 111 you will speak to an advisor from the NHS team



The 111 advisor will be able to

- Decide what medical help you need.
- Tell you where you need to go to get this medical help.
- Transfer your call to the service you need, or book an appointment for you.



The NHS 111 number is now available in your area.



You can ring the free 111 service at any time, day or night



Green Gyms

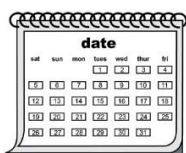


Green Gyms are fun and free outdoor sessions where you will be guided in practical activities such as planting trees, sowing meadows and establishing wildlife ponds.



There is a lot time spent on health and fitness. Volunteers warm up and cool down to prepare for a range of activities to suit all abilities.

Green Gyms in South Leeds take place at



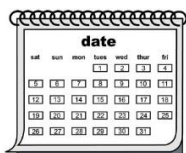
- Mondays at Skelton Grange Environment Centre.
- Tuesdays at Old Lane Allotments, Beeston.
- Fridays at Cockburn High school.

For Otley and Roundhay Pauline Pickett on 07816 225 535 or P.Pickett@tcv.org.uk



For Skelton, Beeston or Dewsbury Road, Sharon Bottomley ☎ 07767 113 137 ✉ s.bottomley@tcv.org.uk or Kim Evans ☎ 07917 406 487 ✉ kim.evans@tcv.org.uk

Green Gyms in North Leeds take place on



- Tuesdays at St Stephen's Church, Moortown.
- Wednesdays at St Mary's Court, Harrogate Road
- Fridays, time yet to be announced, at Elmete Court or Compton Road.



For Otley and Roundhay Pauline Pickett on ☎ 07816 225 535 or ✉ p.pickett@tcv.org.uk

For Moor Allerton and Fridays Kim Evans on ☎ 07917 460487 or ✉ kim.evans@tcv.org.uk



People in Action



People in Action run lots of groups for people with a learning disability.



Each group learn new things, as well as have fun and stay connected.

We are looking for new members for,

- Drama – play drama games.
- Skill Builder – learn about work.
- Be Well – learn about keeping fit.



Also we would really like new people to join,

- Our evening clubs in Guiseley.
- Our evening club in Crossgates.



For further information contact

☎ 01132443729

or visit the website www.peopleinaction.org.uk



Information for people with learning disabilities

Ask Us - Drop In

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**



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 at work?
Advice about housing problems?
Help and Advice about financial assessments?

For more information contact
Bashiran Zaman (Kate Huthwaite is on maternity leave).

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



☎ 0113 262 2281

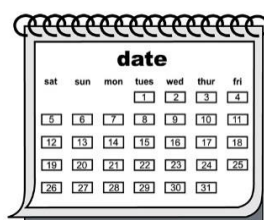
✉ bashiran.zaman@chapeltowncab.org.uk

The William Merritt Disabled Living Centre

Accessible Gaming Days in Leeds



This is a chance to meet and chat with other gamers and to test accessible gaming equipment.



31st July 2017
23rd August 2017
23rd October 2017
18th December 2017



1:00PM → 4:00PM



The William Merritt Disabled Living Centre has moved to Rodley.



William Merritt
Disabled Living Centre
Aire House
100 Town Street
Rodley
Leeds
LS13 1HP

 0113 350 8989

Contact Us



By phone

 0113 270 3233



Write to

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



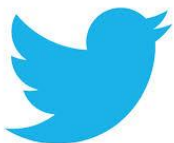
By email

 ttm@citn.org.uk



Facebook

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



Twitter

@ThroughTheMaze