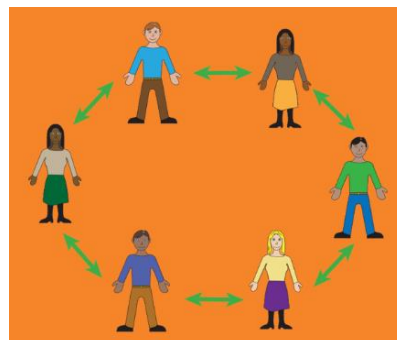
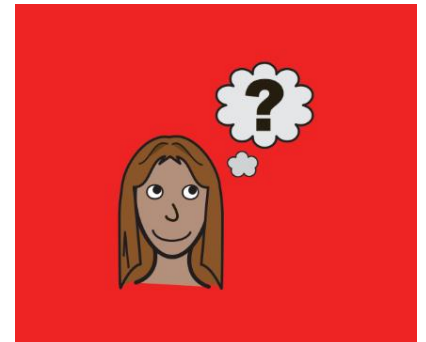
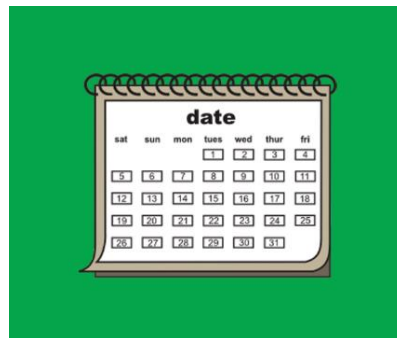


through the Maze

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



Spring Edition 2018



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 Spring Newsletter.



There are lots of events and activities happening in Leeds this Spring.

Have a read through this magazine and make sure to keep checking the Through The Maze website <http://through-the-maze.org.uk>



The Ask Us – Drop In is still running every Monday.

12:30PM → 3:00PM

Bridge House, Balm Road, Leeds, LS10 2TP.



Ask Us Drop in at Leeds Central Library is on Tuesday April 24th

11:00AM → 1:00PM



Please contact Through The Maze if you are planning an event during Learning Disability Week 2018 so that we can share the details.



HOOOF – Help out on the Farm



HOOOF takes place Monday to Thursday. You can choose which days you want to do.



Lots of activities take place including feeding the cattle, assisting with lambing, weighing lambs, donkey grooming, fencing and pig ark construction.



9:00AM → 3:00PM



Student costs are £50 per day.

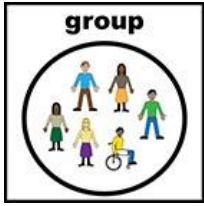
Referrals can be made through a Care Manager.



For more information contact Sue Brown

☎ 0113 262 9759

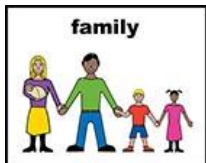
✉ admin@mvuf.org.uk



Monday 6.00PM → 7.30PM Social/Activity
group for adults with learning disabilities
Sugar Mill Business Park
Oakhurst Avenue LS11 7HL



Tuesday 1.00PM → 2.30PM Allotment Group
Meeting St Anthony's Drive LS11 8AB



Wednesday 5.00PM → 7.00PM Family Fun
Sugar Mill Business Park
Oakhurst Avenue LS11 7HL



Thursday 1.30PM → 2.30PM Dancercise
Beeston Parish Centre St Mary's Church
Town Street LS11 8PN



Saturday 10.00AM → 12.00PM
Educational Family Walks meet at
Sugar Mills Business Park
Oakhurst Avenue LS11 7HL



Saturday 4.30PM → 6.00PM Allotment Group
St Anthony's Drive LS11 8AB

Come and join in.

For further information please contact:

Lynn 0751 585 1631

Email baff2007@hotmail.co.uk



Leeds Young Talent 2018



People in Action, People Matters and **Leeds City College** are organising a Talent Show for people aged 14 – 25 with a Learning Disability.



Last year the show was a huge success. Two actors from Emmerdale were judges.



This year the event will be on **27th June** at Leeds College of Music.

You can only come and watch this event if you have a ticket.



We are looking for young disabled people with a talent to perform at this year's show.

You must be between the ages of 14 – 25.

For more information call



Paula or Bob from People In Action
☎ 0113 244 3725

Sinead from People Matters
☎ 0113 234 6896



People in Action



T.E.A.M.

Saturdays 10:00AM → 2:00PM in Crossgates

This is a fun, social group for young people aged 13-18 with a learning disability. It is free to attend.



Employability Skills

Thursdays 10:30AM → 2:30PM in Gipton - £2.00

Build confidence and begin to understand what it means to work and volunteer.



Independent Lives

Fridays 11:00AM → 1:00PM in Gipton - £2.00

Learn how to be more independent.



Connecting Lives under 25's

Wednesdays 6:30PM → 9:00PM in Leeds £2.00

Get together with friends in the city. Take part in activities you choose.



Dramability

Tuesdays 2:00PM → 4:00PM in Gipton - £2.00

Explore movement, voice and drama. Take part in a show.



For more information contact Amanda Douglas

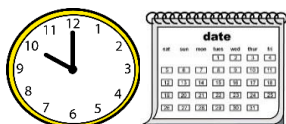
☎ 0113 244 3729

✉ amanda.douglas@peopleinaction.org.uk



New Groups for 2018

Yoga and Keep Fit



Every Tuesday Morning.

10:00AM → 12:00PM

£5.00



Ramgarhia Sikh Sports Centre
8 – 10 Chapeltown Road
Leeds
LS7 3AP

Wednesday Social Group

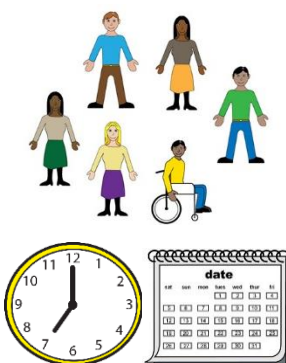
Fancy Meeting New Friends? If you are over 18 years of age and have a learning disability come and join our group.

Every Wednesday Evening.

7:00PM → 9:30PM

£16.00 per month payable the first Wednesday of the month.

For more information contact



☎ 0113 243 9477

✉ manager@leep1.co.uk

✉ beckie@leep1.co.uk

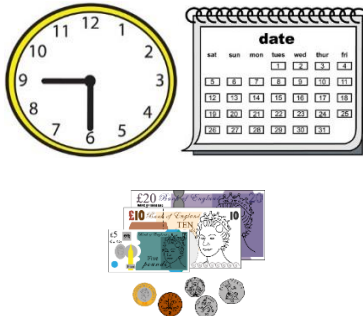


LEEP1 Creative Hands Group



Susan Hanley runs a creative group that meets every week at LEEP1.

The group enjoy doing needle work, knitting, up cycling, jewellery and much more.



Every Wednesday.

9:30AM → 12:00PM

Cost : £5.00



There will be a display of some of Susan's work in Leeds City Museum in Millenium Square, Leeds from 14th May 2018.

For more information about the group and how to join contact



Mandy Haigh or Susan Hanley

☎ 0113 243 9477

✉ manager@leep1.co.uk



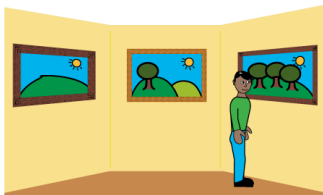
Pyramid of Arts



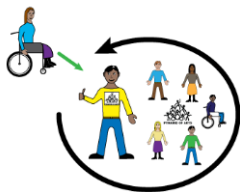
Pyramid of Arts runs weekly groups that do visual art, music and movement.



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 how to get involved.



For more information contact

☎ 0113 234 6040

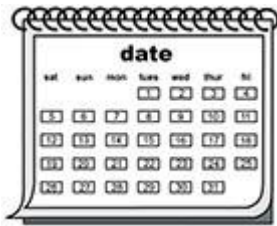
✉ info@pyramid-of-arts.org.uk



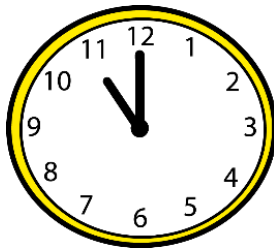
Pyramid of Arts - Singing Group

The Singing Group enjoy all sorts of music. They like to sing rock 'n' roll, gospel and country songs.

The group is led by musician James Heselwood.



The Singing Group meet fortnightly on Saturdays in Holbeck.



11:00AM → 1:00PM



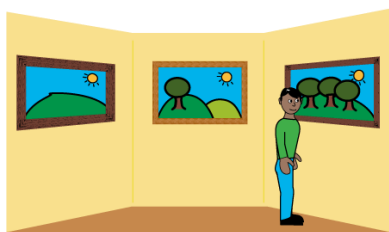
Participants contribute £10 per session to cover costs
(no cost for carers/ support workers)



For more information contact Sarah Kennedy

☎ 0113 234 6040

✉ info@pyramid-of-arts.org.uk

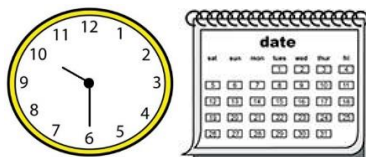


Pyramid of Arts

A special Pyramid of Arts event to celebrate work by our High Rise groups.

- Revealing a new sculpture.
- A parade to celebrate our work.
- Films and visual art on display.

All the work is by artists with profound and multiple learning disabilities.



Saturday 28th April 2018

Start: 10:30AM

Stay for as long as you like.



Armley Mills Industrial Museum
Canal Road
Leeds LS12 2QF



Cost: Free



For more information contact

☎ 0113 234 6040

✉ info@pyramid-of-arts.org.uk



People Matters



April sees the start of more adult learning courses at People Matters.



Their courses are for anyone 25 or over who would like to learn new skills and have fun.



They have 9 courses to choose from including card craft and first aid.



Courses are held during the day in Holbeck. Some courses are free. Some courses have a small one off contribution cost.

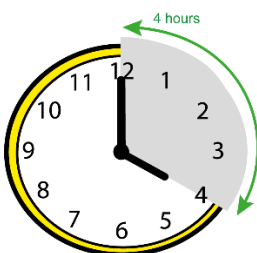
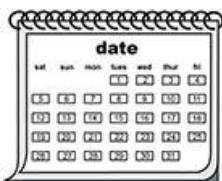
To enrol or for more information contact



☎ 0113 234 6896

✉ info@peoplesmattersleeds.co.uk

💻 <https://peoplesmattersleeds.co.uk/adult-learning>



hft Keeping in Touch

Transport – Included to and from home for all our activities.

Nights Out - Meet up with groups of friends socially e.g. bowling, walking, cinema, fish & chips, darts and dominoes, sports matches, snooker, nightclubs, pubs, karaoke and more.

Walking Groups – Walking groups available most days, for varying abilities.

Cycling Groups – 1-1 or group sessions available most days, there is a foldable bike and trike available to use.

Hum Tum – social activities for people from Asian communities.

College Holidays – Daytime support available during college holidays.

Various, including evenings and weekends.

Evening events usually last about 4 hours including travel time. Daytime events can be longer.

If you would like more information including costs please contact

☎ 0778 526 8053

✉ keepingintouch@hft.org.uk

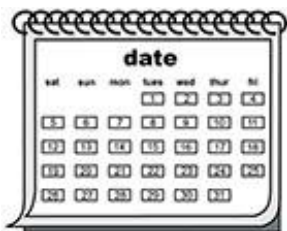


Mencap Me Time 2018

Me Time is a free 9 week course for people over 25. Covering different themes,

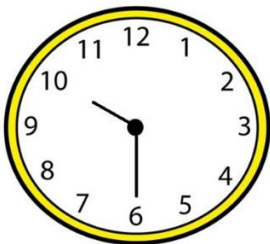


- Relaxation.
- Outdoor pursuits.
- Exploring Culture.
- Keeping Fit.
- Healthy Eating.



The next courses start in March and May. Please contact Marylin for which day and date you would like to attend.

Learners are more than welcome to attend with support.



10.30AM → 2.30PM

Meet at Leeds City Bus Station

For more information contact Marylin



0113 827 0058

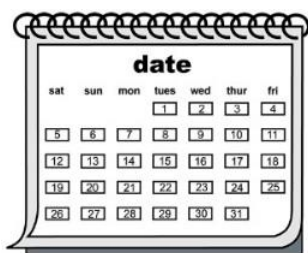


0794 380 7402

marylin.spellman@mencap.org.uk



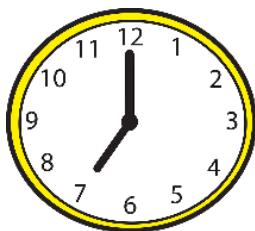
LEEP the Bridge Club Nights 2018 at Tiger Tiger



Thursday 19th April 2018.

Thursday 24th May 2018.

Thursday 21st June 2018.



7:00PM → 10:00PM



Ticket price £7.00
Free entrance for carers.



For more information contact Mandy at LEEP1

☎ 0113 243 9477

✉ manager@leep1.co.uk



Citizens Advice Bureau

Learning Difficulties Project in Leeds.



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



Do you need help with your finances?

Advice about rights of work?

Advice about housing problems?

Help and Advice about financial assessments?

There is also a black minorities equality project for people with learning difficulties.

For more information contact,

Kate Huthwaite (Monday, Tuesday and Wednesday).

Bashiran Zaman (Monday → Friday)

Chapelton Citizens Advice Bureau

Willow House

Cross Francis Street

Leeds

LS7 4BZ



☎ 0113 262 2281

✉ kate.huthwaite@chapeltowncab.org.uk

✉ bashiran.zaman@chapeltowncab.org.uk



Ultimate Thunder

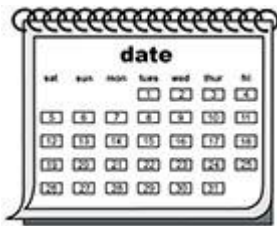


Ultimate Thunder are looking for new band members.



Ultimate Thunder write, play and record original music.

They play rock and alternative pop. They are looking for new members, especially a singer but all instruments considered.



The band rehearses fortnightly on Saturdays.



1:00PM → 3:00PM



Band members contribute £10 per session to cover costs.



For more information contact Sarah Kennedy

☎ 0113 234 6040

✉ info@pyramid-of-arts.org.uk



Pass it on People visit New Wortley Community Centre



The Pass it on People went to the New Wortley Community Centre.

The centre is owned by the community.



The centre has a café, laundry service and charity shop.

The café was a friendly place to visit. We loved the coffee and hot chocolate.



We spoke to Teresa Milligan. She told us about all the activities and groups at New Wortley.

There is a lot happening there.



One of the Pass it on People goes to 'Positive Communications' on a Tuesday and a Wednesday. He thinks it is really interesting.



New Wortley Community Centre
40 Tong Road
Leeds
LS12 1LZ

☎ 0113 322 1537

✉ info@newwortleycc.org

💻 <https://newwortleycc.org>

☎ 0113 322 1537



Contact Us

	By phone	 0113 270 3233
	Write to	Through the Maze Connect in the North Bridge House Balm Road Leeds LS10 2TP
	By email	 ttm@citn.org.uk
	Facebook	www.facebook.com/throughthemazeleeds
	Twitter	@ThroughTheMaze
	If you want to stop getting this newsletter please let us know by any of the ways above.	

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