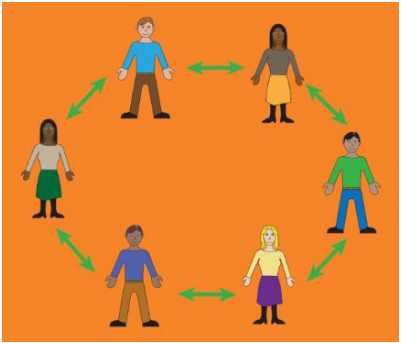
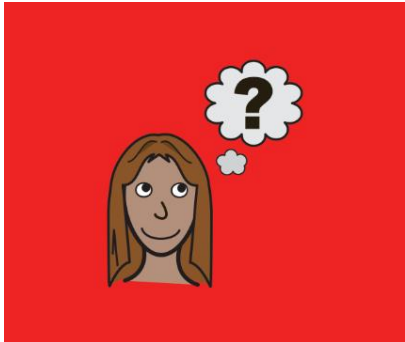
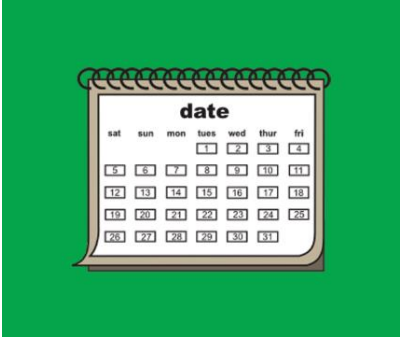


# through the **Maze**

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



**Spring Edition 2019**



A service of Connect in the North registered charity number 1078829 registered in England and Wales.  
A non-profit company limited by guarantee, number 3127540

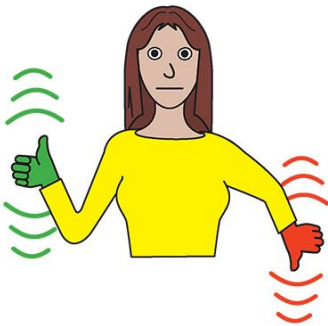
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## Welcome to Through the Maze

Hello and welcome to the Through the Maze Newsletter.



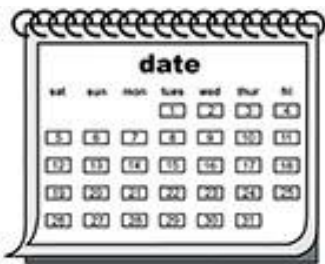
We hope that you enjoy the Spring Newsletter.



We want to know what you think about Through the Maze.

What are we doing well, and what can we do better?

Please fill out our annual survey online - <https://tinyurl.com/ttm-survey-2019>



Save the date,  
September 18<sup>th</sup> 2019.  
Being Social Information Day.

through the  
**Maze**

 Carers Leeds  
Making together life support easier

**Through the Maze and Carers Leeds will be available to offer advice and information at different locations across Leeds**

 Pudsey Community Hub  
**30th April 2019**  
Pudsey Library  
11:00AM ➔ 1:00PM

 Kippax Library  
**28th May 2019**  
Kippax Library  
11:00AM ➔ 1:00PM

 Otley Library  
**25th June 2019**  
Otley Library  
11:00AM ➔ 1:00PM

 For more information call  
0113 270 3233 or visit  
[www.through-the-maze.org.uk](http://www.through-the-maze.org.uk)

# LEARNING DISABILITY PRIDE 2019



Some people have learning disabilities – **deal with it!**

#LearningDisabilityPride

LEARNING  
DISABILITY  
RIGHTS ARE  
HUMAN  
RIGHTS

#LearningDisabilityPride



## Learning Disability Pride

Connect in the North is planning to celebrate Learning Disability Pride in June 2019.

This is to celebrate being proud of having learning difficulties.

We are going to do a Pride march at Temple Newsam on Friday 21<sup>st</sup> June.

Some of Connect in the North's members and directors met with people with learning difficulties from Pyramid of Arts and Aspire CBS in February.

These are some of the ideas people had for slogans.

Please give us a call if you want to join us.

☎ 0113 270 3233



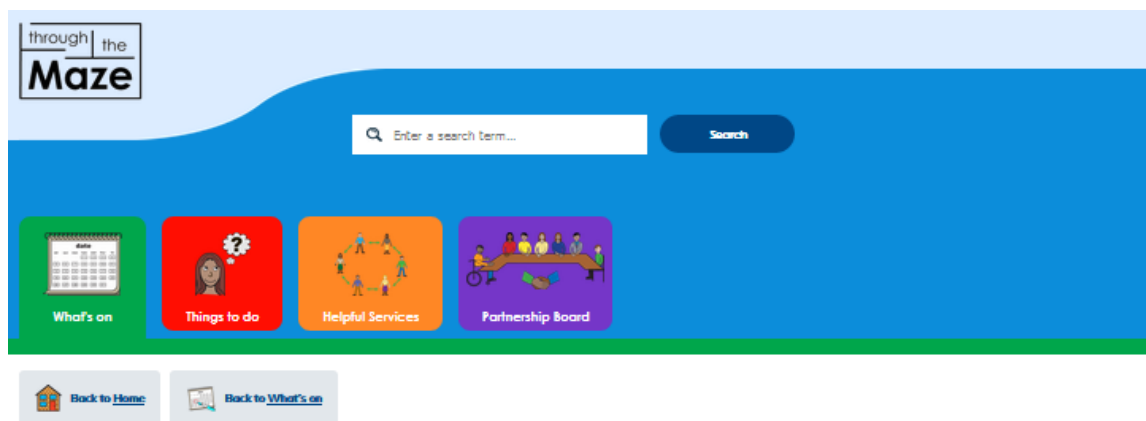
## Leeds Learning Disability Week 2019

We have started to put information about Leeds Learning Disability Week 2019 on the Through the Maze website.

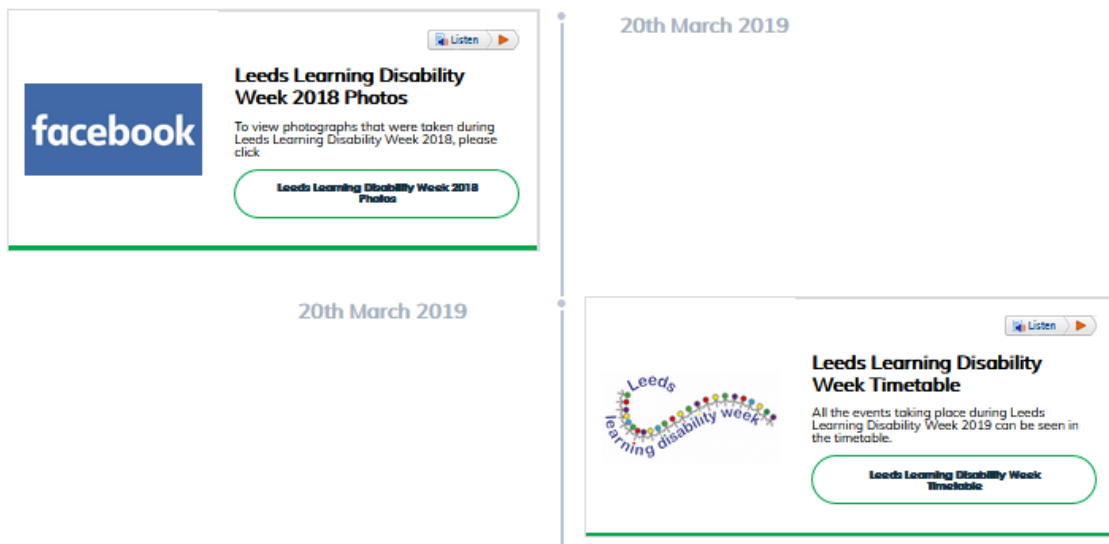
Make sure to visit the Learning Disability Week page of the Through the Maze website.

<http://www.through-the-maze.org.uk/whats-on/learning-disability-week>

Below is a picture of what the website looks like.



### Leeds Learning Disability Week

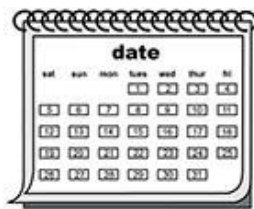




## People in Action present Leeds Talent 2019



This year's Talent competition is open to any age.  
If you would like to audition you need to apply before 30<sup>th</sup> April.



The final will be on Friday 21<sup>st</sup> June at Leeds College of Music.



It will start at 6:00PM and finish between 8:30PM → 9:00PM




Tickets will go on sale at the start of May and will cost £7.00



For more information please call  
People in Action on



 0113 244 3729



## People in Action Leeds Stars

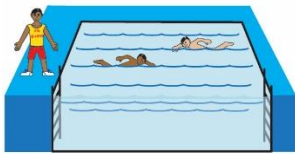
People in Action have a brand new Sports Programme for people with learning disabilities or autism.



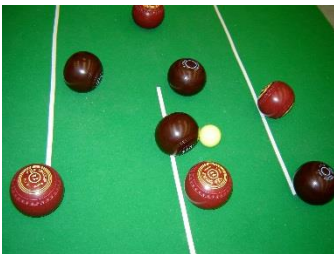
The programme provides the opportunity for people to join in regular sporting activities.



The Academy gives people the chance to compete in regional and national competitions.



There is a Leeds Stars team that meet every Wednesday at Kirkstall Leisure Centre.



Leeds Stars have started a Come and Try Indoor Bowls Group. They meet every Tuesday evening at John Charles Leisure Centre.



If you would like to get involved in any of these clubs or the Academy, for more information please call,

Grace Purnell at People In Action

☎ 0113 244 3729

✉ [grace.purnell@peopleinaction.org.uk](mailto:grace.purnell@peopleinaction.org.uk)




## People Matters Adult Learning Courses Summer 2019



### Heading out


Explore the city using public transport and plan your own routes. Please bring your own lunch.

 Mondays.

 10:30AM → 3:00PM for 12 weeks.

### World of Relationships (for Women)

 Mondays.

 3:30PM → 5:30PM

### World of Relationships (for Men)

starts 3<sup>rd</sup> June.

### Creative Story-telling

 Tuesdays.

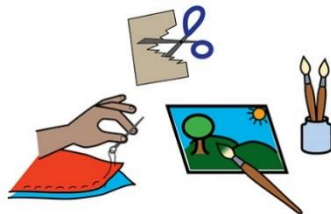
 10:30AM → 2:00PM

### Art and Craft

Spend time in our art studio creating your own masterpieces.

 Wednesdays.

 10:30AM → 3:30PM



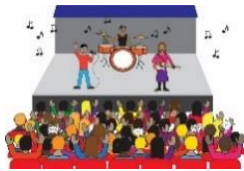
To see all courses being run by People Matters please see their prospectus online.

<https://tinyurl.com/people-matters-learning-2019>



Courses are free. You may have to pay towards the materials.

You need to enrol for all courses before they start.



## Music Festivals in Leeds 2019



Live at Leeds is an annual city centre music festival held on the first bank holiday weekend in May.  
4<sup>th</sup> May 2019.



Let's Rock Leeds! Held at Temple Newsam.  
22<sup>nd</sup> June 2019.



Unity Day Free Festival at Woodhouse Moor  
27<sup>th</sup> → 28<sup>th</sup> July 2019.



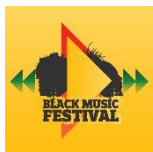
Holbeck Free Music Festival, The Grove Inn  
3<sup>rd</sup> → 4<sup>th</sup> August 2019.



Leeds Festival is held over August Bank Holiday weekend at Bramham Park.  
23<sup>rd</sup> → 25<sup>th</sup> August 2019.



Chapel Allerton Festival  
30<sup>th</sup>, 31<sup>st</sup> August → 1<sup>st</sup> September 2019.



Black Music Festival - Free at Potternewton Park  
25<sup>th</sup> August 2019.



Otley Folk Festival takes place in mid September.  
14<sup>th</sup> → 16<sup>th</sup> September 2019.



For more information on the above and other local festivals contact Visit Leeds.

☎ 0113 378 6977

🖱 [tourinfo@visitleeds.co.uk](mailto:tourinfo@visitleeds.co.uk)

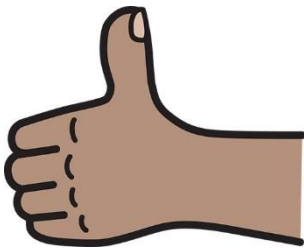
🌐 <http://www.visitleeds.co.uk>



# Bee Together



Bee Together is a project to help people make more friends, find new places and things to do.



The Project Coordinator Anna-Marie Garbutt has had some great successes. Recently she spoke to a man who was very lonely.



Since she met him he has joined a chair exercise group and has joined the local Neighbourhood network.



He is looking forward to meals and trips out and feels much happier.



If you want to make new friends and are aged 50+ Anna-Marie would like to help you.

Contact

☎ 0737 570 0117

✉ [anna-marie.garbutt@healthforall.org.uk](mailto:anna-marie.garbutt@healthforall.org.uk)



## Bee Friends Café



Thursdays 1:00PM → 2:30PM



At The Bridge Café in Cross Flatts Park,  
Beeston, Leeds, LS11 7NA.



A safe place to meet new people, chat and  
play games.

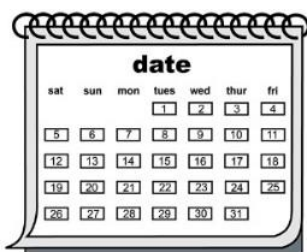




## LEEP the Bridge Club Nights 2019 at Pryzm



16 -18 Woodhouse Lane  
Leeds  
LS2 8LX



Thursday 18<sup>th</sup> April 2019.

Thursday 23<sup>rd</sup> May 2019.

Thursday 20<sup>th</sup> June 2019 and Fashion Show.



7:00PM → 10:00PM



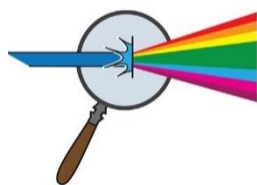
Ticket price £7.00  
Free entrance for carers.

For more information contact Mandy at LEEP1

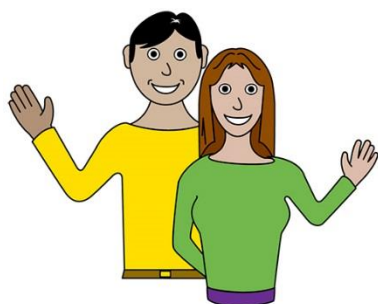
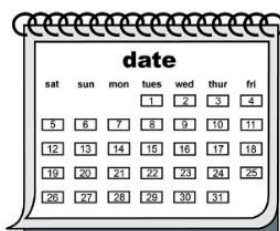
☎ 0113 243 9477

✉ [manager@leep1.co.uk](mailto:manager@leep1.co.uk)





Make a  
**connection**  
Reconnecting Leeds



## Lighthouse – Connections Group

If you are autistic and want to socialise with other people your own age and are an independent traveller then come along to the Connections group.

The aim of the Connection group is help reduce isolation and loneliness in people aged 18 → 30 who are autistic, yet without them feeling marginalised.

This is a monthly event led by the people who attend. Typical events will be bowling, cinema, meal/drinks out, crazy golf and anything the group suggests they want to do.

Student volunteers from Leeds University are there to welcome everyone who attends the event.

Please email Caron Munro if you want more information about the event or follow us on Facebook.

The dates are all on our website and are held the 2<sup>nd</sup> Wednesday of every month.

[www.lighthousefuturetrust.org.uk](http://www.lighthousefuturetrust.org.uk)

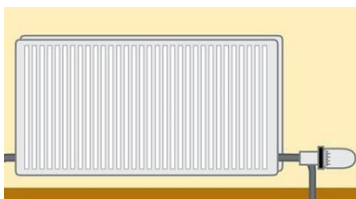
✉ [caron@lighthousefuturetrust.org.uk](mailto:caron@lighthousefuturetrust.org.uk)



## Simon from the Green Doctor Visited the Pass it on People



Simon met with the Pass it on People. He works for the Green Doctor project.

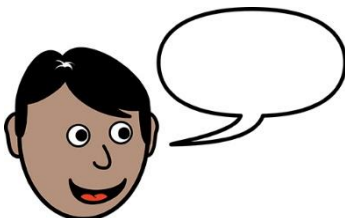


The project helps people save money on their heating bills.



It makes sure you stay warm.

The service is free for people with a learning disability who are on benefits.



You can get advice about,

- Changing who you buy your gas and electric from.
- Grants for heating bills.
- Grants for insulation.
- Energy saving devices.
- Ways you can use less electricity and gas.



The Green Doctors visit you at home.



☎ 0808 168 3547

☎ 0113 238 0601

🖱 [greendoctorleeds@groundwork.org.uk](mailto:greendoctorleeds@groundwork.org.uk)



## Pass it on People Visit to the LS14 Trust



The Pass it on People went to the LS14 Trust.

We thought it was great. Everyone was so friendly. It is run by local people, for local people.



We met with Joanne Curtis. She showed us around and told us what they do there.

There were lots of activities happening, such as –

- Money buddies.
- Mens Group.
- Creativi-tea.
- Postcard Café.
- Seacroft Social.



You can find out more by following this link  
<http://www.ls14trust.org/what-on-at-ls14.html>



We visited the Small Change Café at the LS14 Trust.

There is a Computer Lounge in the café and there is help to use it.



The 49 and 50 bus go from Leeds City Centre to the LS14 Trust.

LS14 Trust  
 45 Ramshead Hill  
 Leeds  
 LS14 1BT



☎ 0113 318 0522

✉ [info@ls14trust.org.uk](mailto:info@ls14trust.org.uk)

🌐 <http://www.ls14trust.org/>

## Contact Us

	<p>By phone</p>	<p> 0113 270 3233</p>
	<p>Write to</p>	<p>Office 42 Sugar Mill Oakhurst Road Leeds LS11 7HL</p>
	<p>By email</p>	<p> <a href="mailto:ttm@citn.org.uk">ttm@citn.org.uk</a></p>
	<p>Facebook</p>	<p><a href="http://www.facebook.com/throughthemazeleeds">www.facebook.com/throughthemazeleeds</a></p>
	<p>Twitter</p>	<p>@ThroughTheMaze</p>
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