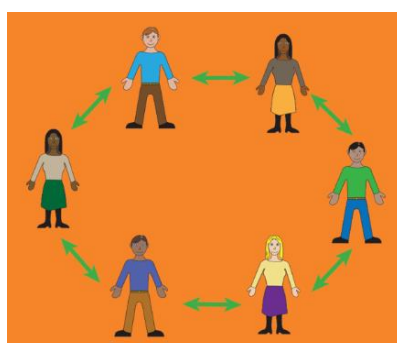
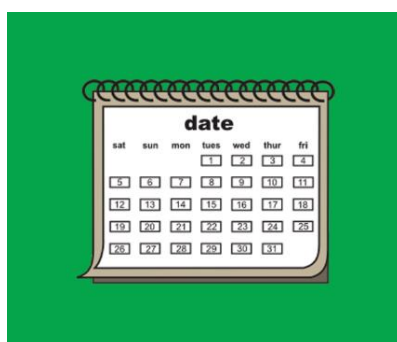


Easy read information about accessible events and activities in Leeds for adults with learning disabilities



Spring Edition 2021



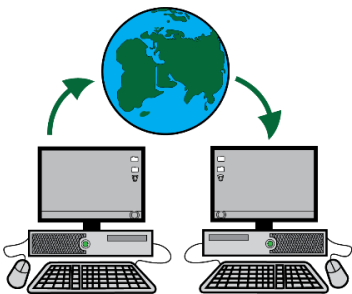
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Welcome to Through the Maze



Hello and welcome to the Through the Maze Spring newsletter.



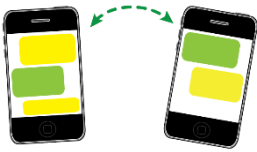
We are still adding lots of information about online events to the Through the Maze website



To find out the latest information about coronavirus and what events and activities are happening online visit <https://tinyurl.com/ttm-coronavirus-new-pages>



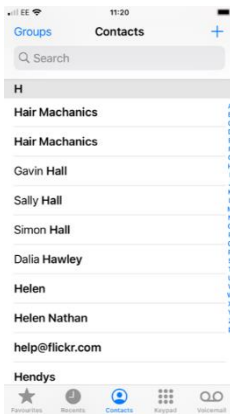
Through the Maze WhatsApp information service



Each week Through the Maze send out a WhatsApp message telling people about accessible events and activities that are coming up in Leeds.



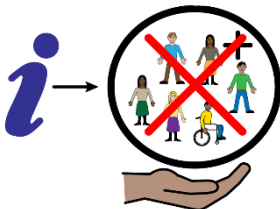
If you are having problems getting signed up let us know so we can help you.



How to get the WhatsApp Updates

To get weekly updates from Through the Maze add our number ☎ **0776 052 8588** to your phonebook. Save the number as Through the Maze.

Send a WhatsApp message saying **Get Weekly Update** to the number you just saved.



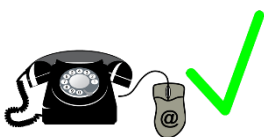
Privacy

We are using a WhatsApp broadcast list. In the broadcast lists you can't see who else is a member of the list or anyone's phone number. We will not share your contact details with anyone else.



Important Information

We will not reply to any messages sent to our mobile number.



If you would like to ask a question you must either phone us on ☎ 0113 270 3233, email ✉ ttm@citn.org.uk or send us a message using the online form on the Through the Maze website.

Join the Connect in the North Board



Connect in the North are looking for new board members.

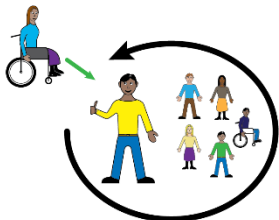


You can watch a video of Vicky the current Chair of Connect in the North tell you more by watching on the Connect in the North website - <https://www.citn.org.uk/connect-in-the-north-board-recruitment-video/>



Connect in the North,

- Run train for staff and people with learning disabilities.
- Provide information for people with learning disabilities.
- Run the Through the Maze information and sign posting service.



If you can manage your own affairs, know what you are doing and want to help, please join our board.



If you join the board you will be looking at budgets and helping Connect in the North decide what work they do.



To join the board contact Sarah

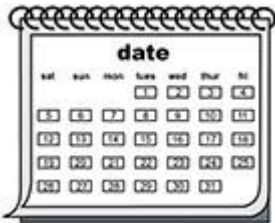
☎ 0113 270 3233

✉ sarah@citn.org.uk

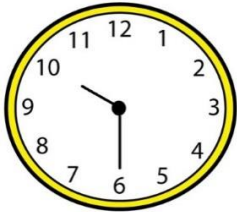
People Matters Employment Services



Employment services supporting people with learning disabilities and autism reach their employment goals.



Every Monday.



11:00AM until 12:30PM



Free



For more information, contact Wayne Stephenson,
Employment Services Coordinator



☎ 0113 234 6896

✉ wayne@peoplesmattersleeds.co.uk



People in Action and LEEP1 present Leeds Talent 2021



People in Action and LEEP1 are organising the Talent Competition again this year.



The final will be streamed on YouTube on Friday 18th June, during Learning Disability Week.




You will be able to watch the Talent competition live on YouTube at 7:00PM



For more information contact,

Bob McDougall or Danielle Martin

[✉ Talent@PeopleInAction.org.uk](mailto:Talent@PeopleInAction.org.uk)

 0113 244 3729



Purple Patch Arts



Purple Patch Arts have an online disco every month that you can attend on Zoom.



DJ James and Superstar Sarah play songs that you can dance along to from home.

1 month							
1	MON	TUES	WED	THUR	FRI	SAT	SUN
2	MON	TUES	WED	THUR	FRI	SAT	SUN
3	MON	TUES	WED	THUR	FRI	SAT	SUN
4	MON	TUES	WED	THUR	FRI	SAT	SUN

The disco is on the first Thursday of every month at 7:00PM – 8:30PM

The next one is: Thursday 1st April 2021

This isn't an April Fool's joke – it's really happening! To join the fun please get in touch for the Zoom link.



✉ bronia@purplepatcharts.org

☎ 07725 041801

✉ info@purplepatcharts.org

☎ 07730 144934



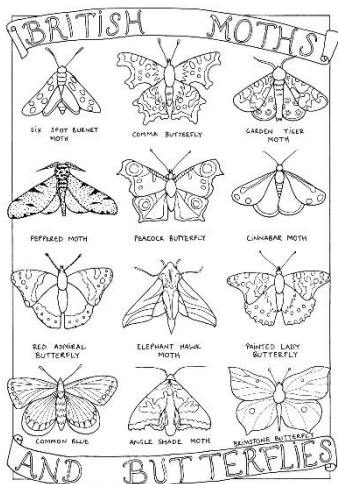
Purple Patch Arts

The Purple Patch Arts website has different activities every week that you can join in from home: <https://purplepatcharts.org/daily-activities/>

For Easter, from 12th April, we're going to have some special online activities imagining visiting the Roundtree's Factory in York, which makes chocolates and sweets!

We'll be designing our own chocolate eggs, moving like jelly tots, having a chocolate-inspired dance session, hunting for Smarties colours, and much more!

If you do any of the activities, send us your photos!
✉ info@purplepatcharts.org



On the Purple Patch website there's a new colouring-in page to download and print out each week: <https://purplepatcharts.org/colouring-pages/>

In this issue of Through the Maze magazine you'll find a Colouring Page to have a go at. It's designed by the Purple Patch artist, Lorna Johnstone.



Chapelton Citizens Advice Bureau

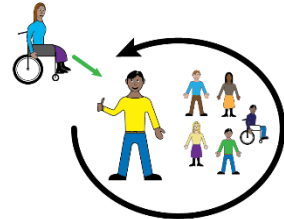


My name is Shaheen Akhtar.

I work for Chapelton Citizens Advice Bureau as a Learning Disabilities and Difficulties Welfare Rights Advisor.



You may want help from me because you want to claim a Disability Benefit or you may be having problems with your benefits.



Or you may want help to get support and services.



You may want help to get additional support at school or college.

You may have issues with housing or adaptations that I could help you with. I could help you if you are working and need help because of your disability.



For more information contact,

Shaheen Akhtar or John Rozenstein

✉ Shaheen.Akhtar@chapeltoncab.org.uk

✉ John.Rozenstein@chapeltoncab.org.uk

☎ 0749 583 7099



MINISTRY OF FOOD

LEEDS

8-week Course for Beginners • Weekly 90-minute Classes • All Ingredients Provided

Vegetarian/Vegan Options Available • Seasonal Recipes • Take Home a Meal

UPCOMING COURSES:

DAY	TIME	START DATE	END DATE	LOCATION
MONDAY				
	12:30	WEEKLY TASTERS		Market
TUESDAY	10:30	04/05/21	22/06/21	Market
	12:30	13/04/21	01/06/21	Market
	14:30	04/05/21	22/06/21	Market
	14:00			
WEDNESDAY	10:30	14/04/21	02/06/21	Market
	12:30	14/04/21	06/02/21	Market
	14:30	05/05/21	23/06/21	Market
THURSDAY	10:30	06/05/21	24/06/21	Market
	12:30	15/04/21	03/06/21	Market
	14:30			
	14:00	15/04/21	03/06/21	Online
FRIDAY	10:30	16/04/21	04/06/21	Market
	12:30	16/04/21	04/06/21	Market
	14:30	07/05/21	25/06/21	Market
SATURDAY				
	12:30	05/06/21	24/07/21	Market

PRICES: Just **£2.00** if you meet our concessionary criteria – ask us today to see if you qualify! Otherwise, our standard rate is **£8** per class.

For more information, or to register onto one of our courses, call into **Jamie's Ministry of Food, Leeds Kirkgate Market**, or call us on **0113 2425685**.

To see what we get up to in Ministry of Food, follow us on social media!

@MOFLeeds



Healthy eating - Spot the Different



Word Search

Spring word search

N	M	R	A	N	O	I	E	R	P	E	E	N	C
O	W	C	S	N	T	M	A	I	R	T	D	K	A
R	B	M	K	H	H	A	H	W	K	B	M	D	S
S	M	D	R	C	U	E	A	A	M	A	N	L	C
O	U	F	B	S	I	A	A	D	W	M	R	S	S
B	S	D	H	D	G	H	M	R	C	E	D	N	O
E	E	Y	F	U	M	P	C	N	W	I	A	O	U
U	H	E	S	F	R	S	A	Y	E	M	F	W	S
M	Y	S	R	A	I	U	N	I	A	K	F	D	R
S	A	B	O	N	N	E	T	R	B	R	O	R	A
A	M	U	C	A	E	H	C	A	D	O	D	O	P
Y	I	O	D	F	G	H	O	H	N	A	I	P	R
D	D	O	A	A	G	L	F	C	R	E	L	I	I
I	D	W	K	R	E	T	S	A	E	D	A	K	L

CHICK
EGG
SNOWDROP
DAFFODIL
MARCH
BUD
BONNET
EASTER
APRIL
MAY

Play this puzzle online at : <https://thewordsearch.com/puzzle/1937194/>



Healthy eating - Spot the Different Answers



Garlic is missing.

Tomato is missing.

Grape is missing.

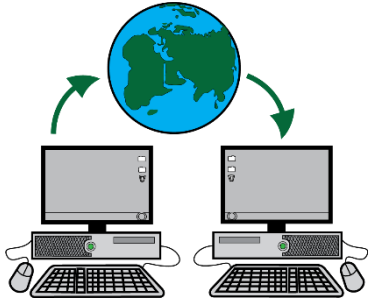
Banana has turned red.

Orange has turned purple.

Tomato has turned green.

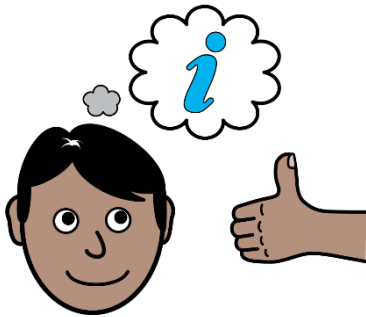


COVID Vaccine



Do you want information about the COVID vaccination in Leeds? Go to the get checked out website for helpful information.

<https://www.learningdisabilityservice-leeds.nhs.uk/get-checked-out>



On the get checked out website you can read information and watch videos that support people with learning disabilities to get the best from their health care.

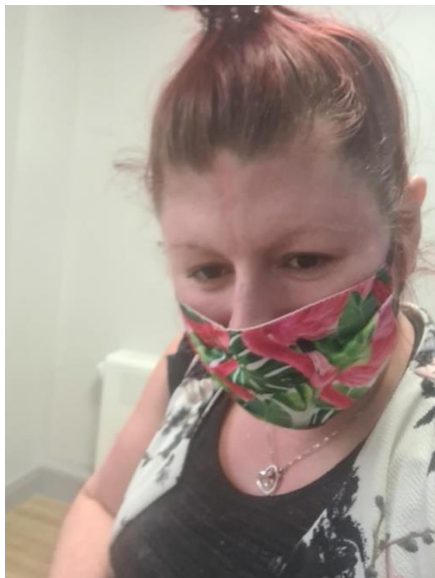


Please see the photographs on the next page of some people who have had their COVID vaccinations

For more information contact

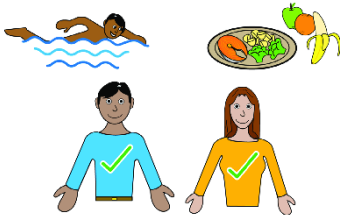
✉ peterjohnstone@nhs.net

Pictures of people with learning disabilities getting their COVID Vaccine





Healthy Food Swaps



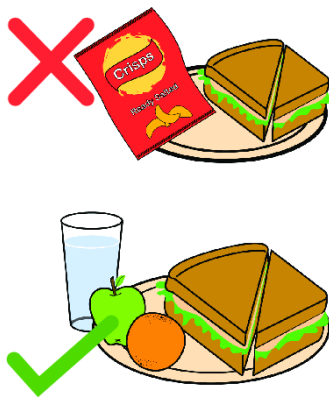
These are some examples of simple food swaps that can help you make healthier choices



Instead of butter, lard or ghee

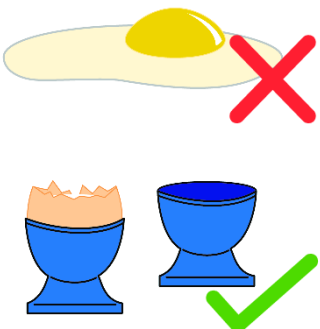
try cooking with olive oil, vegetable spread or vegetable oil instead

You should watch portion sizes – 1 teaspoon of oil or vegetable spread per person



Instead of crisps with your sandwich at lunch

...pick fruit or low fat yogurt instead

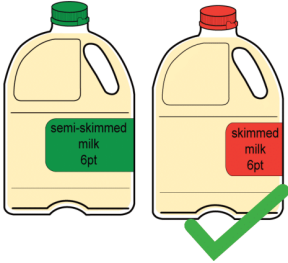


Instead of fried eggs at breakfast

....choose boiled or poached eggs instead



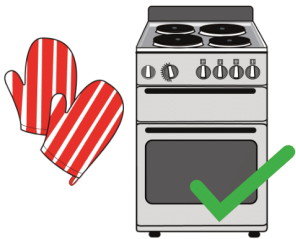
Instead of full fat (**blue top**) milk



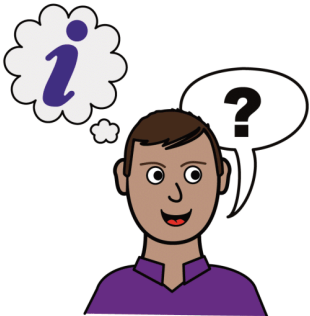
...try semi-skimmed (**green top**) or skimmed (**red top**) milk



Instead of frying food



...try baking it in the oven instead



Can you think of any other healthy swaps you do already?

If you are worried about your diet and would like more help contact your GP.

Health Facilitation Team. Telephone: 0113 8555049. Email: getcheckedoutleeds@nhs.net

My Life My Way – Coming out of Lockdown

Short courses by people with learning difficulties for people with learning difficulties on Zoom

Starting Tuesday 20th April 2021

1:30PM → 2.30 PM



We are running 3 courses written by people with learning difficulties.

They are free for people who live in Leeds.

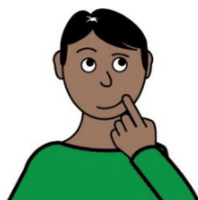
As we come out of Lockdown do you want to –

- Stay healthy and well?
- Have good relationships?
- Stay safe?



The courses will all run on Tuesday

Choose the courses you want to come on. You can come on just one, a few or all. You decide.



The training is on Zoom. You will need to put it on your phone or tablet.

<https://us02web.zoom.us/j/8382752616?pwd=V0lmWFRRLO6Tm56QTdRUHNoMWI3QT09>



Meeting ID: 838 275 2616

Email ✉ sarah@citn.org.uk for the password or ring ☎ 0113 27032 33
You don't need to book on the training.

	<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> info@citn.org.uk</p>
	<p>Facebook</p>	<p>https://www.facebook.com/CintN www.facebook.com/throughthemazeleeds</p>
	<p>Twitter</p>	<p>@ConnectintNorth @ThroughTheMaze</p>
	<p>If you want to stop getting this newsletter let us know by any of the ways above.</p>	

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www.learningdisabilityservice-leeds.nhs.uk/easy-on-the-i