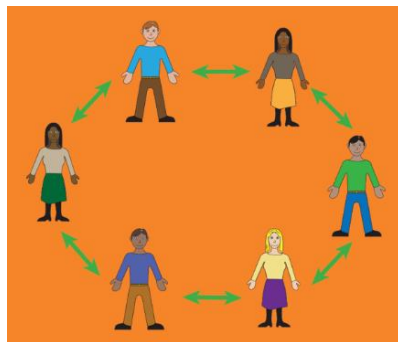
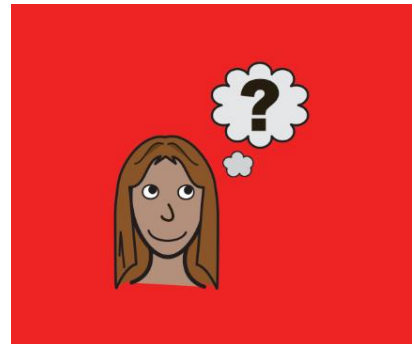
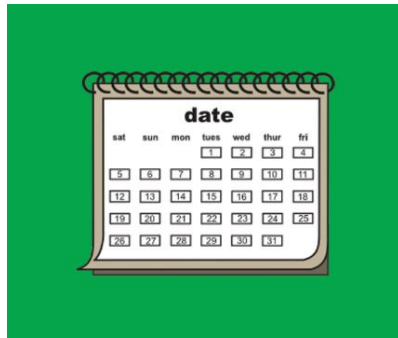


# through the Maze

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



### Spring Edition 2022



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

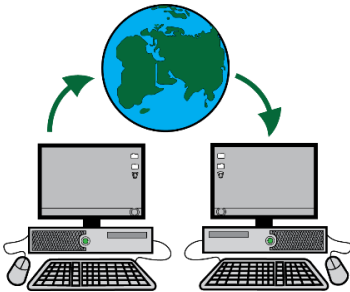
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## Welcome to Through the Maze



Hello and welcome to the Through the Maze Spring newsletter.



To find out about accessible events and activities happening in Leeds visit the Through the Maze website

 <http://through-the-maze.org.uk>



Please contact Through The Maze if you are planning an event during Learning Disability Week 2022 so we can share the details.

Email  [luke@citn.org.uk](mailto:luke@citn.org.uk) with the subject line Learning Disability Week 2022



Please pass on this magazine to a friend or recycle after reading.



**If you see something on the Through the Maze website that needs changing or updating we want you to let us know**

**Please tell us if you spot**



**Any spelling errors**



**Incorrect information**

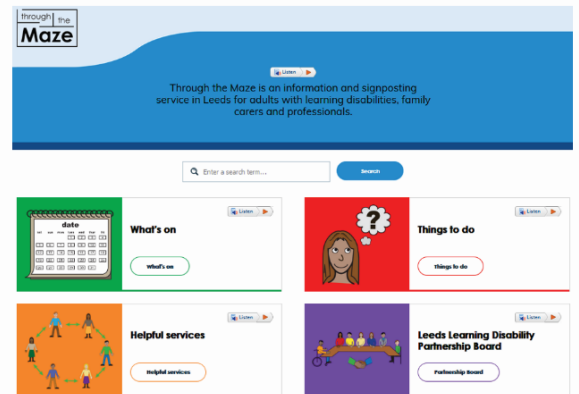
For example a wrong address or telephone number



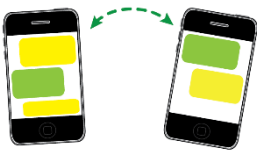
**Missing information**



**If your organisation has a listing please check and let us know if it needs updating**



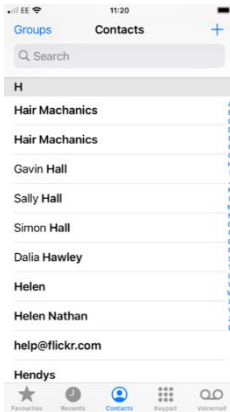
**As soon as you see anything that needs changing please email [ttm@citn.org.uk](mailto:ttm@citn.org.uk)**



Through the Maze send out a weekly 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.

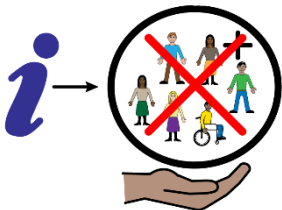


## How to get the WhatsApp Updates

To get 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 use a WhatsApp broadcast list.

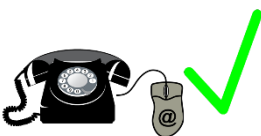
In the broadcast lists you can't see who else is a member of the list or anyone's phone number.

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

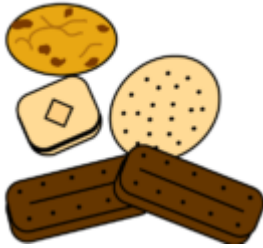
📞 0113 270 3233

or email 📧 [ttn@citn.org.uk](mailto:ttn@citn.org.uk).



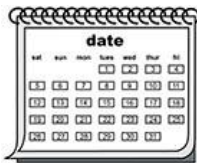
# Through the Maze

## Ask us drop in



Through the Maze are celebrating the first face to face drop in for a long time.

We want you to join us for a cup of tea and biscuits.



Monday 9<sup>th</sup> May 2022



12:30PM → 3:00PM



At the drop in you can,



ask questions and get information about services for people with learning disabilities in Leeds.



ask questions and get information about accessible events and activities happening in Leeds.



Office 46  
Sugar Mill  
Oakhurst Road  
Leeds  
LS11 7HL

## People in Action Positive ageing project



People in Action has an online project called Positive Ageing.

It is made up of 3 weekly zoom meetings for autistic people and people with a learning disability 50+. Anyone else is welcome to join if they want to. The sessions are free.



On Mondays at 2pm there is 'Being Social and Part of My Community'.

Each week you will talk about how to socialise, things you like to do and things you would like to try.



On Wednesdays at 6pm there is 'Being Physically Healthy'.

It involves gentle exercise and a chair-based exercise.



On Fridays at 2pm there is 'Being Mentally Healthy'.


We will talk about managing stress, anxiety and sleeping well. We will also do breathing exercise, mindfulness and gentle yoga.

You can join using zoom code: 727 794 215



The password is: 49

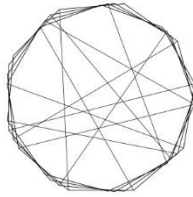


Call People in Action on  01 13 244 3729 for more information.



PYRAMID

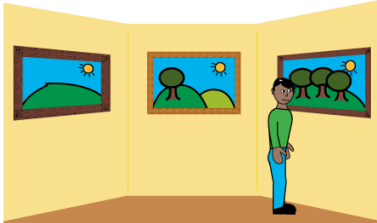
## Ready for Take-Off photography display by Andrew Towse



**BEYOND**

BEYOND supports artists with learning disabilities in Leeds.

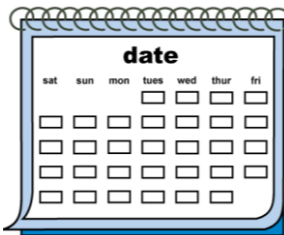
Andrew is part of the BEYOND.



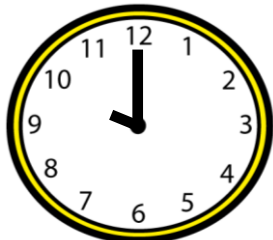
Andrew's photography display is about planes and aircrafts.



Leeds Industrial Museum  
Armley Mills  
Canal Road  
Leeds LS12 2QF



The display is on now, and will be there until the end of June 2022.



Tuesday, Wednesday, Thursday and Friday:  
10am – 5pm

Saturday and Sunday: 12pm – 5pm



Entry to the museum is £5.

It is free for carers.

It is free for Max card holders.

Visit  <https://mymaxcard.co.uk/> for more information about the Max Card



Phone  0113 378 3173



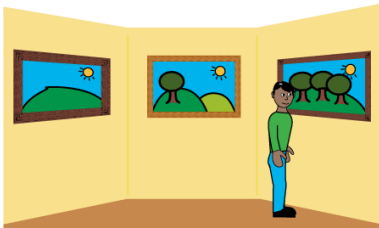
Email  [armley.mills@leeds.gov.uk](mailto:armley.mills@leeds.gov.uk)



## Money Talks display featuring Alfie Fox and Stephen Harvey



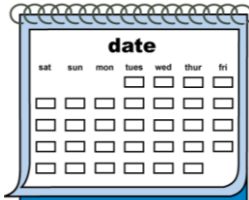
Stephen and Alfie are both artists who work at Pyramid.



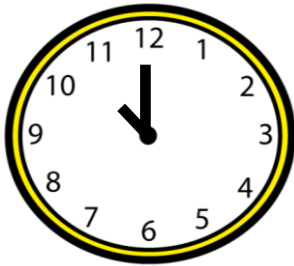
This exhibition looks at money, and the relationship we have had with money over the years.



Leeds City Museum  
Millennium Square  
Leeds, LS2 8BH



The exhibition is on from  
11<sup>th</sup> February 2022 – 26<sup>th</sup> June 2022.



Monday, closed.

Tuesday, Wednesday, Thursday and Friday:  
10am – 5pm

Saturday and Sunday: 11am – 5pm



The cost is free.



Phone 📞 0113 378 5001



Email 🖱️ [city.museum@leeds.gov.uk](mailto:city.museum@leeds.gov.uk)

## Word Search



APRIL    BONNET    BUD    CHICK    DAFFODIL    EASTER    EGG    MARCH  
MAY    SNOWDROP

## Word Search

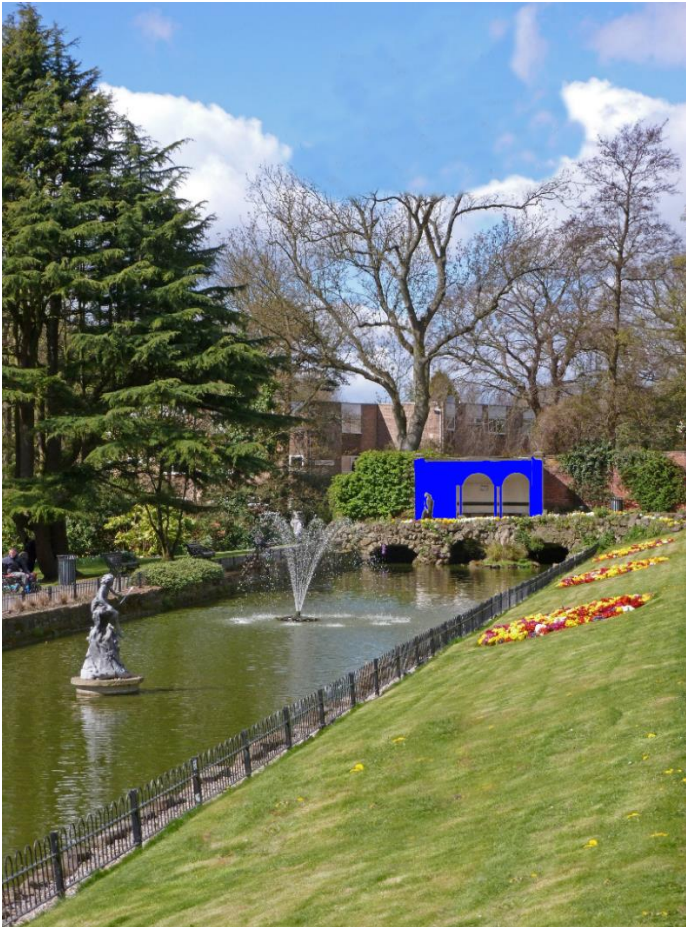


BASKET BEES BREEZY BUTTERCUP CHEERFUL CHICKS CLOUDS

DUCK LAMBS RAIN



# Spot the difference — Canal Gardens, Roundhay Park,



## Spot the difference answers



1. Flower bed removed from grass.
2. Arch removed from building in the background.
3. Building in the background turned blue.
4. Top of tree removed.

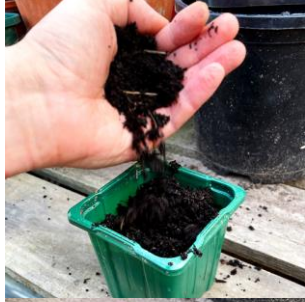
Additional image used under license CC BY-2.0 — Tim Green  
[https://commons.wikimedia.org/wiki/File:Canal\\_Gardens,\\_Roundhay\\_Park,\\_Leeds\\_\(7081093477\).jpg](https://commons.wikimedia.org/wiki/File:Canal_Gardens,_Roundhay_Park,_Leeds_(7081093477).jpg)



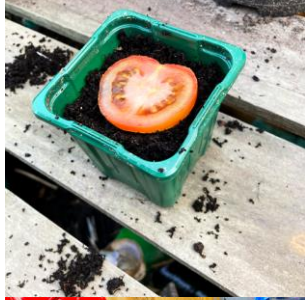
## Grow your own tomatoes



Buy a tomato and cut it in to slices.



Put some compost in a small pot.

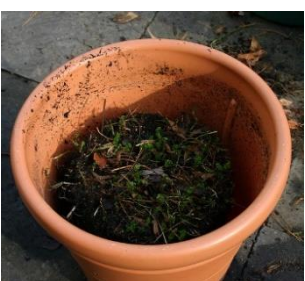


Put 1 tomato slice on top of the compost.



Put some soil on top of the tomato slice.

Then water it well and often, tomatoes love water and sunlight.



When you see a baby tomato plant you should re-plant it in a bigger pot.



After about 8 weeks you'll be able to pick your tomatoes and enjoy eating them.

**Being Social Leeds Information Event**  
**Free event for people with learning difficulties**  
**Tuesday 14<sup>th</sup> June**  
**11:00AM – 2:00PM**  
**Leeds Kirkgate Market**



- Do you have a learning difficulty and live in Leeds?
- Do you want to know about things you could do and find places to make new friends?
- Relatives and staff supporting people with learning difficulties are welcome too.



The event is in Leeds Kirkgate Market near the food area.



We will be there, come along and say hello.

There will be stalls from over 15 different companies. Telling you about different things you can do.

The Through the Maze team will be there to tell you about lots of other activities.



Email 📧 [sarah@citn.org.uk](mailto:sarah@citn.org.uk) or ring 📞 0113 270 32 33 to find out more.



## Free Training Let's Vlog – How to make YouTube videos

**Thursday 28<sup>th</sup> April  
10:30AM-12:30PM  
At Connect in the North**



Vicky Hiles is going to show you how to make a video and post them on YouTube.

Vicky has been making videos and podcasts since 2014. She has lots of handy tips to get you started.



The session will cover -

- How to set up a YouTube Channel
- How to post videos
- What makes a good video
- How to vlog safely



The training is at –  
Connect in the North  
Office 46  
Sugar Mill  
Oakhurst Road  
Leeds  
LS11 7HL



Ring 📞 0113 270 32 33 or email  
[sarah@citn.org.uk](mailto:sarah@citn.org.uk) for more information

## My Life My Way – Living your Best Life

A 5 week course for people with learning difficulties

Starts 5<sup>th</sup> May 2022

1.30 PM → 3.00 PM



Do you want to –

- Speak for yourself?
- Decide how you want to live?
- Make friends?
- Live a full life?

This is a 5 week course for people with learning difficulties in Leeds. The course will run on Thursdays starting on 5<sup>th</sup> May.



You will find out about –

- Having your say
- Being confident
- Having a good life and staying safe



The Training is at Connect in the North,  
Office 46

Oakhurst Road

Leeds

LS11 7HL

There are only 10 places.

Contact [sarah@citn.org.uk](mailto:sarah@citn.org.uk) to book on.



## Luv2meetU



A friendship and dating agency for people with a learning disability or autistic people 18+



They support you to enjoy different activities.

They organise events members say they want.



They also offer a one-to-one dating service for members.




It costs £10 per month.



For more information contact



Titan Business Centre  
Euroway House, Roydsdale Way  
Euroway Trading Estate  
Bradford  
BD4 6SE

 0127 465 5956

 [luv2meetU@hft.org.uk](mailto:luv2meetU@hft.org.uk)



## Buy Nowt LS6 - Library of Things



You can lend tools, costumes, cooking equipment, and more from Library of Things.



You might like to borrow stuff for a camping trip or holiday.



You might like to borrow stuff for cooking or having a party.



You might like to borrow stuff to do some gardening or DIY.



For more information contact  
Jed Aitchison



Headingley Methodist Church  
Centenary Room  
1-3 Chapel Street  
Leeds  
LS6 3HZ

 [Lot@buynowtls6.com](mailto:Lot@buynowtls6.com)

or go to the website

 <https://buynowtls6.com/>



## LEEP 1 club night dates for 2022



# CLUB NIGHT

Monthly Night Club Events  
For adults with learning disabilities

### WHERE:

POPWORLD NIGHT CLUB  
43 Cookridge Street  
Millenium Square  
LEEDS LS2 3AW

**TIME:** 6.30pm -9.30pm

### 2022 DATES:

Thurs 24 March  
Thurs 21 April  
Thurs 16 June  
Thurs 21 July  
Thurs 18 Aug  
Thurs 22 Sept  
Thurs 27 Oct  
Thurs 17 Nov  
Mon 18 Dec



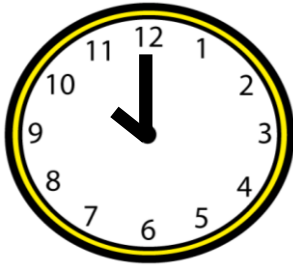
### COST:

**£10 ENTRANCE FEE**  
(PAY ON THE DOOR ONLY - CARERS GO FREE)

**PLEASE NOTE:** We try and make this an independent event. People attending must make thier own travel arrangements and arrange support to get to the venue if needed. Leep1 Staff are on site to supervise the event but if additional one to one support is required this needs to be arranged by you.

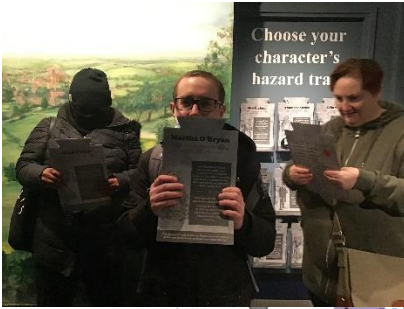


# Pass it on People visit Thackray Medical Museum



## What time does the museum open and close?

Monday-Sunday, 10am to 5pm.



## What displays are being shown at the museum

There are displays about history of health, medicine, and wellbeing.



## How much does it cost to visit the museum?

Adult £11.95. Child (5-16) £8.95. Under 5s Free.

**Concessions (10% discount)** for seniors, disabled, students, NHS workers, unemployed.

**Free entry for carers** if you are if you are supporting somebody.

Free on Mondays for people working and living in Harehills (including St James's hospital).



## Can you tell us more about the community room?

Inside the museum there is a community hub called The Core.

It welcomes local groups who want to have a small meeting or to find out more about the museum.



## How much does it cost to book the community room?

To find out more about costs and to book please contact for more information

☎ 0113 244 4343

✉ [info@thackraymuseum.org](mailto:info@thackraymuseum.org)

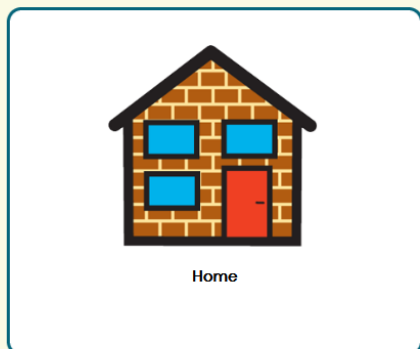


## BEING EMPLOYED LEEDS

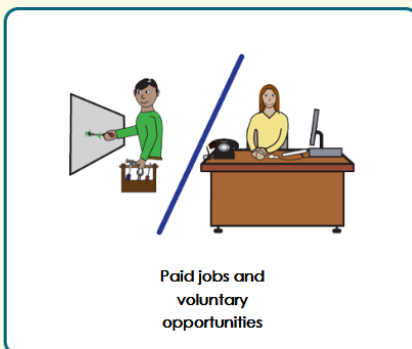


Being Employed Leeds is a website that provides easy read and accessible information to people looking for jobs or training to get a job in Leeds.

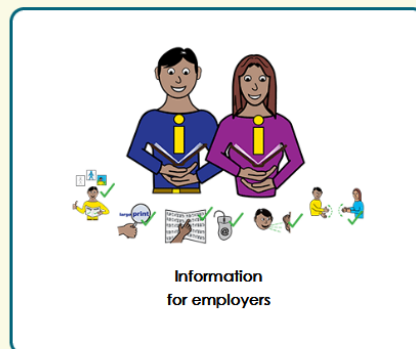
Search for  Search



Home



Paid jobs and voluntary opportunities

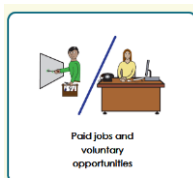


Information for employers

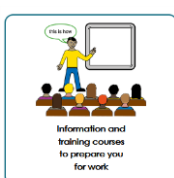


## BEING EMPLOYED LEEDS

Being Employed Leeds is an accessible website.



Paid jobs and voluntary opportunities



Information and training courses to prepare you for work



You can find easy read and accessible information about jobs or training to get a job, in Leeds on there.

TEXT SIZE

Background

Get support

A A A



There are buttons on the website to make it accessible.



To see the Being Employed Leeds website visit <https://www.beingemployedleeds.org.uk>

	By phone	 0113 270 3233
	Write to	Office 45 Sugar Mill Oakhurst Road Leeds LS11 7HL
	By email	 info@citn.org.uk
	Facebook	<a href="https://www.facebook.com/CintN">https://www.facebook.com/CintN</a> <a href="http://www.facebook.com/throughthemazeleeds">www.facebook.com/throughthemazeleeds</a>
	Twitter	@ConnectintNorth  @ThroughTheMaze
	If you want to stop getting this newsletter let us know by any of the ways above.	

Thanks to  easy on the  for the use of their image bank © LYPFT  
www.learningdisabilityservice-leeds.nhs.uk/easy-on-the-i