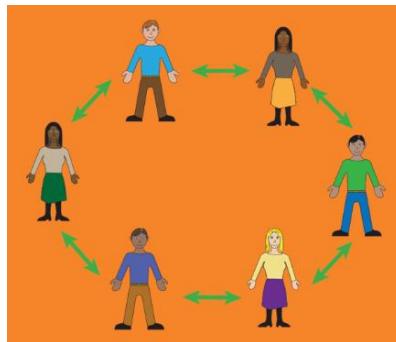
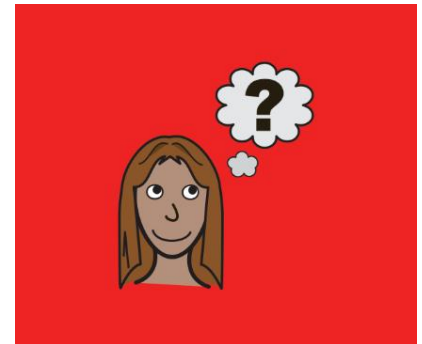
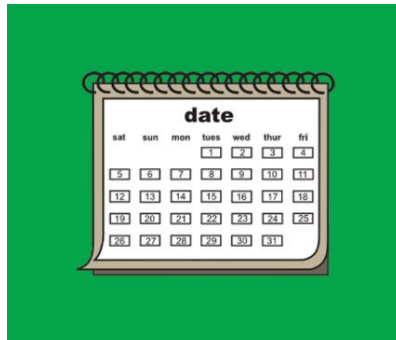


# through the Maze

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



### Autumn 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 Autumn newsletter.



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

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 every Monday.

12:30PM - 3:00PM

At Sugar Mill, Connect in the North, Office 46,  
Oakhurst Road, Leeds LS11 7HL



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



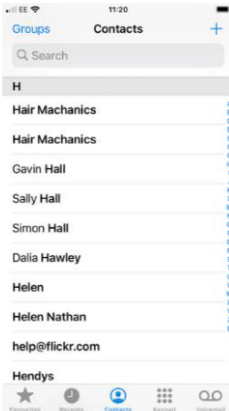
## Through the Maze WhatsApp information service



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.

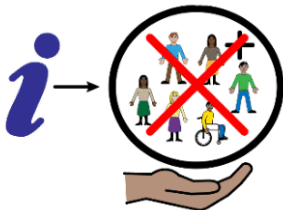


### How to get the WhatsApp Updates

To get updates from Through the Maze add our number **☎ 07901 674 947** 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.

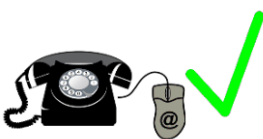
In the broadcast lists you can't see who else is a member of the list or anyone's phone number.

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 ✉ [ttm@citn.org.uk](mailto:ttm@citn.org.uk).

## The Great Autumn Chat

Office 46

The Sugar Mill

Oakhurst Road

Leeds

LS11 7HL

Free event for people with learning difficulties

Monday 3<sup>rd</sup> October

1:00PM – 2:30PM



Come to the Great Autumn Chat to catch up with Connect in the North and friends. You can meet us in person or on Zoom.

Join us for –

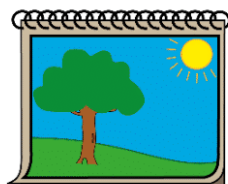
- **Maddy's Mega Bingo**

Back by popular demand. Play for a full house and see if you can win the prize.



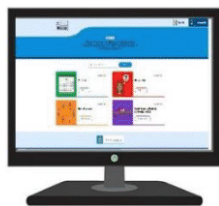
- **Sarah's Great Big Autumn Quiz**

Shout out what do you know about Autumn



- **What's on this Autumn**

We're here to tell you what's happening in Leeds.



The Zoom link is –

<https://us02web.zoom.us/j/83379473641?pwd=SHAzL1kwTmcyYm1PdkdzNVNLNUZ6dz09>

Meeting ID: 833 7947 3641

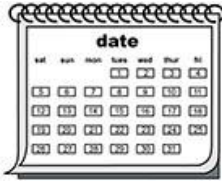
Passcode: 1

Email ✉ [sarah@citn.org.uk](mailto:sarah@citn.org.uk) to book on and get a bingo card.



Or ring ☎ 0113 270 32 33

## People in Action



Join People in Action's Connecting Lives Group on Wednesday and Thursday evenings.



The Connecting Lives groups get together in Leeds city centre and do activities that the members choose.



They sometimes go for a meal, or to the cinema, or maybe for a walk.




The best thing about the group is that members make new friends while having fun in town.



For more information contact

 [lesley.savage@peopleinaction.org.uk](mailto:lesley.savage@peopleinaction.org.uk)

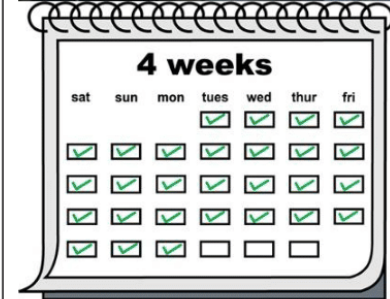
 0113 244 3729

 [www.peopleinaction.org.uk/contact](http://www.peopleinaction.org.uk/contact)

# My Life My Way – Being Connected

A Free 4 week course for people with learning difficulties

Starts Thursday 27<sup>th</sup> October 2022  
10:30 AM → 12:30 PM



Do you want to make friends and stay safe?

We are running My Life My Way – Being Connected again because the first course is fully booked.

Being Connected is a 4 week course for people with learning difficulties in Leeds. The course will run on Thursdays starting on 27<sup>th</sup> October



You will find out about –

- Meeting new people
- Being confident
- Having healthy relationships
- Keeping safe

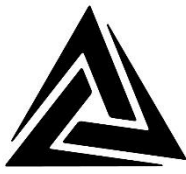


The Training is at Connect in the North,  
Office 46  
Oakhurst Road  
Leeds  
LS11 7HL

There are only 10 places.

Ring Sarah ☎ 0113 270 32 33 or email

✉ [sarah@citn.org.uk](mailto:sarah@citn.org.uk) to find out more or to book on the training.



## Pyramid

### PYRAMID



Pyramid offers group and 1:1 art and music sessions.

Discover Groups are for people to try out different art forms and learn new skills.



Development Teams are for people to work 1:1 with a professional artist or musician. They work on their own projects.



Sessions are **blended**.


**Blended** means you can come to our art studio, or join us online using Zoom.



For more information contact

Alice Clayden

 [info@pyramid.org.uk](mailto:info@pyramid.org.uk)

 0113 234 6040

or text 07531 215 999

# Let's Talk About Loss – for people with learning difficulties

Friday 23<sup>rd</sup> September 2022

10:30AM – 12:30PM

Office 46

The Sugar Mill  
Oakhurst Road  
Leeds



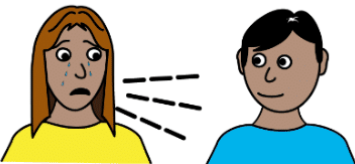
Has someone you love died? Have you found it hard to talk about it?

We are running a course about loss. This is to help you to be able to talk about your feelings and find ways to cope with grief.

## The sessions cover –



- How we feel when someone dies
- What we can do when someone dies
- Different ways people grieve
- Ways we can remember people
- Where to get support



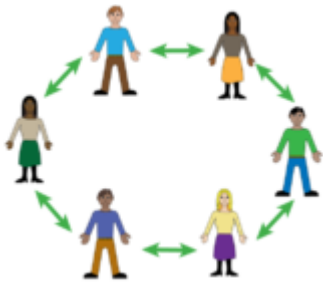
It can be hard to talk about death. It is okay to get upset. We have a room where you can sit with someone if you need to.



## My Future Project

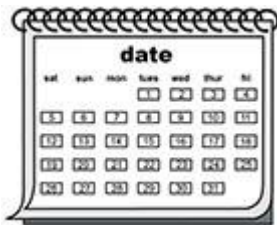


My Future Project offers peer support work clubs for people with learning disabilities in South Leeds.

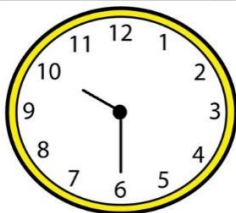


Facilitators will help,

- Identify your strengths.
- Develop confidence.
- Support with CV's and interview preparation.
- How and where to look for work.
- Link to volunteering and work experience.
- Get you support from other people in a similar role.



Thursday 22<sup>nd</sup> September – for 6 weeks  
at Cranmore and Raylands Centre, Cranmore  
Drive, Leeds, LS10 4AW



Start time 9:30AM

End time 10:30AM



For more information contact



Danielle Pinnion

✉ [Danielle.Pinnion@healthforall.org.uk](mailto:Danielle.Pinnion@healthforall.org.uk)

☎ 0748 766 4352



PYRAMID

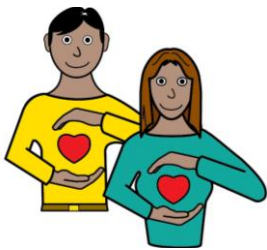
# Developing you Exploring Wellbeing and Work



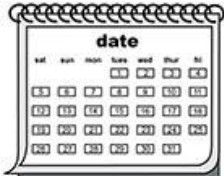
Developing You is a free 12-week course for adults with a learning disability who are interested in finding a job.



You will learn new skills and get support from an Employment Advisor.



The course is also about personal wellbeing and feeling good about yourself.



Wednesdays,  
10:30AM – 1:30PM Starting on  
14<sup>th</sup> September 2022



For more information contact



Sarah Cockburn

 [sarah@pyramid.org.uk](mailto:sarah@pyramid.org.uk)

 0754 978 2794

## Word search

### Autumn Word Search

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

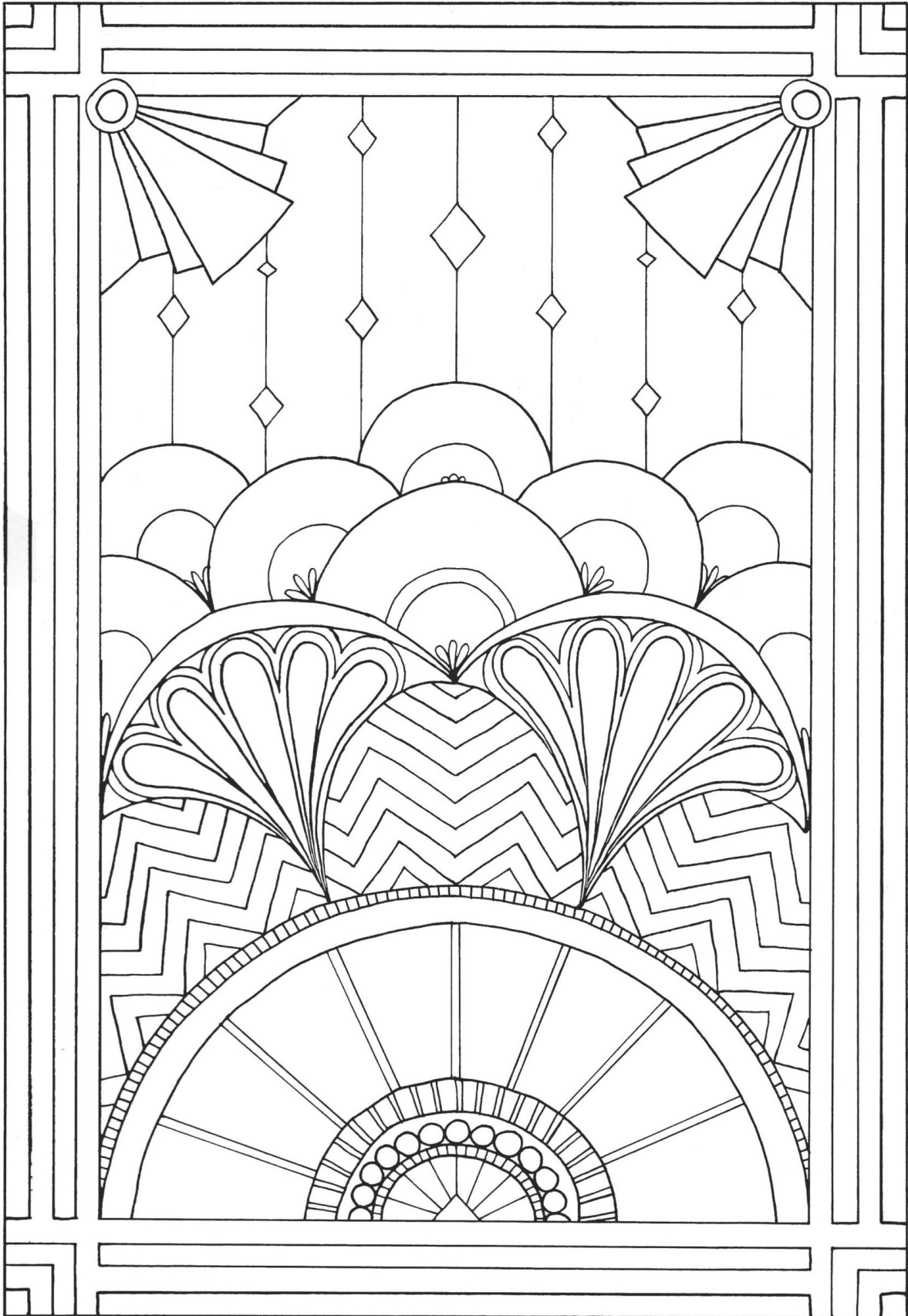
HAT  
PUMPKIN  
SCARF  
TOFFEE APPLE  
WINDY  
FIREWORKS  
LEAF  
BONFIRE  
RAIN  
HALLOWEEN

Play this puzzle online at : <https://thewordsearch.com/puzzle/2649270/>

# Spot the difference



## Colouring in page



With thanks to Purple Patch Arts.

See more colouring pages by  
visiting <https://purplepatcharts.org/colouring-pages/>

## Spot the difference answers



Change colour of traffic light from red to green.

Removed part of tower on the roof.

Removed a window.

Removed word Markets above door.

White van added.

Leeds City Markets image used under license CC BY-SA 4.0 - Chemical Engineer - [https://upload.wikimedia.org/wikipedia/commons/7/71/Leeds\\_City\\_Markets\\_24\\_June\\_2018\\_2.jpg](https://upload.wikimedia.org/wikipedia/commons/7/71/Leeds_City_Markets_24_June_2018_2.jpg)

White van image used under license CC BY-SA 2.0 - Stephen Richards - <https://www.geograph.org.uk/photo/2718750/>

# Word search

## Autumn Word Search

R	T	E	E	S	O	O	E	C	C	B	C	E	N
Y	A	S	O	R	R	L	S	O	C	E	L	M	C
B	C	O	U	B	C	C	I	Z	E	R	R	S	A
R	L	C	N	S	A	L	P	Y	O	W	B	E	P
S	C	A	R	E	C	R	O	W	O	E	A	P	N
N	E	E	W	C	E	L	T	E	B	N	S	T	R
N	S	R	E	L	E	R	R	I	U	Q	S	E	O
E	A	R	L	L	U	R	N	N	R	R	B	M	T
R	C	L	L	Y	K	O	E	B	O	O	B	B	E
E	O	B	I	K	Z	M	R	E	T	R	T	E	K
B	R	E	E	S	R	L	N	C	S	O	T	R	N
R	N	K	S	R	V	B	O	R	R	C	N	S	A
C	K	S	R	E	K	N	O	C	Z	C	Z	A	L
M	O	O	E	N	O	V	E	M	B	E	R	I	B

OCTOBER  
CONKERS  
SCARECROW  
SQUIRREL  
COZY  
NOVEMBER  
BLANKET  
ACORN  
WELLIES  
SEPTEMBER

Play this puzzle online at : <https://thewordsearch.com/puzzle/3945865/>

## Hamara Healthy Living Centre



Have fun, learn new things and make friends. The HALO group at Hamara has fun activities for everyone to do.



Do you want to learn new skills or try something new? We can help you with our friendly staff.



If you like arts and crafts , sports , or nature and gardening there are lots of sessions to join.

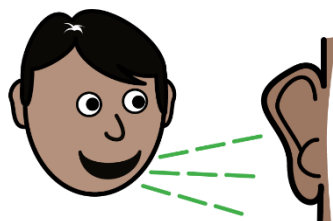


For more information contact  
Hamara Healthy Living Centre HALO  
group

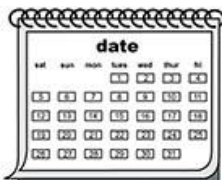
✉ [Josie.binns@hamara.co.uk](mailto:Josie.binns@hamara.co.uk)

☎ 0113 277 3330

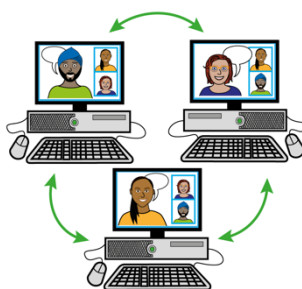
💻 [hamara.org.uk](http://hamara.org.uk)



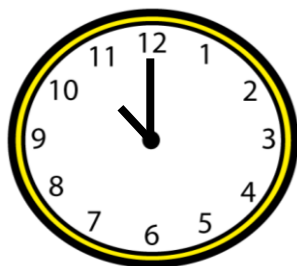
Healthwatch Leeds has been asked by Leeds City Council to listen to people and family carers about their views on home care services.



This will help make future services better. There will be 4 online meetings through September and October.



If needed Health Watch Leeds can provide a buddy who can bring a computer to your home and help you log on.



- Monday 19<sup>th</sup> September 2 pm to 3:30 pm
- Monday 26<sup>th</sup> September 10 am to 11:30 am
- Monday 3<sup>rd</sup> October 2 pm to 3:30 pm
- Monday 10<sup>th</sup> October 10 am to 11:30 am




The meeting and support are free to attend.

We will give you a £20 voucher to say thank you for each meeting you attend.

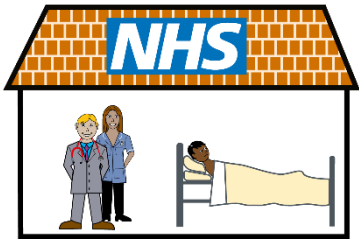
For more information contact Healthwatch Leeds

 [info@healthwatchleeds.co.uk](mailto:info@healthwatchleeds.co.uk)

 0113 898 0035

Textphone 07717 309 843

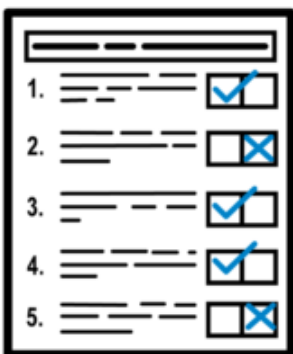
# Hospitals of the Future Questionnaire




There are new hospital buildings being planned in Leeds.



The design team would like your help.



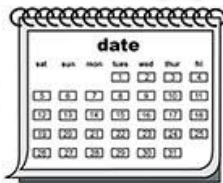
Please visit the Through the Maze website using the link below to see the questionnaires

 <https://www.through-the-maze.org.uk/hospitals-of-the-future-questionnaires>



# People in Action

PEOPLE  
IN ACTION



Join People in Action's Independent Lives course on Friday mornings.

New courses start every 12 weeks.



Independent Lives is a 16-week course which helps learning disabled and autistic adults to be more independent in their lives.



The course gives its members the chance to learn how to go and do activities safely.



Group members also learn about using public transport on their own.



For more information contact

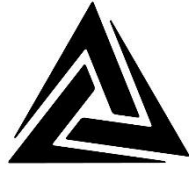


☎ 0113 244 3729



🖱 [lesley.savage@peopleinaction.org.uk](mailto:lesley.savage@peopleinaction.org.uk)

💻 [www.peopleinaction.org.uk/contact](http://www.peopleinaction.org.uk/contact)

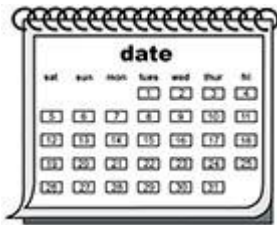


**PYRAMID**

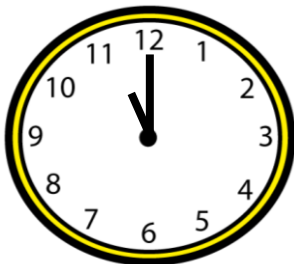
## Pyramid High Rise Bramley Celebration



This is a drop-in event to celebrate Pyramid's High Rise Bramley project. There will be visual arts, performances and sensory activities to take part in.



Saturday 24<sup>th</sup> September 2022.



11:00AM → 1:00PM



Free




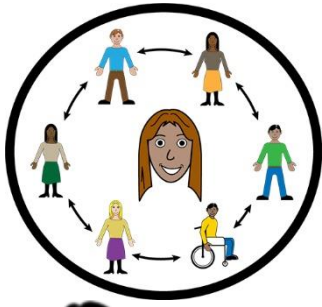
For more information contact



Alice Clayden

 [info@pyramid.org.uk](mailto:info@pyramid.org.uk)

 0113 234 6040  
20



## Pass it on People videos



Do you know, Pass it on People share videos with important information on YouTube and TikTok?



If you have a YouTube account please subscribe to the Connect in the North YouTube channel so you don't miss any of their videos

<https://tinyurl.com/citn-youtube>

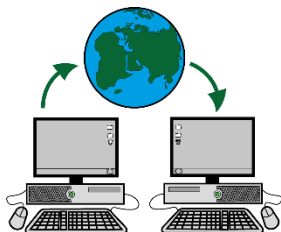


Or if you have a TikTok account follow Through the Maze so you don't miss any of their videos

<https://www.tiktok.com/@throughthemazeleeds>



Tania recently made a video to tell you about a bus stop change to the number 2 bus.



Follow the link below to watch the video Tania made about a bus stop change to the number 2 bus

<https://tinyurl.com/number-2-bus-stop>

# CLUB NIGHT



Dance  
Meet Friends  
Have Fun!









EVERY 3RD THURSDAY

6.30pm - 9.30pm

Tickets £10 on the door  
(carers get in free)

Popworld, 43 Cookridge Street  
Millenium Square, Leeds LS2 3AW

## Contact Us

	<p>By phone</p>	<p> 0113 270 3233</p>
	<p>Write to</p>	<p>Office 45 Sugar Mill Oakhurst Road Leeds LS11 7HL</p>
	<p>By email</p>	<p> <a href="mailto:info@citn.org.uk">info@citn.org.uk</a></p>
	<p>Facebook</p>	<p><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></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>	