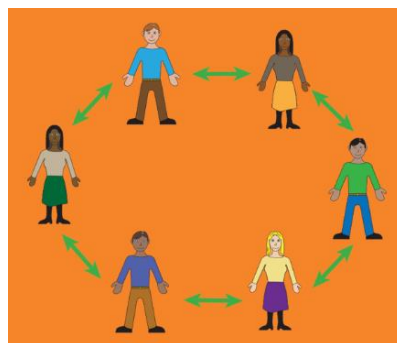
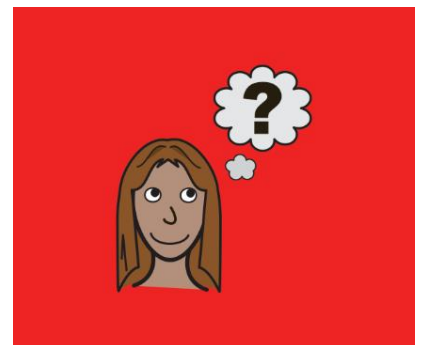
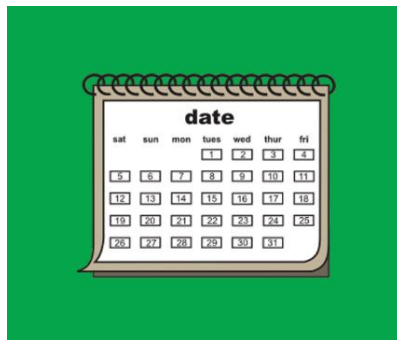


through the Maze

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



Winter 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 Winter newsletter.

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



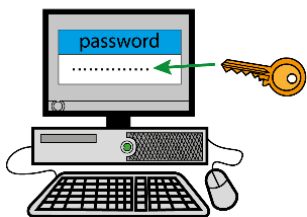
You can read through this magazine and you can check out the Through the Maze website <http://through-the-maze.org.uk>



The Ask Us – Drop In is on Zoom every Monday.
12:30PM - 3:00PM

<https://us02web.zoom.us/j/83379473641?pwd=SHAzL1kwTmcyYm1PdkdzNVNlNUZ6dz09>

833 7947 3641



Ring ☎ 0113 270 3233 or email ttm@citn.org.uk for the passcode.



You can meet us in person by making an appointment. Ring ☎ 0113 270 32 33 to book.

The Great Winter Chat

Office 46

The Sugar Mill

Oakhurst Road

Leeds

LS11 7HL

Free event for people with learning difficulties

Monday 16th January 2023

1:00PM – 2:30PM

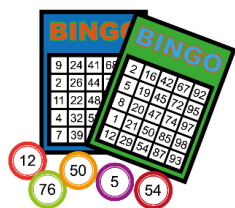


Come to the Great Winter Chat to catch up with Connect in the North and friends. You can meet us in person or on Zoom.

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 Winter Quiz**

Shout out what do you know about Winter.



- **What's on this Winter**

Madeleine is here to tell you what's happening in Leeds.



The Zoom link is –

<https://us02web.zoom.us/j/83379473641?pwd=SHAZL1k wTmcyYm1PdkdzNVNLNUZ6dz09>

Meeting ID: 833 7947 3641

Passcode: 1



Email ✉ sarah@citn.org.uk to book on and get a bingo card or ring ☎ 0113 270 32 33



Pyramid

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



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



Our Development Teams are for people to work 1:1 with a professional artist or musician, to work on their own projects and personal creative interests.



For more information contact -

Alice Clayden

 info@pyramid.org.uk

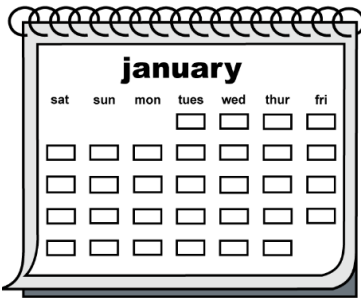
 0113 234 6040 or text 07531 215 999

Learn How to do Patchwork at Groundwork



The course is for beginners and people who have done Patchwork before.

It is open to everyone.



This course starts on
Thursday 12th January 2023

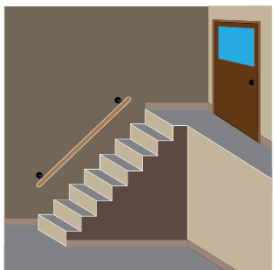
It runs for 10 weeks on a Thursday
1:30 PM - 3:30 PM



The course is at –
Groundwork Learning Centre
Merlyn Rees Avenue
Morley
Leeds
LS27 9SL



Cost for the 10 week course –
£10 for people on benefits or a low income
£26 for people over 65
£70 for people who are not on any benefits



Some of the building has steps. Check if the room is accessible before you book.



Book on by getting in touch with
Groundwork

 skills@groundwork.org.uk

 07730768864

Nourishing People



Nourishing People is based at Barkston House in Holbeck. It's for people with learning or hidden disabilities who are aged 18 or over.

It offers local people with learning disabilities, autism, and other disabilities a pathway to employment through work experience.



What skills will I learn at Nourishing People?

By becoming a trainee at Nourishing People, we will provide practical experience in a workplace environment. Support will be provided by experienced and qualified staff.

You will have the opportunity to explore the different roles such as:

- Product design/development
- Production
- Marketing
- Customer service
- Sales – both face-to-face and online

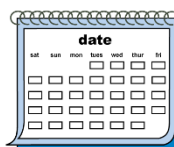
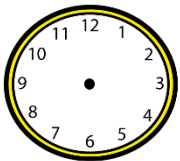


We support you to develop your confidence and communication skills.

You will also learn additional skills including:

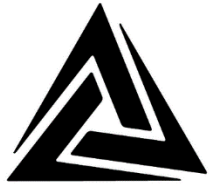
- Food production process
- Stock control
- Food hygiene principles

When does it take place?



Nourishing People takes place on Thursday and Friday.

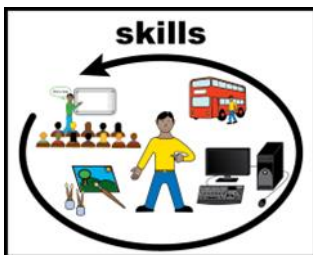
Trainees can attend 1 or 2 days per week - 10.00 am—3.00 pm



Pyramid – Developing You



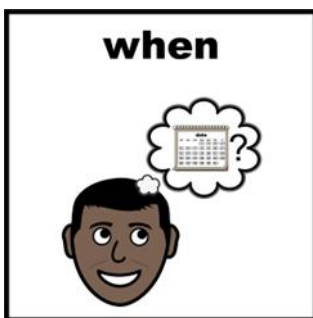
Developing You – Exploring Wellbeing and Work



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



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



It starts in April 2023.

Please register your interest now. we'll contact you nearer the time with more details.

For more information contact –

Sarah Cockburn
sarah@pyramid.org.uk

📞 07549 782 794



**Let's Talk About Loss –
for people with learning difficulties
Starting Friday 17th February 2023
Every Friday for 6 weeks
10:30AM – 12:30PM
Office 46, The Sugar Mill
Oakhurst Road
Leeds
LS11 7HL**

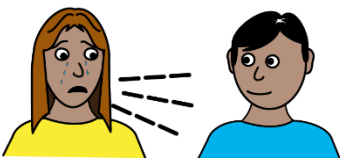


Has someone you love died? Have you found it hard to talk about it?

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.



If you want any more information, please ring 📞 Sarah 01 13 270 32 33 or Email ✉️ sarah@citn.org.uk



Christmas and Winter

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

- TURKEY
- FRIENDS
- COLD
- STAR
- SNOW
- SCARF
- CRACKERS
- CAROLS
- ICE
- BOOTS
- LIGHTS
- PARTY
- JUMPER
- FROST
- PUDDING
- TREE
- TINSEL
- PRESENTS
- HOLIDAYS
- GLOVES

Play this puzzle online at : <https://thewordsearch.com/puzzle/4132748/>

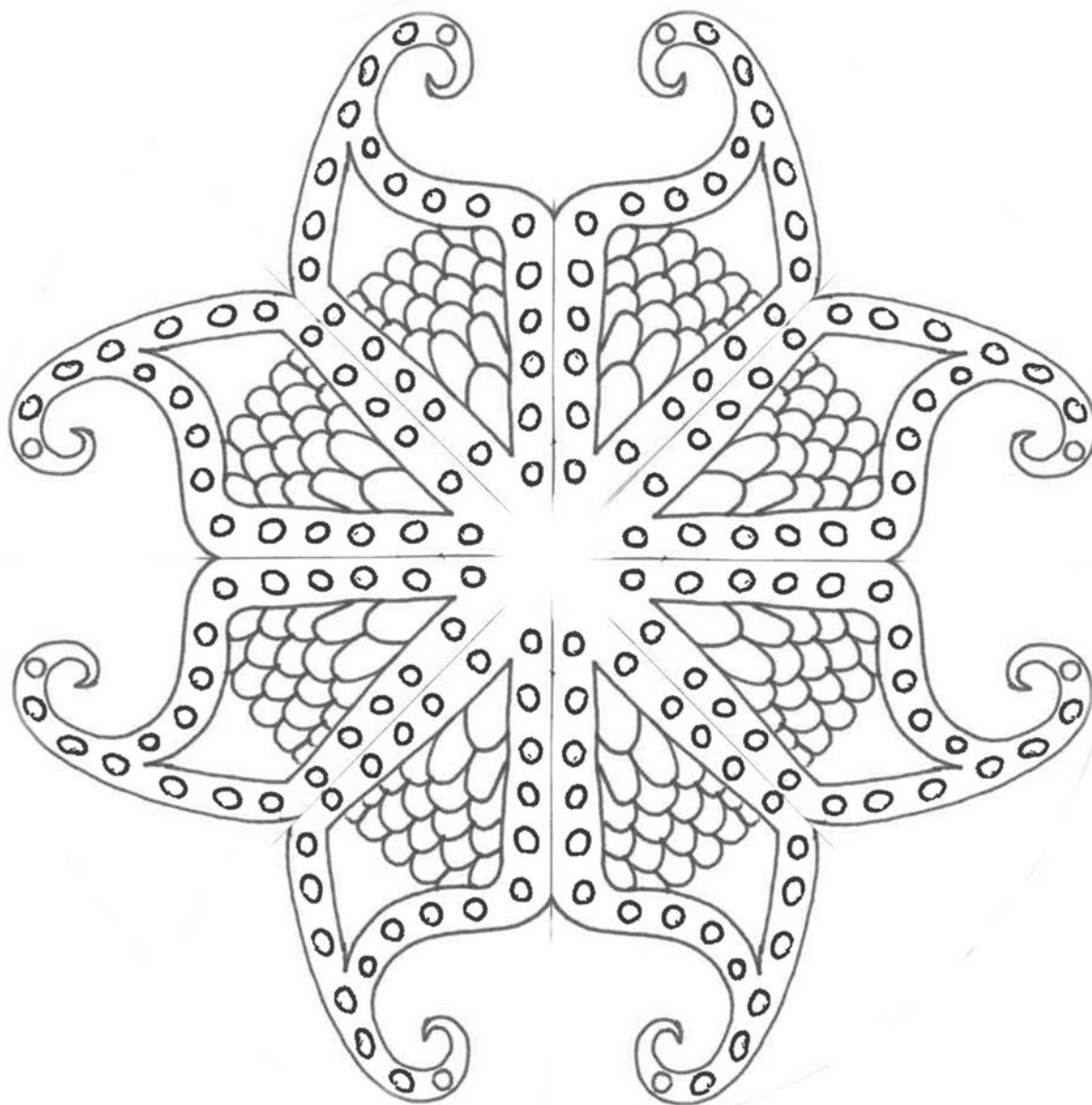


Spot the Difference



Colouring in by Paperworks

Colour me in



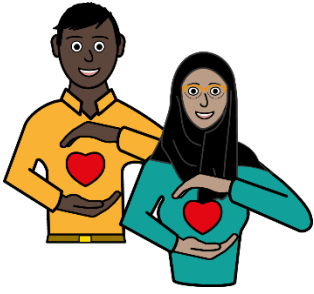
ENHANCING WORK SKILLS & WELLBEING
FOR ADULTS WITH LEARNING DISABILITIES
www.paperworks.org.uk

Spot the Difference Answers



1. Connect in the North Logo on lanyard
2. Carol singers on jumper.
3. Presents on poster.
4. Cherry picture on wall.
5. Star on T-shirt.
6. Christmas tree in hand
7. Information sign,
8. Picture of a snowman
9. Heart on jumper.

Hamara Wellbeing Café



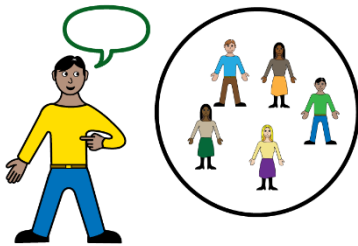
Do you or someone you care for have learning disability?

Would you like to learn about keeping healthy and living well?



Please come to our new event. It is on every other Friday 10:00am-12:00pm at Hamara.

Hamara Healthy Living Centre, Tempest Road, Leeds, LS11 6RD



We will talk about lots of different health topics. We have easy read resources to help you.

Tell us what you would like to learn more about.




Enjoy free refreshments.

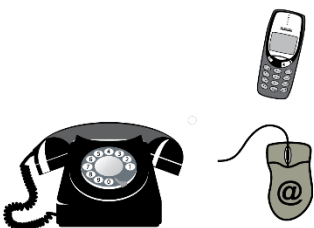
Meet friendly members of health care teams.

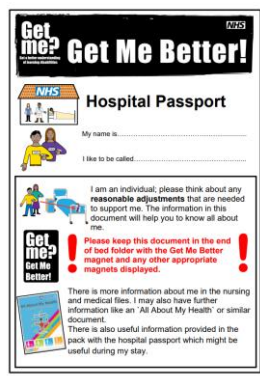


Look at our website <https://www.hamara.org.uk/> and social media <https://www.facebook.com/HamaraCentreLeeds> for upcoming events.

 Josie.binns@hamara.co.uk

 01132773330





Learning Disability Hospital Passport Survey

Have you ever used a Learning Disability Hospital passport?

Leeds Teaching Hospital NHS Trust wants to find out what you think of the Passports.

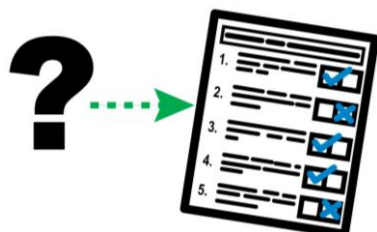




You can scan the QR code and fill in the short survey.



If you don't want to use a QR code you could answer these questions -

- Have you used a Learning Disability Hospital Passport?
- Did it make a difference accessing health care/was it used?
- What did you like about the Hospital Passport?
- Was there anything missing from the Hospital Passport?



Then email  Leedsth-tr.ldautism@nhs.net or ring  0113 2066836 with your answers.



You can find a copy of the Learning Disability Passport on their website.

 www.learningdisabilityservice-leeds.nhs.uk/get-checkout/resources/service-user-family-and-carer-information/

My Body My Choice

Free groups join at any time

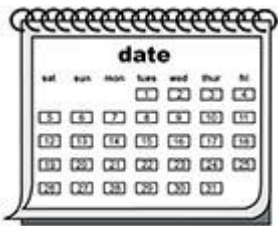


Groups will focus on topics related to health and wellbeing

All topics will be chosen by group members

Meet new people who can help you make the right choices for your body

Most importantly have fun and express yourself in a relaxed and safe space

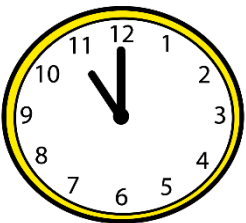


Every Tuesday and Thursday

Join which day works for you



Tuesday 5:30pm → 7:30pm




Thursday 11:00am → 1:00pm



Ring  Theodore Bedford on 07308599062



Or email  Theo@peoplesmattersleeds.ac.uk to book onto the groups or to find out more

Pass it on People Visit Chapel FM



Pass it on People visited Chapel FM in Seacroft.

We were made very welcome by the team.



There is lots to do there. There are courses such as creative writing and learning tech.

They run open mic nights and music groups. We had a go playing some of the different instruments.



There is a recording studio. You can listen to the radio station online

<https://www.chapelfm.co.uk/elfm-player/>

We were interested in a show called the Disabled Table.



Chapel FM is a beautiful building that is accessible.

It is for anyone living in the Seacroft area. You can visit their café and find out more.



For more information contact

Sinead O'Reilly


Chapel FM Arts Centre

Old Seacroft Chapel

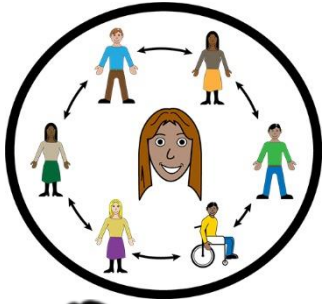
1081 York Road

Leeds

LS14 6JB

 0113 2255944

 www.chapelfm.co.uk



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>

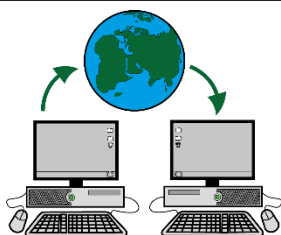


Or if you have a TikTok account follow Through the Maze so you don't miss any of their videos

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



Tania and Vicky recently made a video about Black History month.



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

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> 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