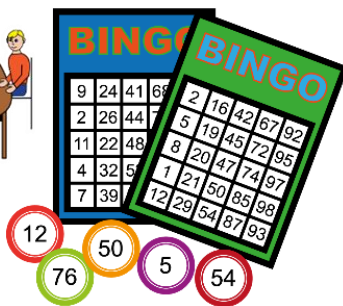


# through the Maze

# Newsletter Autumn 2024



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# Welcome to the Autumn 2024 Through The Maze newsletter



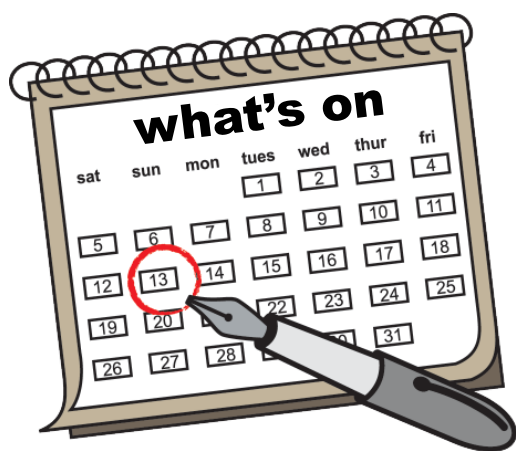
The Through The Maze newsletter has information about just some of the things happening in Leeds.



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

[through-the-maze.org.uk](https://through-the-maze.org.uk)

Or use this QR code to go to the Through The Maze website.



Keep telling us about things that are happening so we can share them.

We hope you like this edition of the newsletter.

From

**the Through The Maze team**



**Thanks to everyone involved in making this newsletter, including the Newsletter Advisory Group**

# The Pass It On People – what does **community** mean to us?



Community can be about where you live and the people and places around you.

And community can be about having connections with other people because you have things in common.

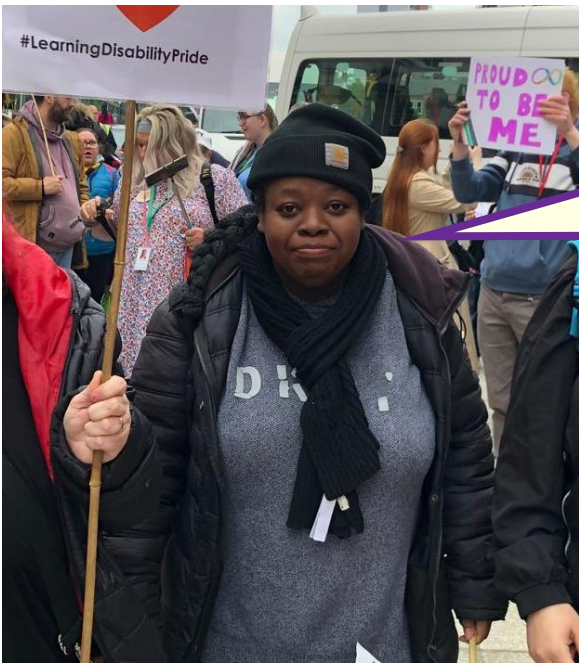
## Janet

I live in Armley. I go to New Wortley Community Centre, where I enjoy doing art and craft groups. And I am a Leeds Rhinos fan.



## Sapphire

I am into football. I support Leeds United and go to some of their games. And I train with Leeds City Ladies football club.



Tania

I connect with my friends, including online on Facebook.

George

I am in several groups for people with a learning disability that go out and about. This helps us be linked to things happening in Leeds where we all live.



Courtney

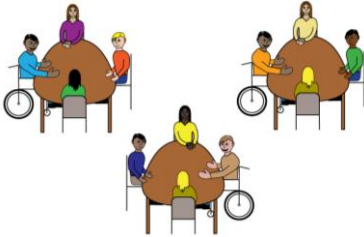
I am part of the community of people with a learning disability in Leeds. I work at Café Leep where I train other people with a learning disability. I go to the inclusive club nights at Popworld. And I work for Connect In The North in the Pass It On People.





# Changes at the Leeds Learning Disability People's Parliament

At the People's Parliament meetings, people with a learning disability feed into the work of the Leeds Learning Disability Partnership Board.



**There are new volunteer roles at the People's Parliament.**



**Elected Representatives** will go to the Partnership Board meetings. They will share what has been said at the People's Parliament.



And **Stewards** will help at events like the People's Parliament, Picnic in the Park, and Learning Disability week.



Find out more about these roles:

[askingyou.org.uk/  
changes-to-volunteering-with-asking-you/](https://askingyou.org.uk/changes-to-volunteering-with-asking-you/)

**And the People's Parliament meetings will now be at St Chad's Parish Centre.**

This is on Otley Road in Far Headingley.

Find out more, including the dates for 2024 and 2025 meetings:

[askingyou.org.uk/  
leeds-learning-disability-peoples-parliament](https://askingyou.org.uk/leeds-learning-disability-peoples-parliament)



# The Pass It On People visited the St Vincent's Centre

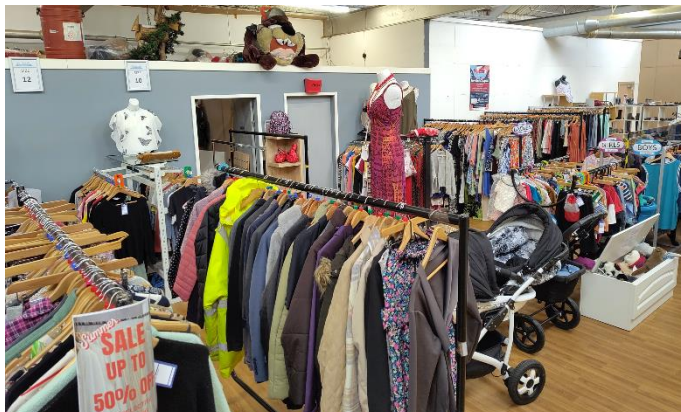


This is a community centre on Berking Avenue, just beside York Road.



It is local to people who live in Burmantofts, East End Park, and Richmond Hill. And everyone is welcome wherever they live!

The centre has lots of different groups and activities. There is a cafe and a charity shop which sells clothes and furniture.



We went on a day when there was an arts, craft and conversation group.

It is a good way to meet people while making things. Sometimes people go just to talk.

On the day we went the group was painting pebbles.

These were for a childrens' treasure hunt that the centre was organising.



We met Tim who is the Activities Coordinator for the St Vincent's Centre.

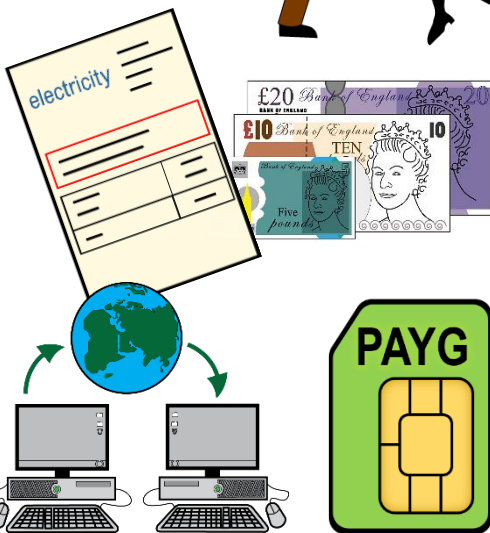
He told us about what happens at the centre. There is too much to list everything here!



Some of the things Tim told us about:

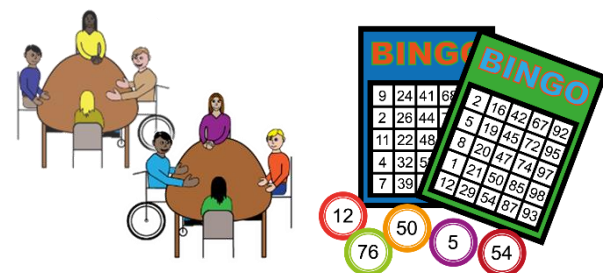
There are drama and music groups.

There is an exercise class doing hula hooping.



There is a debt advice service. This helps people who are struggling with debts and bills.

The centre can offer help with getting on the internet.



There is a Friday social. This is an afternoon get-together with a quiz and bingo.



The groups at the St Vincent's Centre are free.

To find out more visit the St Vincent's website.

[svp.org.uk/stvincentsleeds/groups](http://svp.org.uk/stvincentsleeds/groups)

Here is what we thought:



**Courtney**

It was interesting visiting.  
I didn't know it was here, even though I have been past it on the bus loads of times!

**Tania**

I would not have thought to come here, but there is loads on.



**George**

I enjoyed the art group, including the free biscuits!



**Sapphire**

It is ideal for buses, and the charity shop is big.



You can also find out about what's on at the St Vincent's Centre by going to their Facebook page.



[www.facebook.com/stvincentsleeds](https://www.facebook.com/stvincentsleeds)

Thanks to Tim for showing us around. Sorry we did not get a photo of you!

Thanks to Annemarie, the volunteer who runs the arts group.

And thanks to Kai, who was at the arts group and talked to us about things he is involved in.



# Spot the difference

Dramarama did a flashmob at the Being Social marketplace in this year's Learning Disability Week.

Can you find all the differences between the pictures?

Answers on page 17



# Wordsearch

Can you find all the words and phrases in this wordsearch?  
Some words are backwards or go from bottom to top!

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

ACTIVITIES

CENTRE

CHARITY

COMMUNITY

CONVERSATION

COORDINATOR

DRAMARAMA

GROUP

HULA HOOPING

INCLUSIVE

INTERESTS

LINKED

LOCAL

PASS IT ON

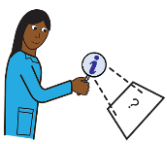
SOCIAL

STEWARDS

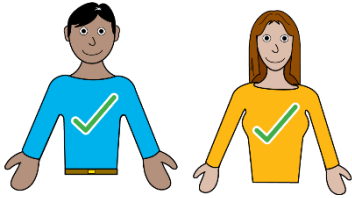
ST VINCENTS

WELLBEING

Answers on page 17

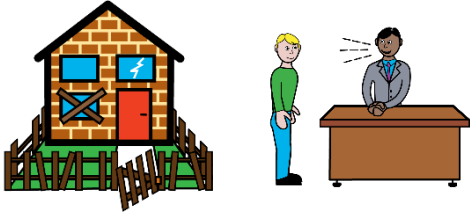


# Let's look at... **social prescribing**

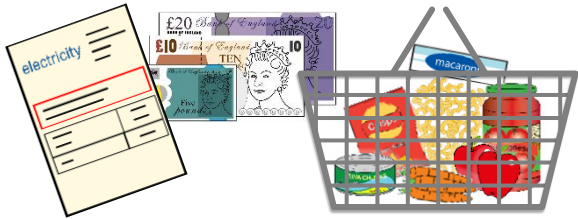


Social prescribing means connecting you to the right support for your wellbeing.

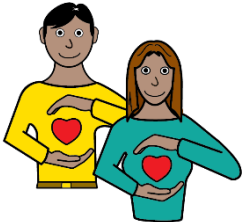
This could be:



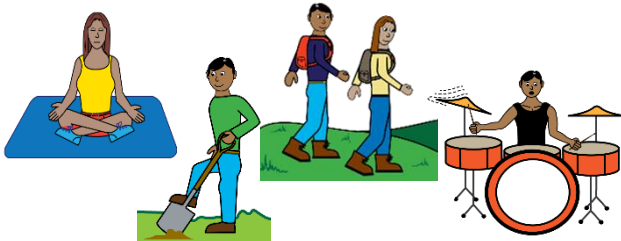
Connections to housing advice or support with housing



Support with money management



Support for emotional, social and mental wellbeing



Meaningful use of time  
(this means having things to do that you enjoy)



Social networks and community connections  
(this means having links to people and to the area where you live)



Social prescribing in Leeds is done by **Linking Leeds**.



**[www.linkingleeds.com](http://www.linkingleeds.com)**

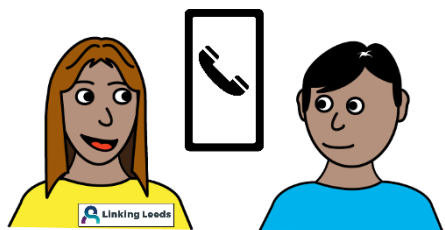
You can scan this QR code to go to the website.



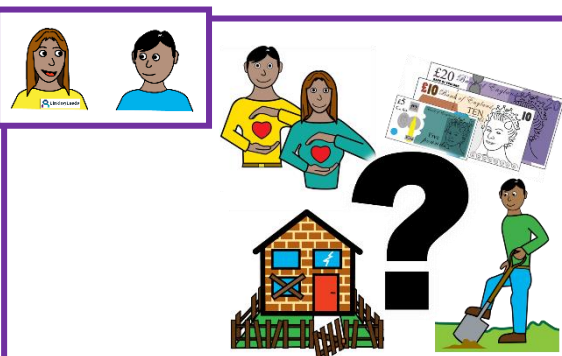
## This is how social prescribing works:

You need to be over 16 and registered with a GP in Leeds.

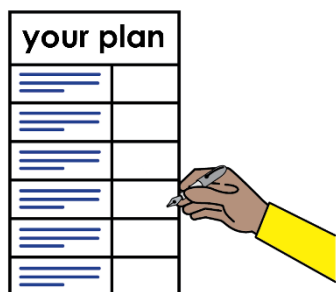
You can be referred to Linking Leeds by your GP. Or you can refer yourself.



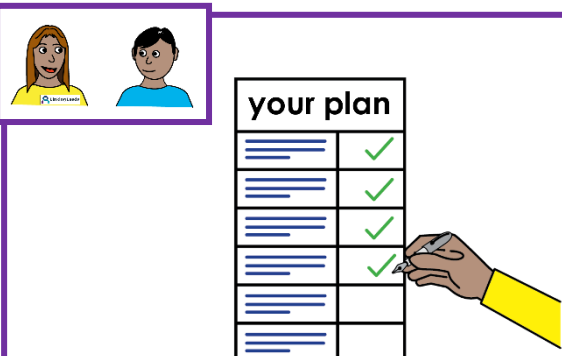
First there is a phone call to introduce you to your **Wellbeing Coordinator**.



The Wellbeing Coordinator will find out more about what help you need. This can be done in person, or by phone.

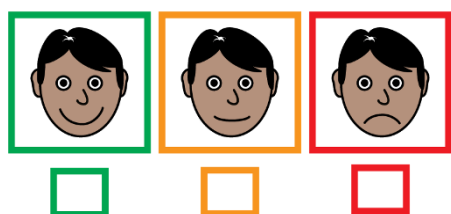


The Wellbeing Coordinator will then make a plan with you. The plan will say what you are going to do that will help your wellbeing. The plan will have goals for you.



You will have more appointments to see how you are doing at reaching your goals.

The appointments will happen for between 1 and 8 weeks, depending on what support you need.



At the end there is a final appointment to see how well you have met your goals.

# EMPLOYMENT SUPPORT

## Do you need support with getting closer to employment?

We support adults 18+ (+16 and 17 year olds if not in another work/ education provision) with additional needs. All our support is from qualified and supportive job coaches at our base in LS11 (Holbeck)

### DETAILS OF OFFER

- Providing themed job workshops around useful topics such as CV writing and interview skills on a Tuesday 10.30- 1.30
- Providing a drop in job search session Tuesday 1.30-3.30

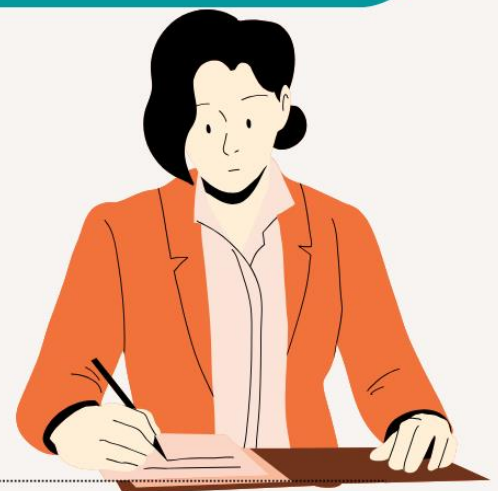
### DETAILS OF OFFER

- Offering 1-1 support to all participants
- Offering real work experience in our micro social enterprise Wednesday 10.30-3.30
- Offering support with barriers to gaining employment ie. help with bus fares

If you are interested in hearing more about it, please get in touch with Laura Clark, details below

**info@peplemattersleeds.co.uk**  
**0113 2346896**

We look forward to hearing from you!



# International Day of Disabled People

Come along to our  
Marketplace Event

**Tuesday 3 December 2024**  
**11am - 3pm**  
Leeds City Museum

This year's theme is  
**'Advocating for Accessibility'**

- Celebrate the contribution of disabled people in Leeds!
- Meet support and advocacy services and organisations
- Special guests: The Lord Mayor of Leeds - Abigail Marshall Katung, Cllr Kevin Ritchie
- Quiet room with sensory activities
- BSL interpreters

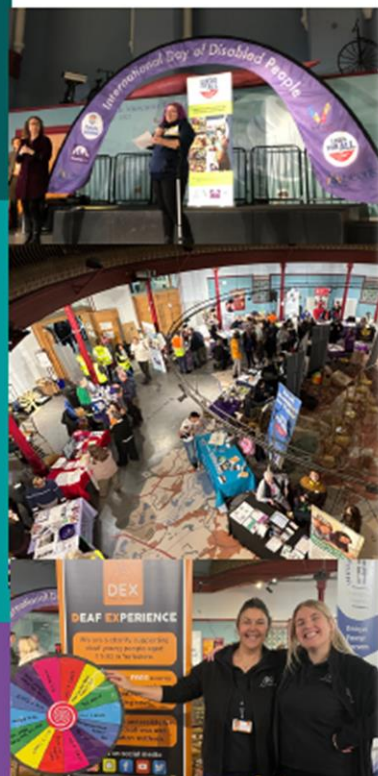


All  
welcome  
FREE



**Find out more**

Go to the Forum Central website:  
<https://bit.ly/IDODP2024>



#LeedsForAll #IDODP2024





# Annual General Meeting and Winter Wonderland Festival

Wednesday 4 December 2024 11.30am to 2.30pm  
The Cardigan Centre, 145-149 Cardigan Road, LS6 1LJ



A free event for all our members.  
Dress code – Winter Wonderland!

Choose who will be in charge of  
Connect in the North.

Find out about all the work we  
have done.



Afterwards join us for lunch and  
festive entertainment

- Performance by the amazing Dramarama
- The Big End of Year Quiz
- Maddie's Mega Bingo with prizes
- Raffle and festive games



To book or to find out more:  
email [sarah@citn.org.uk](mailto:sarah@citn.org.uk)  
or ring **0113 270 3233**

# Spot the difference and wordsearch answers



- 1 Janet brought Ronnie the Rhino
- 2 Alan and Tania
- 3 Chris and Wayne
- 4 Meeow!

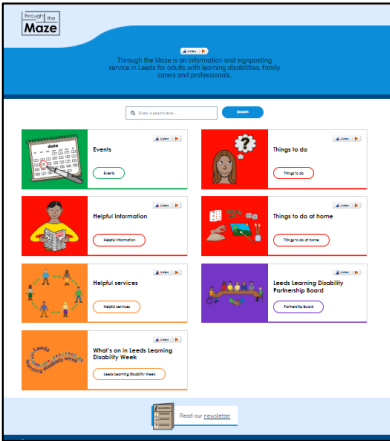
- 5 Who put the football on?
- 6 Paul moved his stall to get into the picture

- 7 Is David cheering for Dramarama or for the football?
- 8 Anyone for pizza?

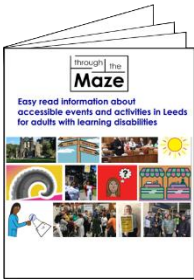
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| A | E | T | I | O | E | V | I | S | U | L | C | N | I |
| R | L | I | C | Y | S | T | E | W | A | R | D | S | T |
| A | L | V | S | T | E | R | T | N | E | C | P | T | N |
| M | B | I | C | I | C | I | M | E | N | E | O | V | I |
| A | E | T | T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



# Have we got the right information?



## Please tell us if there is anything on our website we need to update.



## Please let us know if you are running groups or events for people with a learning disability.



## We would love to help tell people about them.



## Tell us by email at

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

## or use the contact details on the next page.



## How to contact us

0113 270 3233



Office 46, Sugar Mill  
Oakhurst Road  
Leeds  
LS11 7HL

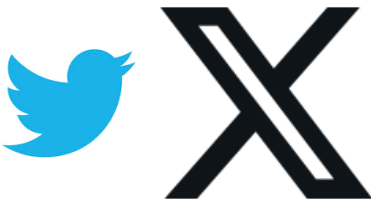


[ttm@citn.org.uk](mailto:ttm@citn.org.uk) (Through The Maze)  
[info@citn.org.uk](mailto:info@citn.org.uk) (Connect in the North)



### Facebook

[www.facebook.com/throughthemazeleeds](https://www.facebook.com/throughthemazeleeds)  
[www.facebook.com/CintN](https://www.facebook.com/CintN)



### X (Twitter)

@ThroughTheMaze  
@ConnectintNorth



### YouTube

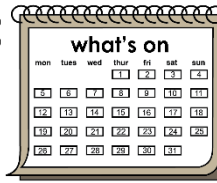
[tinyurl.com/CITNvideos](https://tinyurl.com/CITNvideos)



**If you want to stop getting this newsletter you can tell us.**

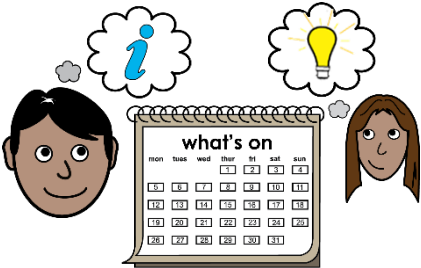
**You can use any of the ways to contact us on this page.**

# through the **Maze**



## Through The Maze WhatsApp updates

for people with a learning disability,  
their families and carers, and their  
support staff.



Every week we send details  
about **events**,  
**things to do in Leeds**,  
and **useful information**.

Scan the  
QR code  
to join on  
WhatsApp



Through The Maze updates are sent in a group where only  
Connect In The North staff can see other people's details.  
For more information visit [tinyurl.com/TTMwhatsapp](https://tinyurl.com/TTMwhatsapp)