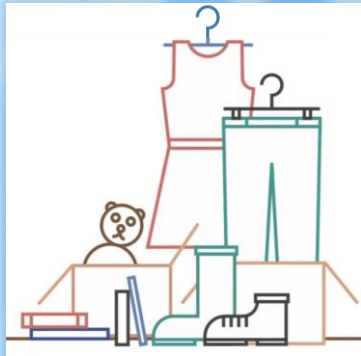
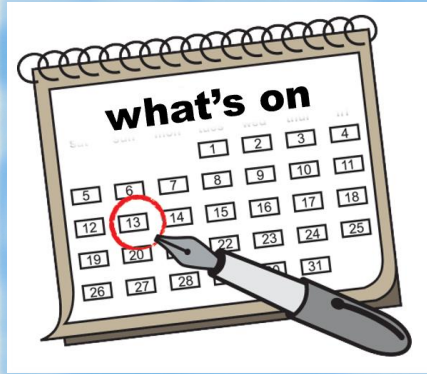
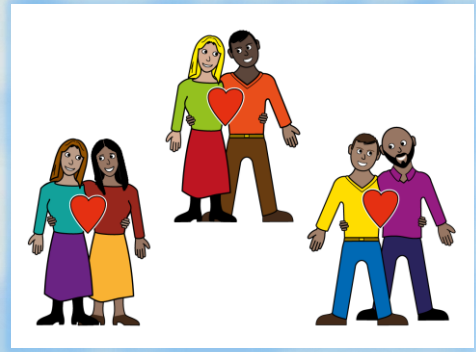


through the **Maze**

Newsletter Winter 2024



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In this newsletter we use QR codes



If you are reading this online you can click on our QR codes or on the underlined links

Most smartphones can use QR codes to open links.

www.through-the-maze.org.uk/





Welcome to the Winter 2024 Through The Maze newsletter



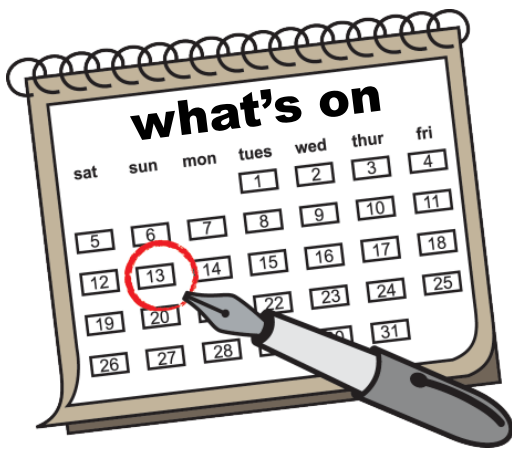
The Through The Maze newsletter has information about just some of the things happening in Leeds.



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

through-the-maze.org.uk

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 PARADISE CLUB

The best club in clubland!

Back by popular demand for Christmas 2024, **The Paradise Club** is a glam-rock showstopper, with lots of singing and dancing. A roller-coaster ride of rocking fun for everyone! Where else could you see Ziggy Stardust come down the chimney dressed as Santa?

www.leedsplayhouse.org.uk/event/the-paradise-club/



At Leeds Playhouse
Wednesday 4 December, 12.30pm
Wednesday 4 December, 7pm
Thursday 5 December, 12.30pm

Tickets are £6
Free companion tickets
for carers and supporters





The Pass It On People visited Holbeck Together

This charity provides services and opportunities to get involved for people in Holbeck.



Holbeck Together do their work in the St Matthew's Community Centre (this is over the road from their office), and out and about using their community transport.

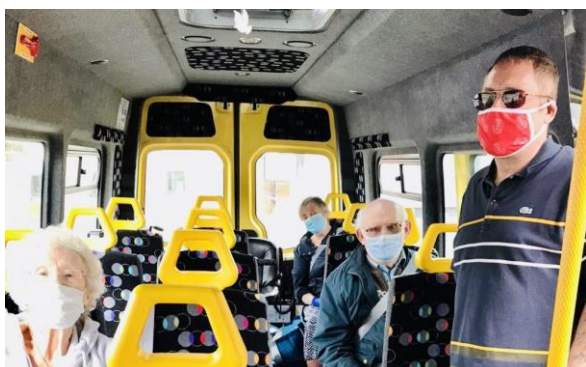


Preparing roast chicken for the lunch club

Holbeck Together do lots of work with older people.

This includes lunch clubs, support with mental and physical health, support with housing and benefits and money, and befriending.

They also work with families and have social events that anyone can go to.

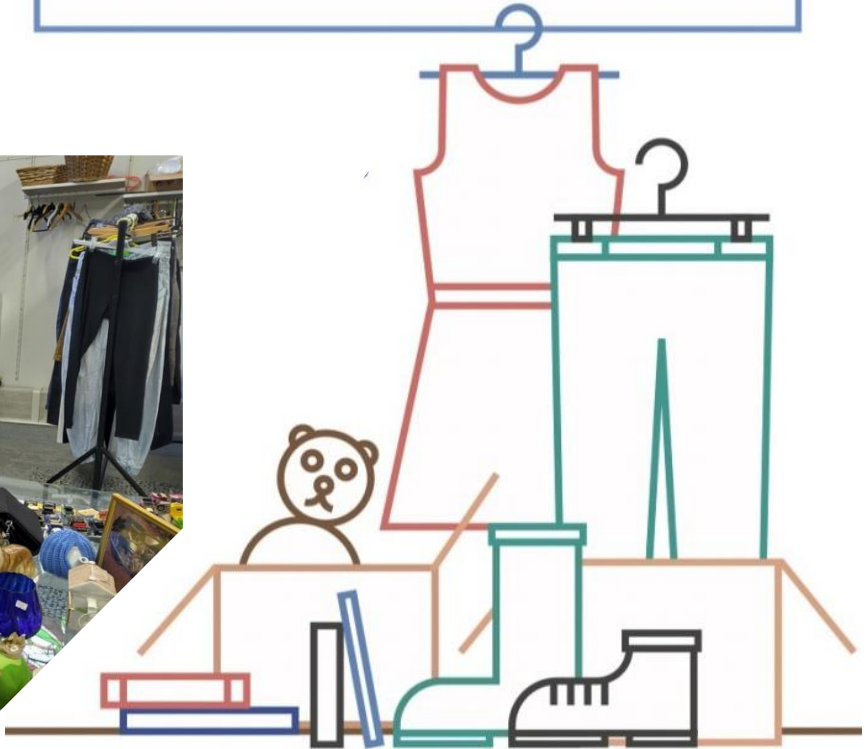


Holbeck Together's transport bus can be hired at a good price.

It is suitable for wheelchair users.

There is a charity shop.
It is open 3 days a week.
Monday 11.30am to 2pm
Tuesday 10am to 2pm
Friday 10am to 2pm

Charity Shop



And there is a
community shop.
It is open on Thursday
9.30am to 2pm

Community Shop

People join as a
member.

They pay £3.50 a week
for 14 items.

This helps people have
affordable food.



Find out more about Holbeck
Together on their website
www.holbecktogether.org/

Here is what we thought:

Tania

It was a cute charity shop!

George

That chicken looked nice!
Places like this are good –
use them or lose them!

Courtney

They had lots of things on –
it looked like good activities.

Janet

There was a great atmosphere.

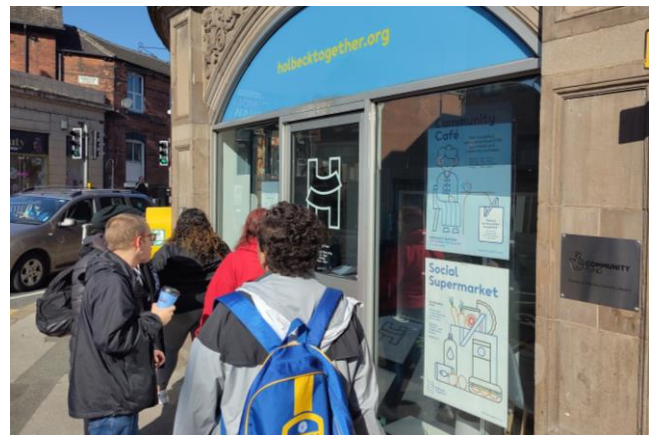


Sapphire

They have volunteering opportunities.
I do volunteering in other places and it
is great experience – I think other people
would enjoy it too.

Find out about volunteering with
Holbeck Together on their website

www.holbecktogether.org/volunteering/

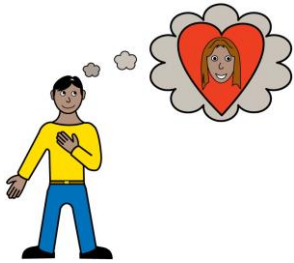


Thanks to Jessica for showing us around.

Thanks Holbeck Together for letting us use some photos from your website.
And thanks to all the friendly people working, volunteering and visiting
Holbeck Together when we were there, for making us feel very welcome!



Free Training for People with Learning Disabilities Having Good Relationships



We are running 4 sessions for people with learning disabilities in Leeds.

Session 1 – Getting Ready

Thursday 3rd April 1pm-3pm

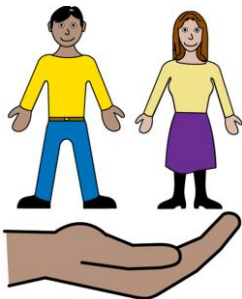
- What makes a good relationship
- What does consent mean



Session 2 – Dating

Thursday 10th April 1pm-3pm

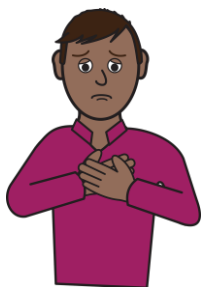
- Where can you meet people
- Ways of making online dating safer
- What to do on a date



Session 3 – Keeping your Relationship Going

Thursday 17th April 1pm-3pm

- Support you might need
- Keeping safe
- Being a good partner



Session 4 – If Things Go Wrong

Thursday 24th April 1pm-3pm

- What could go wrong
- Feelings when a relationship ends
- Moving on

email sarah@citn.org.uk or call **0113 270 3233**
to book on. Tell us if you are bringing support.

The training will be at Office 45, Sugar Mill Business Park,
Oakhurst Avenue, LS11 7HL



Have your say on 2025's event!



**Scan the QR code or visit
tinyurl.com/autisticon25survey**

AutistiCon is a free annual event every June in Leeds.

The event has guest speakers, information stalls, activities, and performances and artworks created by autistic people.

The organisers want to know what people think next year's event should include.

This survey is open until 5pm on 31 December 2024.



The Pass It On People went to Staying Safe and Feeling Safe – an event by West Yorkshire Police

This was at the police headquarters on Elland Road



At this event we heard from different police officers.

One presentation was about things that make your home safer from burglars.



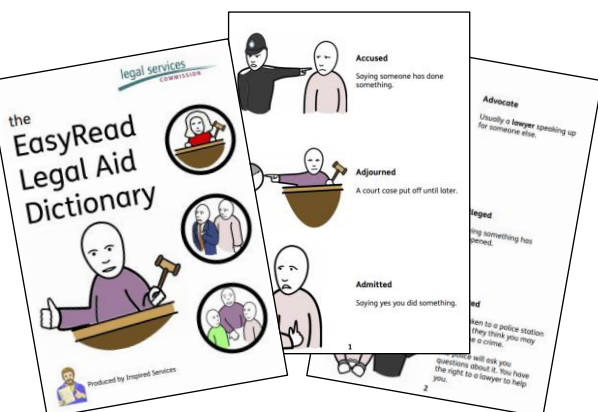
The spot the difference on page 12 is based on this presentation.



We heard about what happens when someone reports a crime, and if someone gets arrested.

They had an easy read dictionary of words people might hear when dealing with the police.

You can use this link to see it:





The police talked about lots of different things that can keep people safer and make them feel safer.



We saw some of the easy read that the police have.

Use this link to see the easy read on their website.



And we heard from the police's Safer Travel team.

Use this link to see easy read information about the team and about staying safe on public transport.



This was a great event. The police officers made it really interesting. They worked with the Being Safe learning disability task group to design the event.

Spot the difference

There are 10 differences between these two pictures.

How do you think they will make the house in the bottom picture less likely to be burgled?

Answers on page 22



Wordsearch

We've taken some words and phrases from this newsletter...

Can you find them all in this wordsearch?

Answers on page 22



ATMOSPHERE

AUTISTICON

CHARITY

FEEDBACK

FEEL GOOD

FILMING

PARTY

PERFORMANCES

POLICE

RELATIONSHIPS

RELAXED

SAFETY

SELF ADVOCACY

TOGETHER



Healthwatch Leeds is here to listen to you about health and care services.

We aim to use your feedback to make services better.



We are looking for a person with a learning disability to be part of a project.



Do you see a lot of health and care people like doctors, nurses and support workers?



If you do – do you want to share your story?

We want to record someone's story.



This will be done using video or voice recording.



If you want, you can take part without sharing who you are.



We will record once a month for a total of 6 months.



A £100 voucher is given to you at the end of filming. This is to thank you for your time.



We can get an interpreter if you do not speak English or need a British Sign Language interpreter.



If you would like to take part call 0113 898 0035

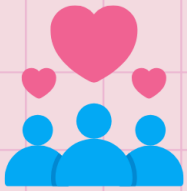
Or fill in our online form



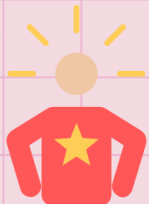
uk.surveymonkey.com/r/HDIFFM

FEEL GOOD GROUP

A **FREE** course run by Women's Health Matters for **women** with **learning disabilities** and **autism**. Learn more about:



Healthy friendships and relationships



Being confident



Looking after your body



Safe choices



Tuesdays, 2pm to 4pm



In Beeston, LS11

(We give people the full address once they have signed up.)



For more information ring

0113 276 2851 and ask for Emily.

People can join by filing in our referral form, or someone can fill it in for them.



This is the link for the easy read referral form



Or professionals can refer at

www.womenshealthmatters.org.uk/contact-us

Please note that this course is not aimed at support with domestic abuse. If this is the main support needed please call the Leeds Domestic Violence Service on 0113 246 0401.

Free relaxed performances

Leeds Conservatoire, Quarry Hill, LS2 7PD

No need to book – just turn up



Juniper

Wednesday 15 January 2025 – 1.05pm to 2pm

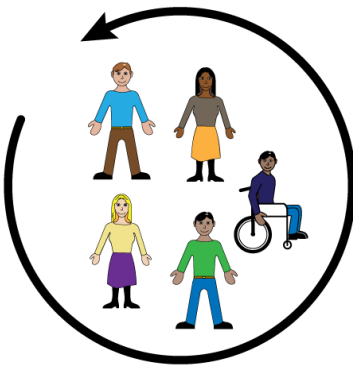
Juniper play a mix of traditional and modern folk music.



Pro Corda

Wednesday 19 February 2025 – 1.05pm to 2pm

Pro Corda are a singer and a piano player. This performance will have peaceful, soothing music - classical chillout.



Relaxed performances are for everyone.

They are good for people who want a more relaxed way to enjoy concerts.

During relaxed concerts the lights stay up, the doors stay open, and there is less difference between quiet and loud in the music.

Audience members can leave and enter at any time, move around freely, and respond to music as they feel.



Use this link to see a video of how to get to the venue.

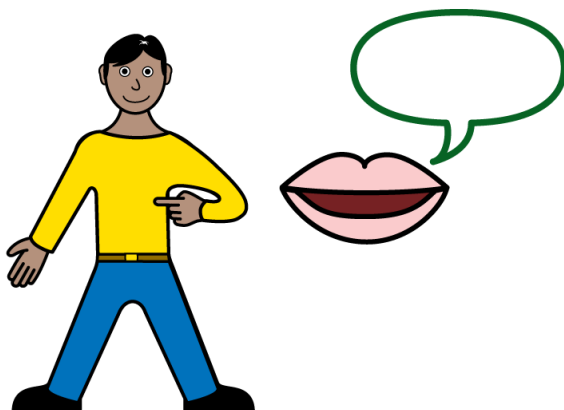
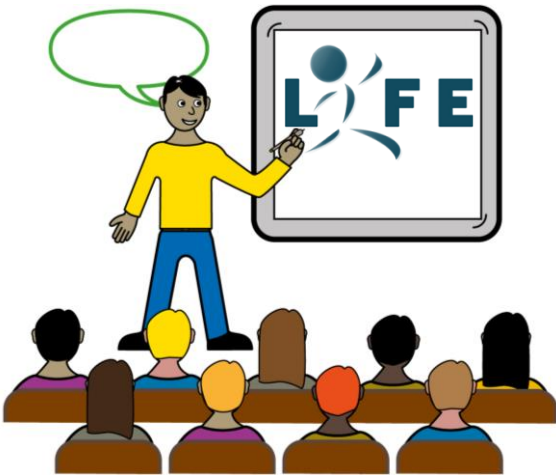
tinyurl.com/LICSvenue



Courtney from the Pass It On People visited Leep1's LIFE Project



Meeting with Lauren and Hazel from the LIFE Project



LIFE stands for
Leep1 **I**nclusion **F**or **E**mployment.

This is a project to help people with learning disabilities keep a job and help their voice be heard at work.

I met with Lauren who was working on this project until recently.

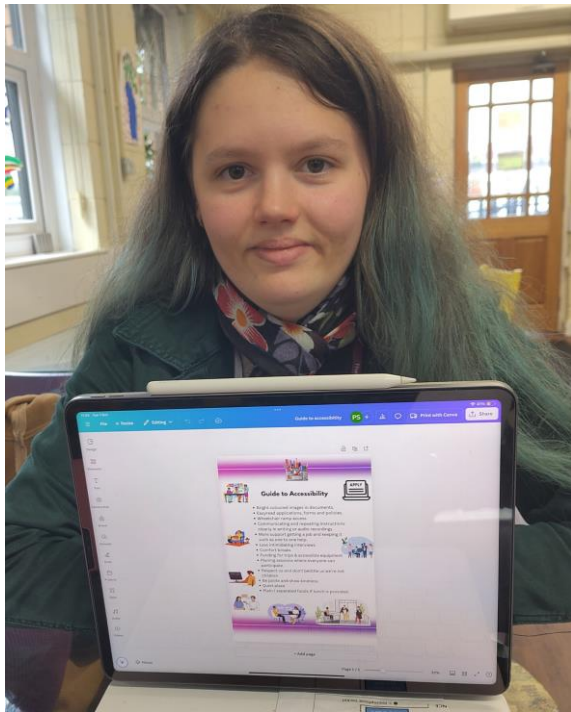
Lauren told me about work she did with people thinking about what makes employment accessible and inclusive.

The project will use what people said to help develop training.

They want people with a learning disability to be trainers. The trainers will go to businesses to tell them about being inclusive employers.

And there will be training and advice for people with a learning disability, about speaking up for themselves in jobs to get the support they need.

Speaking up for yourself can also be called **self advocacy**.



Lauren with some of the guidance she wrote



Me and Sapphire at Cafe Leep. Sapphire also has a job with the LIFE project.

We also work together in the Pass It On People.



Based on her experience, Lauren gave advice to Leep1 about things they could change to be an even better inclusive employer.

These improvements will also be shared with employers in the future.



We also talked about my experience of getting employment.

I have lots of experience and skills. When I apply for jobs it is important that I can show this.

I said I would be interested to be part of the project to share my experience and to learn more.

The LIFE Project is working on what it will do next to make all this happen.

If you are interested and want to hear more when the next steps start, you can contact

LIFE@advonet.org.uk

PARTY TIME

ofo



People in Action's
Winter Party is on
Wednesday 18th December
6pm - 9pm
at Leeds Irish Centre
Tickets **£15**

For tickets, pop into the office at
The Old Fire Station in Gipton,
call 0113 244 3729 or buy online at
www.peopleinaction.org.uk/xmas

TRAVEL with Confidence

Registered Charity No: 701434



Do you want to learn to travel independently?

People in Action is running a **FREE** service
for learning disabled and autistic people.

We can help you to **plan** your journeys,
catch **busses, trains, and taxis**, and use
digital **travel apps**.

We can help you apply for **disability passes**
and have a say in Leeds' public transport.



If you are interested, please contact us on **0113 244 3729**
or email travel@peopleinaction.org.uk



Wellbeing Groups

People Matters are running weekly wellbeing groups with a focus on crime, safety and mental health. We have six themes which include; mental health, safeguarding, online safety, discrimination, relationships, and advocacy



There are external speakers, as well as activities focusing on social and mental wellbeing such as arts & crafts, sports, and games.



Mondays- 10.30-12.30

Fridays- 10.30-12.30

Come along and take part in a fun, active and creative programme led by our members!



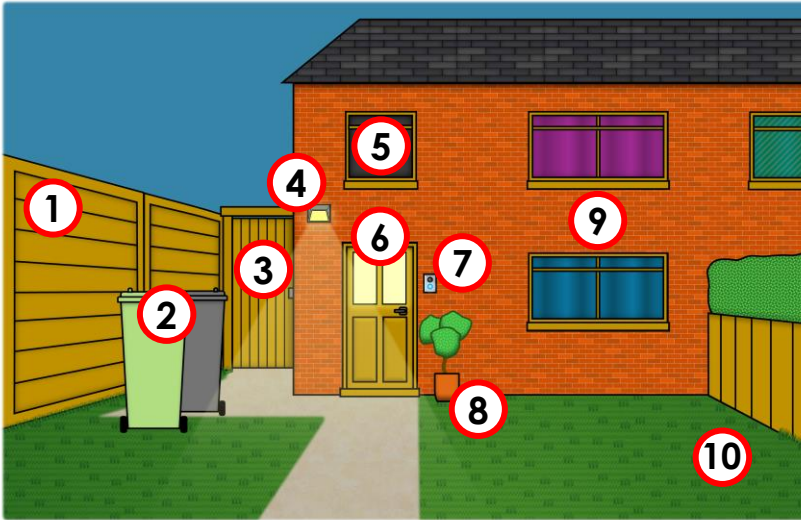
Tracy Brabin
Mayor of West Yorkshire

Mayor's Safer Communities Fund

If you would like to join or for more information, email info@peoplesmattersleeds.co.uk or call 0113 234 6896

Spot the difference answers

How many did you find? What do you think makes the house in the bottom picture less likely to be burgled?



- 1 A broken fence makes it easy for burglars to get away quickly
- 2 Putting boxes out of sight means people cannot see when you have bought new things they might want to steal
- 3 Keeping doors and gates locked makes it harder for burglars to get in
- 4 Security lights put burglars off
- 5 Keeping windows closed makes it harder for burglars to get in
- 6 Having lights or the TV on when you are out means burglars might think you are in
- 7 Smart doorbells with cameras put burglars off
- 8 Having a hidden key is unsafe, they are easy for burglars to find.
- 9 Keeping curtains closed makes it harder for burglars to see when you are out
- 10 Keep valuable items in the house out of sight

Wordsearch answers

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



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.

How to contact us



0113 270 3233



Office 46, Sugar Mill, Oakhurst Road
Leeds LS11 7HL



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



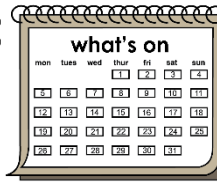
Facebook

www.facebook.com/throughthemazeleeds
www.facebook.com/CintN



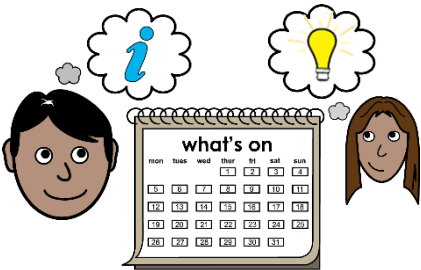
If you want to stop getting this newsletter you can tell us.

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