

# through the Maze

**Easy read information  
about accessible events  
and activities in Leeds  
for adults with learning disabilities  
Summer 2024**



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## Welcome to the Spring 2024 Through The Maze newsletter



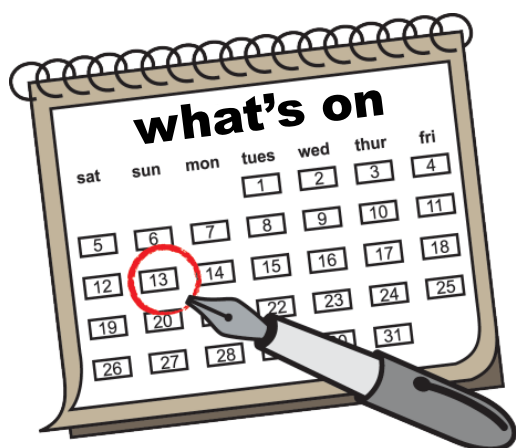
The Through The Maze newsletter has information about just some of the things happening in Leeds.

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.

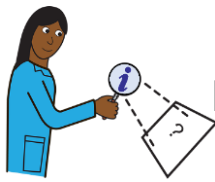
We hope you like this edition of the newsletter.

From

**the Through The Maze team**



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

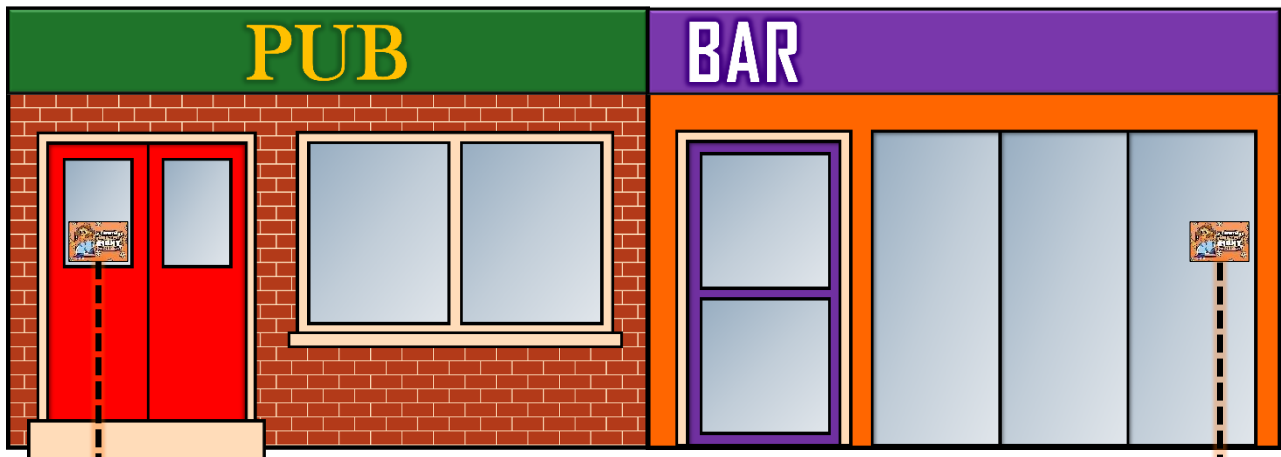


# Let's look at... **Staying safe – Ask for Angela**



**Ask for Angela** is a way for people to get help if they feel unsafe when they are out.

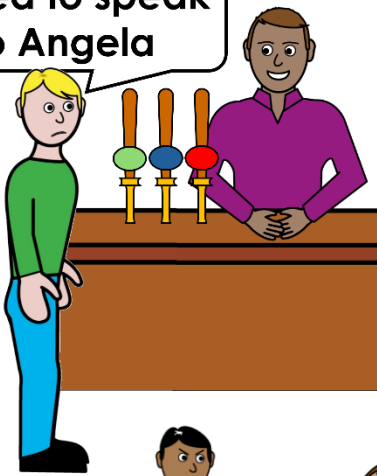
Lots of pubs and clubs in Leeds are part of the scheme. And some restaurants and other venues are in the scheme.



Places in the scheme have an Ask for Angela poster in their window.



I need to speak to Angela



If someone is making you feel unsafe ask the staff if you can speak to Angela.

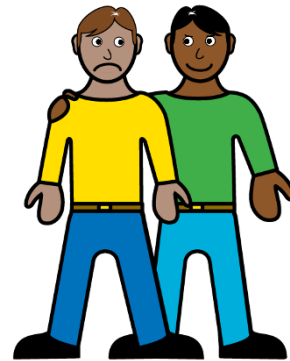
This tells the staff you need help.

The staff will take you to a safe space or help you to get home.



You might feel unsafe because someone is threatening you.

You might feel unsafe because someone is getting too close to you.



You might feel unsafe because someone is asking you to do things that make you uncomfortable.

Whatever it is that makes you feel unsafe you can **ask for Angela.**



Ask for Angela is similar to the Safe Places scheme.



# Join our FREE Friendship Group!

A friendship group for adults with learning disabilities aged 18+ to meet new friends and do fun activities, either at the office or out in the community.

All activities are planned and organized by our members.



**DATE:** Every Wednesday  
This group runs from 6pm until 8pm



To find out more, either call our office on **0113 243 9477**, email [manager@leep1.co.uk](mailto:manager@leep1.co.uk) or visit [leep1.co.uk](http://leep1.co.uk) to make a referral online.



Groups take place either in the Leep1 office or out in the community



Our Friendship Group is funded by a grant from The National Lottery Community Fund



## 2024 Activity Timetable!

Day	Tuesday	Wednesday	Thursday	Friday
Time	From 09:30-3:30	From 09:30-3:30	From 09:30-3:30	From 09:30-3:30
Activity				
	Out and About Group	Drama Group	Arts and Crafts Group	Feel Good Friday Group



**£11.02 PER HOUR:**  
Payment can be self-funded or through Adult Social Care. For Adult Social Care, please contact your Social Worker

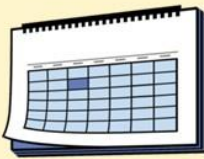


**Address:** Leep1, Unity Business Centre, 26 Roundhay Road, Leeds LS7 1AB



To find out more, either call our office on **0113 243 9477**, email [manager@leep1.co.uk](mailto:manager@leep1.co.uk) or visit [leep1.co.uk](http://leep1.co.uk) to make a referral online.

## NVQ Level 2 Food Hygiene Course



Groups are every  
**Monday** from  
**10:30am to 12:30pm.**



All of the course will  
be in-person at  
**Café Leep.**



The course is free! It  
is for people with a  
learning disability.

### Contact us!



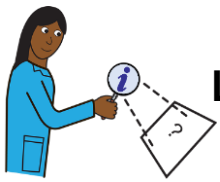
Address: **Café Leep,**  
**Unity Business**  
**Centre, 26**  
**Roundhay Road,**  
**Leeds LS7 1AB**



Email Josie at  
**Josie.Binns@**  
**hamara.co.uk**



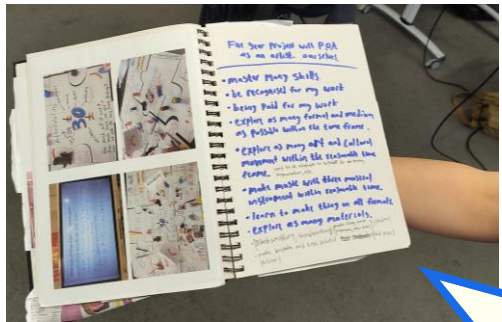
Call the **Hamara**  
**Centre** on  
**0113 277 3330**



# Let's look at... giving people more control over the services and groups they are in



Through The Maze visited the Visioning Group at Pyramid. We wanted to find out what they do to help all Pyramid's members have more control.



Visioning Group member Victor said

The Visioning Group is to make sure Pyramid is led by its members. We want to create change in society through our art. So, it is important to break down barriers to our members being in control.

Victor's notes from a Visioning Group session



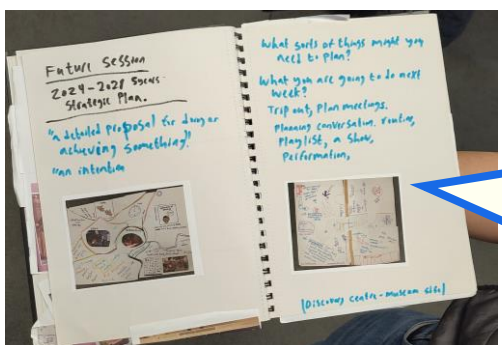
The Visioning Group spent time working out what is important for this to happen.

They made sure all Pyramid members had the chance to have a say.

Visioning Group member William said

We started planning by using single words that describe what Pyramid does. Then we drew ideas about what this means for people.

William with a sheet of members' ideas and comments



We took complicated ideas and made them simple. This was so we could check with the other Pyramid members what was missing.





Members made figures called Pyramites. These were another way for members to show what they thought Pyramid should be doing.



An artist with autism working the group made easy read symbols using the Pyramites. These are used in the plan.



After making the plan the Visioning Group wanted to find ways to make the ideas in the plan become real.

We want our member artists to make the choice of what projects they do.

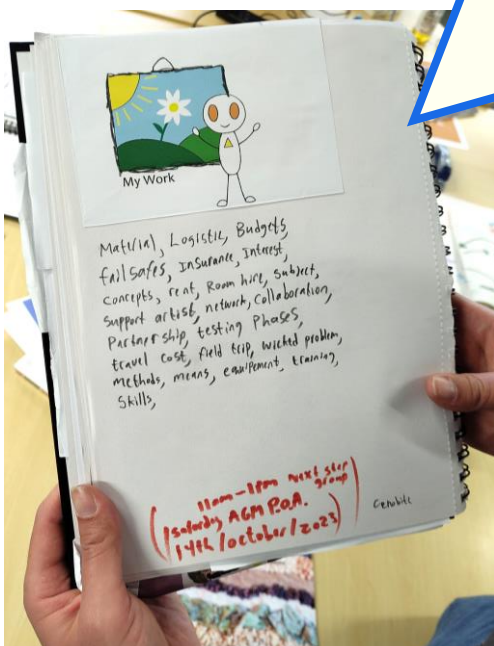
The Arts Council have funded us to test ways of giving our groups control over what themes they do their art about.

Our paid group leaders will propose ideas to the group for how the art could be done.

Group members will choose the proposal they want and which group leaders to work with.

We have funding so that people with a learning disability can be part of the group leader teams.

We are also working on members having more chances to do individual work.



You can find out more at:

**[pyramid.org.uk/plan](http://pyramid.org.uk/plan)**

# AUTISTICON

A free event for autistic people, families, carers, and professionals.

Guest speakers, information stalls, performances and artwork.

**Leeds Playhouse**

**Tuesday 11 June, 9.30am to 4.30pm**

**[autisticon.wordpress.com](http://autisticon.wordpress.com)**



EMPLOYMENT AND SKILLS LEEDS

## SEND Next Choices

Getting ready for adult life



For young people with special educational needs and disabilities (SEND), their parents, carers, support workers and teachers. Find out about jobs, training, apprenticeships, college courses, voluntary work, leisure activities, finances, support and benefits.



**Tuesday 25 June 2024 at Leeds first direct arena**



first direct arena

[www.firstdirectarena.com/events/detail/send-next-choices-2024](http://www.firstdirectarena.com/events/detail/send-next-choices-2024)



# What's on in Learning Disability Week 17 to 23 June

## Things to know about before 17 June



### People Matters photography contest

Send in your photo about the theme 'Do you see me? Being seen, heard and valued'

Enter by 9 June



### Forum Central Awards

Voting is open until 12 June

The awards event will be on Friday 21 June



### Treading Water

An art exhibition by Josh Pedley-Cook at Bramley Baths

Starts 13 June, open until 20 June

Celebration event on Saturday 15 June

### Aspire's 5-a-side football tournament

Teams need to register by 14 June

phone 07891 270 281

email [ian.graham@aspirecbs.org.uk](mailto:ian.graham@aspirecbs.org.uk)

£10 per team

The tournament is on Friday 21 June

For more information about all of these events, visit the Learning Disability Week page on Through The Maze

[tinyurl.com/LLDW2024](https://tinyurl.com/LLDW2024)



## Monday 17 June



### Picnic in the park

Temple Newsam, the Wedding Garden  
11am to 2pm

## Tuesday 18 June



### Council Chambers takeover

Leeds Civic Hall, 10am to 12.15pm  
For any adult with a learning disability.  
To book a place email  
[Jimmy.Knott@advonet.org.uk](mailto:Jimmy.Knott@advonet.org.uk)



### Being Social marketplace

Stalls from lots of organisations sharing  
information about things to do  
Kirkgate Market, the food court  
11am to 3pm



### Learning Disability Pride march

Be proud – be seen!  
Meet at 12.15pm in Millennium Square  
Marching through town to Kirkgate Market

For more information about all of these events,  
visit the Learning Disability Week page on  
Through The Maze

[tinyurl.com/LLDW2024](https://tinyurl.com/LLDW2024)



## What's on in Learning Disability Week



### Bake off!

Online, all day on 18 June  
Share a photo of your best bake to your local area Aspire Facebook page  
Open to anyone in Leeds with a learning disability

## Wednesday 19 June



### Big Sunflower Walk

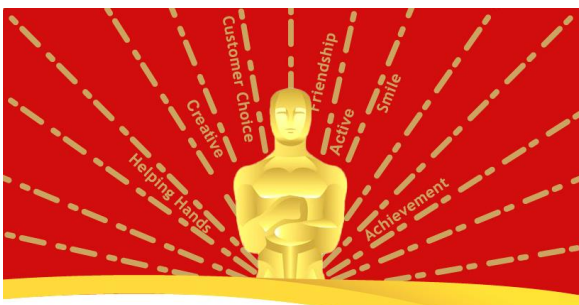
Swinsty Reservoir, meet at the car park  
Starting at 11am  
Make a sunflower and join Aspire for a day of gentle exercise and nature

## Thursday 20 June



### Down Memory Lane

Armley Mills Industrial Museum  
10am to 2pm  
Unwind with music and sing-alongs



### Aspire Customer Awards

Aspire will invite people to attend when the finalists have been chosen

For more information about all of these events, visit the Learning Disability Week page on Through The Maze

[tinyurl.com/LLDW2024](https://tinyurl.com/LLDW2024)



## What's on in Learning Disability Week



### Leep1 Popworld club night

This month's Popworld night is in Learning Disability Week  
6.30pm to 9.30pm

### Friday 21 June



### Aspire's 5-a-side football tournament

Weetwood Sports Park, 10am to 2pm



### Forum Central Awards

The Marriott Hotel, Boar Lane  
7.30pm to midnight

## We hope you have a great week!

For more information about all of these events, visit the Learning Disability Week page on Through The Maze

[tinyurl.com/LLDW2024](https://tinyurl.com/LLDW2024)



# Social Groups



Do you want to have fun, do different activities and make friends? People Matters have social groups you can join. They are open to people with learning disabilities and those who are autistic.

## Teens and Twenties for young people aged 16-29

There are 5 of these groups – 6.30pm to 8.30pm Monday to Thursday, and 11am to 1pm on Saturday. These groups are free.

## Adult groups for people aged 18+

There are 2 of these groups – 7pm to 9pm on Tuesday and Thursday. These groups have a monthly cost.

Activities are chosen by members. Popular choices include bowling, pool, meals out, trampolining, and laser quest, but we always love to hear new ideas and take part in new activities!

**Contact us to find out more!**

0113 234 6896

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

[www.peoplesmattersleeds.co.uk](http://www.peoplesmattersleeds.co.uk)

# Spot the difference

This photo is from the Being Social marketplace in last year's Learning Disability Week. Can you find all the differences between the pictures? Answers on page 21





# Wordsearch

Can you find all 15 words and phrases in this wordsearch?



ANGELA

BOOK

CHOICES

DISCO

EVENTS

FRIENDS

OUTDOORS

PICNIC

SHADE

SOCIAL

SUNSHINE

THINGS TO DO

VISIONING

WATER

WHATSAPP

Answers on page 21

# DISCO DABBERS BINGO

## ★ PRIZES ★

MUSIC FROM SKYFALLERS

PRIZES | DANCING | SINGING



Thursday 25th July 6pm to 9pm



Leftbank Leeds LS6 1LJ



£15 Ticket, includes 2 bingo tickets



Get ready to groove, dab, and win big at Disco Dabbers Bingo – like regular bingo, but with a funky twist!

Book tickets at [tinyurl.com/DiscoDabbers](https://tinyurl.com/DiscoDabbers)





# BOOK LAUNCH

Written by Susan Hanley



**ON THURSDAY  
25 JULY 2024**



**START AT  
6PM - 9PM**



**LEFT BANK LEEDS**

**TAKE AWAY  
THE LABEL**



Get ready for an evening of insightful discussions, book signings, and maybe even a glass of bubbly!

Book tickets at  
[tinyurl.com/SusanHanleyBook](https://tinyurl.com/SusanHanleyBook)



# People in Action's Health & Wellbeing Groups & Courses

Day Opportunities for Learning Disabled and Autistic Adults

People in Action is a charity. We work with learning disabled and autistic people to help improve their lives and gain skills.

We run fun groups and courses. These are designed to help the group members learn new things, as well as have fun and stay connected.

Day	Group / Course Name	Time	Venue
Monday	<b>Monday Arts &amp; Crafts Club</b> Get together and be creative	1.30pm - 4.00pm	Gipton
Tuesday	<b>Tuesday Arts &amp; Crafts Club</b> Get together and be creative	10.30am - 12.30pm	Gipton
Wednesday	<b>Ready Steady Cook</b> Learn cooking and home skills	11.30am - 1.30pm	Beeston
	<b>Come Dine With Me</b> Make and eat a meal as a group	6.00pm - 8.00pm	Crossgates
	<b>Wednesday in the City</b> Social opportunities in the city centre	6.30pm - 9.00pm	Leeds City Centre
Thursday	<b>Thursday in the City</b> Social opportunities in the city centre	6.30pm - 9.00pm	Leeds City Centre
Sunday	<b>Outdoor Pursuits</b> Enjoy gentle exercise with friends	10.00am - 3.00pm	Various Locations
	<b>Snooker Troopers</b> Play pool and socialise	12pm - 2pm (fortnightly)	Kirkstall

*ofo*

For information on costs and how to join please contact Lesley Savage on 07393015003 or email [lesley.savage@peopleinaction.org.uk](mailto:lesley.savage@peopleinaction.org.uk)

## Healthy Lifestyle Course

A Free 14-week Accessible & Inclusive Course

The course will help you to:

**Eat a healthy diet**



**Be more active**



**Manage your weight**



**Explore emotional wellbeing**

**This course runs every 3 months.**

**The sessions are every week from 1pm to 3pm at The Old Fire Station in Gipton**

**For more information, email: [AL.MAYES@peopleinaction.org.uk](mailto:AL.MAYES@peopleinaction.org.uk) or call**



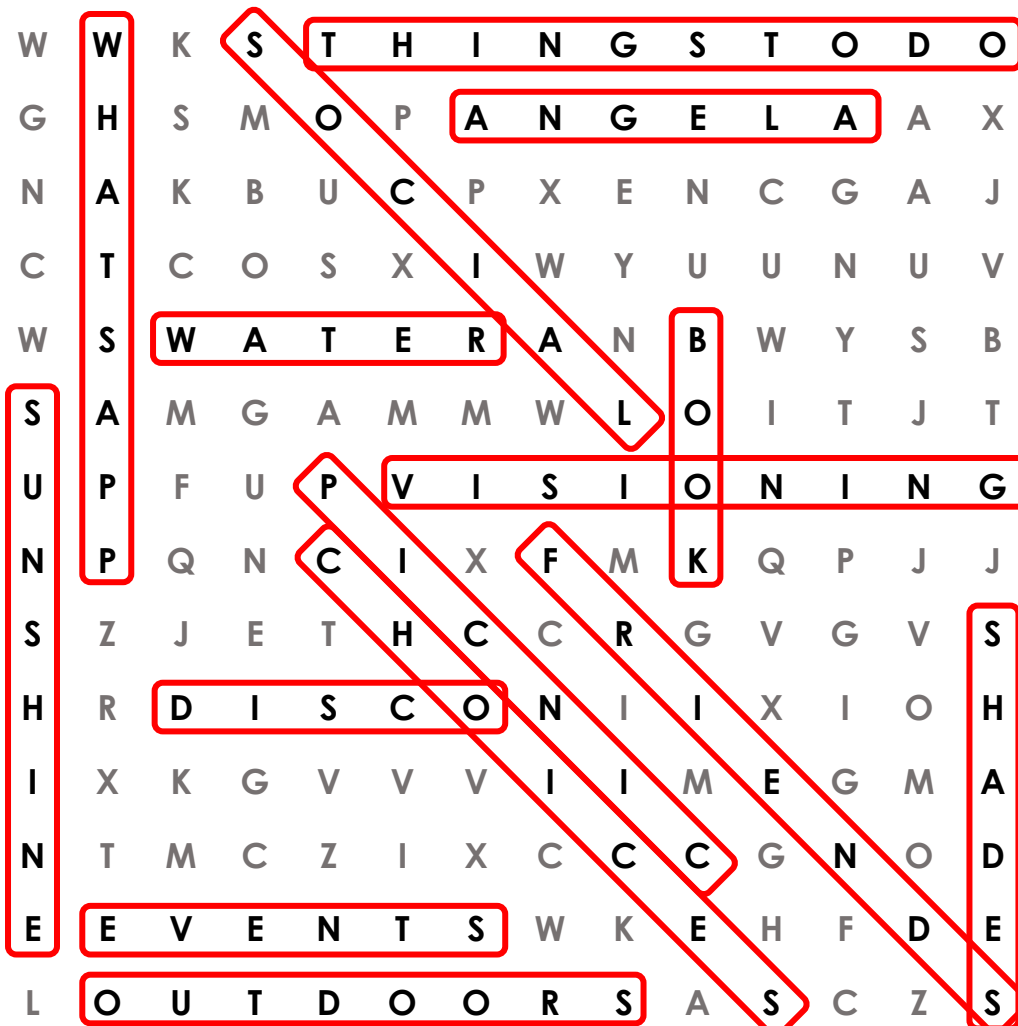
**0113 244 3729**



# Spot the difference and wordsearch answers

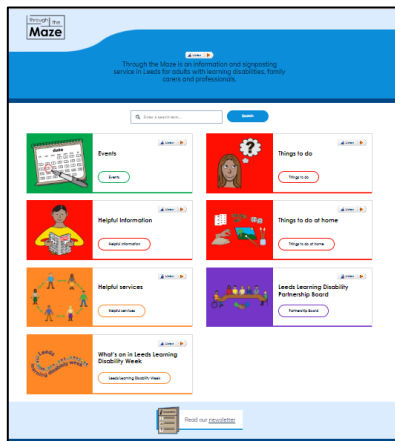


- 1 George arrived
- 2 Who took the letters off our bunting!?
- 3 Paul and Thomas on the stall
- 4 Disco ball
- 5 Purple Patch got a cake. So where is the octopus?
- 6 ...Ah, there it is!
- 7 New painting on the walls
- 8 An extra Sarah

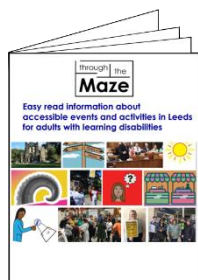




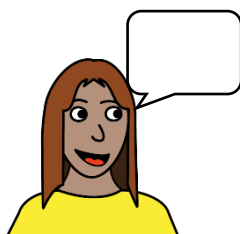
# Have we got the right information?



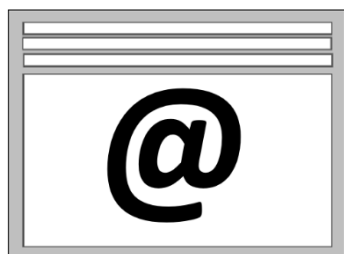
## Please tell us if there is anything on our website we need to update.



## 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.

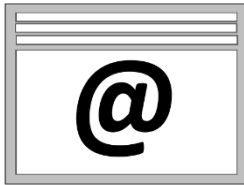


## How to contact us

0113 270 3233



Office 46, Sugar Mill  
Oakhurst Road  
Leeds  
LS11 7HL

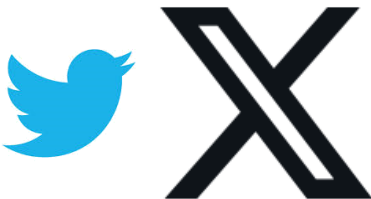


[ttm@citn.org.uk](mailto:ttm@citn.org.uk) (Through The Maze)  
[info@citn.org.uk](mailto:info@citn.org.uk) (Connect in the North)



### Facebook

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



### X (Twitter)

@ThroughTheMaze  
@ConnectintNorth



### YouTube

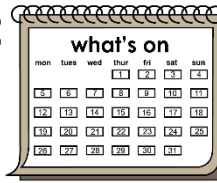
[tinyurl.com/CITNvideos](https://tinyurl.com/CITNvideos)



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

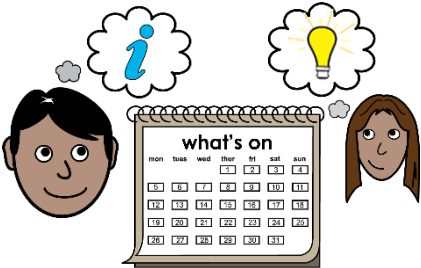
**You can use any of the ways to contact us on this page.**

# 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)