

People from Leeds with learning disabilities invited to attend new drop in information and advice service.



Through the Maze is an information advice and sign posting service for adults with learning disabilities in Leeds. Through the Maze are start the year by inviting adults with learning disabilities from across Leeds to join them at their new drop in sessions.

If you have a learning disability or care for someone with a learning disability Through the Maze would to invite you to join them on Monday afternoons between 1pm and 3pm. You don't need to book to come along just turn up as the sessions are informal and relaxed.

The drop in session are being held at the Through the Maze offices which can be found at Bridge House, Balm Rd, Leeds LS10 2TP. Buses number 12 and 13 can be caught outside the Corn Exchange in Leeds City Centre to Balm Road.

Luke Beaumont one of the advisors at the drop in sessions said,

“Information about what is available for adults in Leeds with learning disabilities is already listed on our website. People can also contact us via our support phone line, but we understand that not everyone feels comfortable using technology. We have expanded our information and sign posting service so people can now drop in and talk to a friendly face.”

“Our new drop in service is a way of reaching more people and making our service more accessible. All of the team here at Through the Maze are looking forward to welcoming people into our offices to find out what is available for people in Leeds with learning disabilities.”



Over the coming months drop in sessions will be themed. They will include specialist guest speakers who will be on hand to lend their expert knowledge and advice.

Despite having monthly themes to the drop ins people are welcome to drop by with any questions they may have.

- February’s theme is money and finance. On Monday the 22nd February Kate Huthwaite from Citizens Advice Bureau will be on hand to give additional information and support about money and finance.
- March’s theme is about health. On Monday 14th of March Kieranjeet Kaur and Yaseen Baz from Connect for Health will be on hand to give additional information and support about health and wellbeing.

ENDS

Notes to Editors:

From 1st April 2015 Connect in the North have been running the Through the Maze information and signposting services for people with learning disabilities in Leeds.



Connect in the North is a centre for inclusive living led by people with learning disabilities. All of our members and directors are people with learning disabilities. Connect in the North had its 20th birthday in November 2015.

We believe that people with learning disabilities should have the same rights, choices and opportunities as non-disabled people.

We work with individual people with learning disabilities supporting them to plan the life they want to lead with the support they need. We work with people moving from their parent's home for the first time, people who want to return to Leeds after living elsewhere (at a residential college for example) and people wanting to move to have more control of their lives.

Connect in the North also provides training, often for support staff in using person centred thinking in their work. We also run training for people with learning disabilities for example our Streetwise course helps people with learning disabilities stay safe when they are out and about.

Connect in the North is a charity and not-for-profit organization.