

# Organisations

Purple  
Patch  
Arts

2022 -2023



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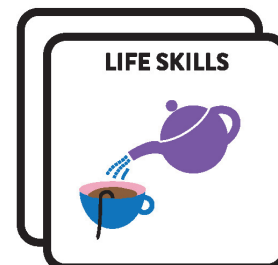
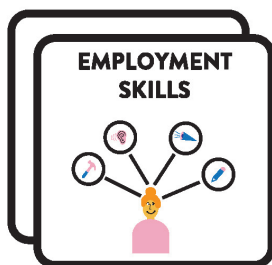
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*The information in this booklet is correct as of October 2022, unless otherwise stated.*





# ACTION POINT COMMUNITY SUPPORT SERVICES



## What do we do?



**WorkSHOP:** Work skills training environment within our own charity shop, for people who require continued assistance to volunteer or for those who want to further develop their skills.

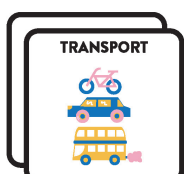
**Supported Volunteering:** We support people to find volunteering opportunities within the local community and provide support to enable people to become independent in their roles.

**Leisure Link:** Social and recreational day group

**Boogie Nights:** Fortnightly Friday night disco

**Sensory Space:** This is a sensory room available for hire at the Temple Row Community Centre.

## Where is it?



### Address:

Temple Row Centre, 23 Temple Row, BD21 2AH

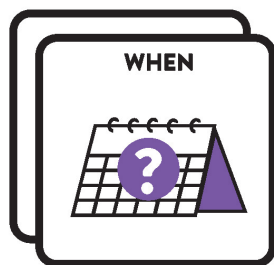
### Is transport provided?

Yes

### Accessibility:

There is wheelchair access and a changing place. There is parking at the front and back of the building, and local bus and train routes.

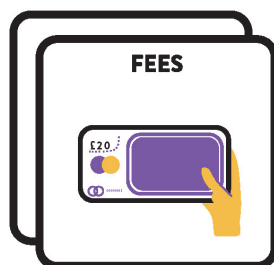
## When is it?



**Leisure Link:** Mondays and Fridays, 10:00am - 3:00pm

**Boogie Nights:** Alternate Fridays (fortnightly), 7:00-9:00pm

## How much does it cost?



### **Cost:**

Leisure Link: £42 per day

Boogie Nights Disco: £3 per person

WorkSHOP: £42 per day

Supported Volunteering: £10 per day

121: £116 per day or £23 per hour

Sensory Room hire: £10 per hour

**Are there bursaries available?** No

**Can I have a free taster session?** Yes!

## Other:



### **Do I bring support with me?**

121 is our 1-1 support service for adults with learning disabilities. Support could include social and recreational activities but also supported volunteering or employment.



### **Do you provide any food or drink?**

Tea and toast is available on a Monday morning.

Hot drinks and biscuits are available on site for participants.

Leisure Link participants should bring a packed lunch. Boogie

Nights has a cafe serving hot snacks and drinks.

## Contact

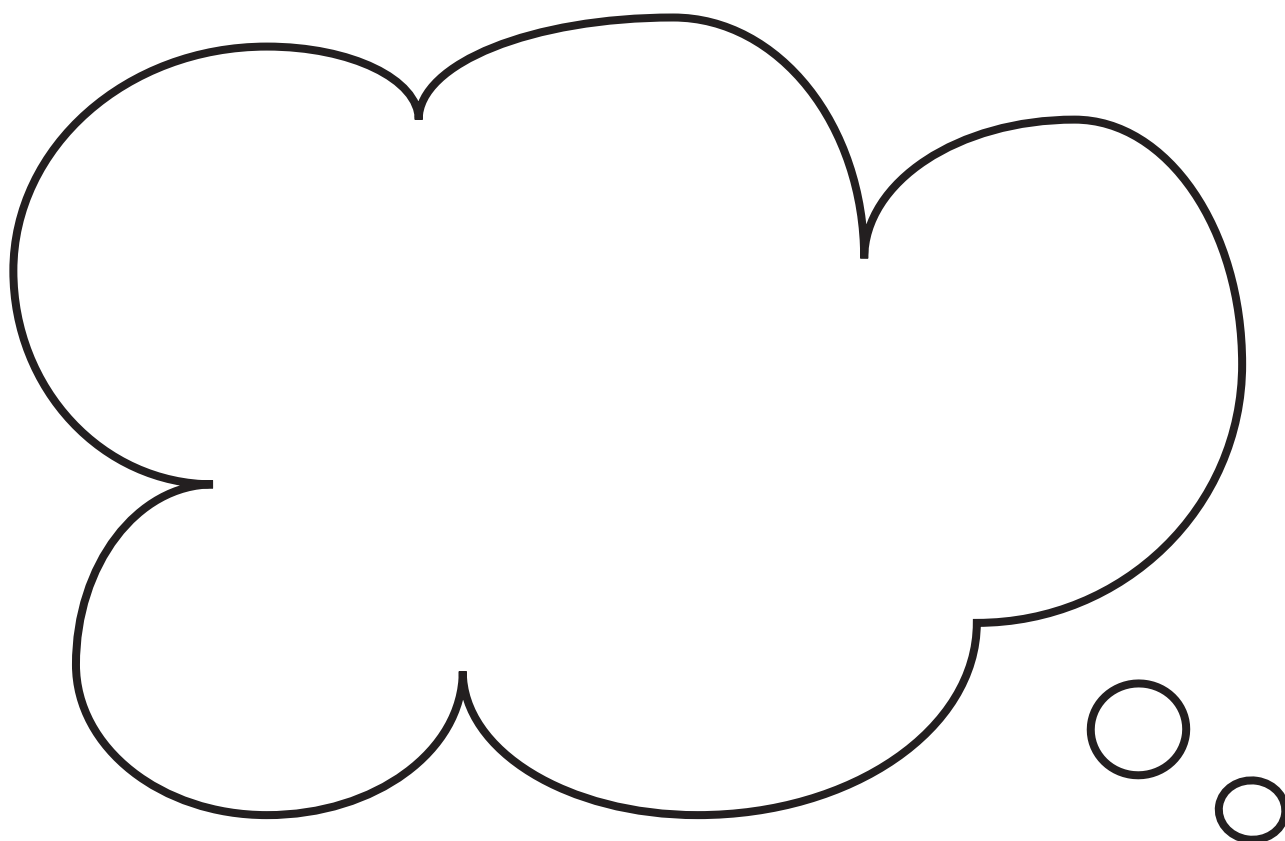


**Email:** [admin@actionpoint.uk](mailto:admin@actionpoint.uk)

**Telephone:** 01535 609 506

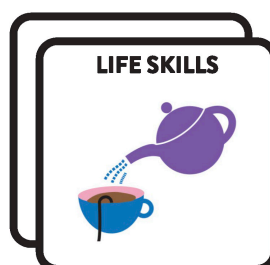
**Website:** [www.keighleyvc.co.uk](http://www.keighleyvc.co.uk)

## My Notes And Thoughts:





# AFFINITY TRUST OPPORTUNITIES SERVICE



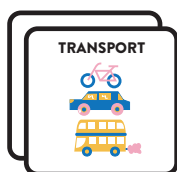
## What do we do?



A service filled with creative minds that can help you reach your goal.

We are a day service which offers a range of skills and activities and can build support around what a person requires.

## Where is it?



### **Address:**

Unit 12, 4 Berking Avenue, Leeds, LS9 9LF

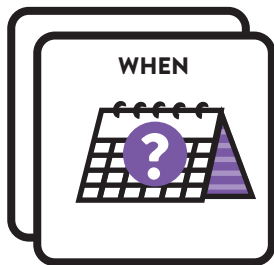
### **Is transport provided?**

No

### **Accessibility:**

There is a changing room and wheelchair access. There is parking and a bus stop right outside.

## When is it?



We offer a flexible approach to people's needs and can work around people's times, including evenings and weekends if needed.

## How much does it cost?



### **Cost:**

There are various rates: individual, group, one-to-one, evening, weekend - prices on application.

**Are there bursaries available?** No

**Can I have a free taster session?** Yes!

## Other:



### **Do I bring support with me?**

We can provide one-to-one support



### **Do I need to bring my lunch?**

We can provide lunch, or there is a cafe/shop nearby.

## Contact

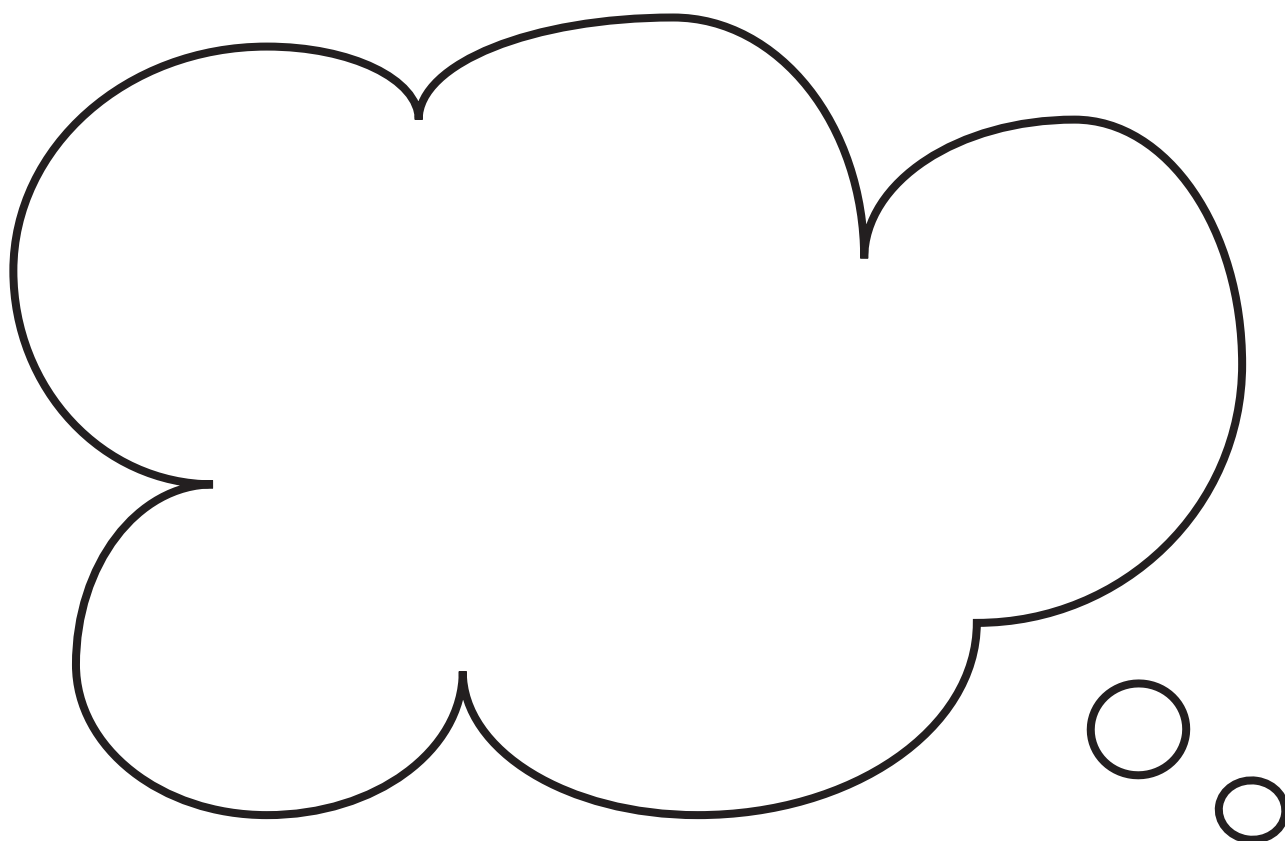


**Email:** [opportunitiesleeds@affinitytrust.org](mailto:opportunitiesleeds@affinitytrust.org)

**Website:**

<https://affinitytrust.org/what-we-do/opportunities-services/>

## My Notes And Thoughts:

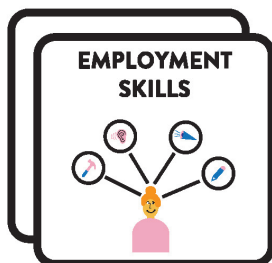






# ASKING YOU!

## The Advonet Group



### What do we do?



We give people with learning disabilities a voice to say what they think about the services they use in Leeds.

We want to hear what you think about services you use, and help make sure your voices are heard to make things better.

We offer: planning groups, volunteer-led advocacy for people with learning disabilities, volunteering, consultation and feedback on services, independent service evaluation.

We improve services in Leeds by providing user led feedback on those services and learning disability awareness training. We can also support with self-advocacy training and resources.

### Where is it?



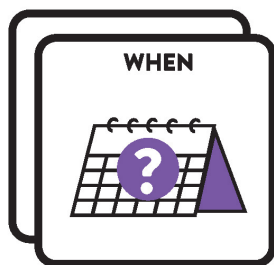
#### Address:

Our groups mainly run on zoom. Sometimes in other locations like Council Chambers and community venues.

#### Accessibility:

If we do run groups in venues, we try to make sure the venues are accessible.

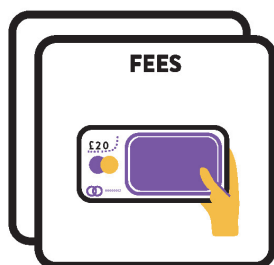
## When is it?



We usually meet on Tuesdays.

The Citizen Advocacy Service operates to suit the Citizen Advocate volunteer and the person with a learning disability that they are matched with.

## How much does it cost?

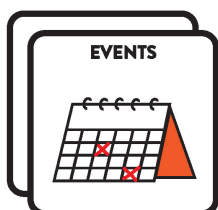


**Cost:** Usually free

**Are there bursaries available?** No

**Can I have a free taster session?** Yes!

## Other:



**Are there any key events?**

The Leeds Learning Disability Peoples Parliament runs 3 to 6 times per year.



**Do I bring support with me?**

You can bring support with you. We are unable to support personal care.



**Do I need to bring lunch?**

It depends on events but we usually provide refreshments if possible when meeting in person.

## Contact

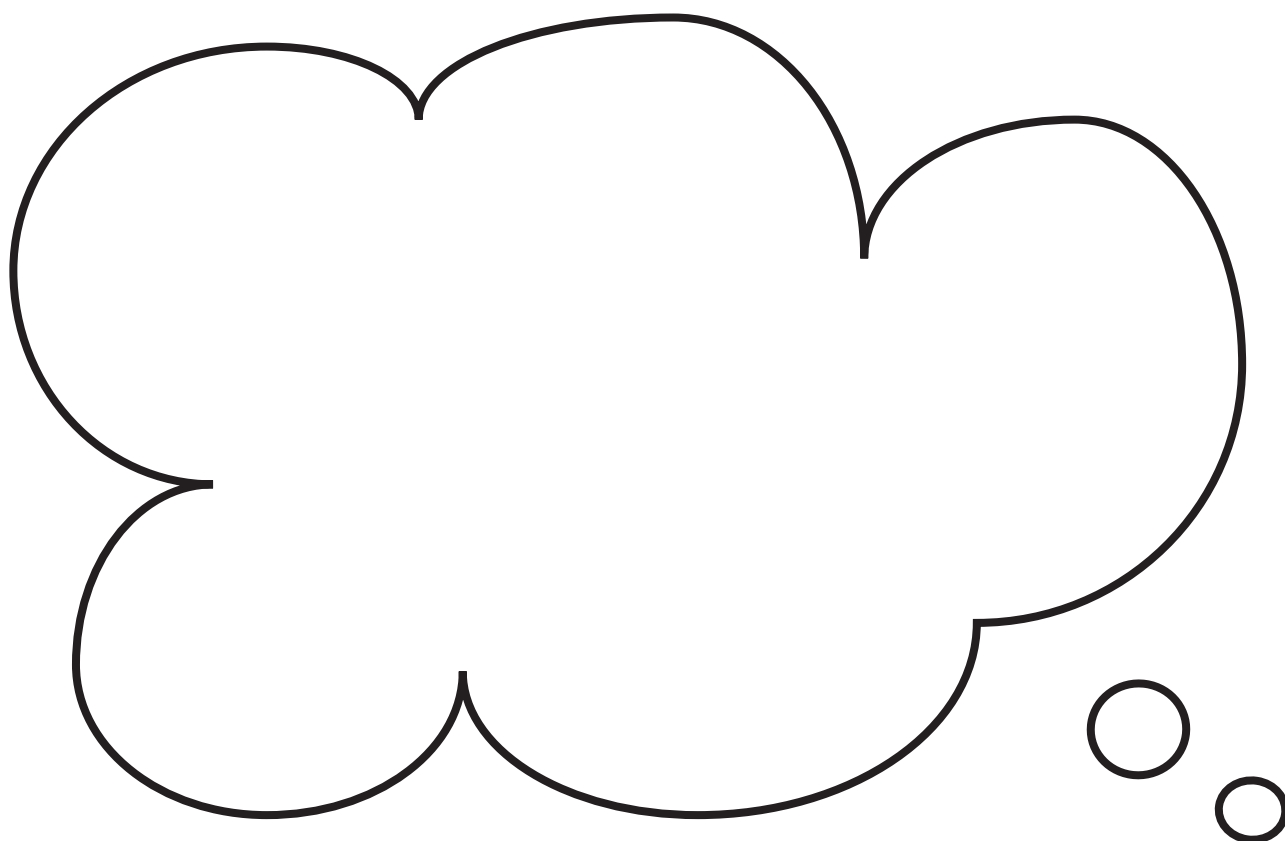


**Email:** [askingyou@advonet.org.uk](mailto:askingyou@advonet.org.uk)

**Telephone:** 01132 440 606 (The Advonet Group number)

**Website:** [www.advonet.org.uk/services/asking-you](http://www.advonet.org.uk/services/asking-you)

## My Notes And Thoughts:

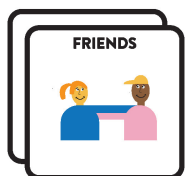




# AWARE - Airedale & Wharfedale Autism Resource



## What do we do?

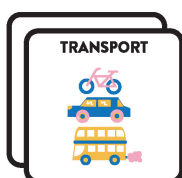


Our services are for families with children and young people living with autism.

Our mission is to build communities that our members and their families feel comfortable in, in a place where they are accepted and not judged. We aim to improve social and life skills for our youngsters.

We are inclusive, non-judgemental and friendly. All are welcome and a formal diagnosis is not required.

## Where is it?



### Address:

Most of our activities take place at Addingham Youth Centre, Bolton Road, Addingham, LS29 0NR

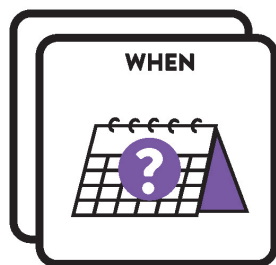
### Is transport provided?

No, sorry!

### Accessibility:

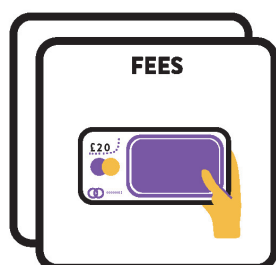
There is disabled parking and wheelchair access. There is a large car park very close by and the bus stop for the X84 and 62 services is a 5 minute walk away.

## When is it?



Moving On Club, for 18-25 year olds, is on one Tuesday per month at 6:30 - 8:30pm.

## How much does it cost?



### **Cost:**

Membership is £15 per year, then in Moving On Club, young people pay their own way.

**Are there bursaries available?** No

**Can I have a free taster session?** Yes!

## Other:



### **Is there any specific support for parents and carers?**

We have closed Facebook Groups, WhatsApp groups, email, telephone and face to face support for parents.

### **Do I bring 1-1 support with me?**

If you would like 1-1 support, you can bring someone with you.

### **Do you provide any food or drink?**

There is a tuck shop available on-site.

## Contact

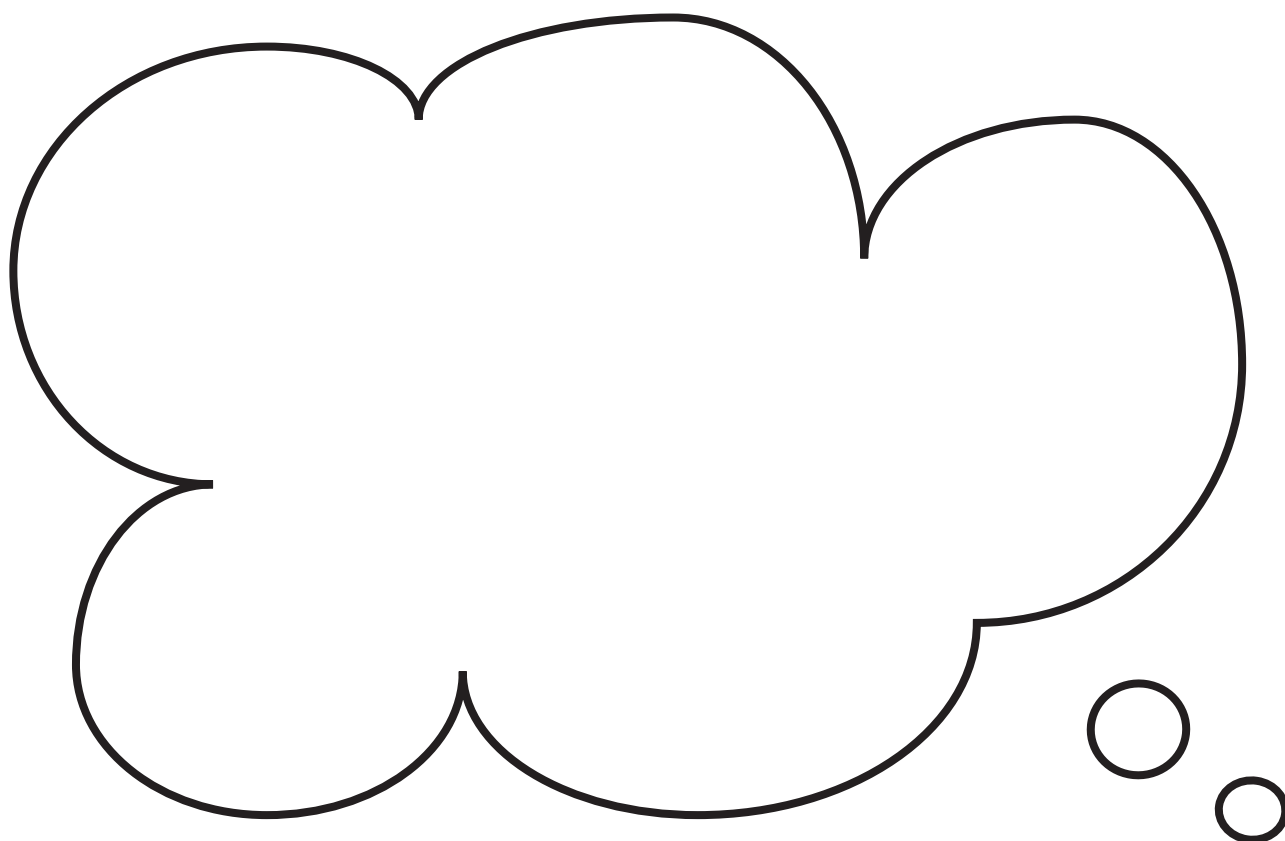


**Email:** [rachel.aware@outlook.com](mailto:rachel.aware@outlook.com)

**Telephone:** 07826 926 150

**Website:** [www.aware-uk.org](http://www.aware-uk.org)

## My Notes And Thoughts:





# BRADFORD DISABILITY FOOTBALL CLUB (BDFC)

## SOCIAL



## SPORTS

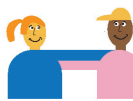


## What do we do?

### FOOTBALL



### FRIENDS



Fitness, football, team work, responsibility, discipline, social events, fun.

We try to build confidence, promote individual responsibility and forge friendships.

BDFC is a safe environment where you can become part of a great team if you love the game of football. We offer football to players of all abilities and age. Our organisation was set up 20 years ago and is run by parents and carers of young people with disabilities.

## Where is it?

### WHERE



### TRANSPORT



### ACCESS



### Address:

Bradford College Sports, Trinity Rd Bradford

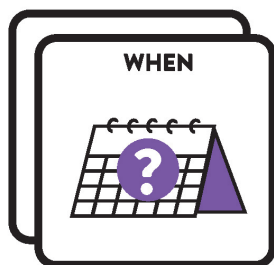
### Is transport provided?

No, sorry.

### Accessibility:

There is disabled parking, wheelchair access, disabled toilets and changing places toilets. Parking immediately outside the venue is free. There are buses to within 200 metres.

## When is it?



**Friday:** Training 5:30 - 7:30pm

**Sunday:** Training 10:00am -12:00pm

## How much does it cost?



### **Cost:**

Our subs are £2 for a 2 hour session.

Our annual membership fees are £10.

Many of our events are subsidised. We have our own kit which is very reasonably priced. Initially the individual should come along with their own football boots (suitable for astro turf/indoor surface), wear shin pads and their own kit.

**Are there bursaries available?** No

**Can I have a free taster session?** Yes!

## Other:



### **Are there any key events?**

We normally run annual overseas trips to tournaments. Usually 1 or 2 per year.

### **Can I gain any qualifications?**

There is an opportunity for those who would like to become a coach. We will support them through FA accreditation.

### **Do I bring support with me?**

You can bring support with you. We are unable to provide medical support. We have trained First Aiders but we are all volunteers.

### **Do you provide food or drink?**

You will need to bring your own, there is also a vending machine on site.

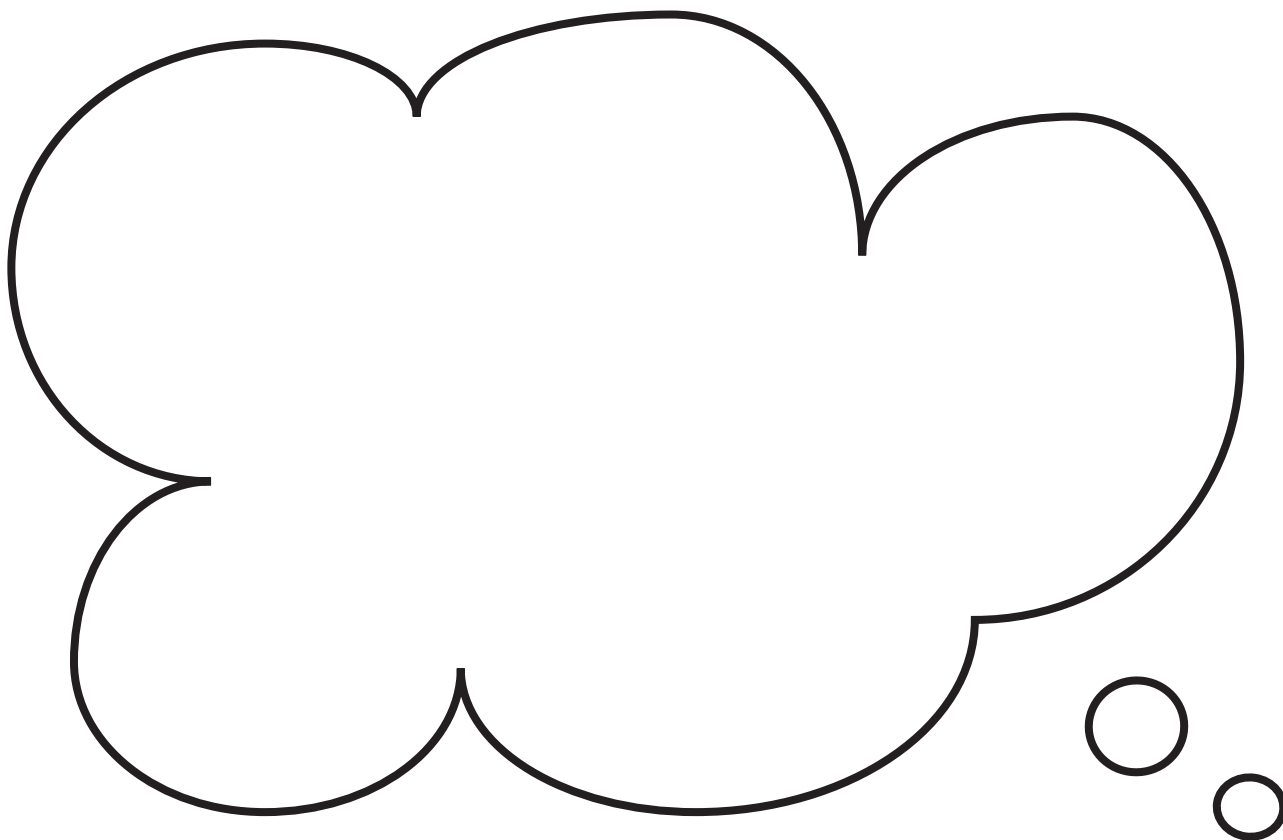


## Contact



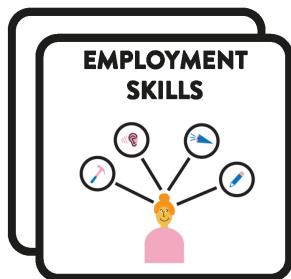
**Website:** [www.bradforddfc.co.uk](http://www.bradforddfc.co.uk)

## My Notes And Thoughts:





# BRADFORD PEOPLE FIRST



## What do we do?

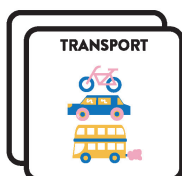


Our Service offers people with a learning disability the chance to speak up about issues that are important to them.

We aim to raise awareness of issues that affect people with learning disabilities to try and ensure equality.

If you care about equality for people with a learning disability, come and see us.

## Where is it?



### Address:

The Mayfield Centre Broadway Ave., Bradford BD5 9NP  
We also sometimes go to different venues to raise awareness and have campaigns.

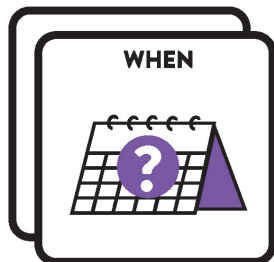
### Is transport provided?

No

### Accessibility:

There is a lift in our building.

## When is it?



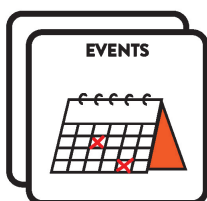
**Days:** We are open Monday to Friday. Different groups happen on different days.

## How much does it cost?



**Cost:**  
It is free for people to volunteer here.

## Other:



**Are there any key events?**  
We have some forums coming up.



**Do I bring support with me?**  
You can bring support with you.



**Do you provide food or drink?**  
We provide tea and coffee in the kitchen and there are shops to buy food nearby.

## Contact

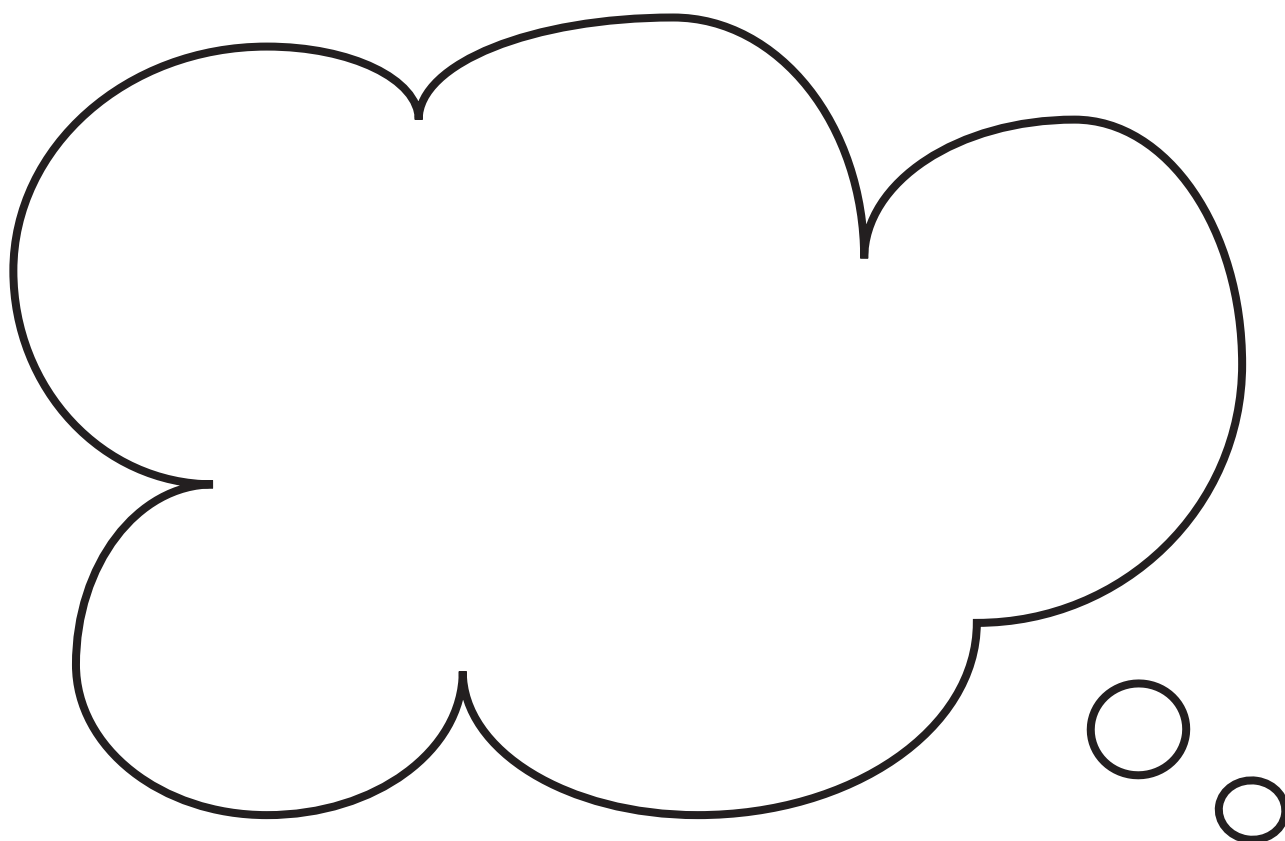


**Email:** [office@bradfordpeoplefirst.org.uk](mailto:office@bradfordpeoplefirst.org.uk)

**Telephone:** 01274 744 151

**Website:** [www.bradfordpeoplefirst.org.uk](http://www.bradfordpeoplefirst.org.uk)

## My Notes And Thoughts:





# BRIGHT SPARKS THEATRE ARTS CIC



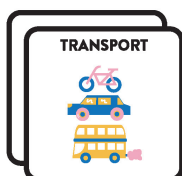
## What do we do?



Person-centred creative group work, making original theatre shows plus schools and universities projects, online activities and more.

Challenge yourself, through drama and making a show. Unlock your talents and have fun.

## Where is it?



### **Address:**

Cardigan Road Community Centre, 145-149 Cardigan Road, Burley, Leeds LS6 1LJ

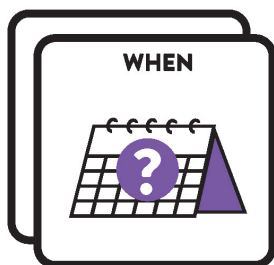
### **Is transport provided?**

For people who attend an Aspire CBS day service, mini-bus transport is available from the Aspire hub, to and from the drama session. For others, you will have to find your own way there.

### **Accessibility:**

We always choose places with as few access issues as possible.

## When is it?

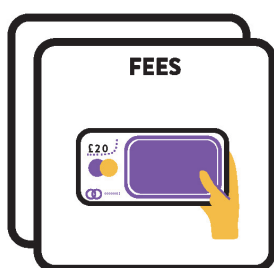


### **Big Drama Club:**

Wednesdays, 10:00am - 2:00pm

Big Drama Club runs during term time, starting from Wednesday 7th September 2022

## How much does it cost?



**Cost:** £2 per session

**Are there bursaries available?** No

**Can I have a free taster session?** No

## Other:



### **Do you have any free resources?**

Yes! We have free, online 'Bite-Size Drama' videos. Find them on our website: [www.brightsparkstheatre.com](http://www.brightsparkstheatre.com)



### **Do I bring support with me?**

Support is best provided as required by attending external support workers and carers.



### **Do you provide any food or drink?**

We provide tea and biscuits, and cake on birthdays!

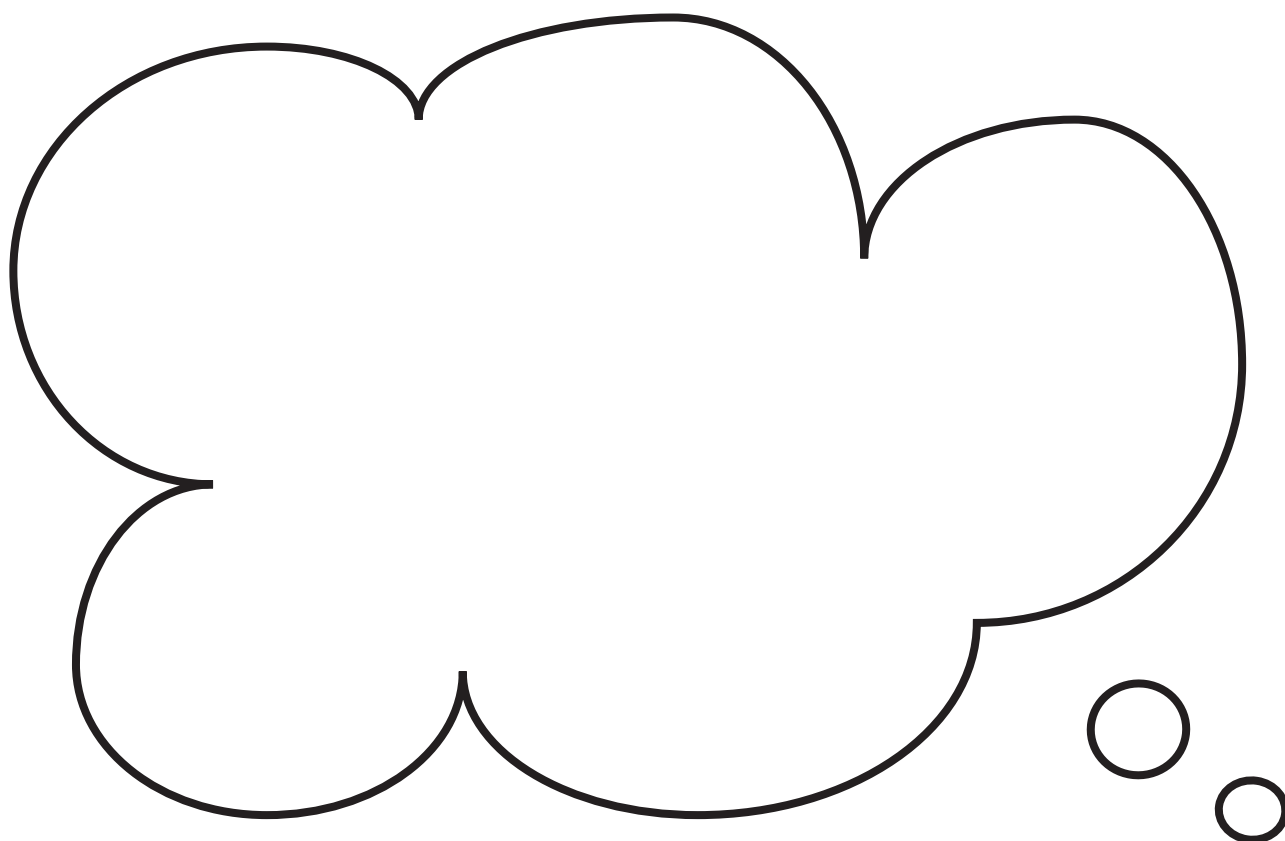
## Contact



**Email:** [info@brightsparkstheatre.com](mailto:info@brightsparkstheatre.com)

**Website:** [www.brightsparkstheatre.com](http://www.brightsparkstheatre.com)

## My Notes And Thoughts:





# CASTAWAY MUSIC THEATRE



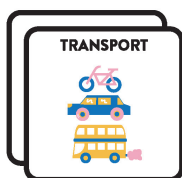
## What do we do?



We are a friendly arts organisation where you can come to experience the arts, make friends, gain accreditation (if you want!) and be part of something special.

We offer: Arts Awards, youth theatre, youth music, arts classes and experiences such as choir, band, film class, dance class, multimedia, Creative Transitions (16-25s), theatre group and more!

## Where is it?



### Address:

Castaway Music Theatre, Estcourt Street, Town Centre, Goole, DN14 5AS

### Is transport provided?

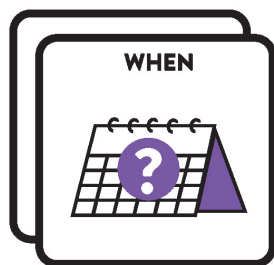
No sorry!

### Accessibility:

We have disabled parking, wheelchair access and a disabled toilet. There is a free car park immediately outside the venue.



## When is it?

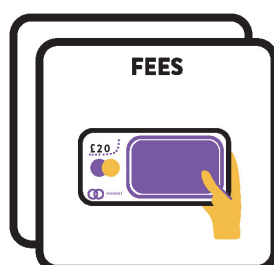


Check our website to see a full timetable of our activity:  
[www.castaway-goole.co.uk/what-we-do](http://www.castaway-goole.co.uk/what-we-do)

We run sessions during weekdays, evenings and weekends (depending on the activity).

Our activities take place during term time.

## How much does it cost?

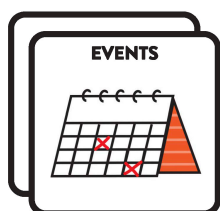
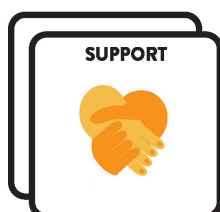


**Cost:** There is an annual membership fee of £14. Session costs depend on the activity. They vary from £4.00 for some youth activities to £15 per session for our academy sessions.

**Are there bursaries available?** No, but we do offer financial concessions.

**Can I have a free taster session?** Yes!

## Other:



### Do I bring support with me?

If you need 1-1 support, you can bring it with you or we can try to help you source support.

### Are there any key events?

Our theatre group, Big Show, has an annual performance. We also put on an annual film festival and the music group participants take part in the Let's Rock performance at Bridlington Spa.

### Can I gain any qualifications?

Yes, you can do Arts Award qualifications.

## Contact

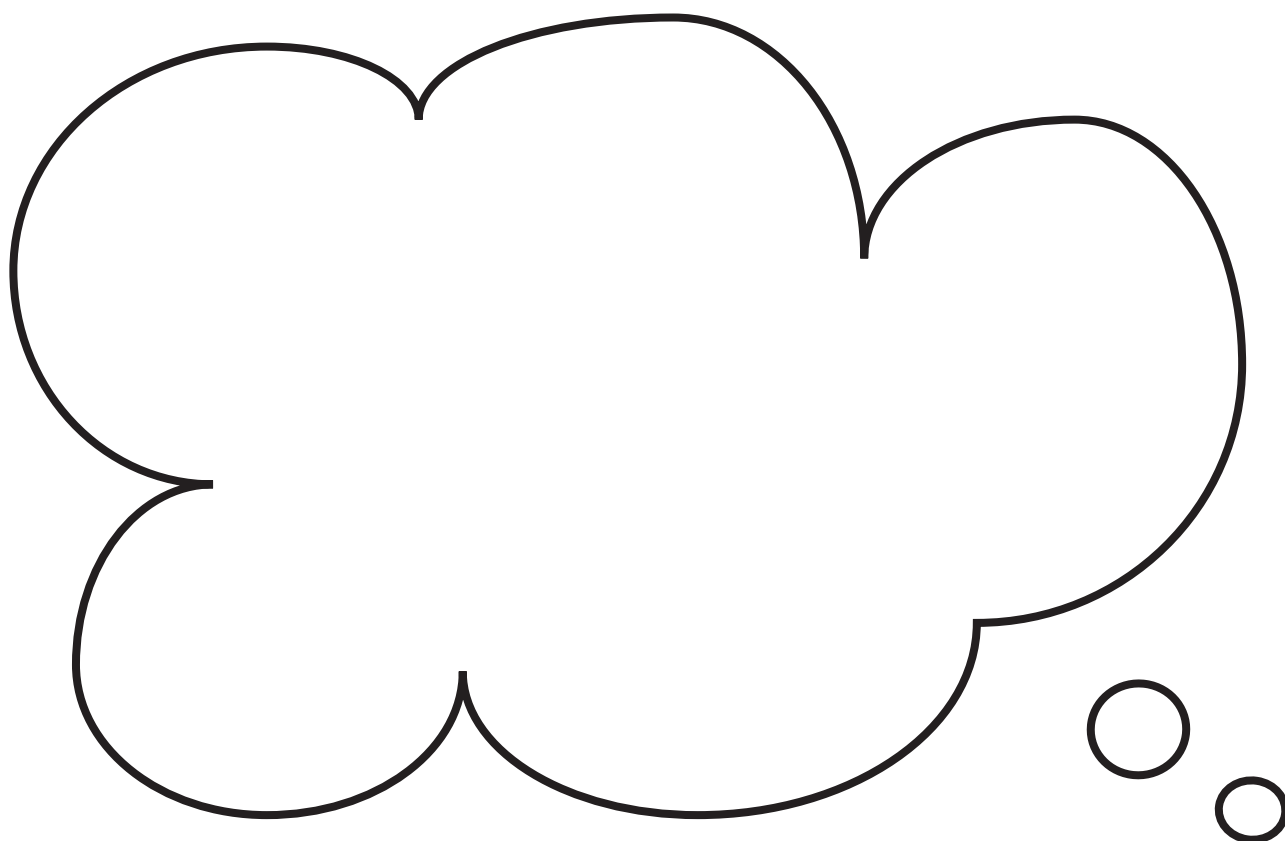


**Email:** [info@castaway-goole.co.uk](mailto:info@castaway-goole.co.uk)

**Telephone:** 01405 761423

**Website:** [www.castaway-goole.co.uk](http://www.castaway-goole.co.uk)

## My Notes And Thoughts:

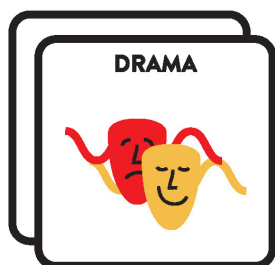




# DARK HORSE THEATRE



## What do we do?



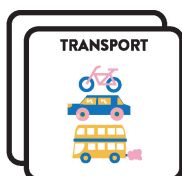
Dark Horse is for people who have a passion for the performing arts and are considering a career as a professional actor. Our mission is for people with learning disabilities to have the equality of opportunity to train and work in the performing arts. Dark Horse theatre company premier original work, with an ensemble of 8 exceptional actors with learning disabilities and non-learning disabled actors from the wider industry. We produce work to tour nationally that is visually impactful and has a reputation of surprise, innovation and the ability to reverse expectations.

## Where is it?



### Address:

Lawrence Batley Theatre, Queen St, Huddersfield HD1 2SP



### Is transport provided?

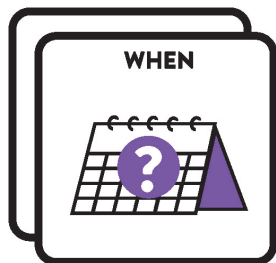
No, sorry!



### Accessibility:

The venue is wheelchair accessible. There is no parking on site. Most participants are either dropped off or travel in by public transport.

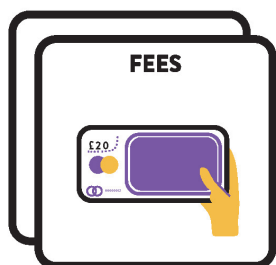
## When is it?



AcT (Actor Training) takes place 2 days a week, 9.45am - 3:00pm.

AcT takes place during term time.

## How much does it cost?

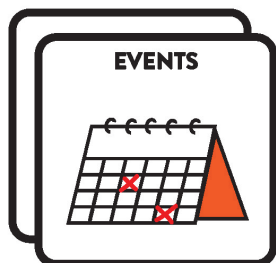


### **Cost:**

£30 per day

**Can I have a free taster session?** Yes!

## Other:



### **Can I gain any qualifications?**

Join our AcT (Actor Training) to start your journey towards becoming a professional actor. Dark Horse training prepares actors to work in the industry at the highest, vocational level in their drama school equivalent programme. We do not put time limits on how long it should take for a student to complete their actor training, but do hold annual reviews to discuss their progress.

### **Are there any key events?**

Dark Horse performs in theatres across the UK, keep an eye on our website and social media pages for performance dates.

## Contact

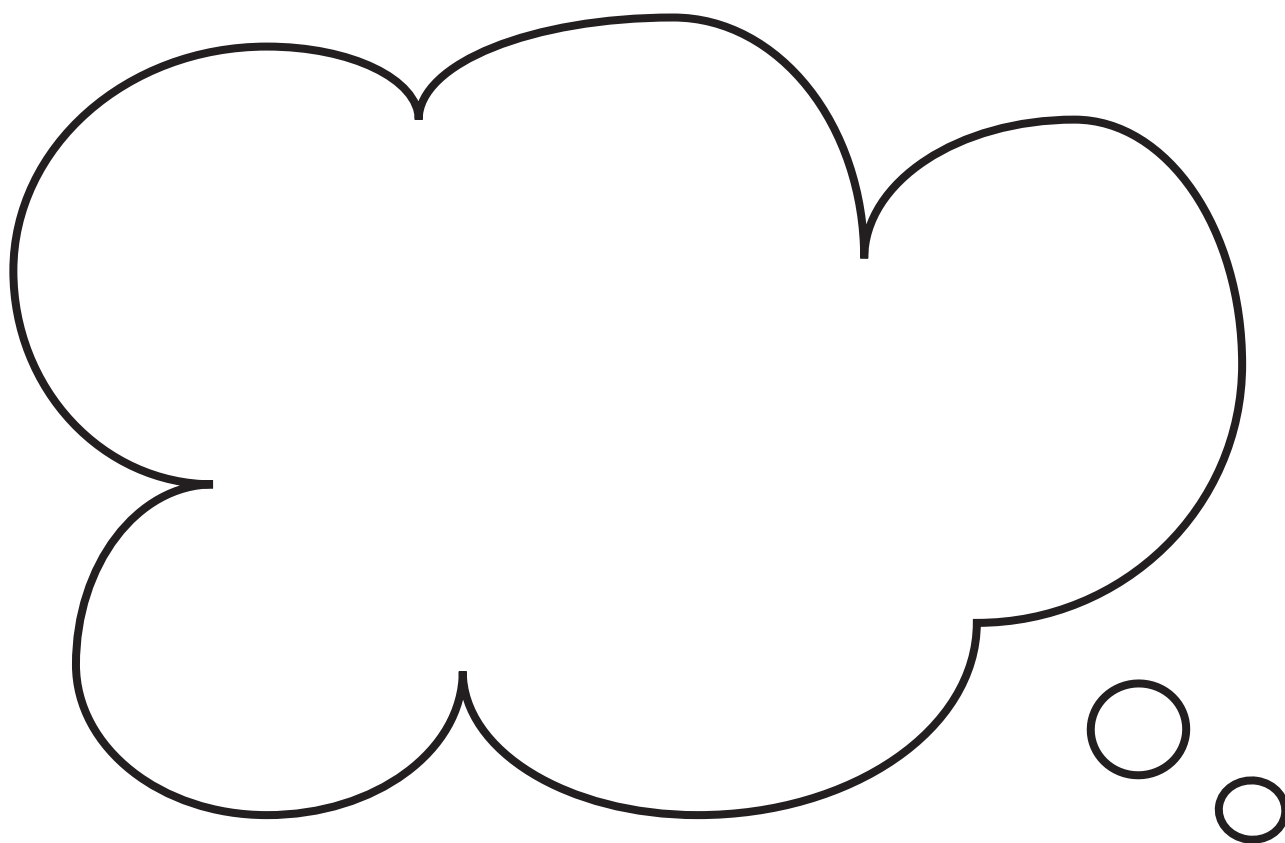


**Email:** [info@darkhorsetheatre.co.uk](mailto:info@darkhorsetheatre.co.uk)

**Telephone:** 01484 484 441

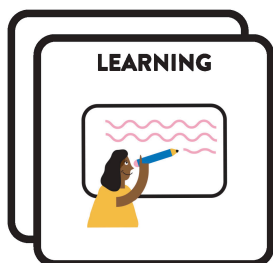
**Website:** [www.darkhorsetheatre.co.uk](http://www.darkhorsetheatre.co.uk)

## My Notes And Thoughts:





# DOWN SYNDROME TRAINING AND SUPPORT SERVICE LTD



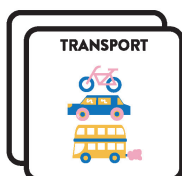
## What do we do?



We support people living with Down syndrome and their families across their lives.

For young adults there is: dance group weekly, youth club weekly, I Can Work project (10 weeks), Speech & Language therapy monthly.

## Where is it?



### Address:

The Pamela Sunter Centre, 2 Whitley Street, Bingley, BD16 4JH

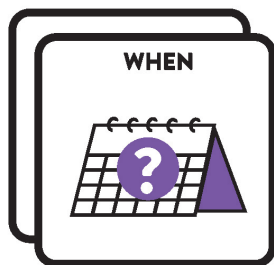
### Is transport provided?

No

### Accessibility:

There are steps to the front door of the building. There is a downstairs toilet but it is not wheel chair accessible. We have plenty of parking behind our building, although we are on a steep slope.

## When is it?



**Dance:** Thursdays, 6:00 - 7:00pm. *This takes place at a different venue, please get in touch for more details.*

**Youth Club:** Fridays, 6:00 - 10:00pm

**'I Can Work' Project:** the programme is flexible based around 1 day a week, 10:00am - 2:00pm, term time only.

*We can usually accommodate 2 young people at a time on the project. You can apply if interested and may need to wait until a place is available.*

## How much does it cost?



### Cost:

Dance: £3.50 per session

Youth Club: £2 per week

I Can Work: a donation to the charity of £10 per session  
(expenses can be claimed by the young person)

**Are there bursaries available?** No

**Can I have a free taster session?** Yes!

## Other:



### Is there any specific support for parents and carers?

We have early development groups, a number of training courses, and counselling.

### Do I bring support with me?

Yes, you can bring support with you.

### Do you provide any food or drink?

You will need to bring your own food and drink.

## Contact

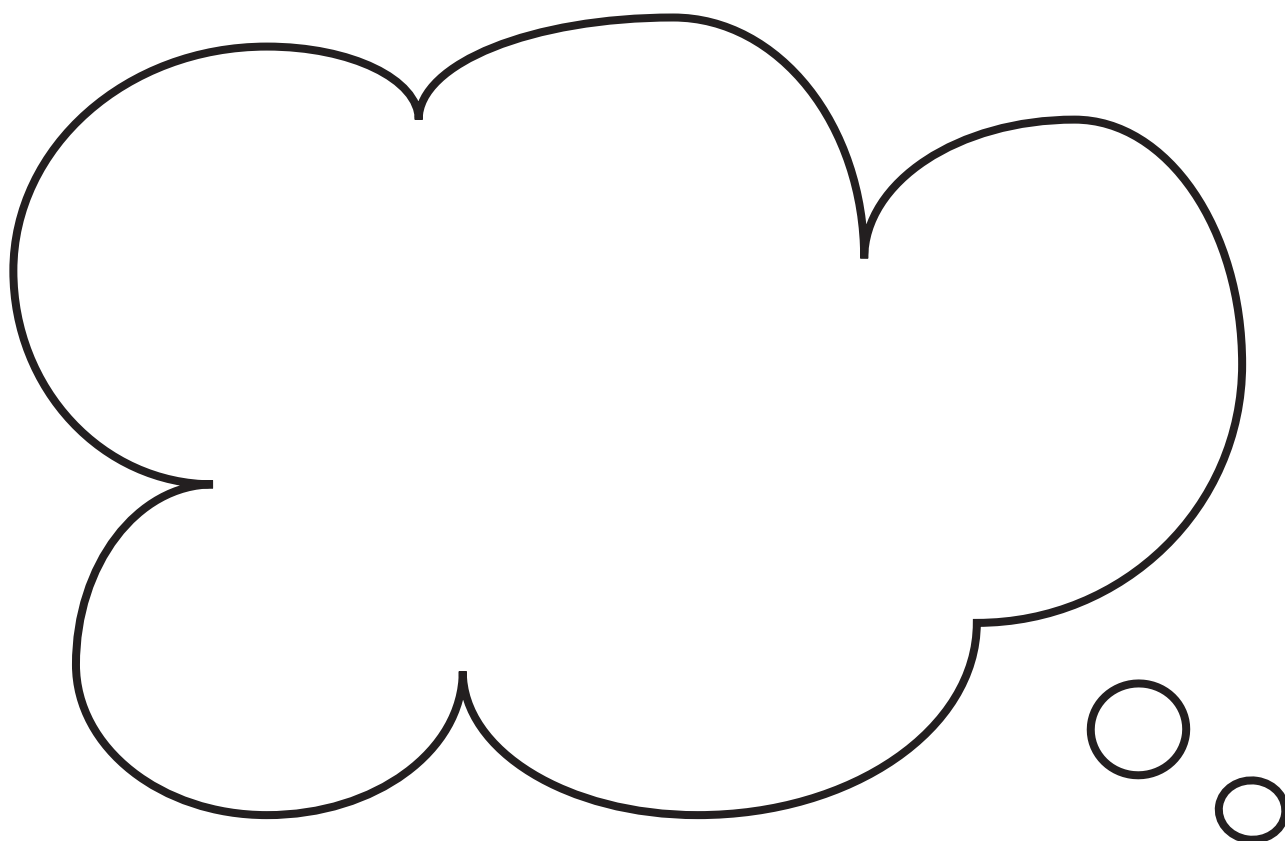


**Email:** [office@downsyndromebradford.co.uk](mailto:office@downsyndromebradford.co.uk)

**Telephone:** 01274 561 308

**Website:** [www.downsyndromebradford.com](http://www.downsyndromebradford.com)

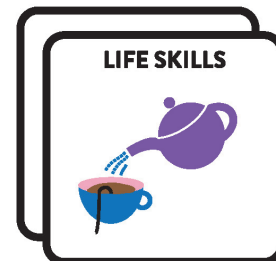
## My Notes And Thoughts:







# FUTURE HORIZONS LEEDS



## What do we do?

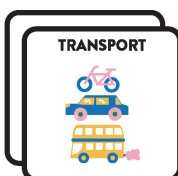


At Future Horizons we aim to enable, empower and include everyone and aim to help all our young people reach their maximum potential.

Future Horizons Leeds provides holistic, person-centred care for young adults with complex learning and/or physical difficulties. We prioritise the well-being and personal progress of every young person through organised activities, structured leisure time and physical therapies.

This is available to those with EHCP funding and adult social care funding.

## Where is it?



### Address:

West site - Unit 1, 2 Wyther Lane, Leeds LS5 3BT

South site - Unit 7 Landmark Court, Elland Road, Leeds, LS11 8JT

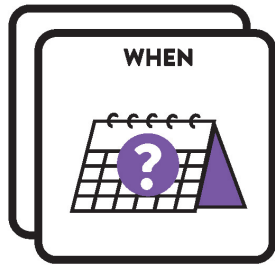
### Is transport provided?

No

### Accessibility:

Fully accessible. Hoists and mobile hoists throughout. Care suites fitted with hoisting equipment and parking accessibility. There is parking available on site or through Leeds City Council transport services.

## When is it?



Monday to Friday, 9am - 4pm

Saturday Club: Saturdays, 10am - 4pm

We have a range of activities which alter weekly due to people attending different days. We offer hydro therapy, rebound, work experience within the community, in house activities, sensory play, and external company BoomChikkaBoom run several classes throughout the week.

## How much does it cost?



**Cost:** Price available on request

**Are there bursaries available?** No

**Can I have a free taster session?** Yes!

## Other:



**Do I bring support with me?**

No. There is a really high ratio of support staff to help learners to access activities and learning opportunities. We can also support with personal care.



**Do I need to bring my lunch?**

You can bring your own lunch, or you can purchase a cooked meal on the day for £3. We provide snacks.

## Contact

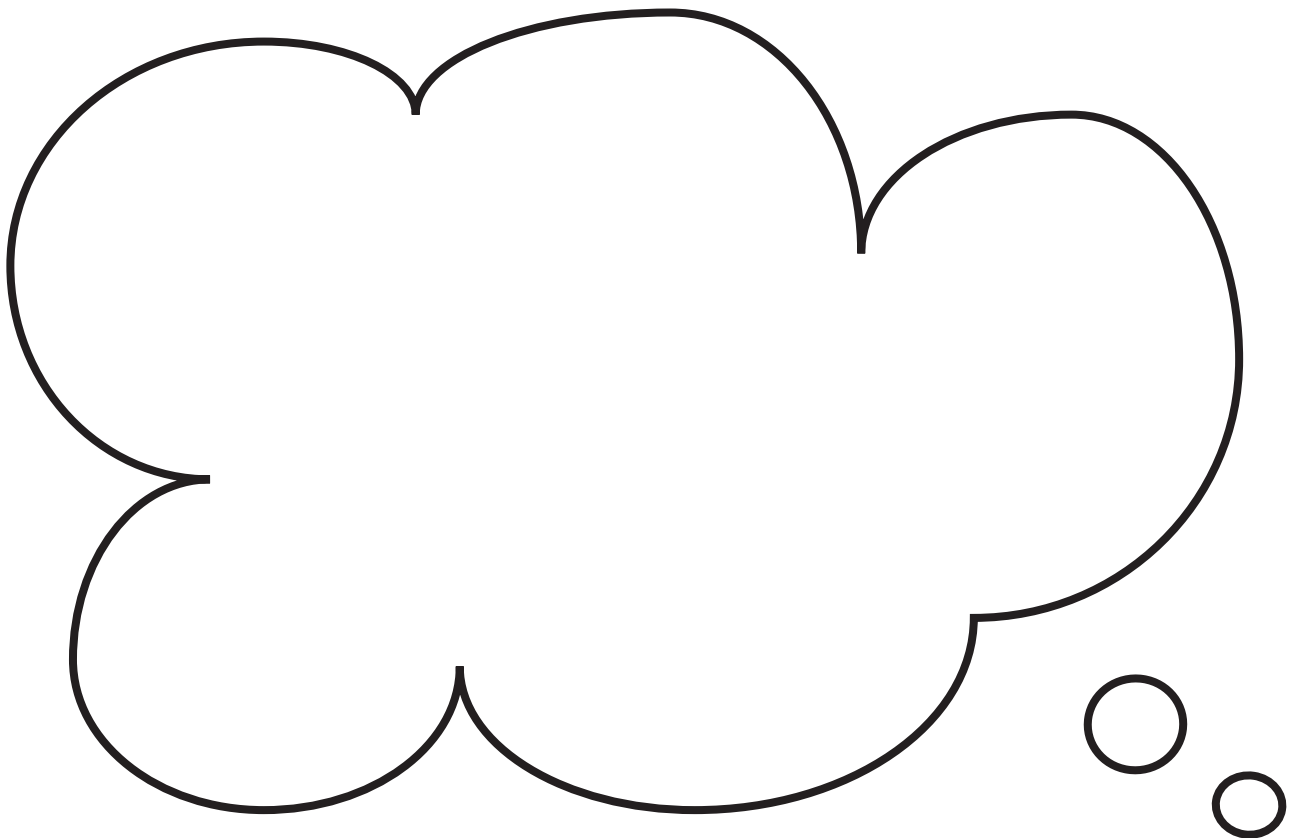


**Email:** [info@futurehorizonsleeds.co.uk](mailto:info@futurehorizonsleeds.co.uk)

**Telephone:** 01132 747 894

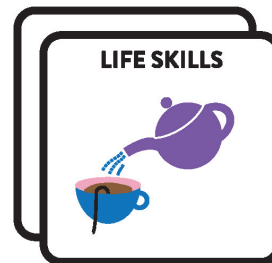
**Website:** [www.futurehorizonsleeds.com](http://www.futurehorizonsleeds.com)

## My Notes And Thoughts:

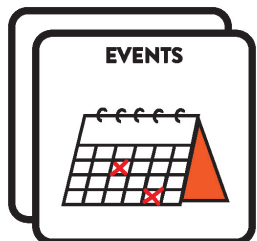




# GIG BUDDIES



## What do we do?

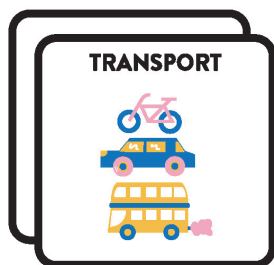


Gig Buddies is a project that matches people with a learning disability with a volunteer who has similar interests to go to nightlife activities together.

The aim of the project is to support people with a learning disability to make new friends and help them go out and do the things they enjoy.

Have fun and get out on an evening!

## Where is it?



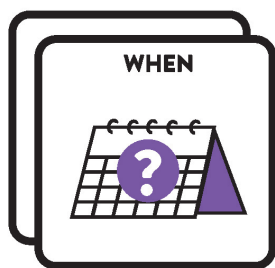
### Address:

Across Bradford

### Is transport provided?

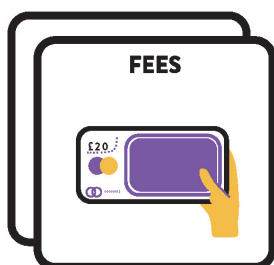
No, sorry!

## When is it?



Activities take place in the evenings and on weekends, and run all year round.

## How much does it cost?



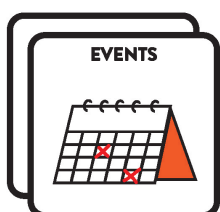
### **Cost:**

The Gig Buddies service is free, but costs will vary depending on the activities attended.

**Are there bursaries available?** No

**Can I have a free taster session?** Yes!

## Other:



### **Are there any key events?**

Yes, we have socials twice a month.



### **Do I bring support with me?**

You can bring support with you. You will be matched with a 1-1 volunteer, however, they are unable to support personal care.



### **Do you provide any food or drink?**

No, we do not provide food or drink.

## Contact

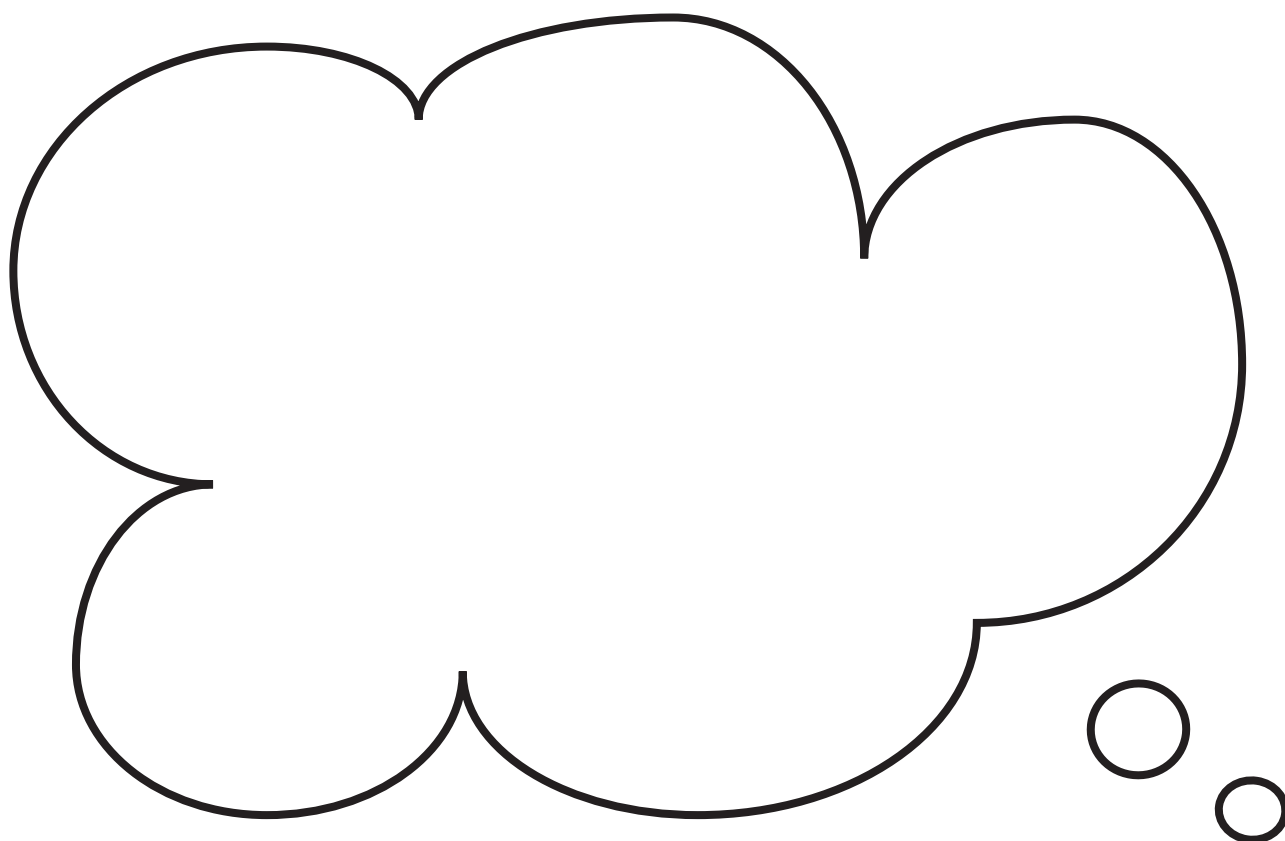


**Email:** [gig.buddies@mencap.org.uk](mailto:gig.buddies@mencap.org.uk)

**Website:**

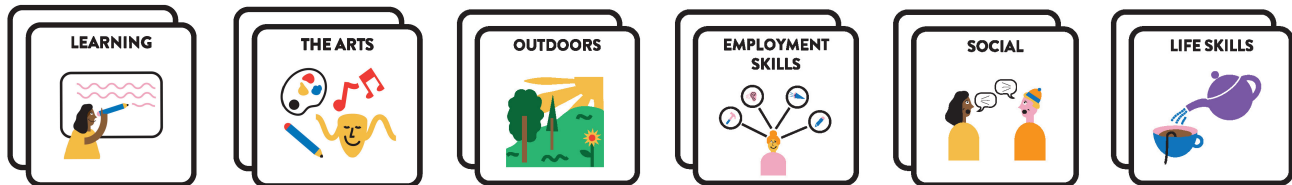
[www.mencap.org.uk/get-involved/volunteer-mencap/gig-buddies](http://www.mencap.org.uk/get-involved/volunteer-mencap/gig-buddies)

## My Notes And Thoughts:





# HAMARA HALO PROJECT



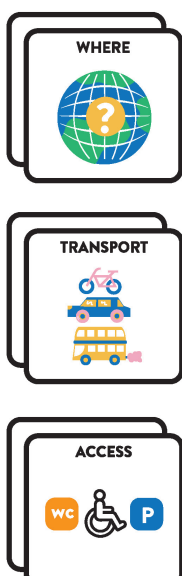
## What do we do?



Day Opportunities Service: we deliver activities and sessions chosen by members who are adults with learning disabilities and Autism/Asperger's. Our service is member led, the service is called HALO which stands for Health and Learning Opportunities.

Our members enjoy a range of activities to suit their needs but all activities are intended to support adults to learn and develop key skills required to be independent and live their life in a way they choose to. We have friendship groups, education and employment activities, exercise and wellbeing sessions, art sessions and much more.

## Where is it?



### Address:

Hamara HLC, Tempest Road, Beeston, LS11 6RD

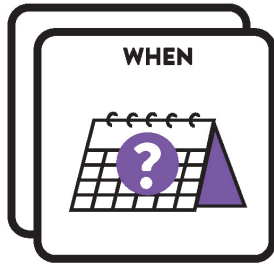
### Is transport provided?

Yes

### Accessibility:

There is wheelchair access and a disabled toilet. There are several bus routes to and from the city centre. When Cockburn Sports Hall is rebuilt, there will be a changing places.

## When is it?



Activities take place during the week, Mondays - Fridays.

## How much does it cost?



### Cost:

£70 per day with transport or £14.50 per hour for 1-1 support worker.

**Are there bursaries available?** No

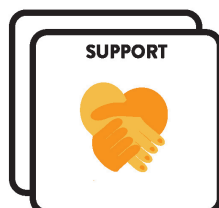
**Can I have a free taster session?** Yes!

## Other:



### Is there any specific support for parents and carers?

We have a carers group and a board which has carers on.



### Do I bring support with me?

We can provide 1-1 support or you can bring support with you. We are unable to support personal care.



### Do you provide any food or drink?

There is a cafe on site.



## Contact

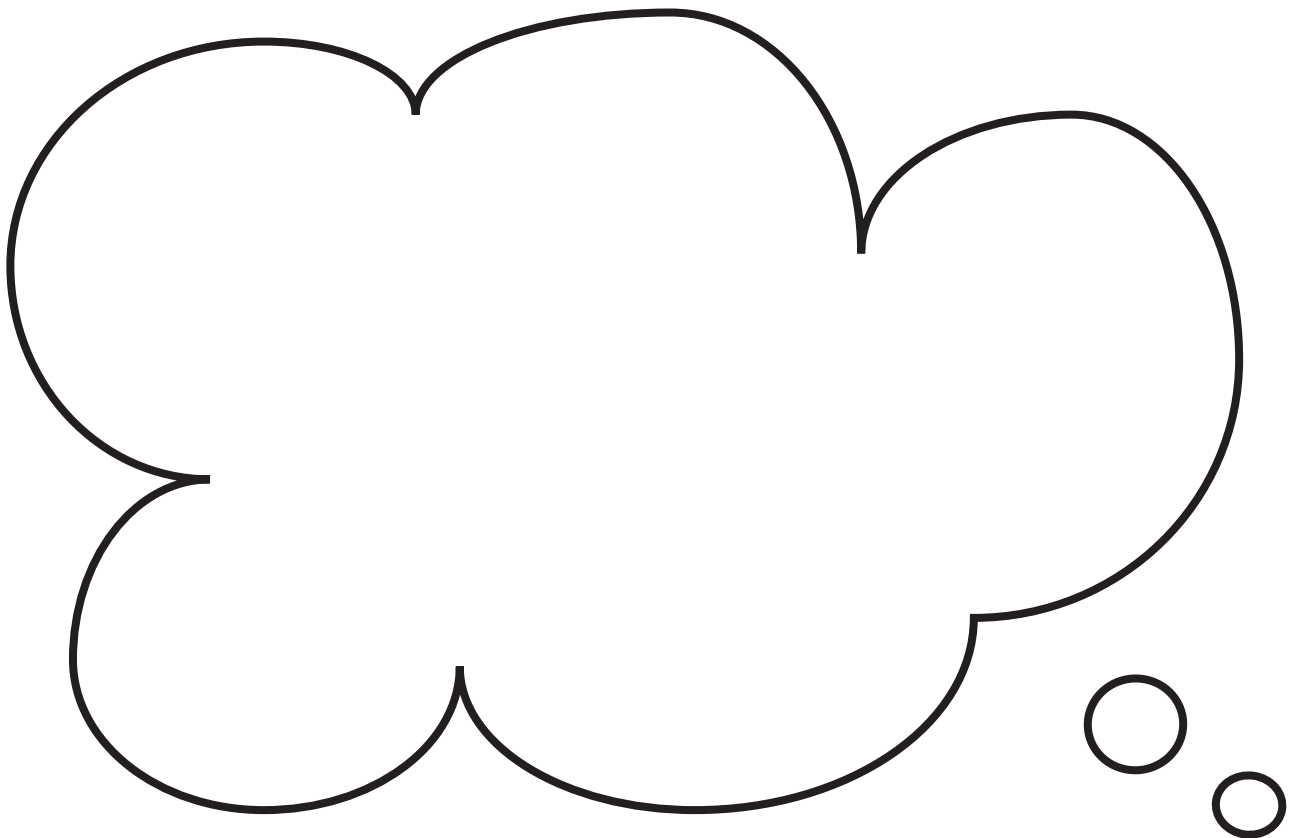


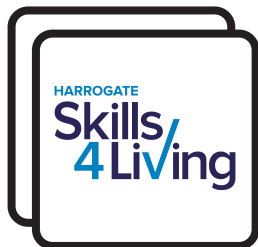
**Email:** [admin@hamara.co.uk](mailto:admin@hamara.co.uk)

**Telephone:** 0113 277 3330

**Website:**  
[www.hamara.org.uk/our-services/projects/halo](http://www.hamara.org.uk/our-services/projects/halo)

## My Notes And Thoughts:





# HARROGATE SKILLS 4 LIVING CENTRE (HS4LC)



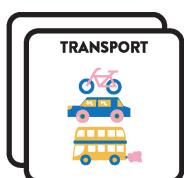
## What do we do?



HS4LC's Day Service comprises over 40 courses that are designed to stimulate people's interests and to help them learn skills through adult education and leisure learning. HS4LC's Skills Bridge programme offers in-work training, supported internships and supported employment with educational opportunities.

Our Skills Bridge Programme focuses on education and employment whilst our day centre runs sessions on art, music, dance, drama, allotment, cooking, baking, healthy eating, gym and fitness.

## Where is it?



### Address:

Day Centre and Skills Bridge: 9 North Park Road, Harrogate, HG1 5PD

Harrogate Chocolate Factory Cafe: 1-2 Odeon Buildings, East Parade, Harrogate, HG1 5LB

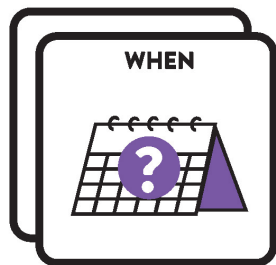
### Is transport provided?

No, sorry!

### Accessibility:

There is wheelchair access, a ramp at the back of the building and a stair lift. Accessible by bus route. There is no parking on site.

## When is it?



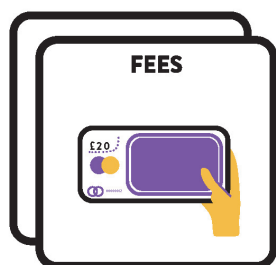
**Skills Bridge:** Monday-Friday, 9:00am - 3:00pm

**Day Centre:** Monday-Friday, 10:00am - 3:00pm

We follow the academic year. We can take new clients / learners throughout the year.

*Skills Bridge is mainly for young people 16-25 years old with an EHCP. However our supported employment and in-work training has a more flexible age range (starting age 18) and does not require an EHCP. The Day Centre is for people 18 years and above with no upper age limit.*

## How much does it cost?



**Cost:** Charges vary depending on the programme.

**Are there bursaries available?** No

**Can I have a free taster session?** Yes!

## Other:



**Can I gain any qualifications?**

Skills Bridge education learners can take functional skills qualifications and a certificate in employability. Some learners can gain a food hygiene certificate and other workplace certificates.

**Do I bring support with me?**

You can bring support with you. We are unable to support personal care.

**Do I need to bring lunch?**

Yes, you will need to bring your own packed lunch.

## Contact

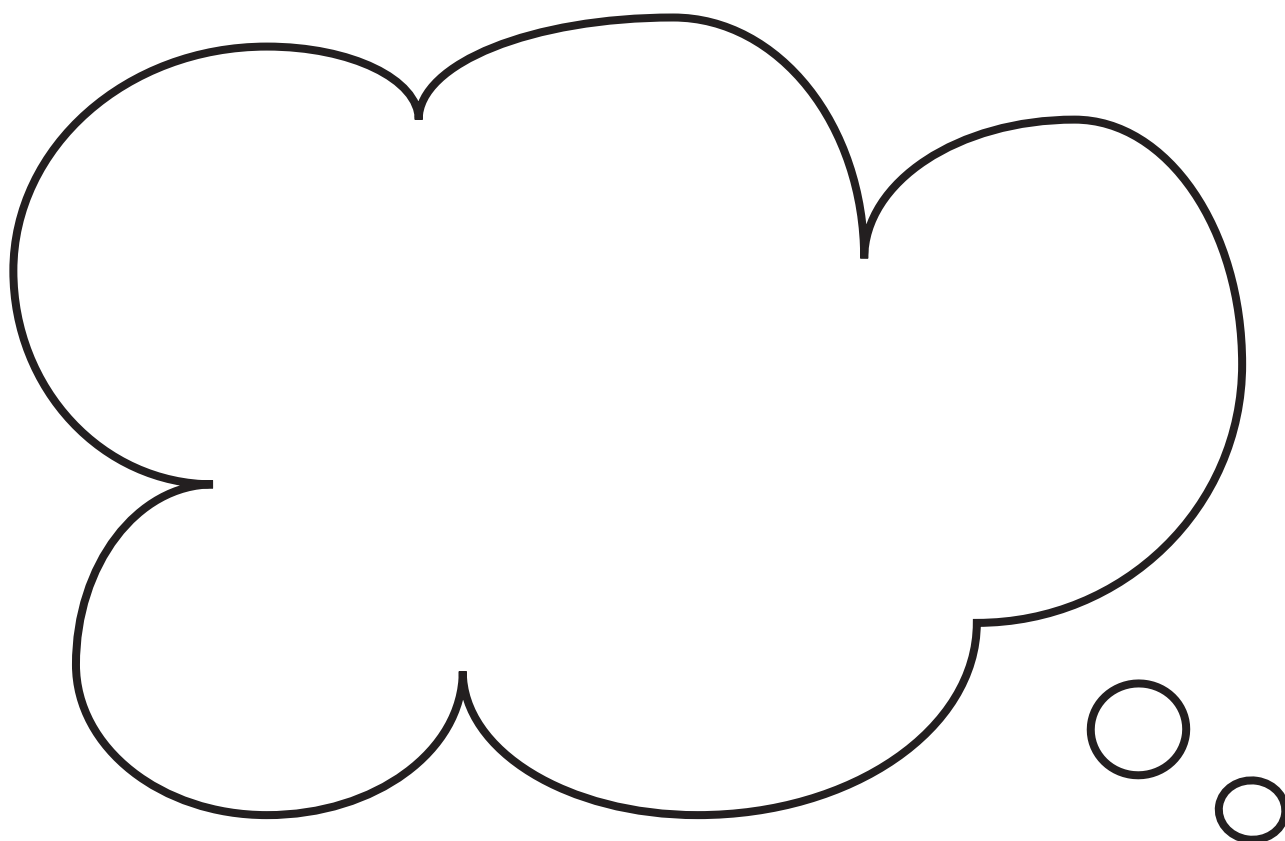


**Email:** [skills@hs4lc.org.uk](mailto:skills@hs4lc.org.uk)

**Telephone:** 01423 593 719

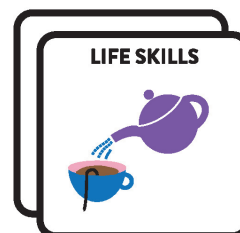
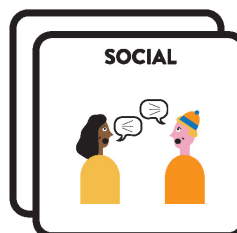
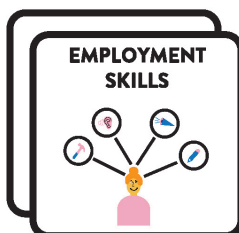
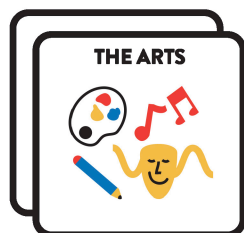
**Website:** [www.hs4lc.org.uk](http://www.hs4lc.org.uk)

## My Notes And Thoughts:

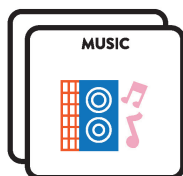




# HENSHAWS ARTS & CRAFTS CENTRE



## What do we do?

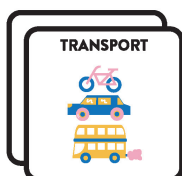


Our service is fun, inspiring and inclusive. There are lots of choices.

We offer workshops in:

Printing, Mosaic, Papier-Mache, Music, Horticulture, Pottery, Woodwork, Retail, Performing Arts, Jewellery, Multi-Sensory

## Where is it?



### Address:

50 Bond End, Knaresborough

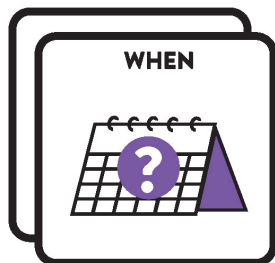
### Is transport provided?

Henshaws doesn't provide transport, but it can be arranged through Leeds City Transport.

### Accessibility:

There is disabled parking, wheelchair access, and changing places toilets. The venue is accessible by bus.

## When is it?



**All weekdays:** Music, Pottery, Woodwork, Retail, Paper, Jewellery, Performing Arts, Multi-Sensory

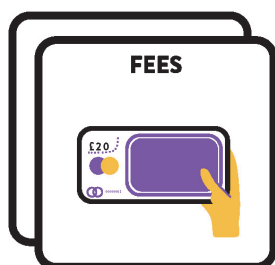
**Monday - Tuesday:** Print Making

**Wednesday - Friday:** Mosaics

**Workshops times:** 9am - 12pm and 1 - 4pm

We also have craft fairs, gigs, theatre and discos. Refer to our Facebook page for further information.

## How much does it cost?

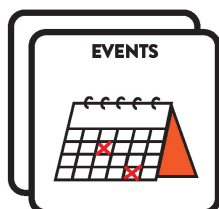


**Cost:** £35 per workshop

**Are there bursaries available?** No

**Can I have a free taster session?** Yes!

## Other:



**Are there any key events?**

Christmas Concert, BedFest, FEVA Festival, Beer Festival and numerous exhibitions.

**Is there any support for parents and carers?**

Consultation by phone and regular reviews, and monthly meetings for parents and carers.

**Do I bring support with me?**

People can bring their own 1-1 support with them. Contact us for further information as we can offer support in some circumstances.

## Contact

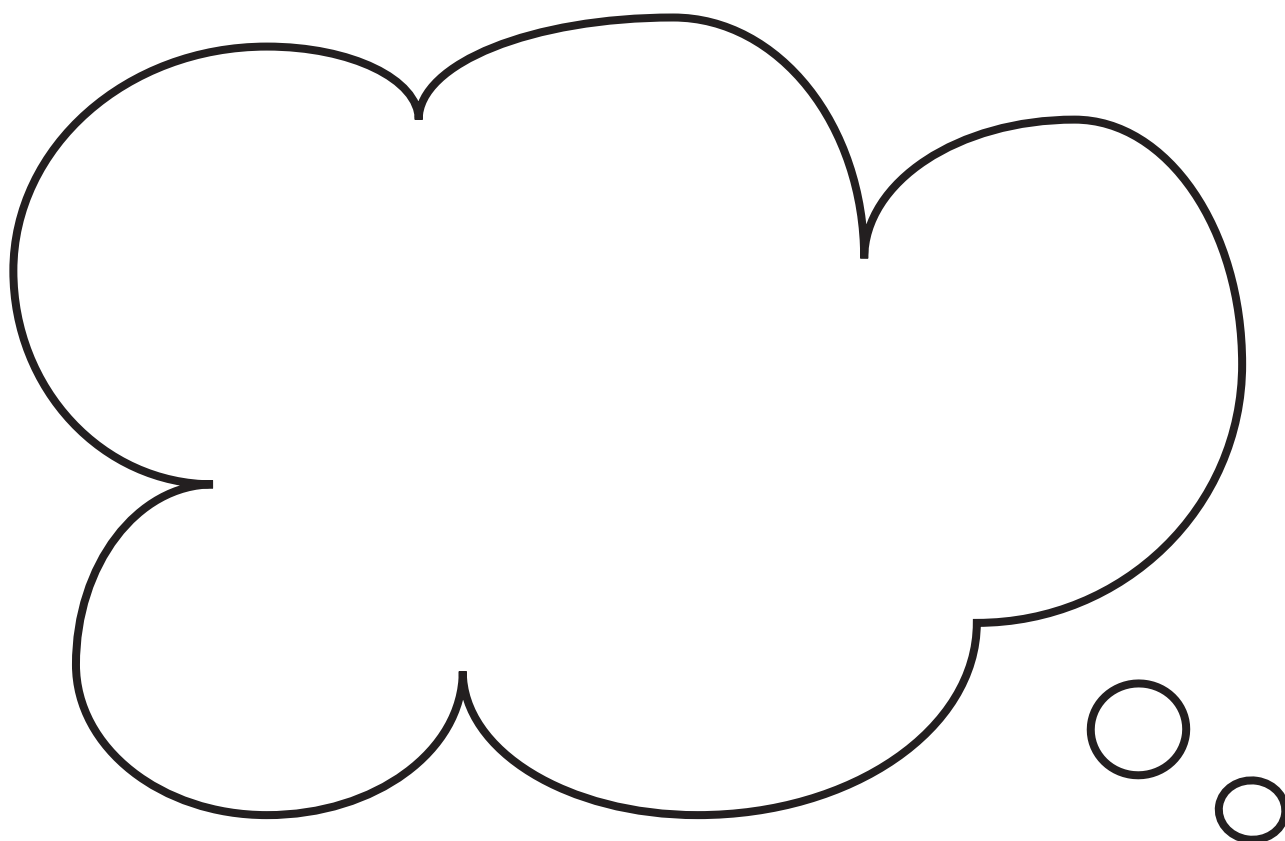


**Email:** [acc.admin@henshaws.org.uk](mailto:acc.admin@henshaws.org.uk)

**Telephone:** 01423 541 888

**Website:** [www.henshaws.org.uk/what-we-offer/arts-crafts](http://www.henshaws.org.uk/what-we-offer/arts-crafts)

## My Notes And Thoughts:

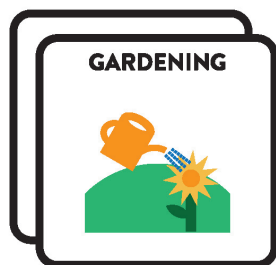




# HYDE PARK SOURCE



## What do we do?



Community gardening sessions:

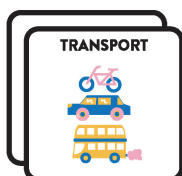
Hyde Park Source aims to improve people's health and well being through improving the environment. We are committed to increasing the potential of individuals and communities – promoting equality of education and training. We work with local communities to improve their surroundings, designing and creating attractive, exciting and useful places for people to live, work and play.

## Where is it?



### Address:

Tuesday - Hyde Park, Wednesday - Hyde Park and Kirkstall, Thursday - Armley and Horsforth, Friday - Woodhouse



### Is transport provided?

No, sorry!

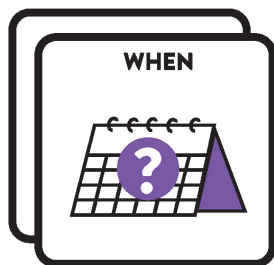


### Accessibility:

There is on street parking for most addresses except Hyde Park. We provide a day rider for the bus.



## When is it?



**Tuesdays:** 1:00 - 3:00pm (recovery from substance abuse group)

**Wednesdays:** 10:30am - 12:30pm and 2:00 - 4:00pm

**Thursdays:** 11:30am - 1:30pm and 12:30 - 2:30pm

**Fridays:** 10:30am - 12:30pm

Hyde Park Source groups meet all year round.

## How much does it cost?



**Cost:** Free!

## Other:



### **Do I bring support with me?**

We cannot provide 1-1 support and we expect participants to be able to come to our sessions independently.



### **Do you provide any food or drink?**

We provide a flask at the first session so you can bring a hot drink with you each week.

## Contact

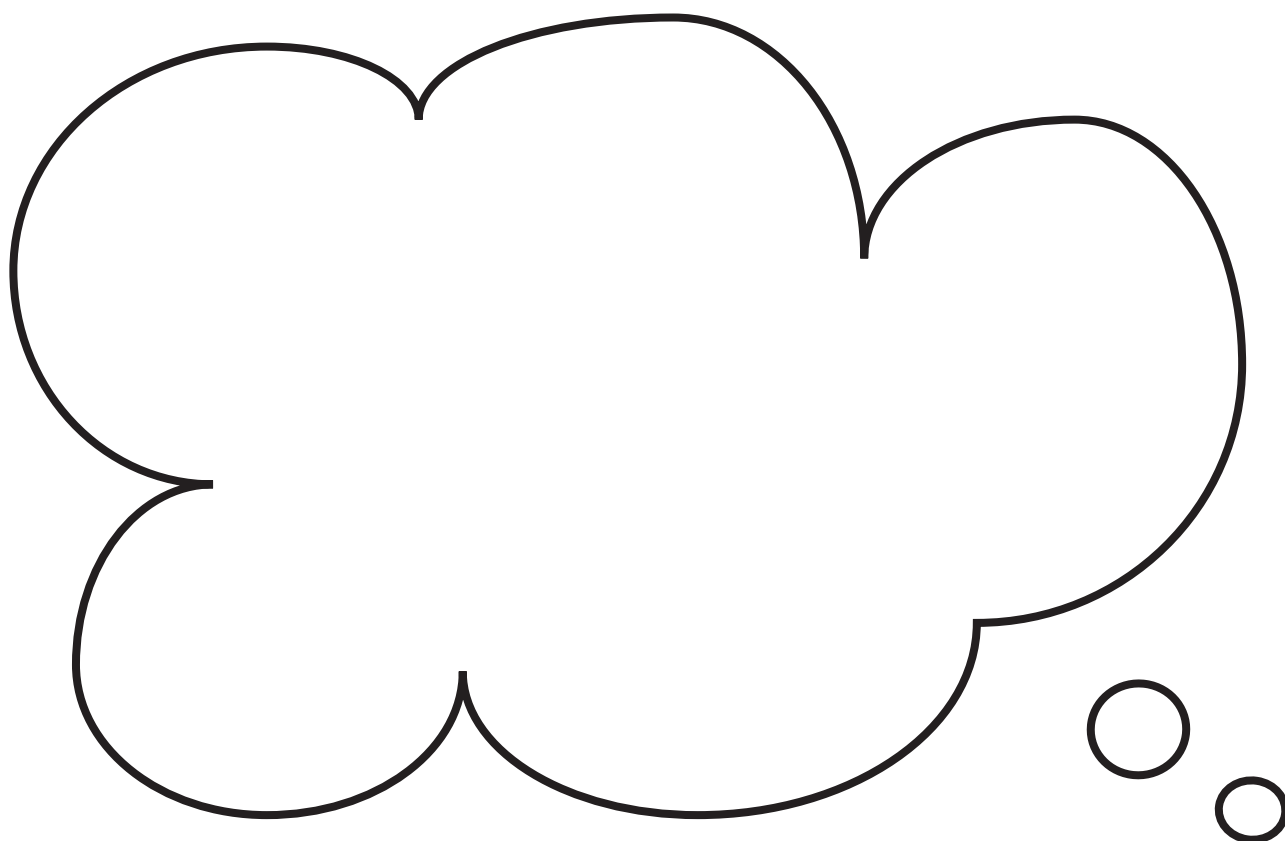


**Email:** [volunteer@hydeparksource.org](mailto:volunteer@hydeparksource.org)

**Telephone:** 0113 245 8863

**Website:** [www.hydeparksource.org](http://www.hydeparksource.org)

## My Notes And Thoughts:





# IMAS - INTERNATIONAL MIXED ABILITY SPORTS



## What do we do?



Mixed Ability is a social movement within sports, actively promoting inclusion and equality through a sense of belonging and membership to a group, team or club.

There are a variety of mixed ability sports groups: yoga, cycling, swimming, bowls, boxing, cricket, football, archery, rowing and rugby!

We have weekly sessions where IMAS Trainers co-produce presentations, training resources and share personal experiences of how sports and club membership has benefitted them.

## Where is it?

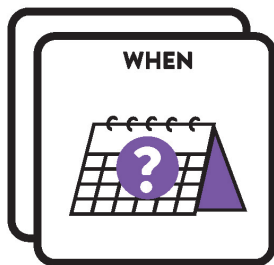


### Address:

Office: International Mixed Ability Sports (IMAS),  
Cathedral House, 26-28 Church Bank, Bradford,  
BD1 4DZ

The sports groups take place in various locations across  
Bradford, Leeds and the world!

## When is it?



There are various Mixed Ability Sports clubs. For example:

**Mondays:** Bowls, Non-Contact Boxing

**Tuesdays:** Non-Contact Boxing, Archery

**Wednesdays:** Cycling

**Thursdays:** Yoga

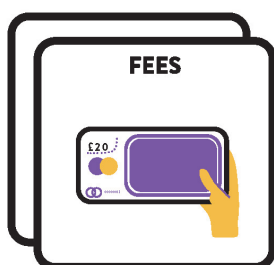
**Fridays:** Swimming

**Saturdays:** Cycling, Rugby

**Sundays:** Rowing

IMAS Trainers meet on Wednesdays.

## How much does it cost?



### Cost:

The price of sessions vary depending on the group.

Generally, sessions cost between £2 - £6 per session.

## Other:



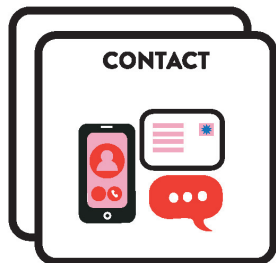
### What are IMAS Trainers?

IMAS Trainers are “experts by experience” having faced and overcome barriers to full inclusion in society. They have Inclusion Class meetings every Wednesday to co-produce presentations and training resources, and share personal experiences of how sports and club membership has benefitted them. Last year, 2 trainers attended an online meeting with the House of Lords!

### What if there are no mixed ability sports groups near me?

If there are no mixed ability sports in your area, IMAS can work with you to set one up, just get in touch!

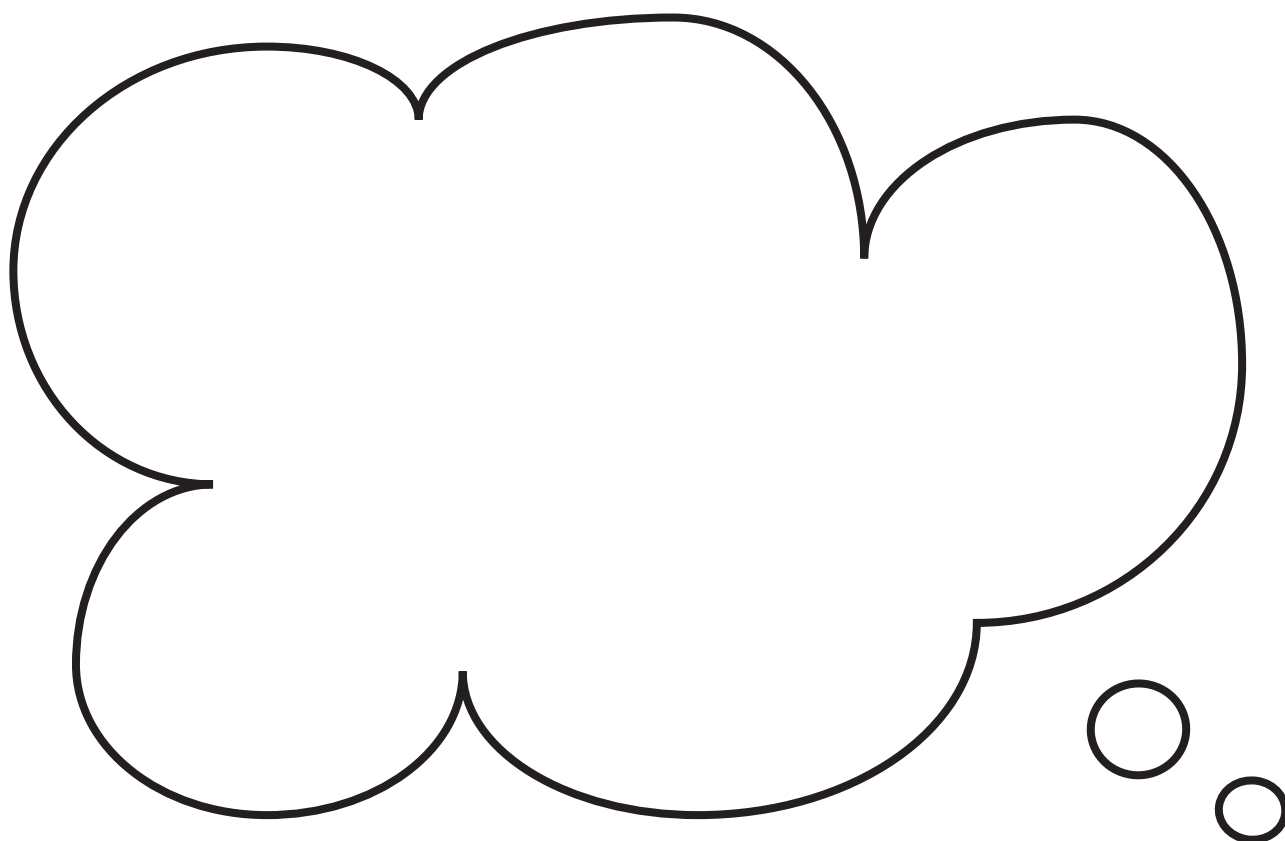
## Contact



**Email:** [contact@mixedabilitysports.org](mailto:contact@mixedabilitysports.org)

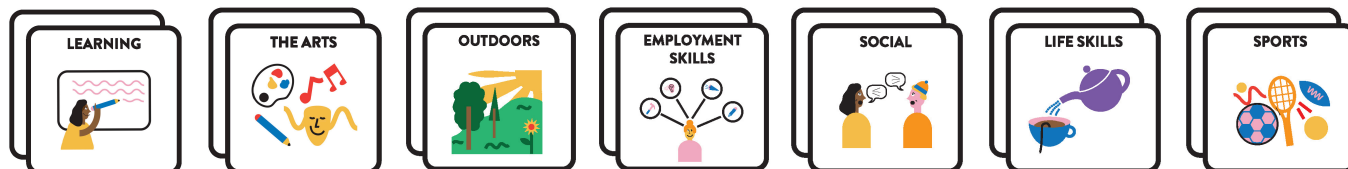
**Website:** [www.mixedabilitysports.org](http://www.mixedabilitysports.org)

## My Notes And Thoughts:





# LEEDS AUTISM SERVICES



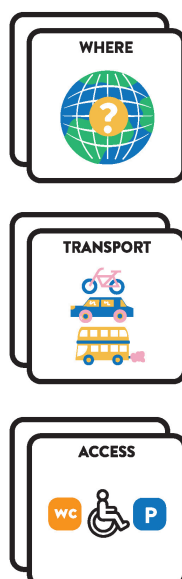
## What do we do?



We support adults with autism to identify and achieve their goals in life. We also help people to access group and community based social activities.

Our staff are kind and welcoming and understand autism. The plans we make are always flexible, and you can change things at any time. If you are part of Leeds Autism Services, you are in control.

## Where is it?



### Address:

Hunslet - 28 Grape Street, Leeds, LS10 1BX  
Armley - 16 Church Road, Leeds, LS12 1TZ

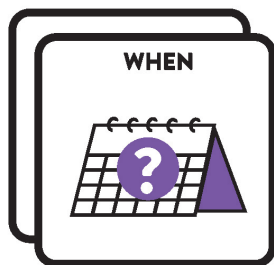
### Is transport provided?

No, sorry!

### Accessibility:

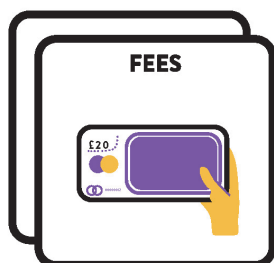
There is disabled parking, wheelchair access and changing places toilets. The venue is accessible by bus.

## When is it?



Monday to Friday, 9:30am - 3:30pm

## How much does it cost?



**Cost:** £66.94 per 3 hour session.

Participants pay for their own activities.

**Are there bursaries available?** No

**Can I have a free taster session?** Yes!

## Other:



### Is there any specific support for parents and carers?

We provide holistic support, so members' families and carers are also supported.

### Do I bring support with me?

All participants start on a 1-1 support basis.

### Do I need to bring lunch?

Yes, you should bring your own food and drink. There are food preparation areas available. Or you can buy lunch at shops and food outlets nearby.

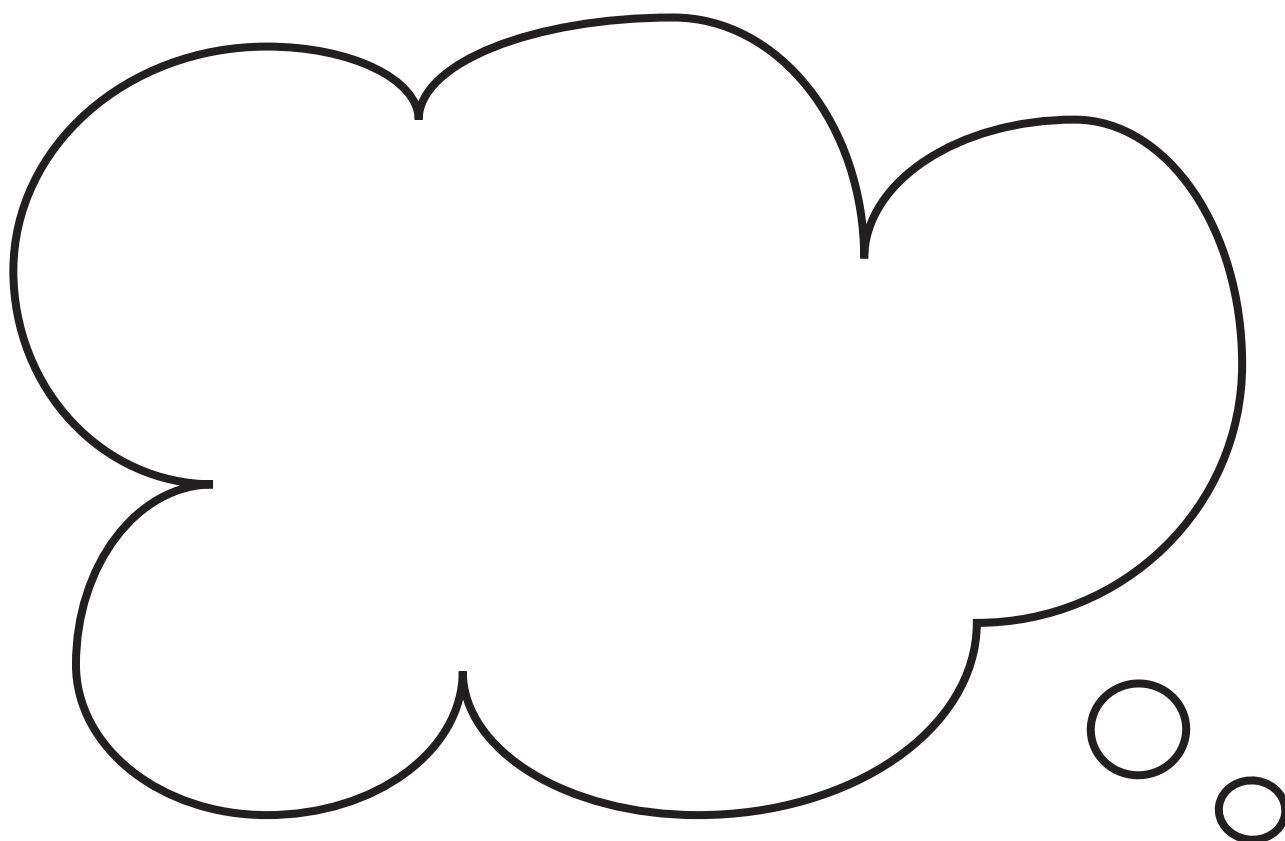
## Contact



**Telephone:** 0113 245 2645

**Website:** [www.leedsautism.org.uk](http://www.leedsautism.org.uk)

## My Notes And Thoughts:







# LEEDS INVOLVING PEOPLE



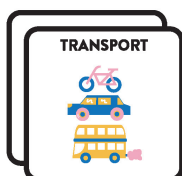
## What do we do?



If you want to make a difference to the services that you use, to ensure they are appropriate to your needs, get in touch with Leeds Involving People.

Involvement & engagement opportunities; build connections, improve services, and improve confidence.

## Where is it?



### Address:

We are based at Unity Business Centre, 26 Roundhay Road, LS7 1AB

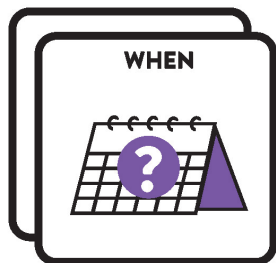
### Is transport provided?

Yes

### Accessibility:

There is wheelchair access and disabled parking. There is a bus stop right outside the venue.

## When is it?

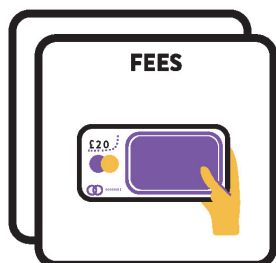


Various times throughout the week.

Conversation Cafes happen on Tuesdays.

Follow our social media for updates.

## How much does it cost?



**Cost:** Free!

## Other:



### **Do I bring support with me?**

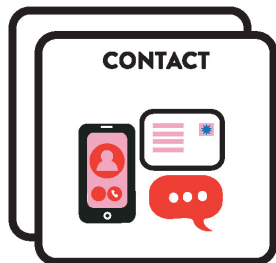
You can bring support with you. We do not provide 1-1 support.



### **Do you provide any food or drink?**

We provide refreshments and there is a cafe onsite.

## Contact

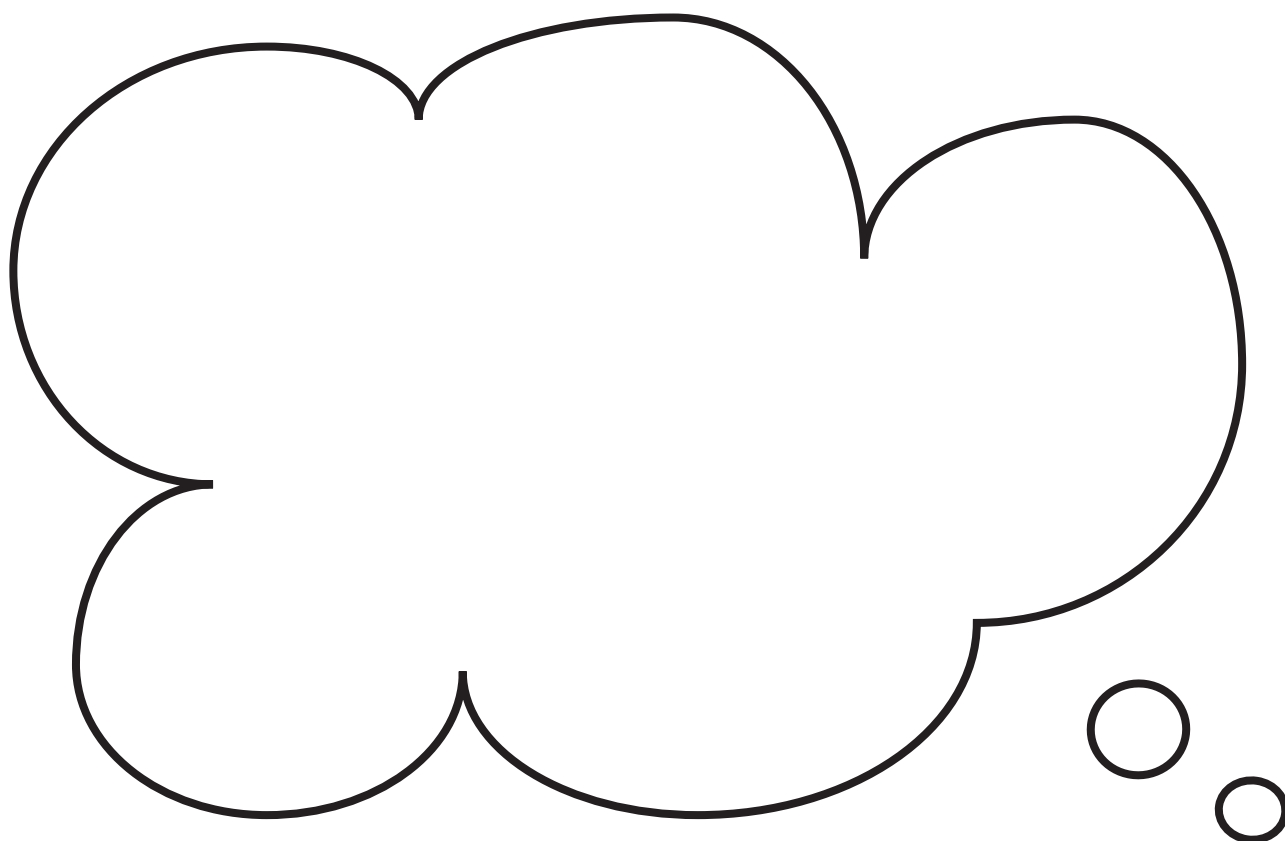


**Email:** [info@leedsinvolvingpeople.org.uk](mailto:info@leedsinvolvingpeople.org.uk)

**Telephone:** 0113 237 4508

**Website:** [www.leedsinvolvingpeople.org.uk](http://www.leedsinvolvingpeople.org.uk)

## My Notes And Thoughts:





# LEEDS PLAYHOUSE

## LEARNING



## ARTS



## EMPLOYMENT SKILLS



## SOCIAL



## What do we do?

### DRAMA



### DANCE



### ART



### MUSIC



### SUPPORT



### EVENTS



Drop in to our **Buzz weekend workshops** and explore visual art, music, movement and more in these afternoon sessions. On our **Arts Course** you can enjoy a full day of creative arts sessions: morning movement and drama, followed by visual and sensory arts in the afternoon. We offer ongoing transitions support, whether that be finishing college, taking part in **Creative Placements** or moving onto other services.

Throughout the year, look out for our **Beautiful Octopus Club Festival** and **Interaction Days** for exploring the Playhouse space.

## Where is it?

### WHERE



### TRANSPORT



### ACCESS



### Address:

First Floor, St Peters Square, Leeds, LS9 8AH  
Leeds Playhouse, Playhouse Square, Quarry Hill, Leeds LS2 7UP

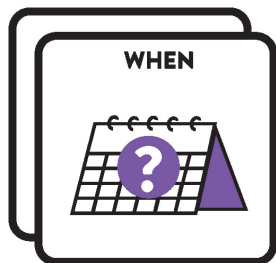
### Is transport provided?

No, sorry!

### Accessibility:

Both venues are fully accessible, including a changing places and lifts. There is no parking, but feel free to get in contact for help and information around parking.

## When is it?



**Arts Course:** Mondays and Tuesdays, 10:00 - 3:00pm  
For 16-25+ year olds

**Buzz Weekend Workshops:** Saturdays, 1:30 - 3:30pm

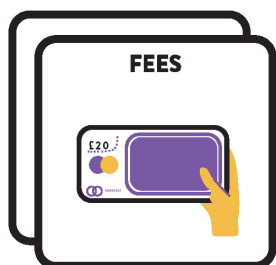
**Penny Press Magazine Group:** Saturdays, 11:00 - 12:30pm

*These are drop-in sessions, for 14-25 year olds. The Penny Press group is an open group.*

**Beautiful Octopus Club:** twice a year

**Interactive Days:** every 2 months

## How much does it cost?



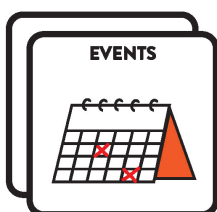
### Cost:

Arts Course sessions are free

Buzz weekend workshops cost £2

**Can I have a free taster session?** Yes!

## Other:



### Are there any key events?

The Beautiful Octopus Club happens twice a year. It is a celebration with a week of activity and the Beautiful Octopus club night! Our Interactive Days for PMLD adults happen every 2 months and invite you to explore the Playhouse space, including sensory workshops and an interactive trail around the building.

### Is there any specific support for parents and carers?

Yes, we offer a monthly parents and carers' forum which includes discussion groups and a programme of visitors from various services.

### Do I bring 1-1 support with me?

At our Arts Course, we can provide 1-1 support; this is something we base on a person to person basis. If you would like 1-1 support at the weekend workshops, you can bring this with you.

## Contact



**Natalie Kyrkos**

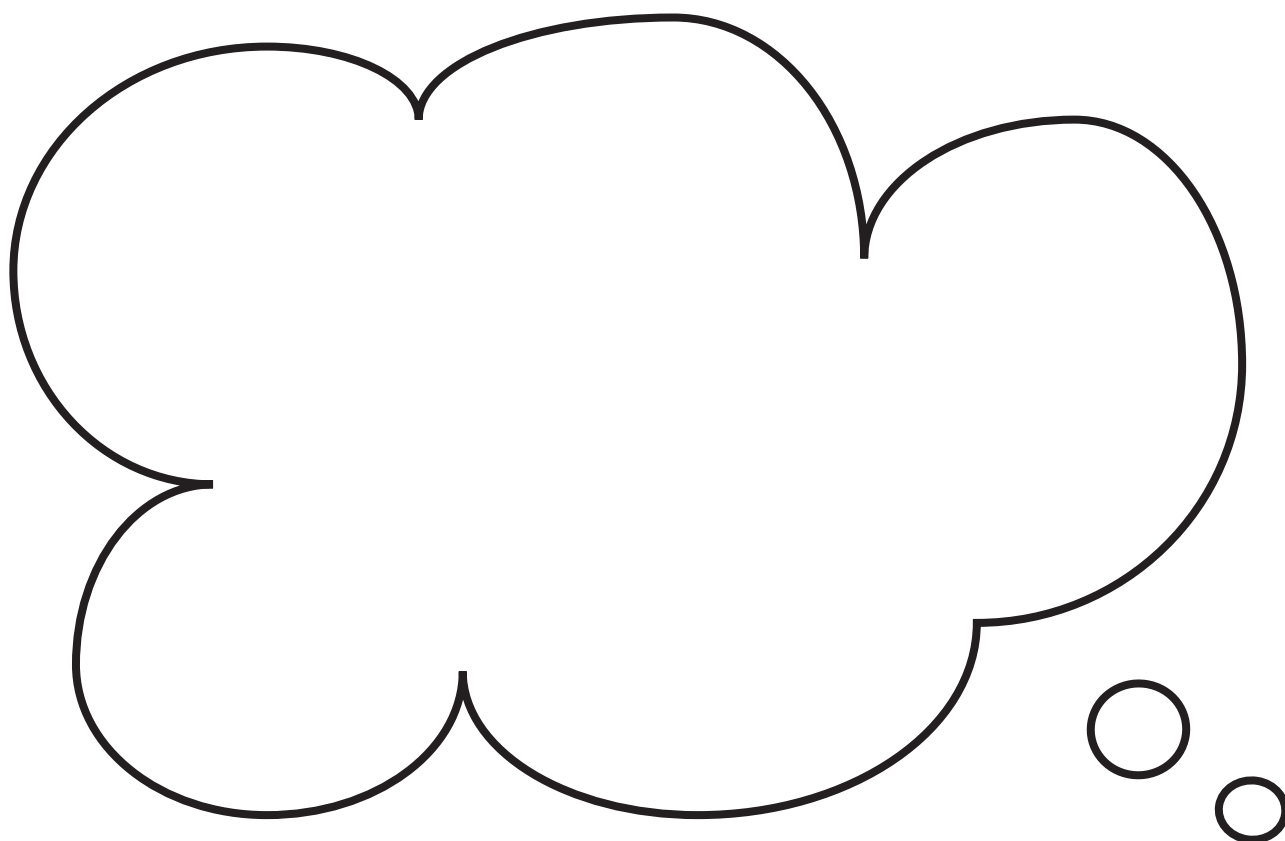
**Email:** [natalie.kyrkos@leedsplayhouse.org.uk](mailto:natalie.kyrkos@leedsplayhouse.org.uk)

**Telephone:** 0113 213 7236

**Website:**

[www.leedsplayhouse.org.uk/creative-engagement/youth/  
buzz-learning-disabilities/](http://www.leedsplayhouse.org.uk/creative-engagement/youth/buzz-learning-disabilities/)

## My Notes And Thoughts:

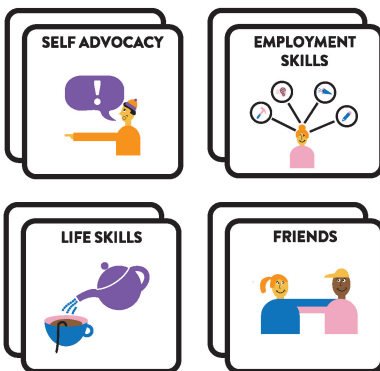




# LEEP 1



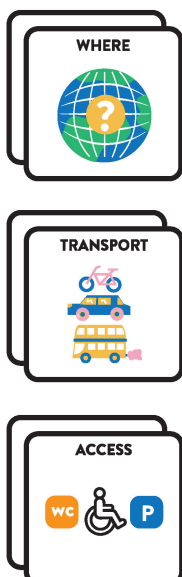
## What do we do?



We support people to reach their full potential, and get what they want from the service - we do not set the timetable, you do! Activities all based on what members want and ask for.

Giving members the opportunity to do what they want to do - consequently developing skills, building friendships and employment opportunities.

## Where is it?



### Address:

Unit A1, Community Business Centre, Leeds, LS7 1AB

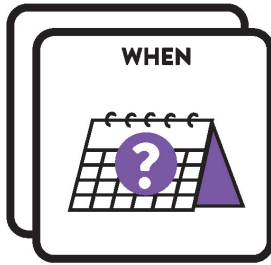
### Is transport provided?

No, sorry!

### Accessibility:

There is disabled parking, wheelchair access and disabled toilets. The venue is accessible by bus.

## When is it?



### **Monday:**

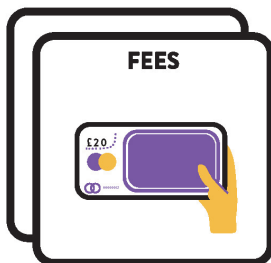
AND clothing: 10:00am - 1:00pm

Employment course: 1:00 - 3:00pm

**Tuesday - Friday:** 10:00am - 3:00pm

**Wednesday evenings:** Friendship Group

## How much does it cost?



**Cost:** £10 an hour

AND group - £5 a week extra

**Are there bursaries available?** No

**Can I have a free taster session?** Yes!

## Other:



### **Can I gain any qualifications?**

NVQ Food Safety in Cafe Leep



### **Do I bring support with me?**

You can bring support with you or it can be provided at an additional cost. We are unable to support personal care.



### **Do I need to bring lunch?**

There is a cafe on site and Cafe Leep volunteers get a free lunch.



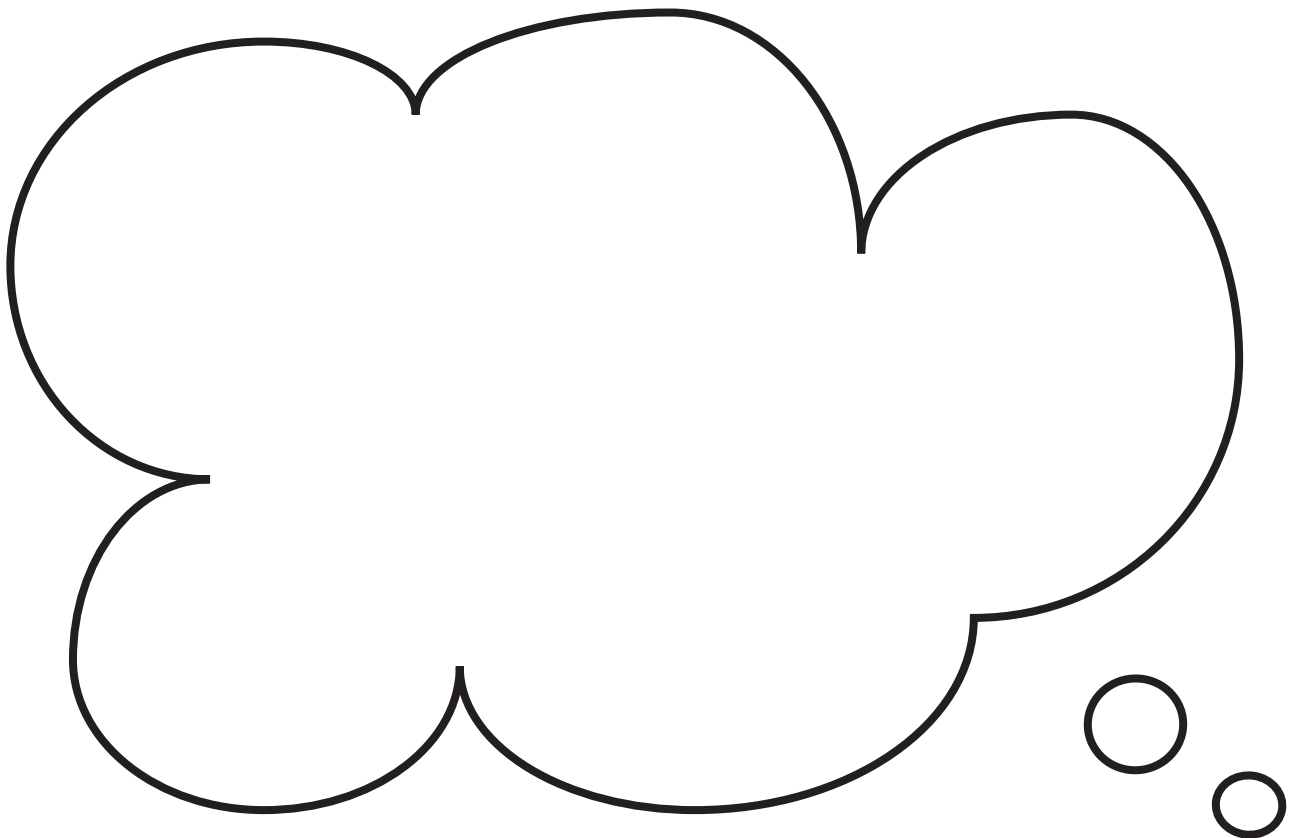
## Contact

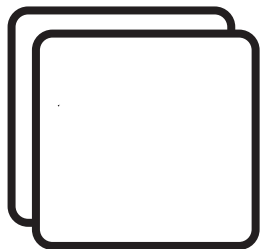


**Email:** [manager@leep1.co.uk](mailto:manager@leep1.co.uk)

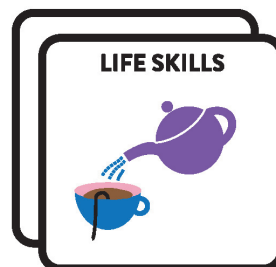
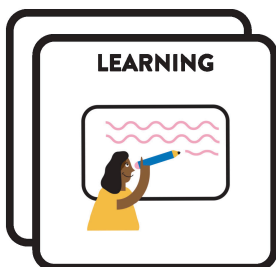
**Website:** [www.leep1.co.uk](http://www.leep1.co.uk)

## My Notes And Thoughts:





# LIVING POTENTIAL CARE FARMING CIC



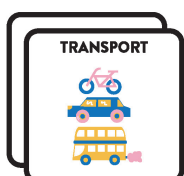
## What do we do?



We are a Care Farm where members are involved in 'farm to fork' work and activities. We have large and small animals, flocks of hens, indoor and outdoor horticulture, large spaces for arts, crafts and cooking - using all the resources of the farm. We have different options for members to choose from such as the donkey sanctuary, maintenance, fishing and more!

Living Potential is unique, it offers a multitude of fun activities in one place. Members are very proud of the work they do and staff are very proud of improving the quality of people's lives by providing a work-based supportive environment that gives opportunities to learn, socialise and have real, meaningful tasks with the animals and our customers.

## Where is it?



### Address:

Carlston Hill Farm, Paddock House Lane, Sicklinghall, LS22 4BN

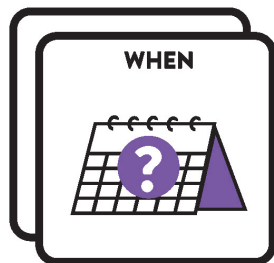
### Is transport provided?

No, sorry!

### Accessibility:

We have good accessibility around the learning rooms and barn. We have decent accessibility during the drier months onto the fields and into the woods. We have accessible toilets, including an accessible compost toilet close to the fields to avoid having to return to the Courtyard. We are not accessible by public transport, but there is plenty of parking including accessible parking.

## When is it?



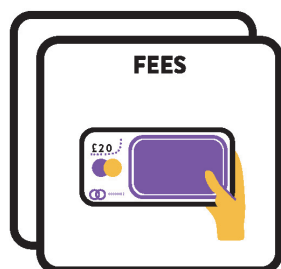
**Mondays to Fridays:** 9:00am - 3:00pm

Animals and horticulture are daily activities.

Our cooking, arts and crafts, etc activities are in 6 weekly blocks.

We also offer limited Saturday activities.

## How much does it cost?



**Cost:** £75 plus VAT

**Are there bursaries available?** No

**Can I have a free taster session?** Yes!

## Other:



**Do I bring support with me?**

We can provide 1-1 support, however we do not routinely offer personal care.



**Do you provide any food and drink?**

We do not provide food or drink. Members are advised to bring lunch and all drinks/snacks they need.



**Can I gain any qualifications?**

You can gain ABC Awards through Skills and Education.

## Contact



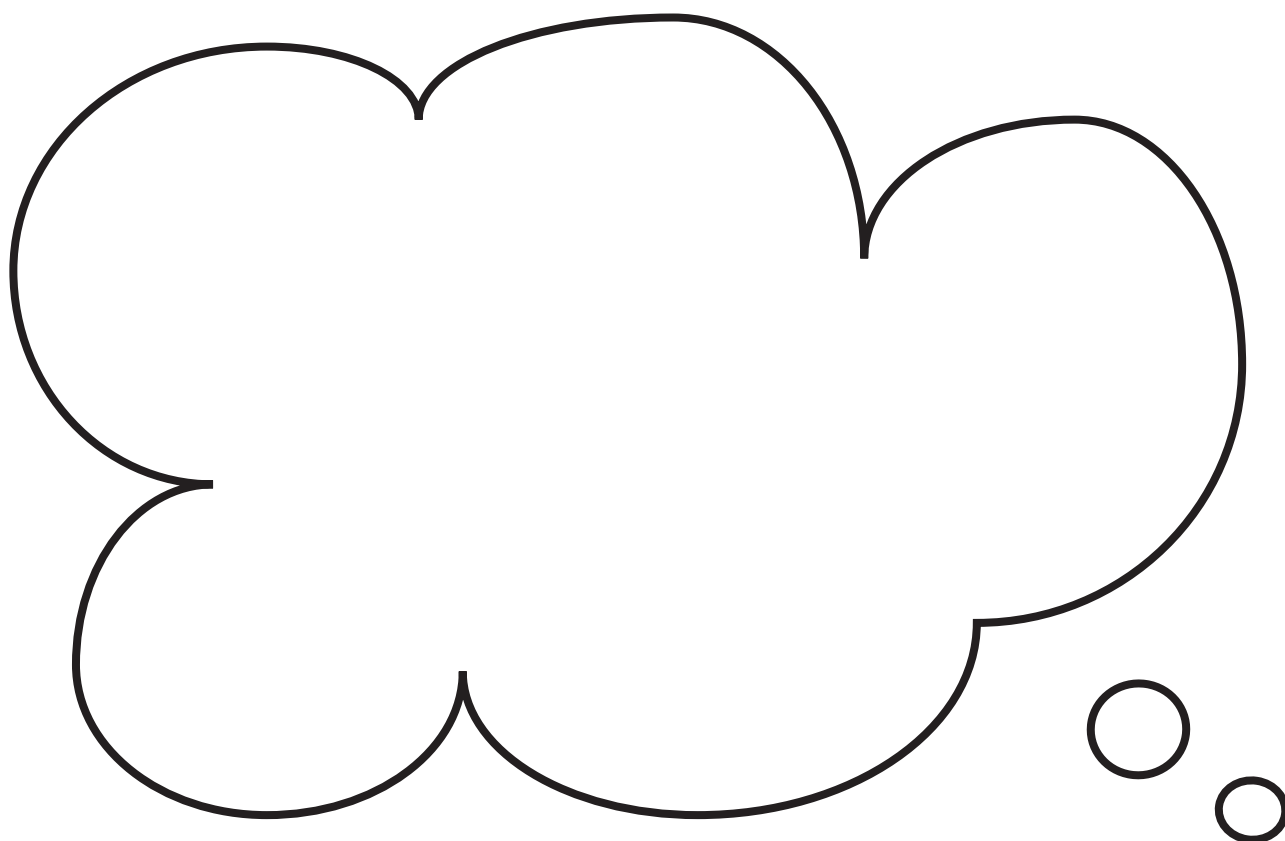
**Katie Walmsley**

**Telephone:** 01937 580798

**Email:** [info@livingpotentialcarefarming.org.uk](mailto:info@livingpotentialcarefarming.org.uk)

**Website:** [www.livingpotentialcarefarming.org.uk](http://www.livingpotentialcarefarming.org.uk)

## My Notes And Thoughts:

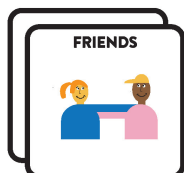




# Luv2meetU



## What do we do?

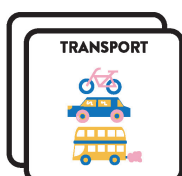


We are a friendship agency for people with learning disabilities. We help them to access their local communities through different social events, like bowling or restaurants. We look at helping our members develop independence, social skills and confidence.

We also offer different workshops to help our members develop different skills, like sexual health and healthy eating.

Luv2meetU is a great place to find lots of people that you have something in common with, and then form friendships that will last a lifetime.

## Where is it?



Our service takes place in the community, at different venues like the cinema or restaurants. This could be in Bradford, Leeds, or Wakefield.

### **Is transport provided?**

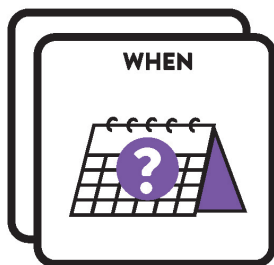
No, sorry!

### **Accessibility:**

Accessibility depends on what venue we are attending but we always make sure that any event we put on is at a venue with disability access. We meet all of our members before the events.

The meetup point is usually at a bus station to make it easy for our members to get there.

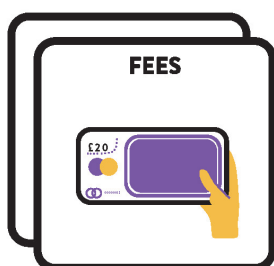
## When is it?



Our events take place at different times each week as we try to make sure that our members who have different time commitments can access them.

Events are planned a month in advance all based on the suggestions of our members. They range from meals out, bowling, walks in the park, pottery painting, trips to museums or to watch sporting events, educational sessions and much more.

## How much does it cost?



### **Cost:**

Membership is £10 a month plus £5 per event attended, or £15 for day trips.

## Other:



### **Do I bring support with me?**

If you would like 1-1 support, you can bring someone with you.



### **Do you provide any food or drink?**

If the event runs over a meal time, food is always considered, either by members being told to bring some food or an eating establishment planned into the event. Members pay for their own food when attending places to eat.

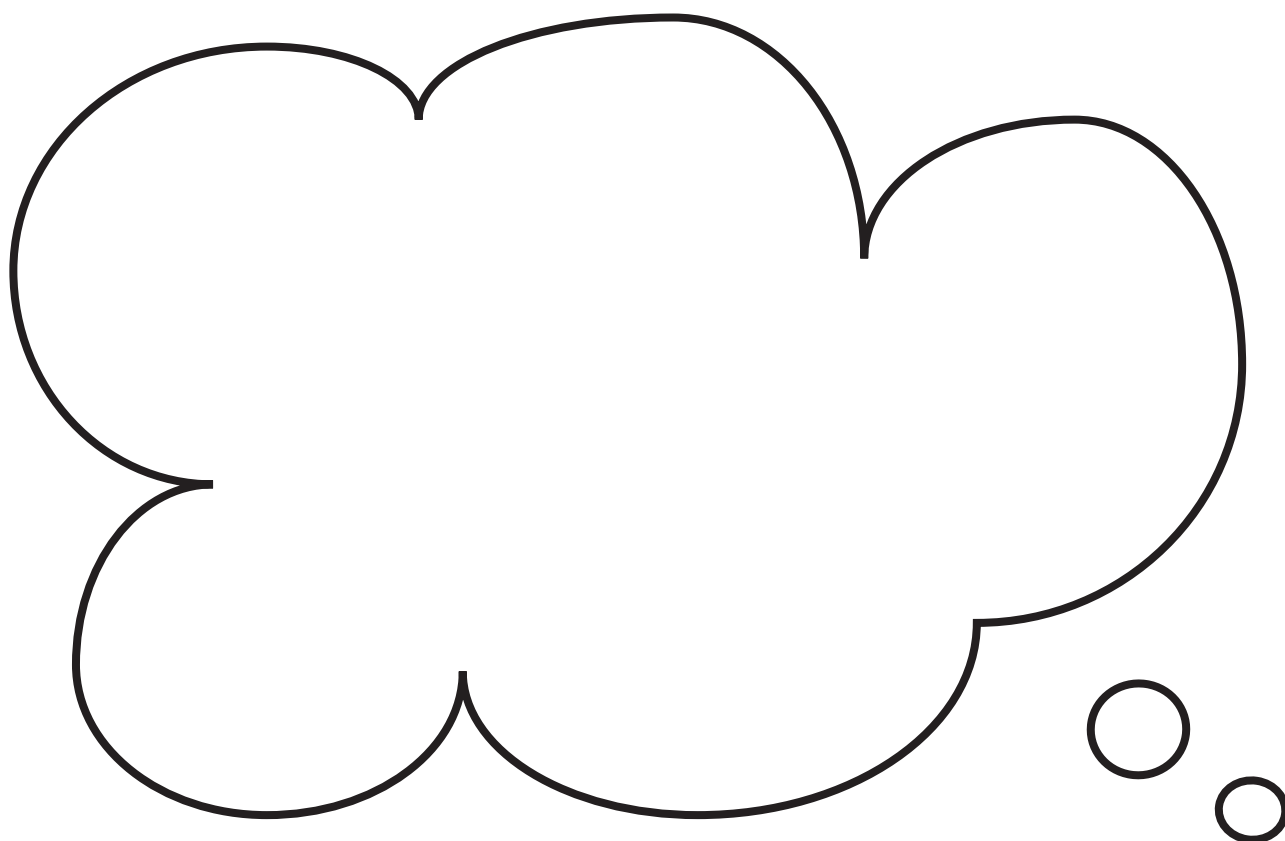
## Contact



**Email:** [luv2meetU@hft.org.uk](mailto:luv2meetU@hft.org.uk)

**Website:** [www.hft.org.uk/our-services/empowering-individuals/friendship-and-dating/luv2meetu](http://www.hft.org.uk/our-services/empowering-individuals/friendship-and-dating/luv2meetu)

## My Notes And Thoughts:

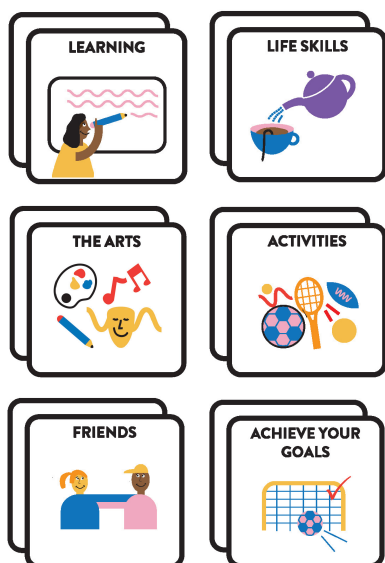




# MAGPIES



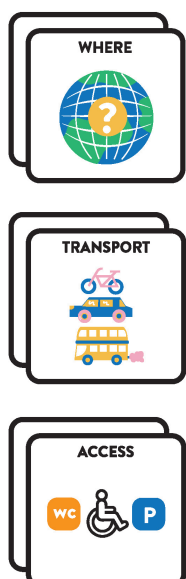
## What do we do?



We support and encourage adults with learning disabilities to lead fulfilling lives. We offer a fun and friendly learning environment, offering a wide variety of activities and opportunities including sports, arts, music, media, dance and much more.

We focus on person-centred planning to enable our members to grow and live a more independent and fulfilling life. We also run various trips out, as well as an outreach service to support people at home and in the local community. We help people build friendships and communication skills, learn new skills and achieve their personal goals.

## Where is it?



### Address:

Our centre is based at: Units 15, Calderdale Business Park, Club Lane, Halifax, HX2 8DB.

Our outreach service is based in the community and supporting people at home.

### Is transport provided?

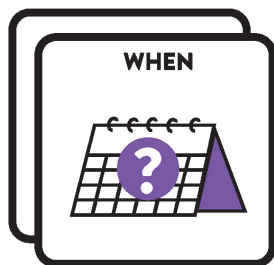
Yes, depending on area and availability

### Accessibility:

We have accessible parking and it is accessible by bus route. We also offer a pick up and drop off service, availability depending on area. Our venue is fully accessible with wheelchair access.



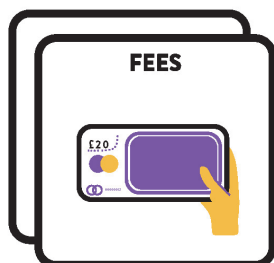
## When is it?



**Monday to Friday:** Magpies Centre 9:00am - 3:00pm

Our outreach service is available everyday, 7:00am - 11:00pm

## How much does it cost?



### **Cost:**

Full day: £51.18

Full day 1-1: £166.49

Full day 1-2: £129.91

Full day 1-3: £103.69

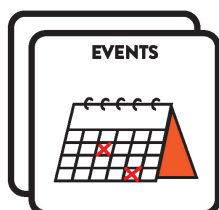
Outreach: £18.42 per hour

### **Are there bursaries available?**

Information on payment options are available on our website.

**Can I have a free taster session?** Yes!

## Other:



### **Are there any key events?**

We run lots of events throughout the year. We also run outreach activities every week that are open to anyone!



### **Do I bring support with me?**

We offer 1-1 support, 1-2 support and 1-3 support packages. You can also bring support with you.



### **Do you provide any food or drink?**

We can provide drinks, service users bring their own packed lunch.

## Contact

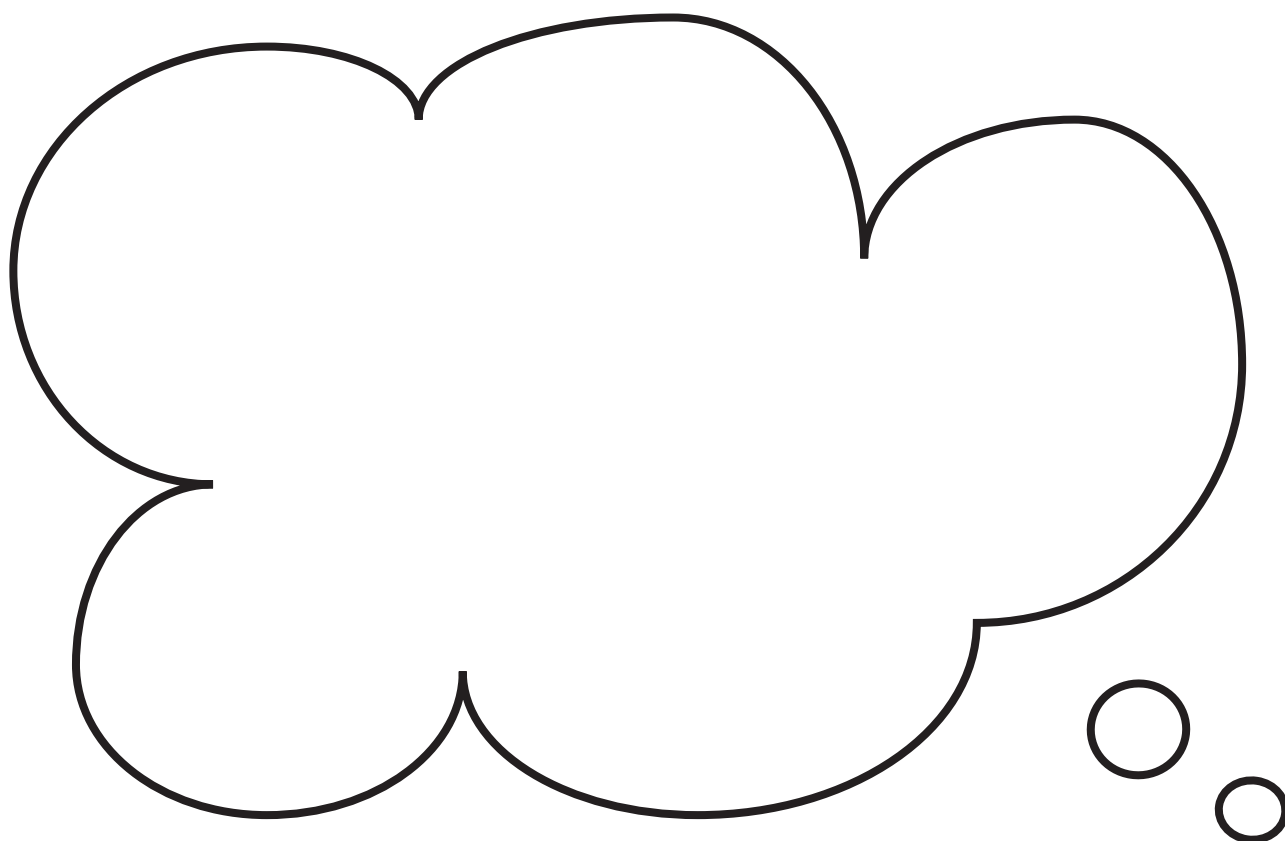


**Email:** [hello@magpies.org.uk](mailto:hello@magpies.org.uk)

**Telephone:** 01422 383 550

**Website:** [www.magpies.org.uk](http://www.magpies.org.uk)

## My Notes And Thoughts:





# MEANWOOD VALLEY URBAN FARM - HOOF

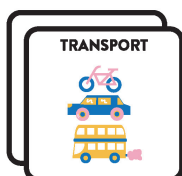


## What do we do?



HOOF stands for Helping On Our Farm. We feed and clean out the small animals and some of the pigs, alpacas, sheep, goats, cows, donkey and chickens. During the winter we make bird boxes, do log sawing, chopping and saving wood, fixing broken bicycles and coppice woodworking and lots more! We also do gardening work and we always work to be eco-friendly.

## Where is it?



### **Address:**

Sugarwell Road, Meanwood, Leeds, LS7 2AG

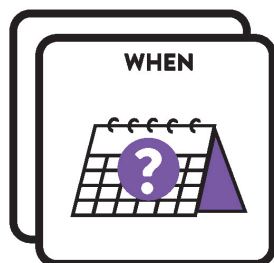
### **Is transport provided?**

No, sorry!

### **Accessibility:**

The farm is wheelchair accessible in all areas. Everyone is welcome to volunteer at the farm.

## When is it?



**Monday:** Education and HOOF team

**Tuesday:** HOOF team 1 and HOOF team 2

**Wednesday:** HOOF team 1 and HOOF team 2

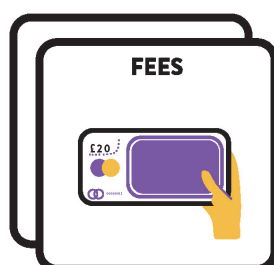
**Thursday:** HOOF team 1 and HOOF team 2

**Friday:** HOOF team 1 and HOOF team 2

*HOOF Team 1: woodwork, coppicing and pond maintenance*

*HOOF Team 2: animal care, gardening, pond, bird feeders, bins, litter picking*

## How much does it cost?



**Cost:** £50 per day

**Are there bursaries available?** Not directly, but you can see if you are eligible for Leeds City Council Adults and Health to pay

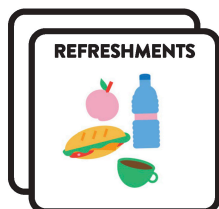
**Can I have a free taster session?** Yes!

## Other:



**Do I bring support with me?**

Yes, if you want to.



**Do you provide any food or drink?**

We provide tea and coffee, but you need to bring a packed lunch, or you can buy food from the cafe.



**Can I gain any qualifications?**

Not currently, but we hope to begin the process and offer qualifications and further qualifications soon!

## Contact

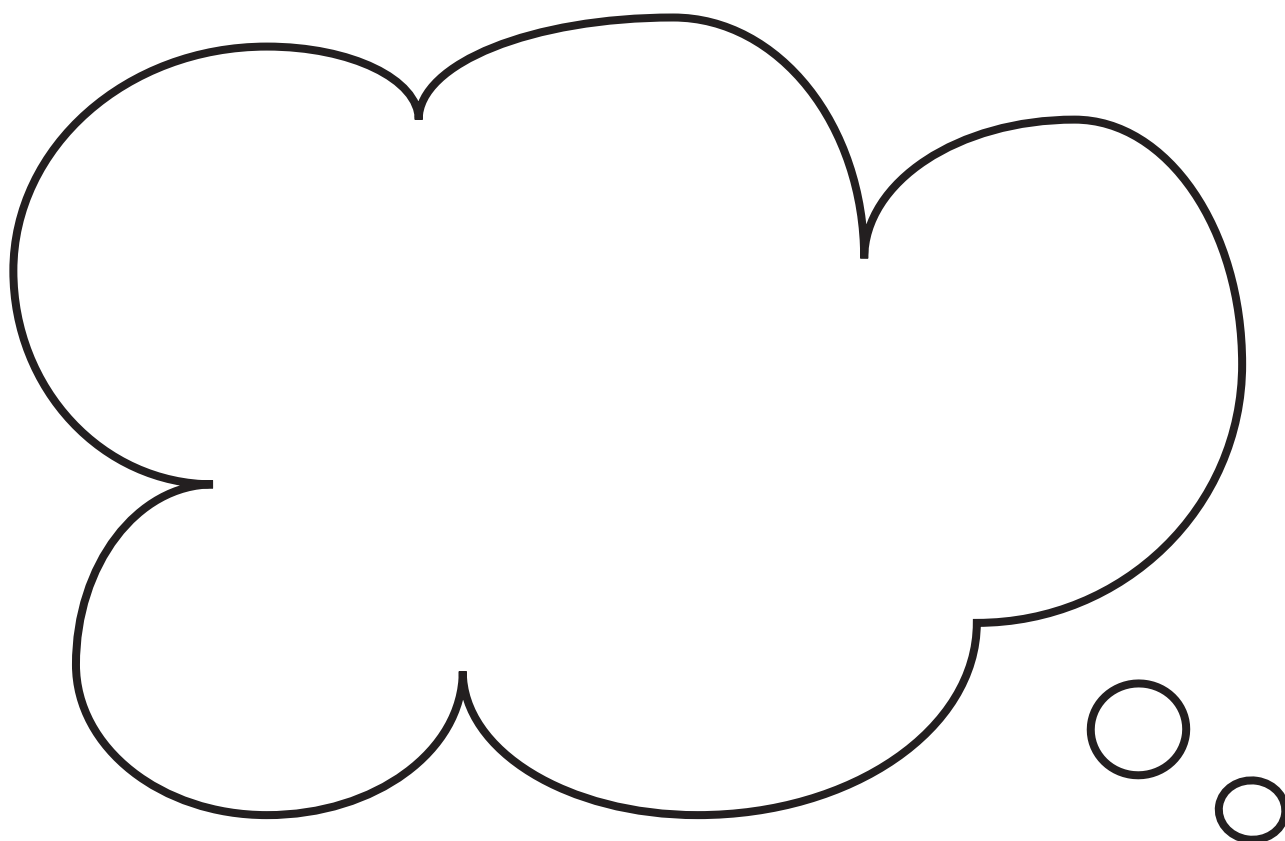


**Email:** [admin@mvuf.org.uk](mailto:admin@mvuf.org.uk)

**Telephone:** 0113 262 9759

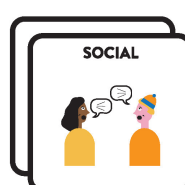
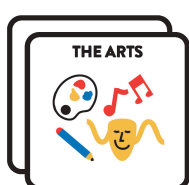
**Website:** [www.mvuf.org.uk](http://www.mvuf.org.uk)

## My Notes And Thoughts:





# MILLENNIUM SUPPORT



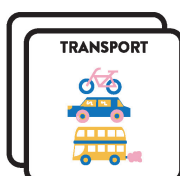
## What do we do?



We are a day service provider, we are based out in the community and most of our sessions are led by trained professionals who are specialists in their field. The day service is called the Community Enterprise.

We are a forward thinking, person-centred day service who are passionate about fulfilling lives and working together with the people we support, families and carers to find the best support package for everyone's individual needs. We aim to broaden our relationship with our local communities and bring a variety of sessions - educational, social and wellbeing whilst supporting individuals to reach their full potential.

## Where is it?



### Address:

Our sessions are all run out in the Wakefield community. We have a number of different venues for all of our sessions. Some of the sessions involve meeting at a specific place and then travelling to the venue with support.

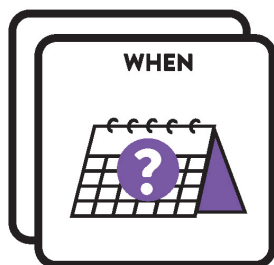
### Is transport provided?

No, sorry!

### Accessibility:

We use a variety of different venues for our sessions, all of them are accessible. The majority of them have disabled parking. We currently have one venue that we use that has changing places. All of our venues are accessible by public transport.

## When is it?



**Mondays:** Allotment Gardens, Walking Group, Dance

**Tuesdays:** Prince of Wales Hospice Volunteer Gardening Group, Walking Group, Zumba, Music

**Wednesdays:** Out & About Group, Sing & Sign, Rugby

**Thursdays:** Allotment Gardens, Dance, Gym & Swim

**Fridays:** Out & About Group, Football, Pottery

**Online (virtual) sessions:**

**Dance:** Monday, Tuesday & Thursday, 10am - 3:30pm

**Sing & Sign:** Wednesday, 10am - 3:30pm; Thursday, 5 - 6pm; Saturday, 11am - 12pm

## How much does it cost?



**Cost:**

1:1 Virtual Support - £16.84 per hour

1:1 Face to face support - £17.15 per hour

Group virtual support - £30 or £7.50 per hour

Face to face group support - £60

Additional fees include any extra session costs or memberships.

**Are there bursaries available?** No

**Can I have a free taster session?** Yes!

## Other:



**Is there any specific support for parents and carers?**

We work closely with families and carers. Families and carers have access to their loved one's support plans and we encourage them to let us know if anything has changed or if they want us to adjust anything.

**Do you provide any 1-1 support?**

We offer both group support and 1-1 support packages based on the individuals' needs. We do not currently support with personal care.

**Do you provide any food or drink?**

We do not provide food or drink but all of our venues either have vendors, cafes or somewhere close by where the people we support can be supported to go and purchase food and drink.

## Contact

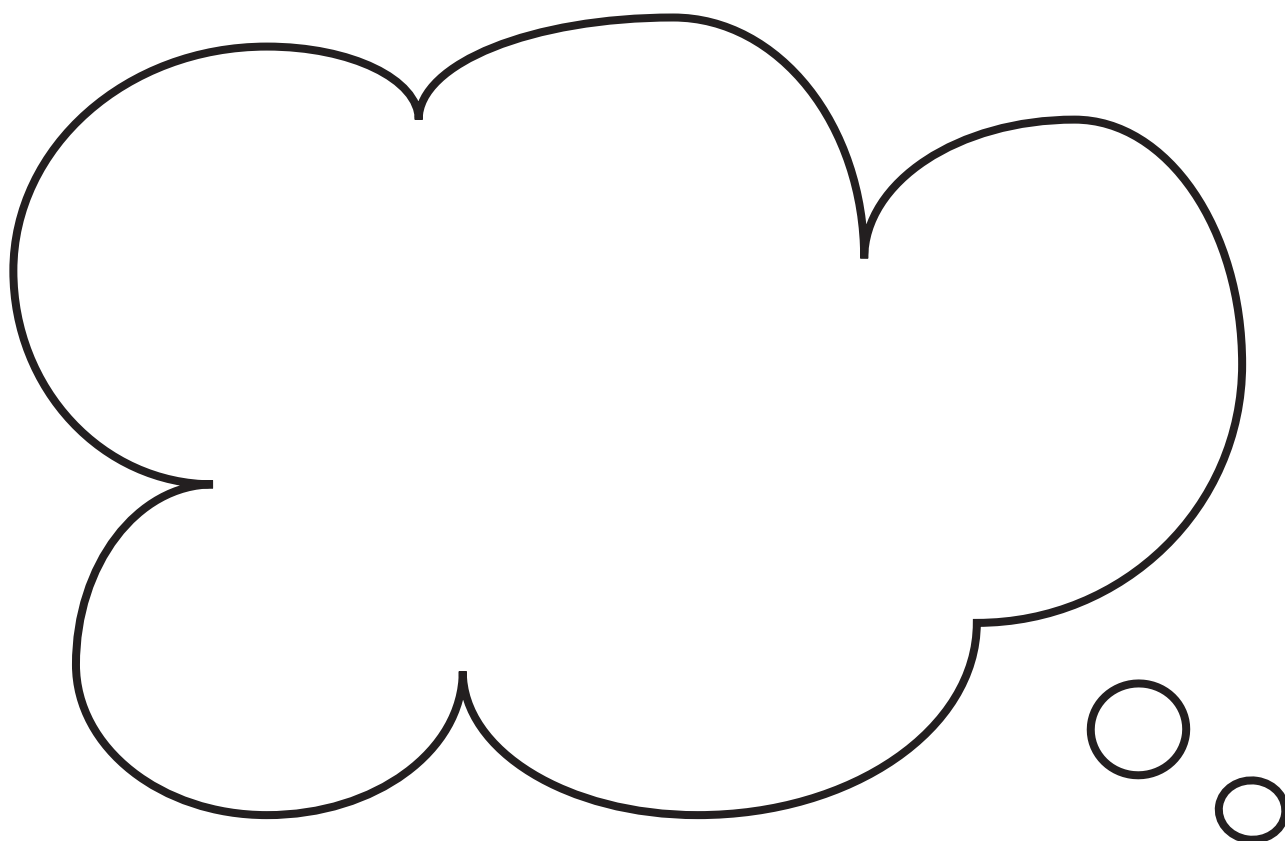


**Email:** [info@millsupport.co.uk](mailto:info@millsupport.co.uk)

**Telephone:** 01977 602867

**Website:** [www.millenniumsupport.co.uk](http://www.millenniumsupport.co.uk)

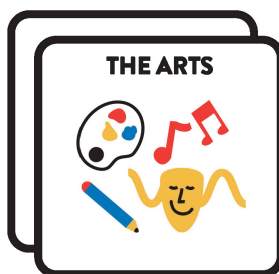
## My Notes And Thoughts:



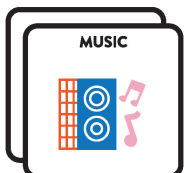




# MIND THE GAP

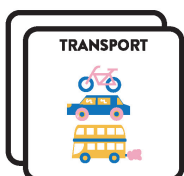


## What do we do?



If you want to gain skills and a qualification in the performing arts taught by professional arts practitioners with individual support, then Mind the Gap courses are for you. Performance Academy is a four day course in the performing arts accredited by York St John University at higher education level 4. We also offer one day courses in theatre, dance and music which are beginner level and work towards a qualification in Bronze Arts Award. Our one day participatory partner courses with Totally Inclusive People offer an excellent first step into the Academy for those with little or no experience. Totally Arts: if you enjoy the arts, then come on in! Totally Theatre: if you want to have a go at theatre, this is for you!

## Where is it?



### Address:

Mind the Gap Studios, unit 2, Silk Warehouse, Patent Street, Bradford BD9 4SA

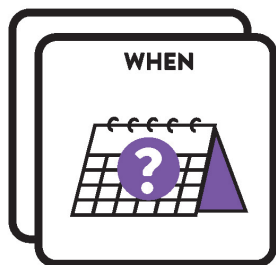
### Is transport provided?

No, sorry!

### Accessibility:

There is accessible on-street parking, wheelchair access and a disabled toilet. We are on bus routes 620 and 621 from Bradford Interchange.

## When is it?



All courses run 10:00am - 3:00pm, and happen Monday to Friday, depending on the course.

## How much does it cost?



### **Cost:**

£44.30 per day

**Are there bursaries available?** No

**Can I have a free taster session?** Yes!

## Other:



### **Can I gain any qualifications?**

This Performance Academy course is validated by York St John University, which means students will gain a certificate in Higher Education equivalent to Level 4, which is the same standard as the first year of a University degree. Our One Day courses will gain a Bronze Arts Award qualification.

### **Do I bring support with me?**

If you would like 1-1 support, you can bring someone with you. We are unable to support personal care.

### **Do I need to bring lunch?**

Yes, you will need to bring your own lunch. We provide tea and coffee.

## Contact

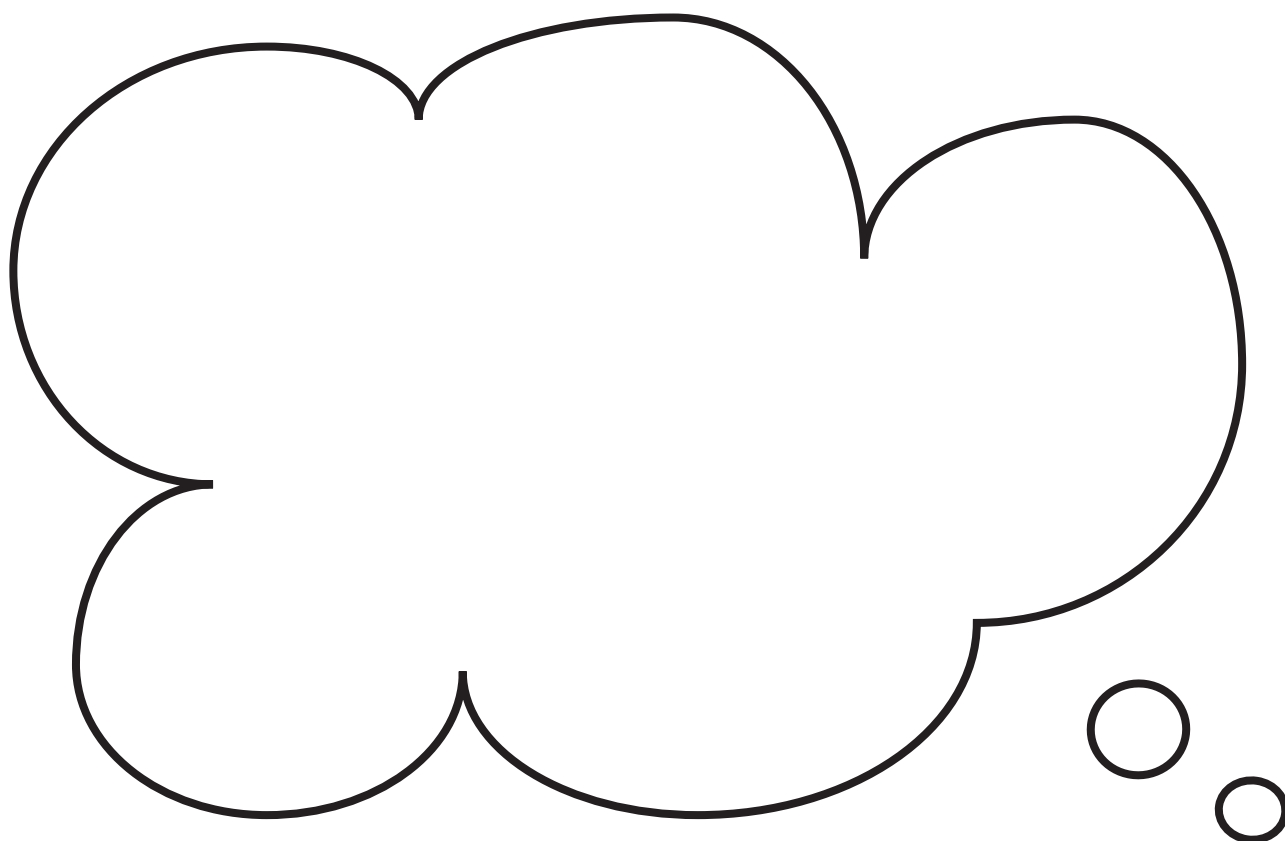


**Email:** [arts@mind-the-gap.org.uk](mailto:arts@mind-the-gap.org.uk)

**Telephone:** 01274 487 390

**Website:** [www.mind-the-gap.org.uk](http://www.mind-the-gap.org.uk)

## My Notes And Thoughts:



# NORTHERN BALLET ABILITY

## THE ARTS



## What do we do?

### DANCE



Ability: dance course for adults with additional learning support needs.

Ability is for people who are passionate about dancing and want to improve their skills while meeting new people and being creative. We work hard together but have fun!

## Where is it?

### WHERE



### TRANSPORT



### ACCESS



### Address:

Northern Ballet, Quarry Hill, Leeds LS2 7PA

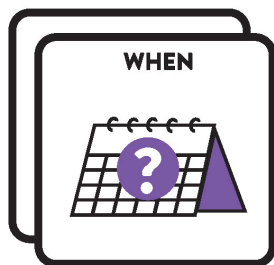
### Is transport provided?

No, sorry!

### Accessibility:

We are very close to Leeds bus station (0.1 mile / 5 min walk) and a 15 walk (0.7 mile) or 5 min drive from Leeds train station. There are 2 accessible parking bays on site but several car parks nearby. Visual and braille signs around building, guide dogs welcome. There is wheelchair access, a disabled toilet and a hearing loop.

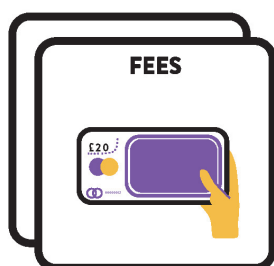
## When is it?



Fridays, 10:30am - 3:30pm.

Ability runs during term-time.

## How much does it cost?



### **Cost:**

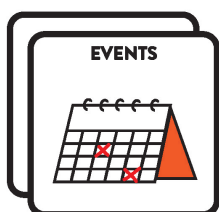
£54 per day

**Are there bursaries available?** No

### **Can I have a free taster session?**

Yes! Also, school leavers can attend throughout the summer term free of charge to see if the course is suitable for their needs and to aid with transition.

## Other:



### **Are there any key events?**

Expressions - festival of inclusive dance held every July at Northern Ballet studios/Stanley and Audrey Burton Theatre. We also take advantage of any other performance opportunities that come up. All transport to performances outside of Leeds is provided for the participants and at least 1 parent/carer.

### **Do I bring support with me?**

If you would like 1-1 support, you can bring someone with you. We are unable to support toileting or feeding.

### **Do I need to bring lunch?**

We provide water, but you will need to bring your own food.

## Contact

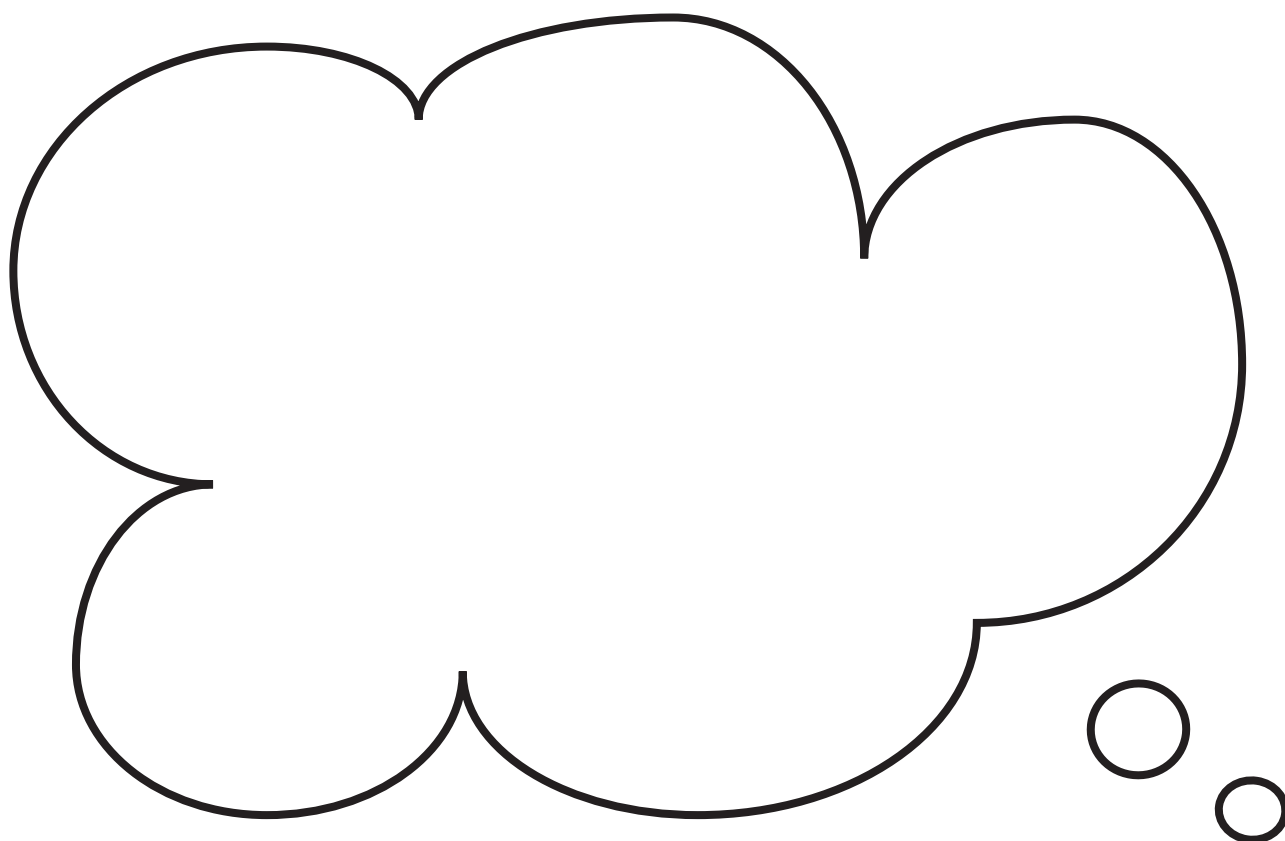


**Telephone:** 01132 208 000

**Email:** [sophie.alder@northernballet.com](mailto:sophie.alder@northernballet.com)

**Website:**  
[www.northernballet.com/join-in/inclusive-dance/ability](http://www.northernballet.com/join-in/inclusive-dance/ability)

## My Notes And Thoughts:



# NORTHERN BALLET IN MOTION

## THE ARTS



## What do we do?

### DANCE



Let your creativity flourish and gain the confidence to move in new ways through our specialist wheelchair dance programme, In Motion. Classes are designed to develop your strength, flexibility and creative expression through Northern Ballet's unique training methods. Working in a supportive environment with our expert dance artists, you can explore movement either in or out of a wheelchair and be inspired to create your own movement.

Classes are suitable for independent wheelchair users (manual or powered) from age 8 years to adult. You can dance in your own chair or use one of our specialist dance wheelchairs if you prefer.

## Where is it?

### WHERE



### TRANSPORT



### ACCESS



### Address:

Northern Ballet, St Cecelia Street, Leeds, LS2 7PA

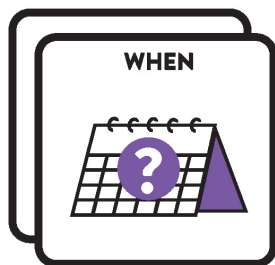
### Is transport provided?

No, sorry!

### Accessibility:

Participants will be provided with an access guide prior to their first class. There is wheelchair access and a hearing loop in public parts of the building. There are 2 blue badge parking spaces, though these cannot be reserved.

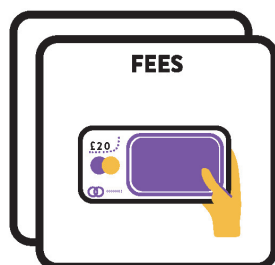
## When is it?



Sundays, 10am - 12pm.

In Motion runs from April to July annually.

## How much does it cost?



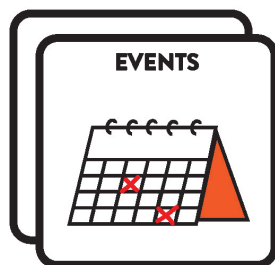
**Cost:** £7 per session.

The first session is free and we offer a Breezecard discount.

**Are there bursaries available?** No

**Can I have a free taster session?** Yes!

## Other:



**Are there any key events?**

In Motion takes place annually from April - July, with a performance at Expressions in July.



**Do I bring support with me?**

At the point of booking participants or their guardian/carer will provide some access information. The team will then discuss any requirements to understand what support can be provided. We are unable to support any personal care needed, but can facilitate a guardian/carer staying for the class.



## Contact

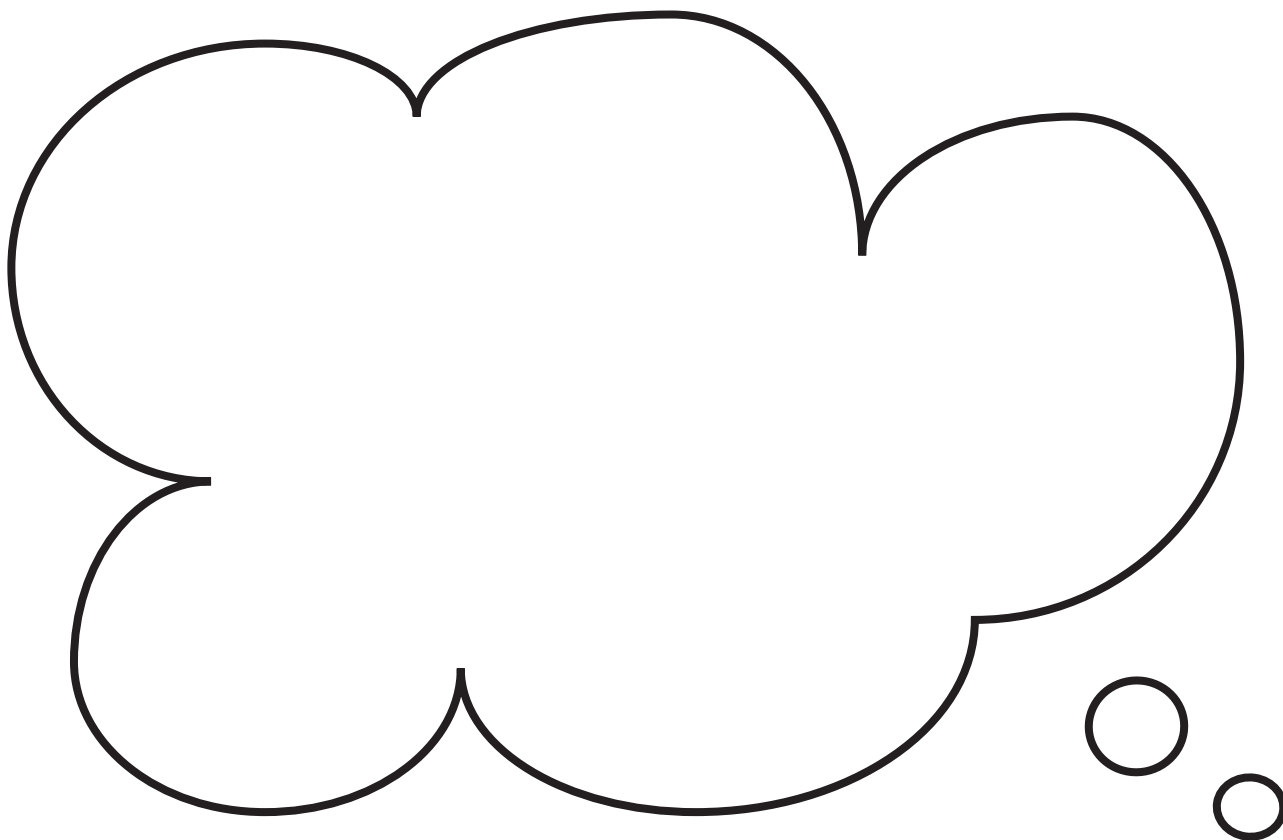


Get in touch through our website!

**Website:**

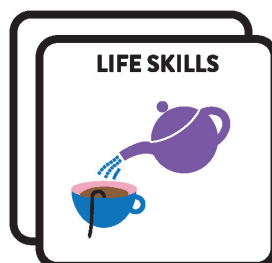
[www.northernballet.com/inmotion](http://www.northernballet.com/inmotion)

## My Notes And Thoughts:





# OPEN COUNTRY



## What do we do?



We offer a wide range of countryside activities, including walking, nature study, outdoor pursuits, wildlife conservation projects and tandem riding.

We try and help anyone with any disability to access the countryside.

## Where is it?

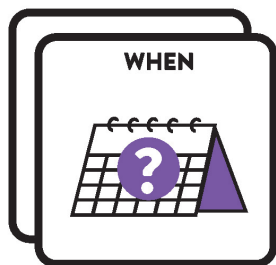


We offer activities in Harrogate, Ripon, Wakefield, Wetherby and York.

### **Accessibility:**

The accessibility of venues varies. Community House in Harrogate is very accessible. Contact us for more details.

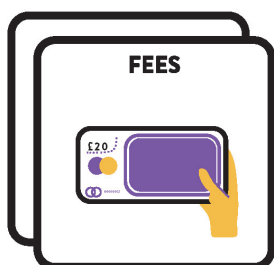
## When is it?



We operate on virtually every day of the week, including weekends.

Contact us for details.

## How much does it cost?



**Cost:** Activities vary from free to £37 per session

**Are there bursaries available?** No

**Can I have a free taster session?** Yes!

## Other:



### Do you have any free resources?

We have produced Breakfree packs for Leeds, Harrogate District, Nidderdale AONB, Wakefield and Wharfedale. These easy access routes can be enjoyed by children, cyclists and people with disabilities, including wheelchair users. The packs have clear, colour maps for each location, with all the information you need to help plan your day. They are available on our website.

### Is there any support for parents and carers?

We have a bespoke carers group on 1 weekend each month.

### Do I bring support with me?

We sometimes provide volunteers and sometimes ask for participants to bring their own support. This will be agreed at the referral stage. We do not offer personal care.

## Contact

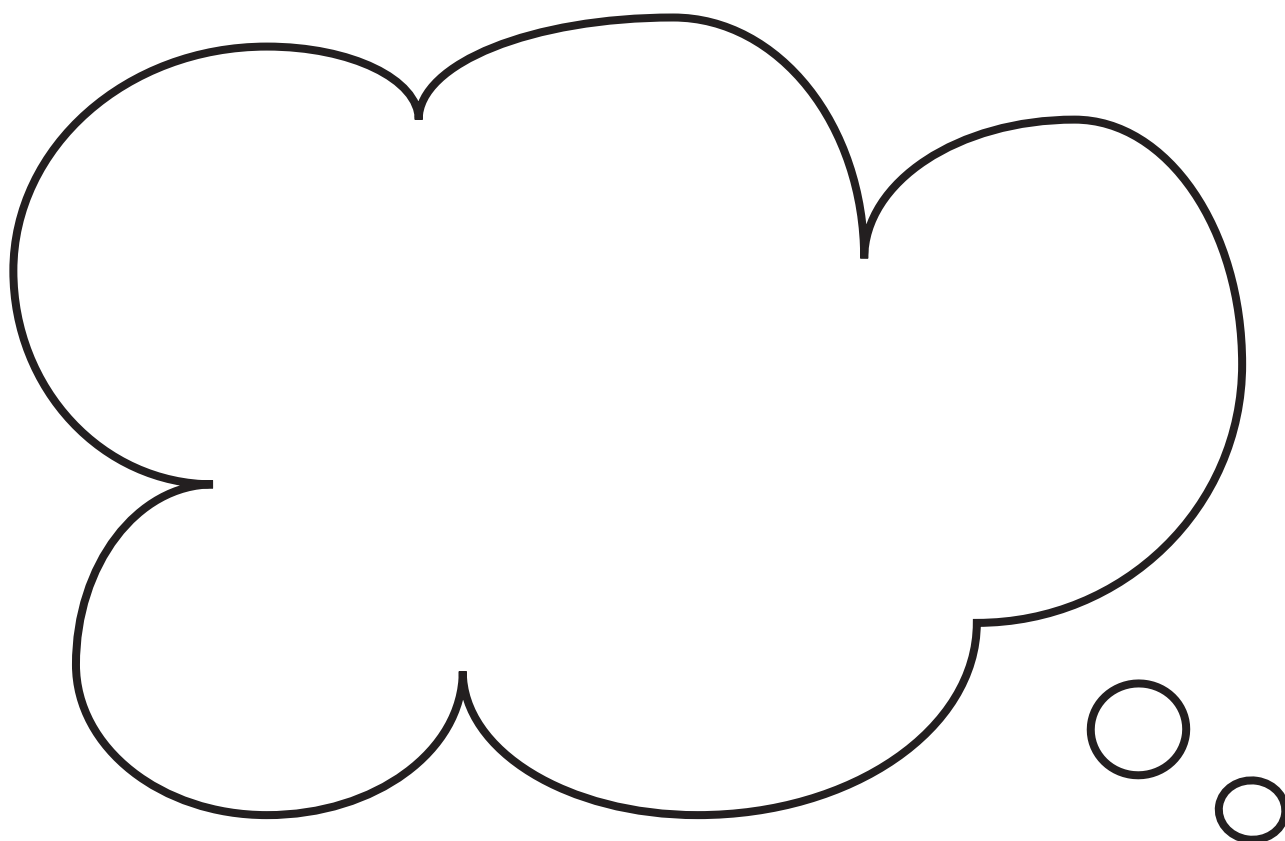


**Email:** [info@opencountry.org.uk](mailto:info@opencountry.org.uk)

**Telephone:** 01423 507 227

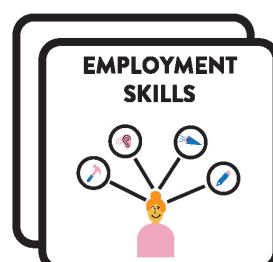
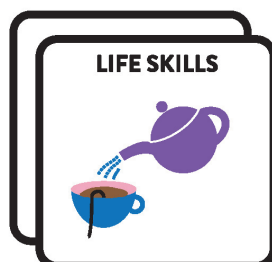
**Website:** [www.opencountry.org.uk](http://www.opencountry.org.uk)

## My Notes And Thoughts:





# OUR LIVES OUR WAY



## What do we do?



An opportunity for people from different backgrounds to come together and create day activities and projects that they want, that they will use, done their way. Some things our members have created are:

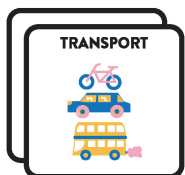
**Trips & Travel:** Would you like to go on trips out you have chosen and planned yourself? Make new friends and gain some independence? Trips & Travel is perfect for you!

**1:1 Jobs/volunteering support:** We can offer personalised 1:1 support to get you work ready.

**Wellbeing Wednesdays:** Our drop-in with a difference! We want to showcase local opportunities and experiences for people, improving wellbeing as well as giving people the chance to make friends whilst enjoying a natter and a cuppa!

**Shipley Social:** Come along once a month where you can enjoy a buffet, meet new people, play games, play pool, join in on karaoke and more...

## Where is it?



### Address:

Various locations across Bradford, Shipley and Keighley.

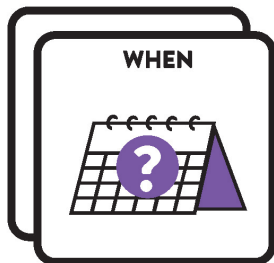
### Is transport provided?

No, sorry.

### Accessibility:

We choose accessible locations that are close to public transport.

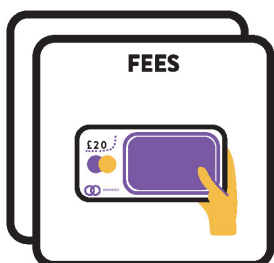
## When is it?



### **Our Lives Our Way:**

The timetable varies and will change to suit needs of the members.

## How much does it cost?



### **Cost:**

Free!

Any additional costs like day trips and travel expenses need to be paid by the individual.

## Other:



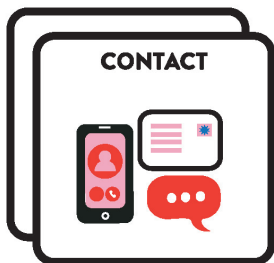
### **Do you provide any food or drink?**

There are refreshments available at our drop-ins.



**Our Lives Our Way is in partnership with People First Keighley & Craven, Bradford People First, BTM and Equality Together.**

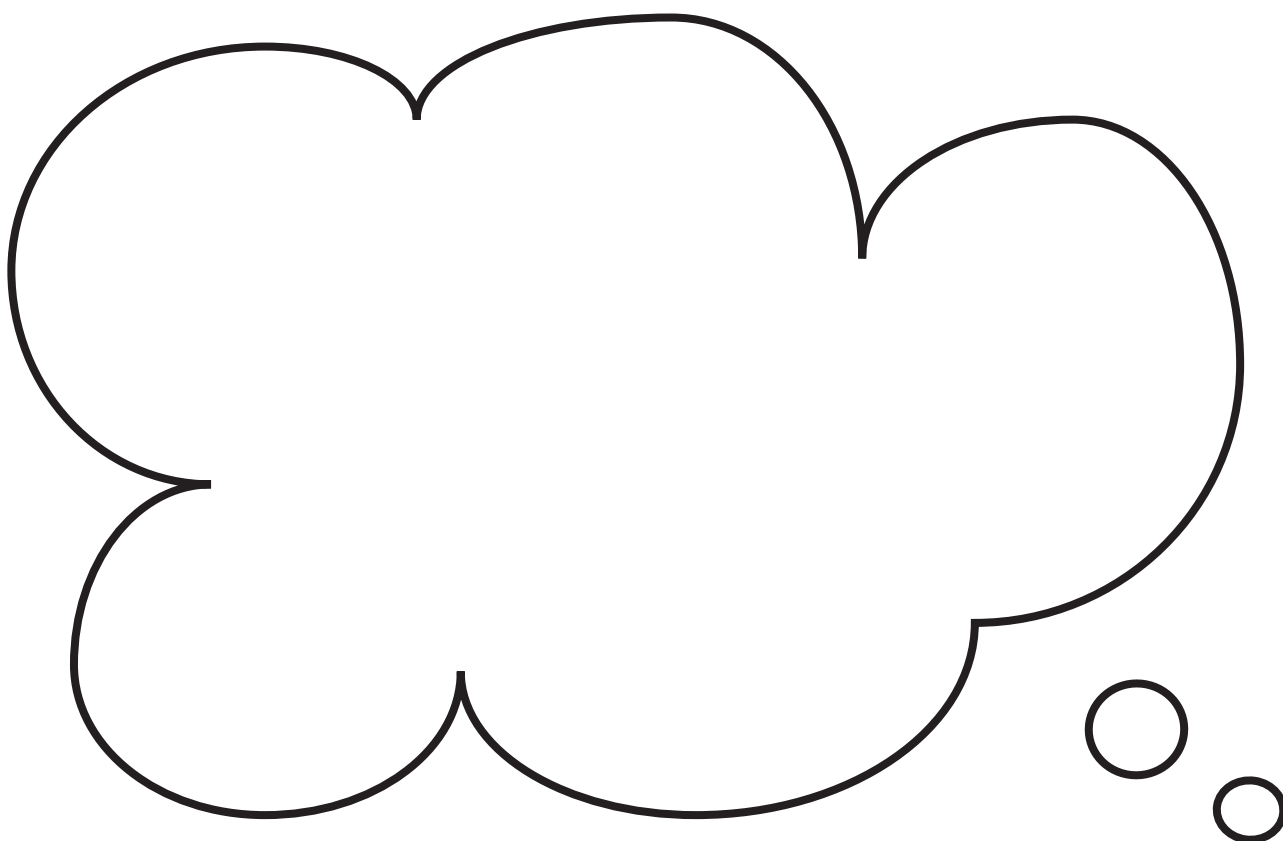
## Contact



**Email:** [ourlivesourway@equalitytogether.org.uk](mailto:ourlivesourway@equalitytogether.org.uk)

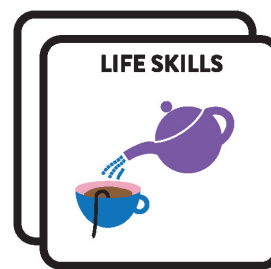
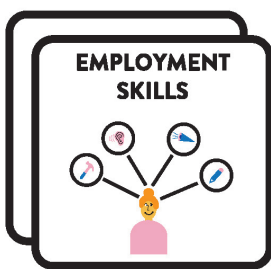
**Telephone:** 07950 173 437

## My Notes And Thoughts:

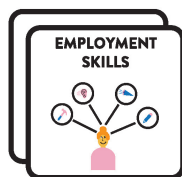
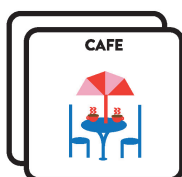




# OUTSIDE THE BOX, ILKLEY COMMUNITY ENTERPRISE LTD



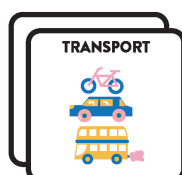
## What do we do?



**Outside the Box (OTB) Cafe and Working Life** - a thriving cafe and community hub that provides work experience, training and support for around 50 people with learning disabilities each week. The cafe additionally is used by local groups and for many community events. We can support our members with employment preparation and even help some of our members to find paid jobs.

**Outside the Box Choices** - delivers a wide range of creative, therapeutic and skills-based workshops and activities for young people and adults with learning disabilities.

## Where is it?



### Address:

**OTB Café:** The Victorian Arcade, Ilkley, LS29 9DY

### Is transport provided?

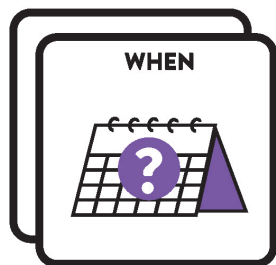
No, sorry!

### Accessibility:

There is wheelchair access within the premises and a disabled toilet. Members can access our services by car, parking in Ilkley is limited but members can be dropped near all our venues. There is access to all our venues via bus and train routes with a short walk from Ilkley train and bus station.



## When is it?



**Cafe:** 7 days a week

Morning shift: 8:45am - 12:45pm; Afternoon shift: 12:30 - 4:30pm. *We can offer some flexibility on this should members not be able to commit to the full 4 hours.*

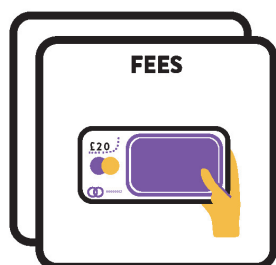
Working Life sessions: Employment Skills, 1-2-1 Sessions

**Choices:** Monday to Friday sessions (subject to change):

Art, Cooking & Beyond, Craft, Fit & Fun, Head Space, Music, Life Skills, Photography, Act Up! Drama, Printing, Digital Skills

*Please get in touch for up-to-date timetable information.*

## How much does it cost?



**Cost:**

Sessions/shifts are charged at £13.50 per hour. Most of our sessions/shifts are between 3-4 hours long.

**Are there bursaries available?** No

**Can I have a free taster session?** Yes!

## Other:



**Can I gain any qualifications?**

We are a registered centre with ASDAN (Award Scheme Development and Accreditation Network) and offer this qualification in some of our activities.



**Do I bring support with me?**

Members are able to attend with their own 1-1 support but we are able to provide this (at a slightly higher cost) if they do not have their own support.



**Do I need to bring lunch?**

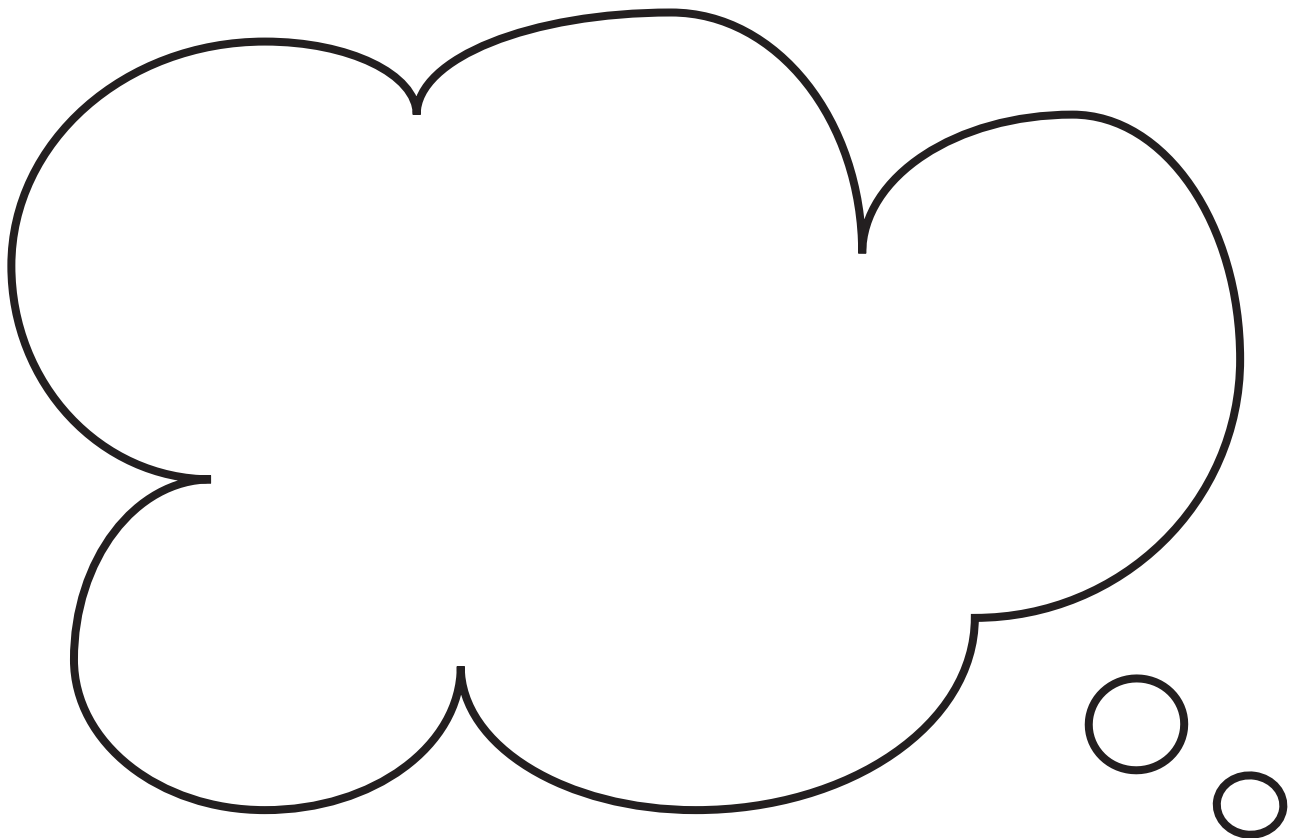
Members are able to purchase food at our cafe (at a discounted rate) to eat in the cafe or get a takeaway to eat at our Choices building. Or alternatively a packed lunch can be brought in.

## Contact



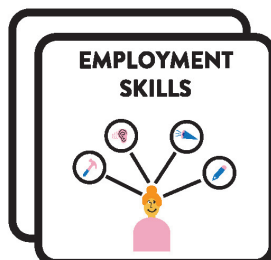
**Email:** [cafe@outsidethebox.com](mailto:cafe@outsidethebox.com)

## My Notes And Thoughts:





# PAPERWORKS



## What do we do?

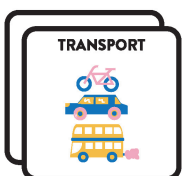


Real work skills training - completing real work for real customers. Paperworks is a Social Enterprise, this just means we are a business but primarily aimed at delivering a social benefit, whilst relying on trading income for financial support.

Our main aim is to provide work preparation training and support to adults with learning, physical and mental health-related disabilities. This includes basic work skills, as well as other more specific skills vital in the workplace.

We bring lots of different work into Paperworks to make sure our trainees learn varied and new skills. This could help them into employment or to play a greater part within the community.

## Where is it?



### Address:

Unit 5 Prospect Park, Limewood Approach, Seacroft, LS14 1NG

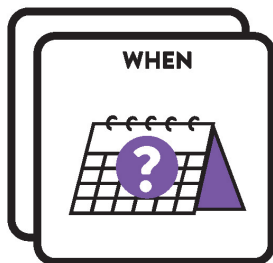
### Is transport provided?

No, sorry!

### Accessibility:

There is disabled parking, wheelchair access and disabled toilets.

## When is it?



Mondays to Fridays, 9:30am - 4:00pm with varying work on different days.

We are open all year round.

## How much does it cost?



### **Cost:**

£48 per day

**Are there bursaries available?** No

**Can I have a free taster session?** Yes!

## Other:



### **Can I get any training qualifications?**

There are in-house qualifications for completing various tasks for in-house commercial clients.



### **Do I bring support with me?**

If you would like 1-1 support, you can bring someone with you. We cannot provide 1-1 support or toilet or changing help.



### **Do I need to bring lunch?**

Yes, you need to bring your own food, but we provide drinks. There is also a fridge and a microwave you can use.

## Contact

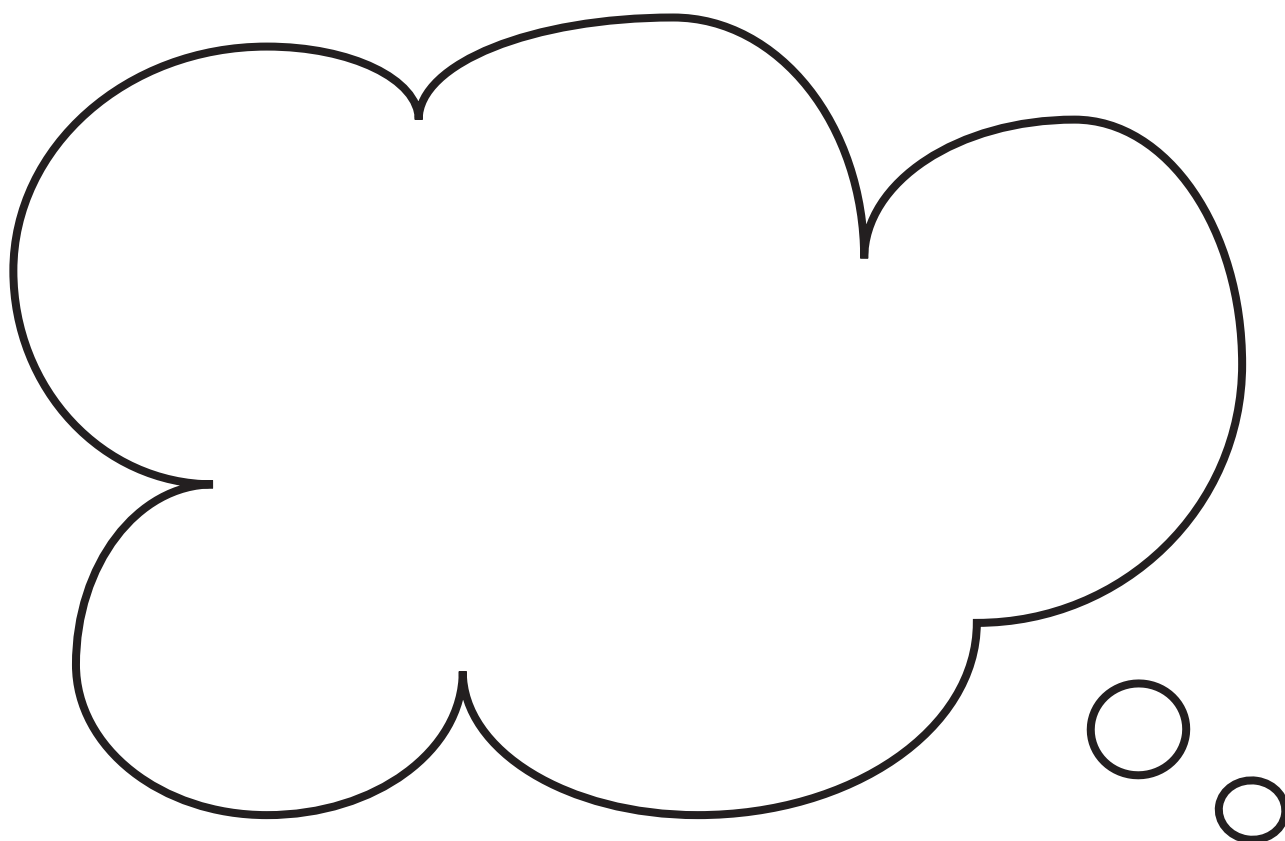


**Email:** [r.wilkinson@paperworks.org.uk](mailto:r.wilkinson@paperworks.org.uk)

**Telephone:** 0113 323 6000

**Website:** [www.paperworks.org.uk](http://www.paperworks.org.uk)

## My Notes And Thoughts:

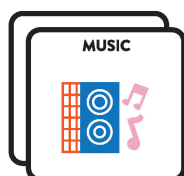




# PARTY PEOPLE PROJECT



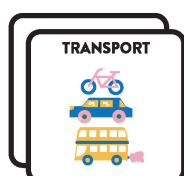
## What do we do?



We create fun, accessible nightclub experiences that are designed and curated by our participants with the help of dance and music experts Chemaïne and James.

We offer workshops that teach DJ skills, dance skills, party management skills, decor and prop making. We also offer socially inclusive parties.

## Where is it?



### Address:

It takes place in venues/pubs/bars/other event spaces in Bradford and Leeds.

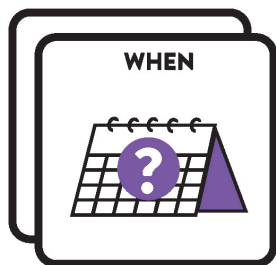
### Is transport provided?

No, sorry!

### Accessibility:

We aspire to always use accessible venues. We assess venue to venue and inform participants and carers/parents/public of the accessibility of the venue.

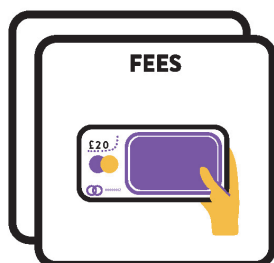
## When is it?



We usually run a set of workshops through the week (daytime) with our parties/events falling on a Friday night.

Participants attend a series of workshops followed by a party.

## How much does it cost?



**Cost:** Currently free!

## Other:



### Do I bring support with me?

You are very welcome to bring support with you. We do not offer 1-1 support, and we are unable to support personal care.



### Do you provide any food or drink?

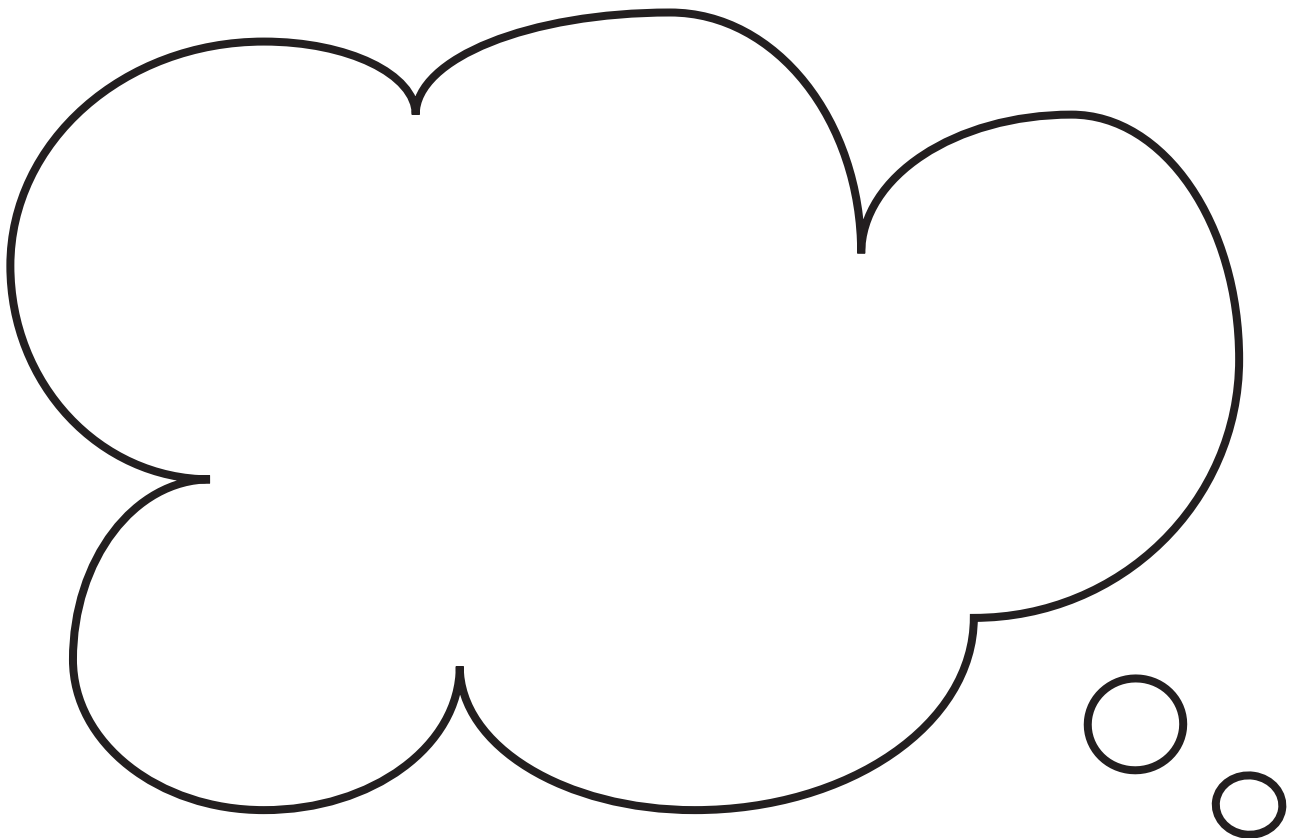
We provide tea and coffee, but food must be brought with you.

## Contact



**Website:** [www.facebook.com/thepartypeopleproject/](http://www.facebook.com/thepartypeopleproject/)

## My Notes And Thoughts:







# PEOPLE FIRST KEIGHLEY AND CRAVEN



## What do we do?



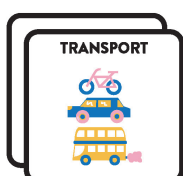
We speak up for ourselves and others! We work locally and nationally to learn and share our knowledge and skills, and work as Experts by Experience, working with Councils, NHS and other statutory services on the needs of disabled people. We also: hold regular social events, offer volunteering opportunities, provide respite, residential and retreats to our members and carers and more!

We provide day opportunities including working on **The People First**

**Podcast:** We want the world to hear our stories and learn from our experiences. This is an opportunity to get your voice heard, and to discuss the issues that really matter to the learning disability community.

We currently have a variety of paid for services, please get in touch to find out more information.

## Where is it?



### Address:

People First Keighley & Craven, Central Hall, Alice Street, Keighley, BD21 3JD

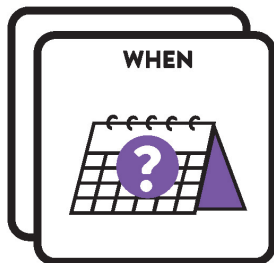
### Is transport provided?

No, apart from for our Healthy Me Learning Retreat and special events.

### Accessibility:

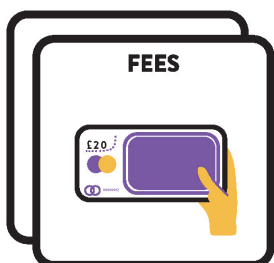
We choose locations accessible and close to public transport. The People First venue has wheelchair access, disabled toilets and is fully accessible. There are 3 car parks in walking distance and on street parking.

## When is it?



Monday to Friday each week.  
9:00am - 3:00pm

## How much does it cost?



### **Cost:**

Please get in touch to find out more.

**The People First Podcast:** £48 per day

**Are there bursaries available?** No

**Can I have a free taster session?** Yes!

## Other:



### **Are there any key events?**

We run 3 'Healthy Me Learning Retreats' at Beamsley Project Charitable Trust. These are 4 nights and a £100 contribution would need to be paid towards the cost of the retreat. As part of the learning retreats, you will attend our annual conference to celebrate your achievements.

### **Do I bring support with me?**

You can bring 1-1 support with you if you need to. However, there are experienced and qualified staff on duty at all times.

## Contact

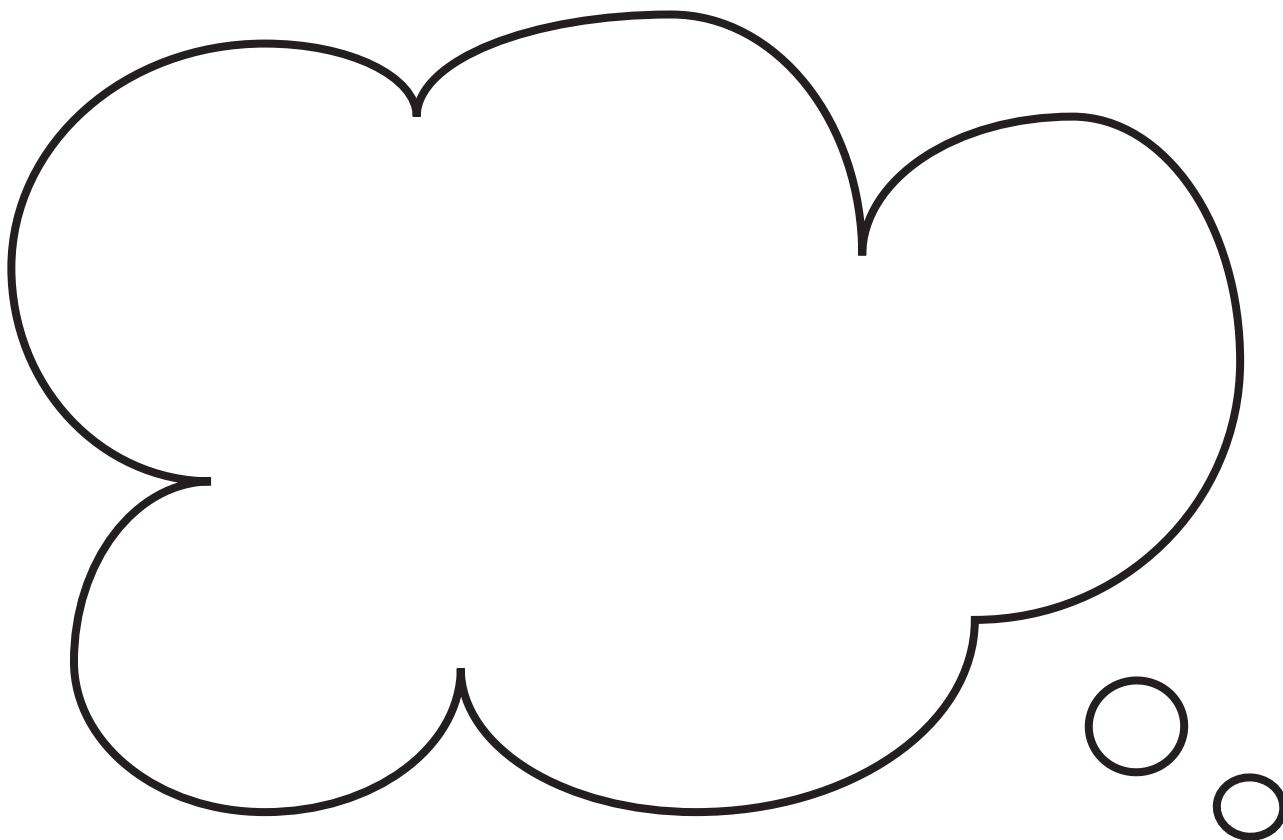


**Email:** [admin@peoplefirstkc.com](mailto:admin@peoplefirstkc.com)

**Telephone:** 01535 607222

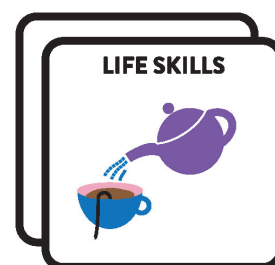
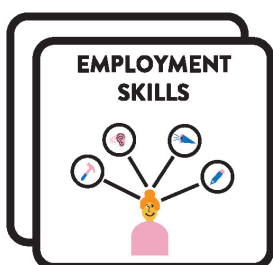
**Website:** [www.peoplefirstkc.com](http://www.peoplefirstkc.com)

## My Notes And Thoughts:

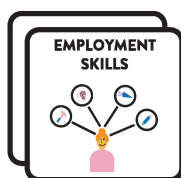




# PEOPLE MATTERS



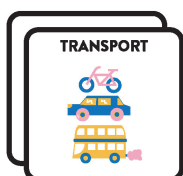
## What do we do?



People Matters offers a range of services to support individuals to maximise their independence and achieve their full potential.

There is: 1-1 outreach support, employment support, Nourishing People, social groups and adult learning/day time activities, wellbeing groups.

## Where is it?



### Address:

Various locations

Employment, Nourishing People and adult learning take place at: Barkston House, Holbeck

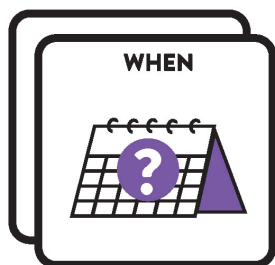
### Is transport provided?

No, sorry!

### Accessibility:

There is lift access in Barkston House. There is parking available and it is accessible via bus.

## When is it?



**Employment Workshop** - Mondays, 10.00am - 1:30pm  
**Employment Search** - Tuesdays, 10.00am - 1:30pm  
**Nourishing People** - Wednesdays, 10:00am - 3:00pm, Thursdays & Fridays (*funded through ASC*), 10:00am - 3:00pm  
**1-1 Outreach** - Monday-Saturday (times vary)  
**Teens & Twenties Social Groups** - Monday, Tuesday, Wednesday, Thursday and Saturday  
**Adult Social Groups** - Tuesday and Thursday  
**Wellbeing Groups** - Tuesdays, 1-3pm; Fridays, 10:30am - 12:30pm

## How much does it cost?



### Cost:

Employment support is funded based.  
 Nourishing People is £50 per day and funded through ASC.  
 Outreach is funded through ASC.  
 Teens social groups are funded and adult social groups are £16 per month.

**Are there bursaries available?** No

**Can I have a free taster session?** Yes!

## Other:



### Do I bring support with me?

Members can bring support with them. Group activity generally have a group lead, group assistant and/or job coaches to support members.



### Do you provide any food or drink?

We provide hot drinks and water.

## Contact

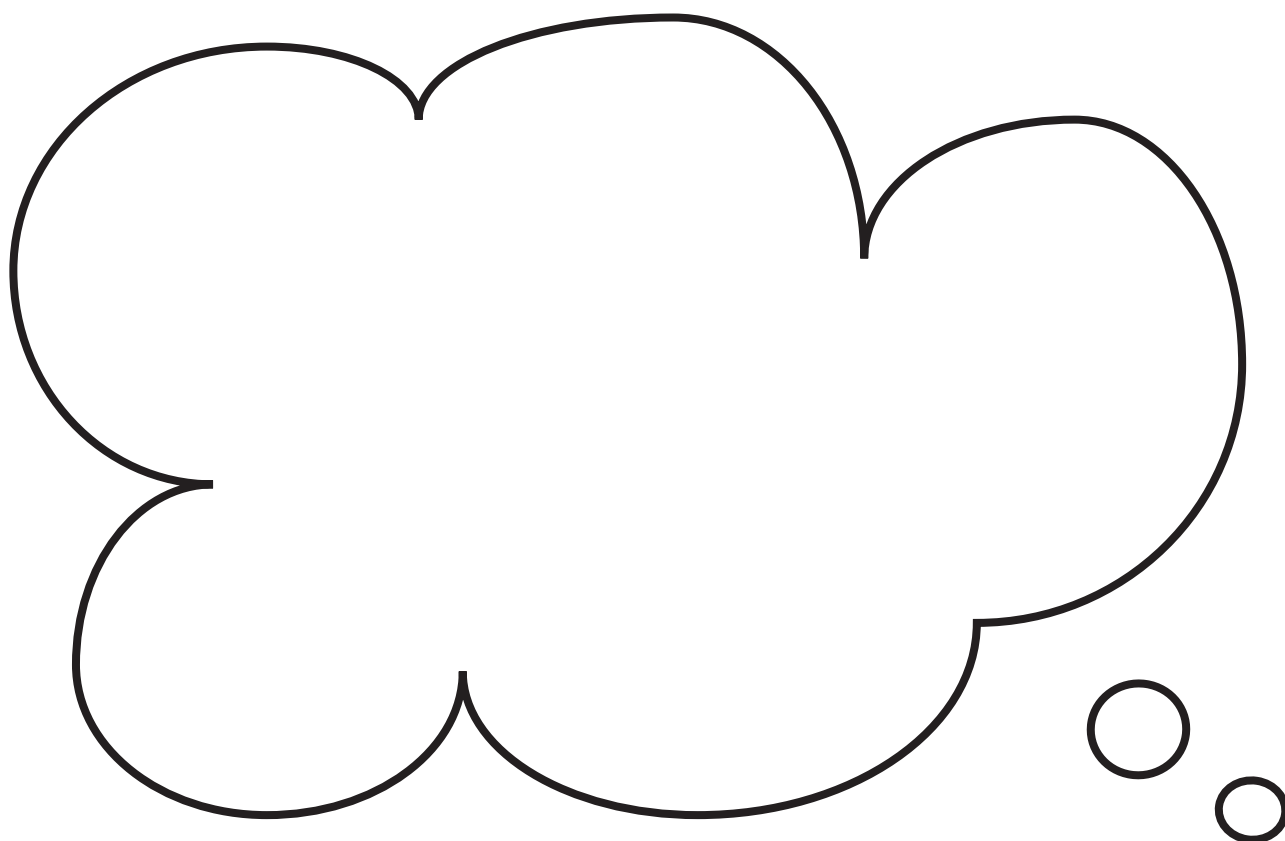


**Email:** [info@peoplesmattersleeds.co.uk](mailto:info@peoplesmattersleeds.co.uk)

**Telephone:** 01132 346 896

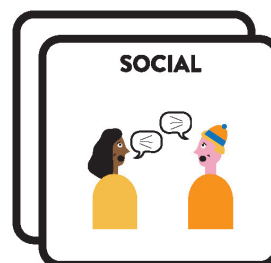
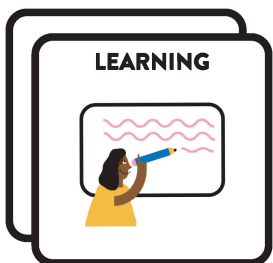
**Website:** [www.peoplesmattersleeds.co.uk](http://www.peoplesmattersleeds.co.uk)

## My Notes And Thoughts:

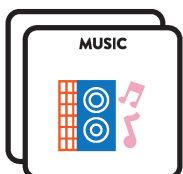




# PURPLE PATCH ARTS



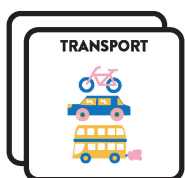
## What do we do?



In Purple Patch Arts Lifelong Learning Programmes we use creative methods such as art, drama, music, dance and multi-sensory activity to make learning fun, engaging and accessible.

We explore lots of different exciting topics, from space and the sea, to heroes and villains, to what is going on in the world around us, there are always interesting things to learn and discover.

## Where is it?



**Monday:** Bradford, Leeds

**Tuesday:** Ilkley, Leeds

**Wednesday:** Horsforth, Doncaster

**Thursday:** Burley, Skipton, Leeds

**Friday:** Harrogate, Halifax, Skipton

For venue details, get in touch.

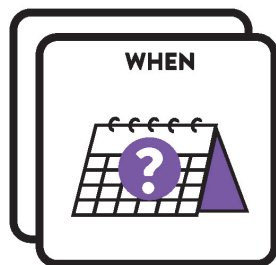
### Is transport provided?

No sorry, but we can help you find someone to chat to if you need transport.

### Accessibility:

All our venues are accessible, with some offering changing places toilets.

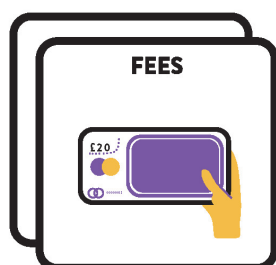
## When is it?



Lifelong Learning Programmes happen 10:00am – 3:00pm on Mondays to Fridays, with the day depending on the venue.

Lifelong Learning Programmes run during term-time only.

## How much does it cost?



### Cost:

£45 per day

**Are there bursaries available?** Yes, sometimes we can offer bursaries, contact us to find out more.

**Can I have a free taster session?** Yes, you can have 2!

## Other:



### Do you have any free activities or resources?

We have activities on our website as well as colouring pages that can be downloaded. We also run a termly Zoom disco that anyone can attend for free.

### Do I bring support with me?

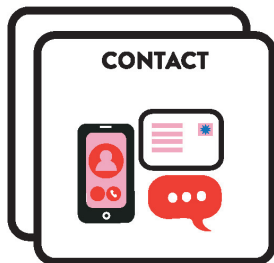
If you need 1-1 support, you can bring someone with you. We are unable to support taking medication, personal care or personal hygiene, though we can prompt.

### Do I need to bring lunch?

Yes, you should bring your own lunch. We provide tea and coffee.



## Contact



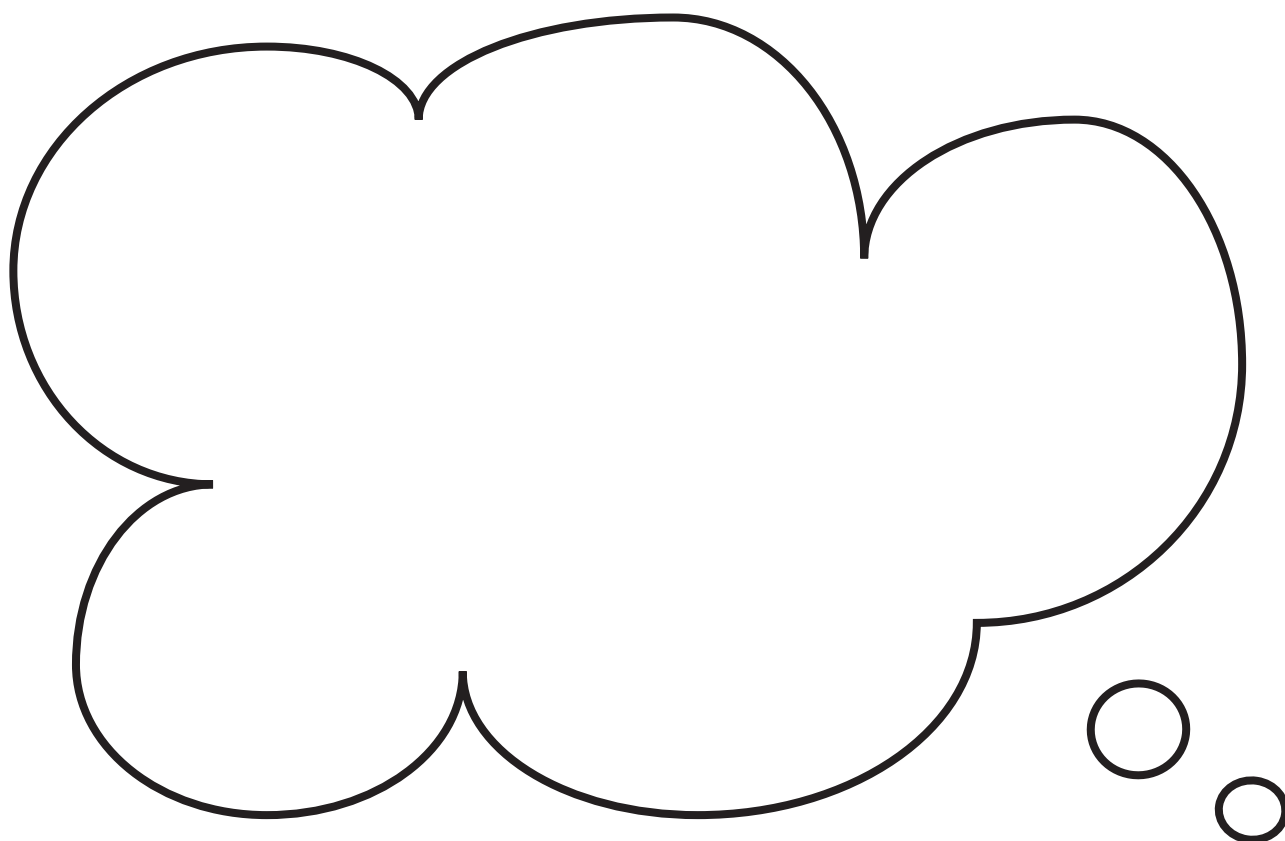
**Jessica, Programmes Coordinator**

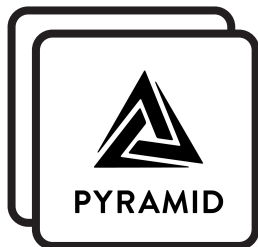
**Email:** [jessica@purplepatcharts.org](mailto:jessica@purplepatcharts.org)

**Telephone:** 07519 929951

**Website:** [www.purplepatcharts.org](http://www.purplepatcharts.org)

## My Notes And Thoughts:

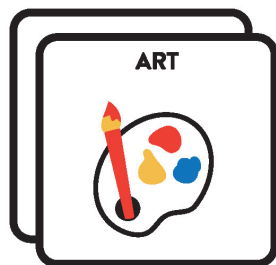




# PYRAMID OF ARTS



## What do we do?



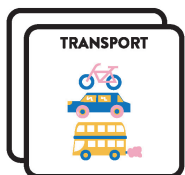
Pyramid supports people with learning disabilities to discover the arts and to develop as artists. We offer weekly arts groups for all age ranges, as well as the possibility of 1-1 work where someone has a particular skill or practice that they want to develop.

## Where is it?



### Address:

Pyramid, Unit 3 Croydon Street Industrial Estate, LS11 9RT  
We also run group sessions in various venues around Leeds and we have one group in Bradford.



### Is transport provided?

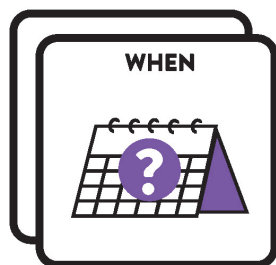
No, sorry!



### Accessibility:

There is disabled parking and wheelchair access. You can get to us by bus from Leeds city centre.

## When is it?



**Tuesdays:** Yoyos (*for 8 years +*): 6:00 - 8:00pm

**Wednesdays:** Legends (*for 55 years +*): 10:00am - 12:00pm

**Thursdays:** Eden: 10:00am - 12:00pm

High Rise Movement (*PMLD adults*): 12:30 - 2:30pm

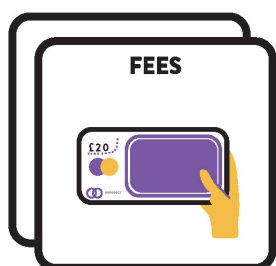
Next Step Thursdays: 6:30 - 8:30pm

**Fridays:** Ribblehead: 10:00am - 12:00pm

High Rise Music (*PMLD adults*): 10:00am - 12:00pm

1-1 development work has bespoke, individual timetables.

## How much does it cost?



### Cost:

£20 per group session, £30 for PMLD groups.

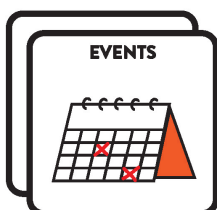
1-1 development work costs are bespoke to need.

### Are there bursaries available?

Through Aspire Community Benefit Society

**Can I have a free taster session?** Yes!

## Other:



### Are there any key events?

We put on events throughout the year. Most groups will contribute to at least one public event each year.



### Do I bring support with me?

If you would like 1-1 support, you can bring someone with you.



### Do you provide any food or drink?

We provide drinks and biscuits. There are cafes open nearby and you can bring a packed lunch if you wish.

## Contact

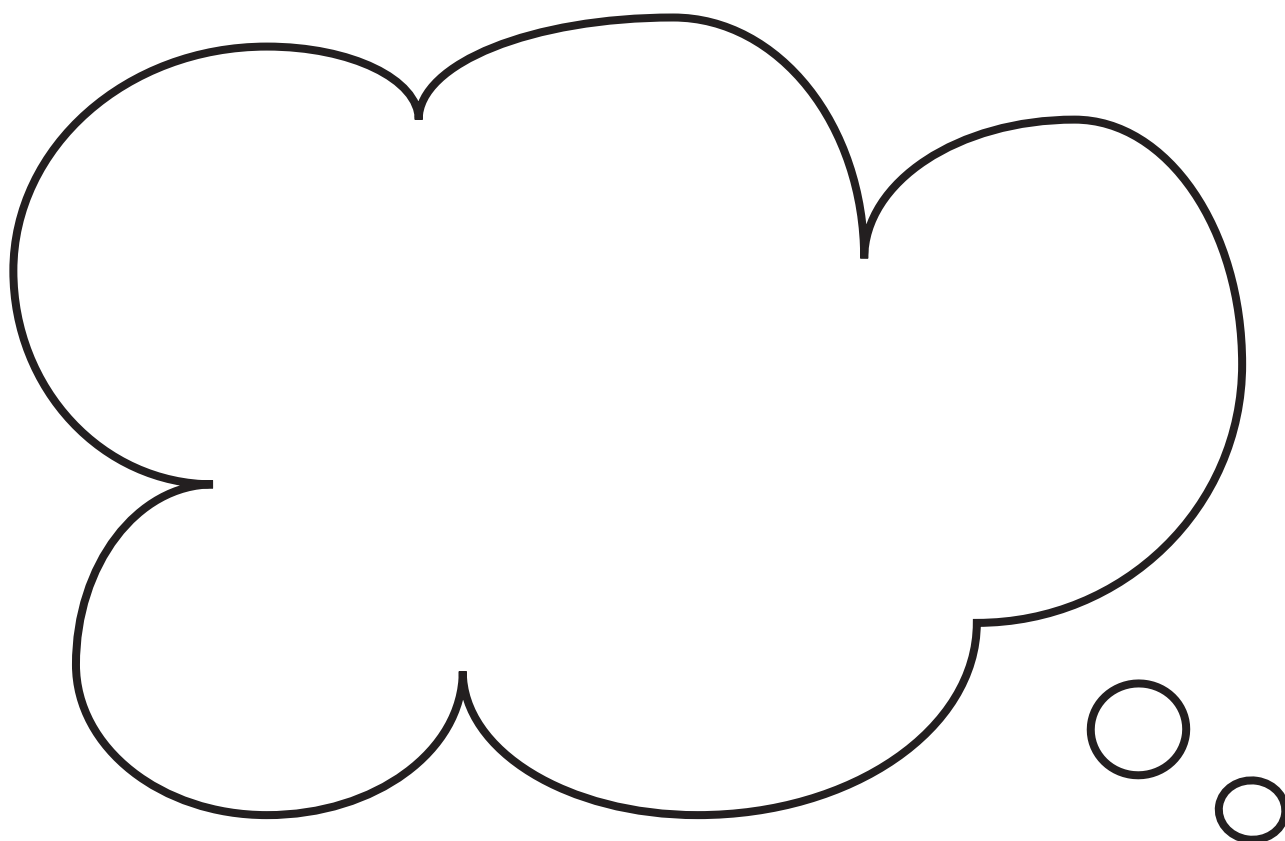


**Email:** [info@pyramid.org.uk](mailto:info@pyramid.org.uk)

**Telephone:** 01132 346 040

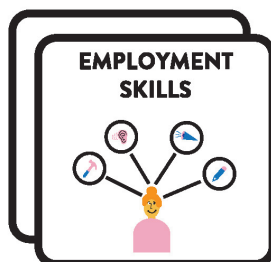
**Website:** [www.pyramid.org.uk](http://www.pyramid.org.uk)

## My Notes And Thoughts:





# ROYAL MENCAP SOCIETY: POSITIVE AMBITIONS



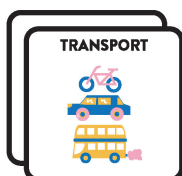
## What do we do?



If you want to work, we will help you get there. We help build up confidence, learn more about the world of work and improve employability skills.

Positive Ambitions is a part time employability course in Keighley for people with learning disabilities aged 16 and over. We cover BD16,17,18,20,21,22 areas.

## Where is it?



### Address:

Central Hall, Alice Street, Keighley BD21 3JD

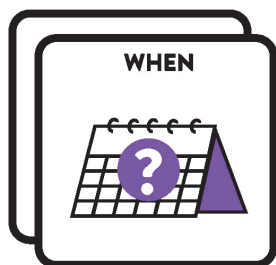
### Is transport provided?

No, sorry!

### Accessibility:

There is wheelchair access and disabled toilets. It is a central location a few minutes walk from bus station. There is short stay parking nearby and longer stay car park 5 minutes away.

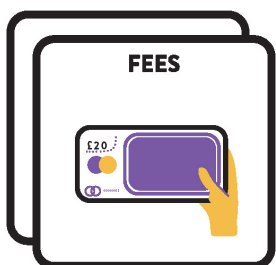
## When is it?



**Positive Ambitions:** Tuesdays, 10:30am - 12:30pm

The course runs for 10 - 15 weeks.

## How much does it cost?



**Cost:**

The course is free!

## Other:



**Do you provide any 1-1 support?**

We may be able to provide 1-1 support for a specific activity, but not in general classroom sessions. We are unable to support personal care.



**Do you provide any food or drink?**

We provide tea and coffee. You are welcome to bring your own refreshments.

## Contact



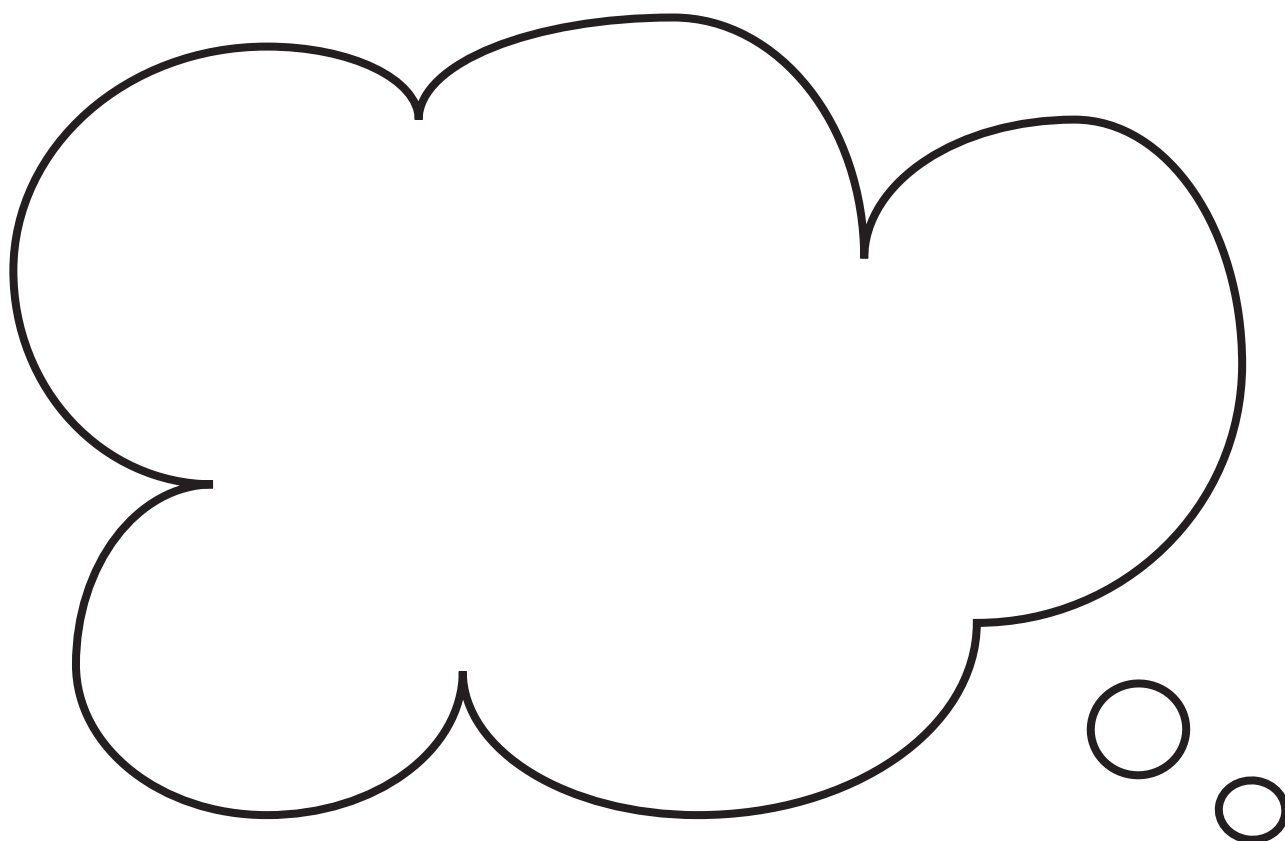
**Anneliese Briers**      **Telephone:** 07966 287 942

**Randeep Kaur**      **Telephone:** 07950 491 550

**Email:** [keighley.info@mencap.org.uk](mailto:keighley.info@mencap.org.uk)

**Website:** [www.mencap.org.uk](http://www.mencap.org.uk)

## My Notes And Thoughts:





# SCHOOL OF ROCK AND MEDIA LTD (SORM)

## LEARNING



## THE ARTS



## EMPLOYMENT SKILLS



## SOCIAL



## LIFE SKILLS



## What do we do?

### MUSIC



### LEARNING



### EVENTS



Education, music, social, employment, internships and events.

Person-centred approach, focused on their wants, dreams and aspirations. Building communication skills, basic qualifications in various life skills subjects, as well as music and media production.

## Where is it?

### WHERE



### TRANSPORT



### ACCESS



### Address:

5 Cater Street, Little Germany, Bradford, BD1 5AS

### Is transport provided?

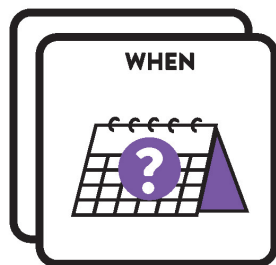
No, sorry.

### Accessibility:

There is wheelchair access and disabled toilets. Pay and Display Car Parks near by. Limited parking for pickups and drop offs. Close to City Centre for Bradford bus routes. Lift for wheelchairs to all floors.

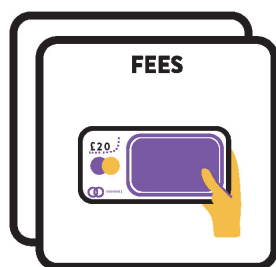


## When is it?



Monday - Friday, 9:00am - 5:00pm for various sessions.

## How much does it cost?



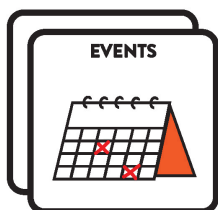
### **Cost:**

Depends on individual needs. Please contact for more details.

**Are there bursaries available?** No

**Can I have a free taster session?** Yes!

## Other:



### **Are there any key events?**

Regular music events throughout the year including our monthly adults with learning disability night club.



### **Can I gain any qualifications?**

We offer Certa Accredited Qualifications in Audio and Sound Production, Personal Development and DJing Skills.



### **Do I bring support with me?**

We can provide 1-1 support for hourly sessions. We encourage people to bring support with them if they need it. We are unable to support personal care.

## Contact



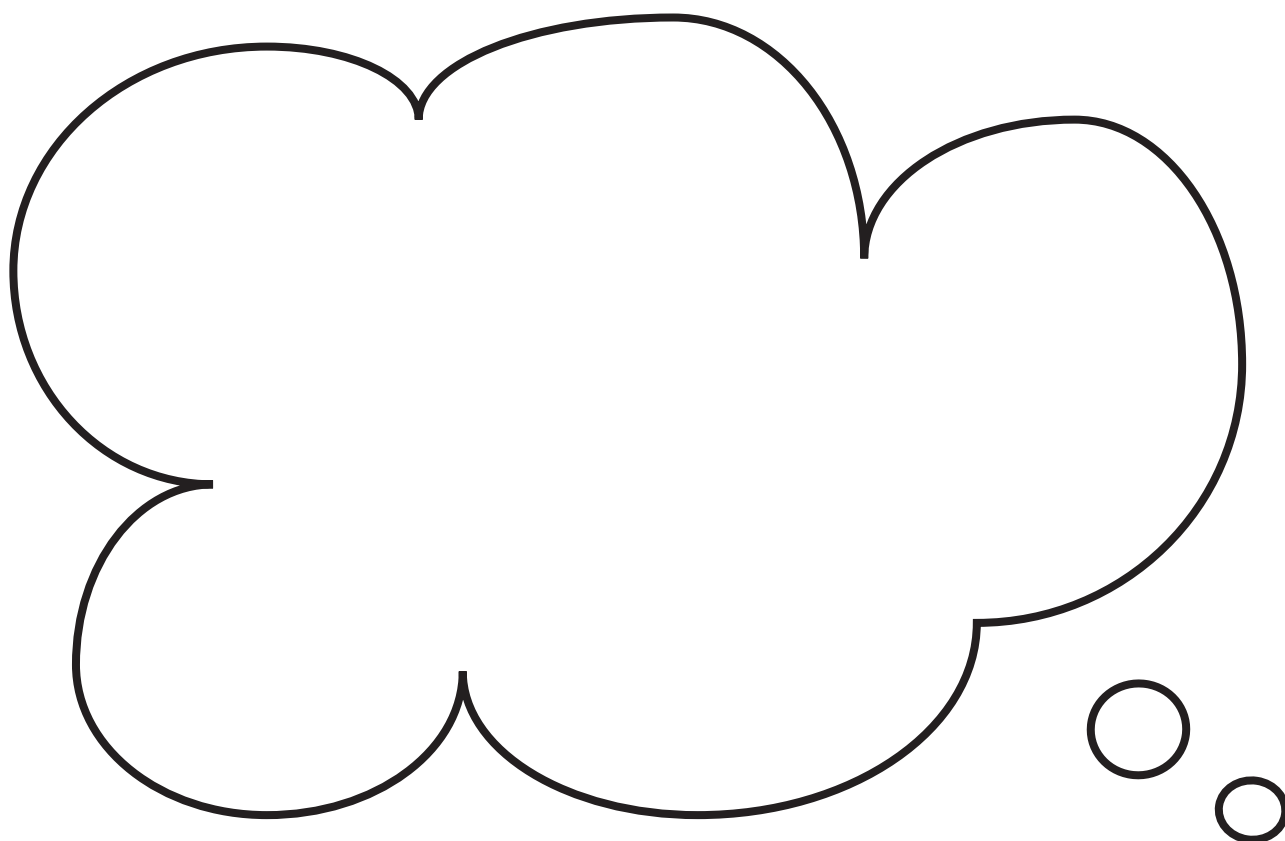
**Tony Saunders**

**Email:** [sormstudios@virginmedia.com](mailto:sormstudios@virginmedia.com)

**Telephone:** 07504 561 713 (Tony)

**Website:** [www.sormlearninghub.com](http://www.sormlearninghub.com) / [www.sormstudios.co.uk](http://www.sormstudios.co.uk)

## My Notes And Thoughts:



# SCOPE CAREER PATHWAYS

## LEARNING



## EMPLOYMENT SKILLS



## SOCIAL



## LIFE SKILLS



## What do we do?

### EMPLOYMENT SKILLS



### SUPPORT



We are a free careers advice service for young disabled people aged 15-25 who want to build independence and become more confident in their next steps and choices available to them for the future.

We work with you on a 1-1 basis. Sessions can support you with things such as:

- working on skills
- help to write or edit your CV
- help to figure out your next steps
- transition support to make you more comfortable in a new setting

## Where is it?

### WHERE



### TRANSPORT



### ACCESS



### Address:

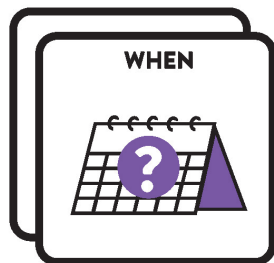
Careers advice sessions can happen virtually all across England and Wales. In Leeds, we can meet you face-to-face. We have an office in Leeds City Centre or we can meet young people in schools, colleges, community centres or libraries.

### Is transport provided?

No, however we can pay for your travel if you require support with this.

**Accessibility:** We will ask you where is best and the most accessible for you and we will travel there. We can also provide support with British Sign Language interpretation.

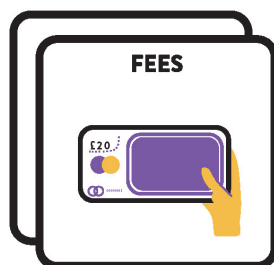
## When is it?



We work with young people Monday to Friday between 9:00am and 5:00pm.

You will be offered 3 hours of support, which you can access for 6 months. You can have the sessions as frequently or as little as you would like. Once you finish our service you can re-refer if you need support with something else that we haven't covered previously.

## How much does it cost?



**Cost:** Free!

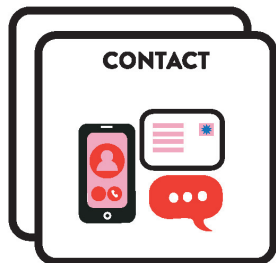
## Other:



### **Do I bring support with me?**

You can bring support with you if you feel more comfortable with having support.

## Contact

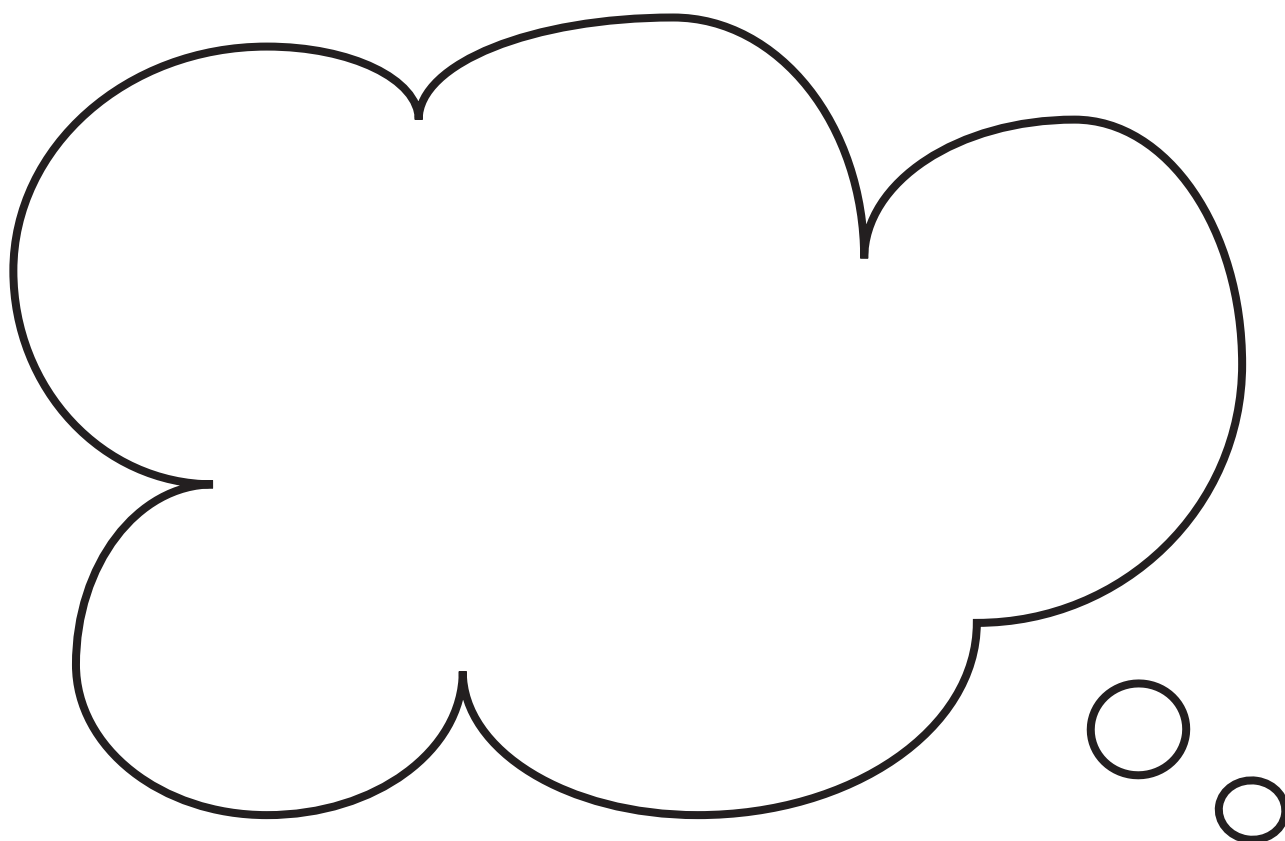


**Email:** [careerpathways@scope.org.uk](mailto:careerpathways@scope.org.uk)

**Website:**

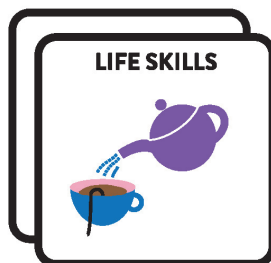
[www.scope.org.uk/employment-services/career-pathways](http://www.scope.org.uk/employment-services/career-pathways)

## My Notes And Thoughts:

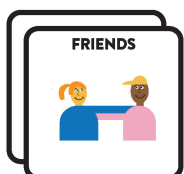
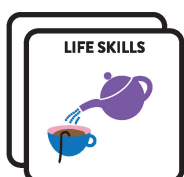




# SENSE



## What do we do?



Sense is here to help people communicate and experience the world. We believe that no one, no matter how complex their disabilities, should be isolated, left out, or unable to fulfil their potential. We are a building-based day service, community service or combined service for adults with communication difference. We offer bespoke packages and are happy to talk about any combination of the above. As an organisation, we also offer residential placements.

Develop communication skills, support the development of daily living skills, build relationships/friendships with peers, and access local community.

## Where is it?



### Address:

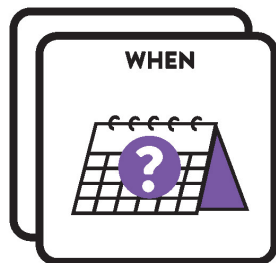
The Rodney Clark Resource Centre, Leeds Road, Robin Hood, WF3 3BG.

Community service start from the person's own home.

### Accessibility:

Our building is fully accessible. We have a large car park and wide doors which can accommodate wide buildings. Our large shower room has overhead hoist and changing table. We have a walk in shower with fixed seat. The service is accessible by bus and is on the main bus route between Leeds and Wakefield. Transport for many is arranged by care manager and is part of their package.

## When is it?

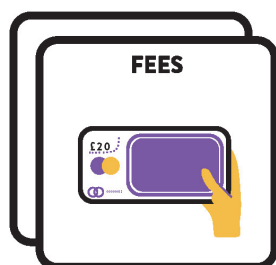


The service is open to adults:  
9:30am to 3:30pm, Monday to Friday and Sunday.

We are open to discussion around support within the building  
early evening on week days and Sunday.

We also support in the community outside our day service  
opening.

## How much does it cost?



**Cost:** Cost is based on need. A full costing for each individual  
can be given without obligation following assessment.

**Are there bursaries available?** No

**Can I have a free taster session?** No

## Other:



**Is there any specific support for parents and carers?**

There are several support groups available through our website.

**Do I bring support with me?**

We can provide 1-1 support if this is assessed as part of the  
care package.

**Do I need to bring lunch?**

We provide a light lunch for adult day service attendees, with a  
limited daily menu. For those using community services, we  
would support you to purchase your food and drink from  
suitable community venues.

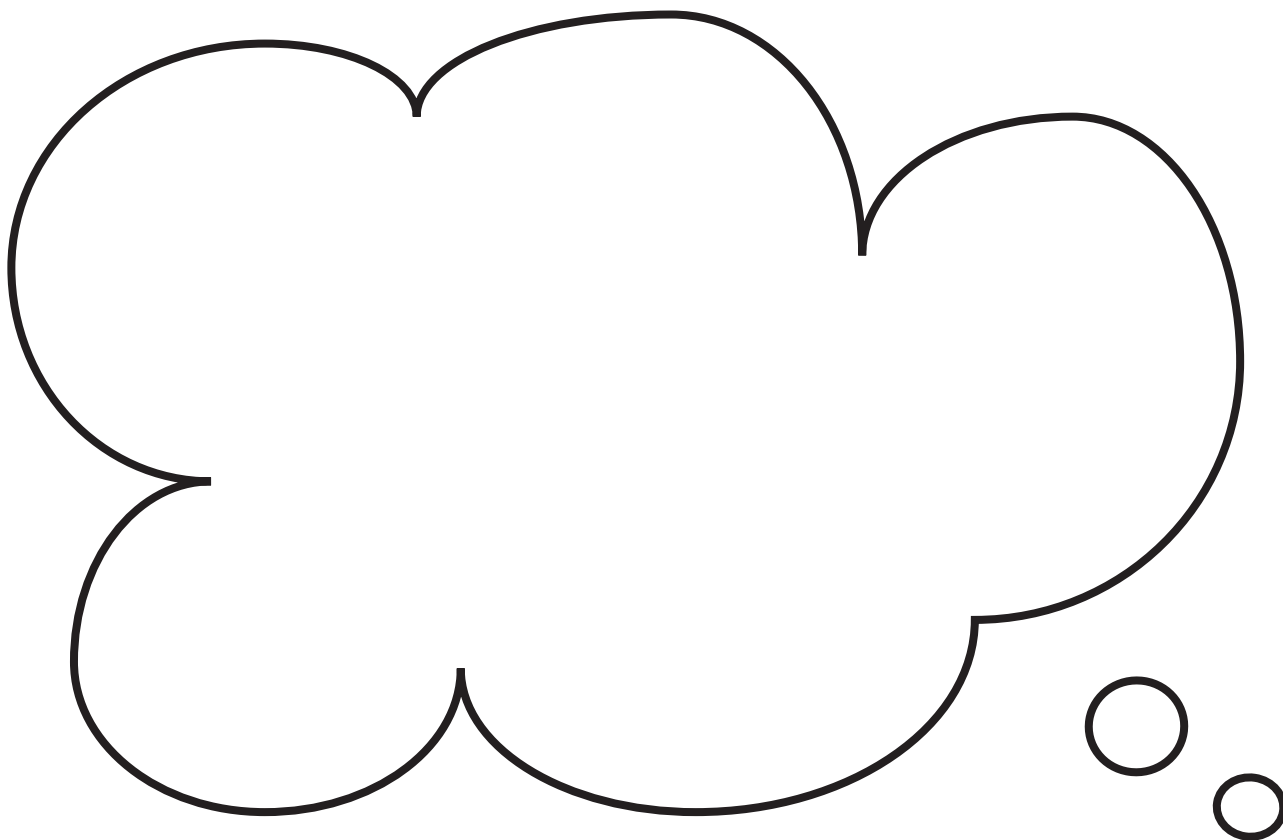
## Contact



**Telephone:** 0113 205 9500

**Website:** [www.sense.org.uk](http://www.sense.org.uk)

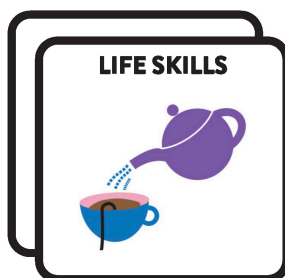
## My Notes And Thoughts:







# SKILLS KITCHEN



## What do we do?

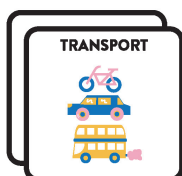


Skills Kitchen is both fun and confidence building, as well as giving the potential to provide scrumptious, healthy food for you and your family to enjoy.

We are a daycare service provider for adults with learning disabilities & autism. Our service is based around learning and improving kitchen skills and helping people to gain independence and confidence.

Whilst our focus is to help improve people's kitchen skills and confidence, we also aim to build on people's social skills, by cooking and eating together.

## Where is it?



### Address:

Salts Hub at The Playing Fields, Victoria Road, Shipley  
BD18 3LA

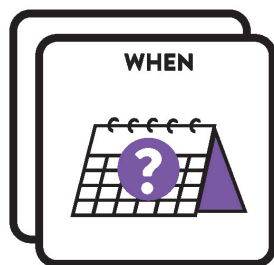
### Is transport provided?

No, sorry!

### Accessibility:

Our venue is easily accessible by car, train, bus route, or even canal barge! We have plenty of accessible parking as well. Unfortunately, the site is not currently easily accessible for wheelchairs and does not have a changing places.

## When is it?



Our day care service is 9am - 4pm, Monday to Thursday.

Skills Kitchen sessions take place all year round.

## How much does it cost?



**Cost:** The day care service for 9am - 4pm is council standard cost of £62.02 per day.

**Are there bursaries available?** Not currently, but we are working on this being a possibility.

**Can I have a free taster session?** Yes!

## Other:



### Do I bring support with me?

We are happy for people to bring support workers or carers with them if required, but we do not provide one-to-one support currently.



### Do you provide any food or drink?

We provide the ingredients so that people can make their own healthy and delicious lunch. We will also provide refreshments.

## Contact



**Simon Kennett**

**Telephone:** 07739428859

**Email:** [simon@skillskitchen.co.uk](mailto:simon@skillskitchen.co.uk)

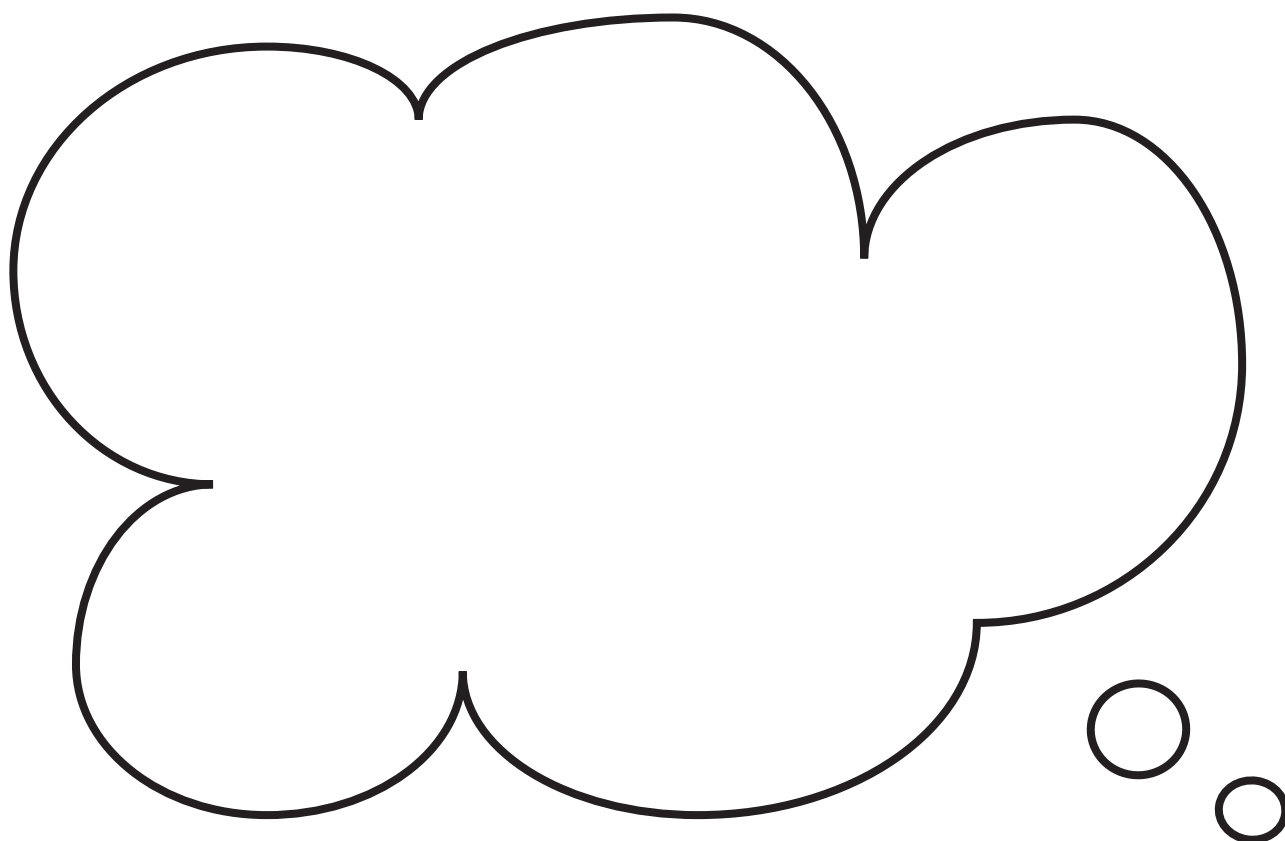
**James Brett**

**Telephone:** 07841720625

**Email:** [james@skillskitchen.co.uk](mailto:james@skillskitchen.co.uk)

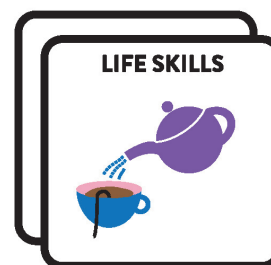
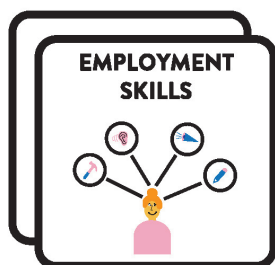
**Website:** [www.skillskitchen.co.uk](http://www.skillskitchen.co.uk)

## My Notes And Thoughts:

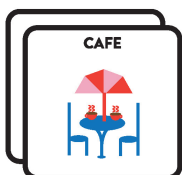




# SLATE CHARITY GROUP



## What do we do?

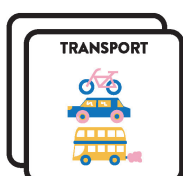


We believe that people with learning disabilities should have access to work opportunities - SLATE makes that happen.

We are a way to work at a shop or cafe, with friendly support to achieve your goals.

Supported volunteering, progression routes to protected staff roles for people with learning disabilities.

## Where is it?



### Address:

LS10 Hunslet shop and warehouse  
Gipton Old Fire Station Cafe  
Armley Shop Canal Road  
*Also our 2 vans which travel every LS postcode*

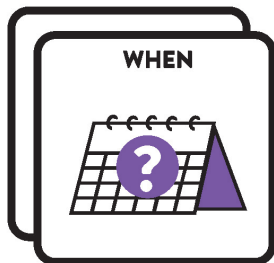
### Is transport provided?

No, sorry!

### Accessibility:

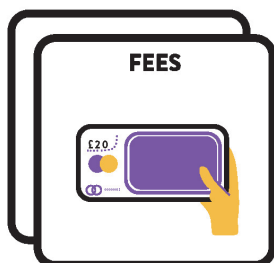
All our venues are accessible. There is good access to public transport, parking at each venue and passenger transport.

## When is it?



SLATE has placements on Mondays to Saturdays, all year round.

## How much does it cost?



**Cost:** £10 per hour

**Are there bursaries available?** No

**Can I have a free taster session?** Yes!

## Other:



### Can I gain any qualifications?

We have links to accredited NVQs in customer services and Leadership Training.

### Are there any key events?

2 residentials in the summer and a variety of other trips and social occasions.

### Do I bring support with me?

You can bring 1-1 support with you.

### Do you provide any food or drink?

We provide lunch at the Fire Station cafe.

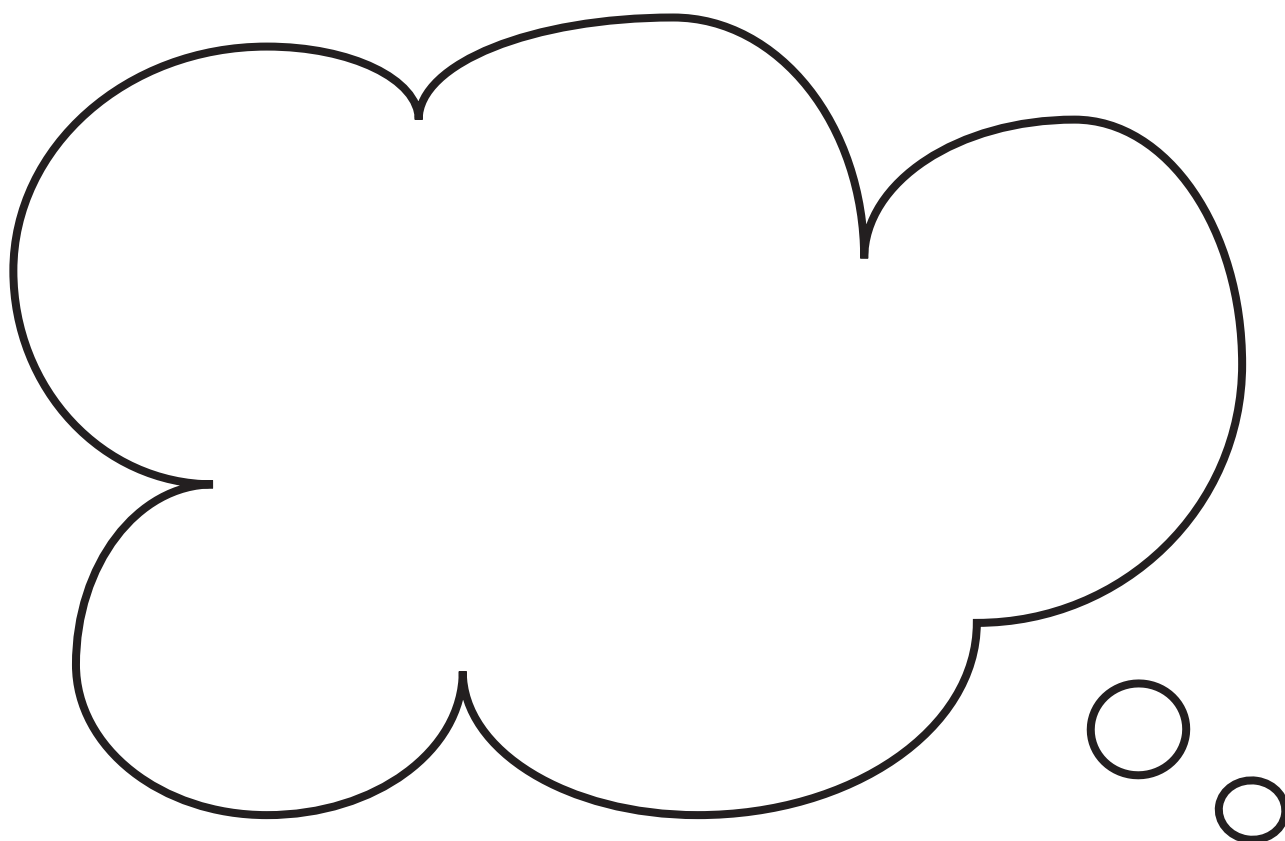
## Contact



**Telephone:** 0113 270 4005

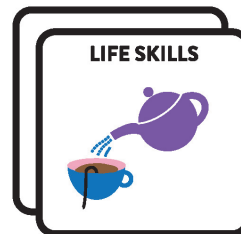
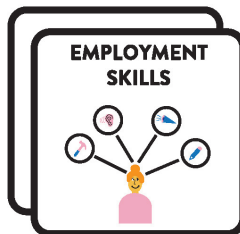
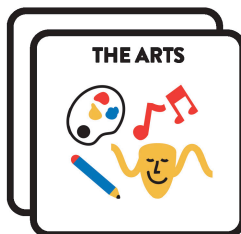
**Website:** [www.slateleeds.org.uk](http://www.slateleeds.org.uk)

## My Notes And Thoughts:





# SPECIALIST AUTISM SERVICES



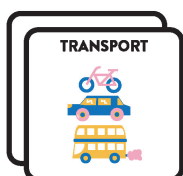
## What do we do?



Specialist Autism Services provides a unique blend of education and care. The groups are on a variety of different topics such as skills for life, health & wellbeing, and art. We also have an autism specific counselling service, and an employment service.

We help develop social, communication and employment skills which empower our members to engage with new opportunities, make informed choices and achieve their goals.

## Where is it?



### Address:

We have sites in Leeds, Bradford, Shipley, Keighley, and Halifax. Contact us for further information.

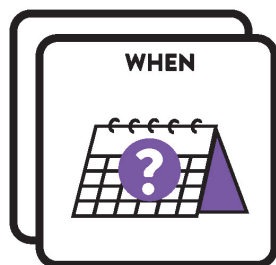
### Is transport provided?

No, sorry!

### Accessibility:

There is disabled parking, and wheelchair access to ground floor. Venue is accessible by bus routes.

## When is it?



### **Monday to Friday:**

Social Skills workshops run 10:15am - 3:00pm

## How much does it cost?



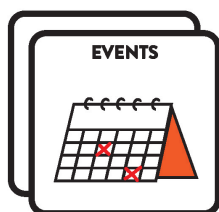
### **Cost:**

Please contact us for cost information.

**Are there bursaries available?** No

**Can I have a free taster session?** Yes!

## Other:



### **Are there any key events?**

We normally have annual trips to Blackpool, and other trips decided by our service users. During the pandemic we have offered virtual trips including a Harry Potter experience.

### **Do I bring support with me?**

We provide this. Depending on circumstances, the individual may be able to bring support with them. We are unable to provide personal care at our Leeds and Bradford sites but we do at Shipley. So if you have these needs, our Shipley branch may be more suited to you.

### **Do I need to bring lunch?**

Yes, service users bring their own food and drink.



## Contact



### Emails:

*Leeds:* [info.leeds@specialistautismservices.org](mailto:info.leeds@specialistautismservices.org)

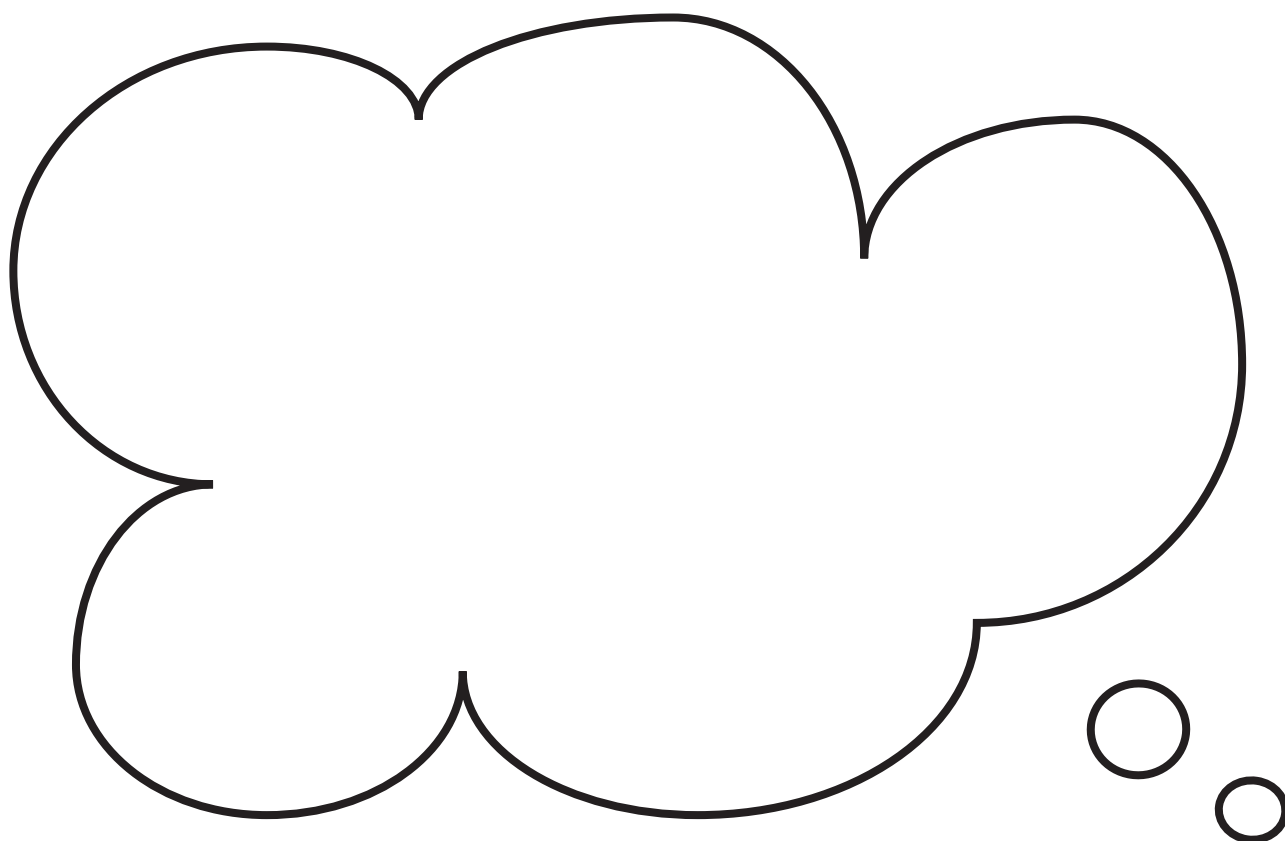
*Bradford:* [info@specialistautismservices.org](mailto:info@specialistautismservices.org)

*Shipley:* [info.shipley@specialistautismservices.org](mailto:info.shipley@specialistautismservices.org)

**Telephone:** 01132 775 656

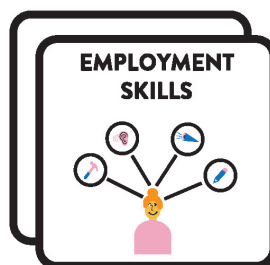
**Website:** [www.specialistautismservices.org](http://www.specialistautismservices.org)

## My Notes And Thoughts:

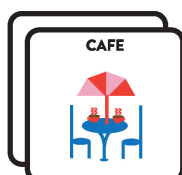




# SUNSHINE AND SMILES - LEEDS DOWN SYNDROME NETWORK



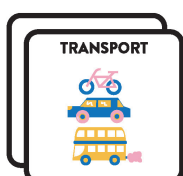
## What do we do?



21 Co. Cafe - Employment opportunities for people with Down syndrome.

Also: singing groups, swimming, cricket sessions and more

## Where is it?



### Address:

Stainbeck Community Hall, 162 Stainbeck Lane, Leeds, LS7 2EA

### Cafe:

21 Co., Headingley Central, Otley Road, Leeds, LS6 2UE

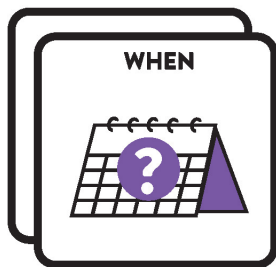
### Is transport provided?

Yes

### Accessibility:

There is some accessible parking. Accessible via bus routes.

## When is it?

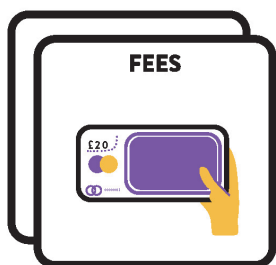


Sessions take place at various times across the week, including evenings and weekends.

Sunshine and Smiles online calendar:

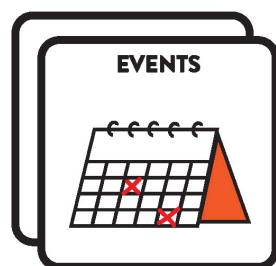
[www.sunshineandsmiles.org.uk/news-and-events/events/calendar/date/2022](http://www.sunshineandsmiles.org.uk/news-and-events/events/calendar/date/2022)

## How much does it cost?



**Cost:** Free!

## Other:



### **Are there any key events?**

Yes, for example our Christmas Party. See the calendar on our website for more.



### **Do I bring support with me?**

At 21 Co. Cafe, we offer 1-1 support. At other sessions, we cannot offer 1-1 support. You can bring support with you.

## Contact

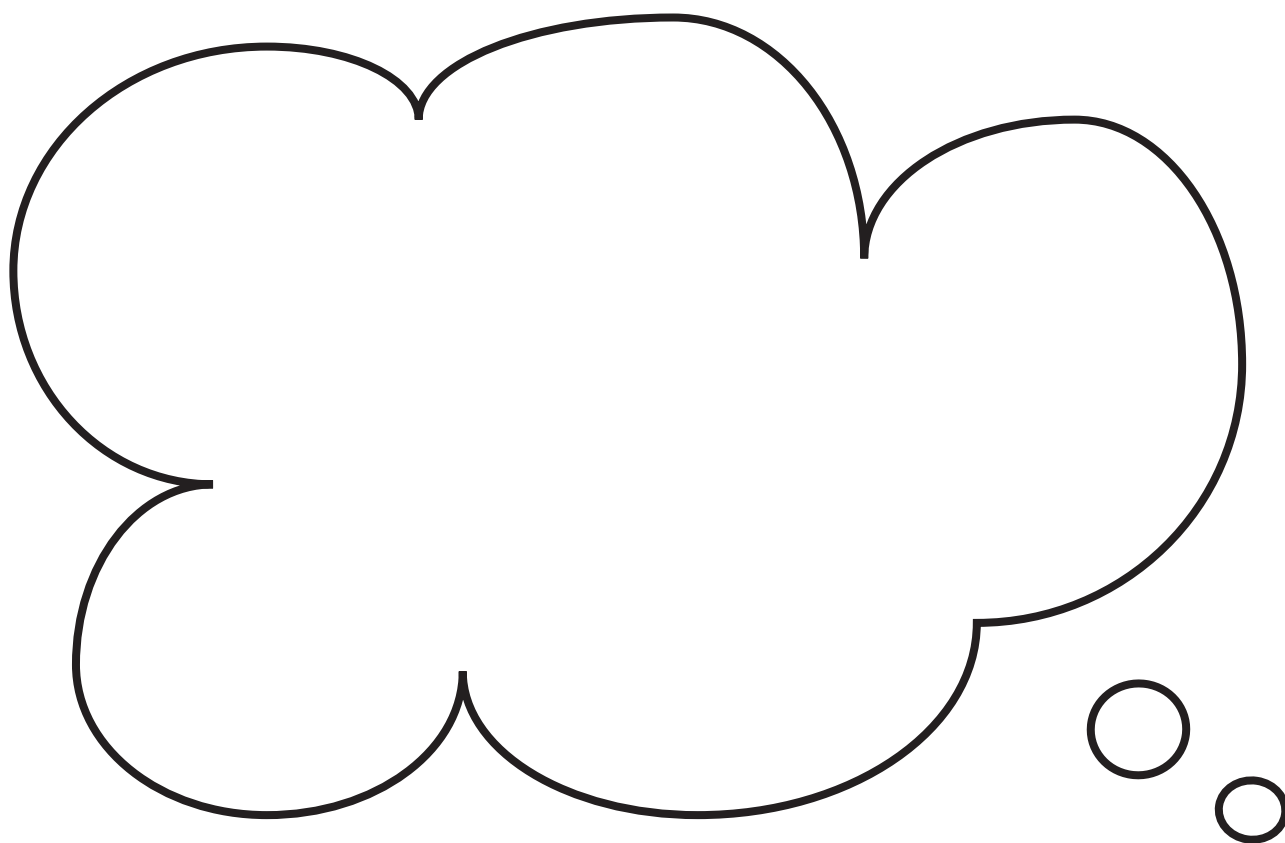


**Email:** [ailith@sunshineandsmiles.org.uk](mailto:ailith@sunshineandsmiles.org.uk)

**Telephone:** 07442 332 678

**Website:** [www.sunshineandsmiles.org.uk](http://www.sunshineandsmiles.org.uk)

## My Notes And Thoughts:





# TCV HOLLYBUSH



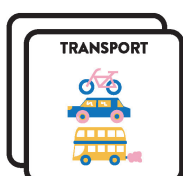
## What do we do?



Gardening & nature-based wellbeing activities, practical conservation and adult learning.

Connecting people with green spaces for the benefit of both, with an emphasis on activities that improve wellbeing, reduce social isolation and offer opportunities to learn new things.

## Where is it?



### Address:

Hollybush Conservation Centre, Broad Lane, Kirkstall, Leeds, LS5 3BT

As well as 'pop-up' venues around the city.

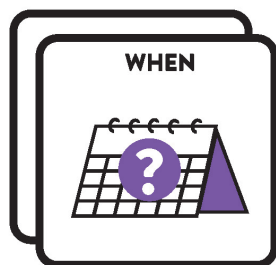
### Is transport provided?

No

### Accessibility:

There is wheelchair access and disabled toilets. We have car parking for blue badge holders only on site. We are on a number of bus routes, including 91 and 49.

## When is it?



Timetables for different activities vary, but almost all take place between 10:00am and 4:00pm, Tuesday-Friday.

Our site is open to the public on Sundays and offers free activities and paid courses. We are open all year round.

## How much does it cost?



**Cost:** Most activities are free or in the case of courses, free for those on income related benefits/low income.

**Can I have a free taster session?** Yes!

## Other:



### Do I bring support with me?

We facilitate activities for small groups, so are unable to provide 1-1 support for individuals. If participants require carer support then they are welcome to attend with them.



### Do you provide any food or drink?

Tea/coffee and biscuits or fruit may be provided on activities. There is also an on-site cafe where refreshments can be purchased.

## Contact

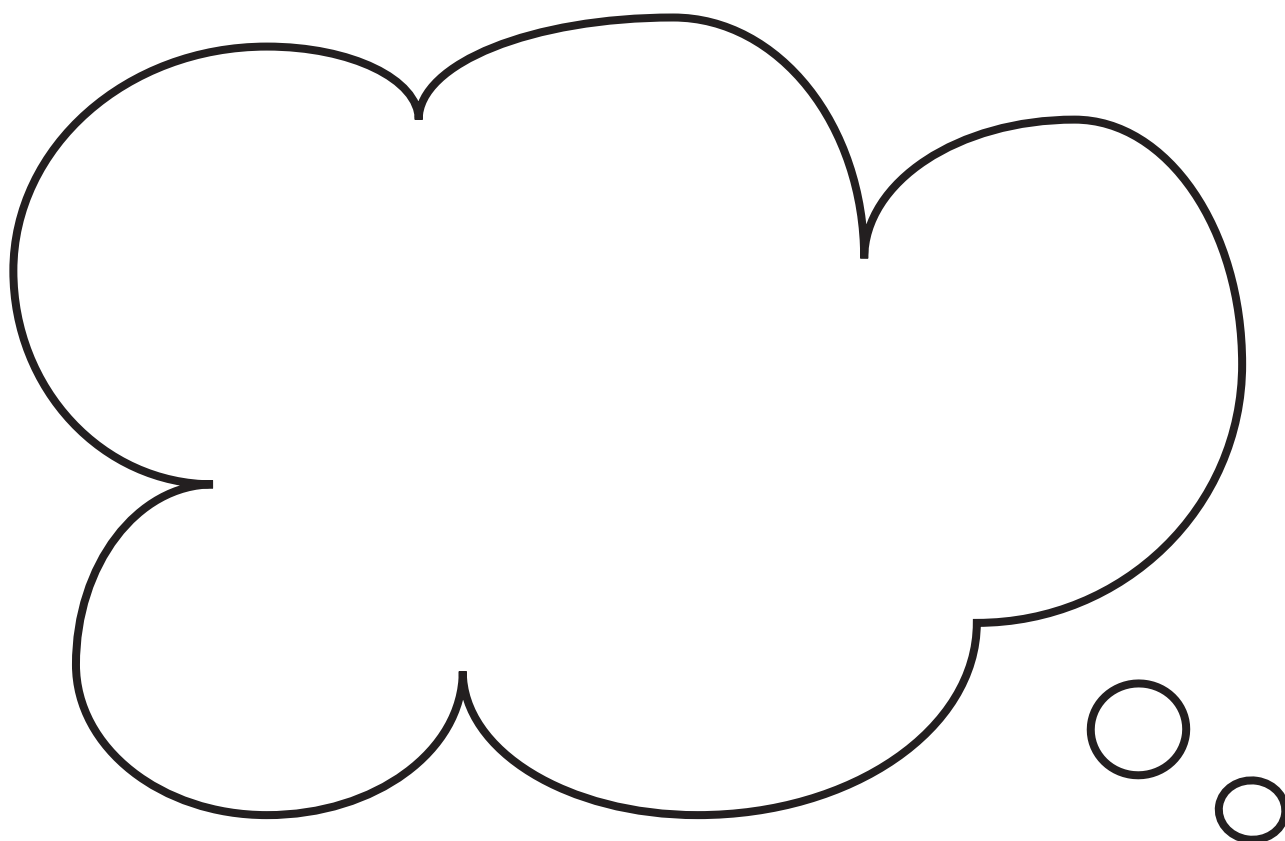


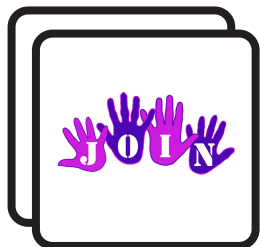
**Email:** [Hollybush@tcv.org.uk](mailto:Hollybush@tcv.org.uk)

**Telephone:** 01132 742 335

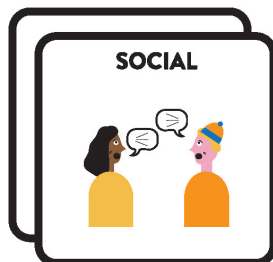
**Website:** [www.tcv.org.uk/hollybush](http://www.tcv.org.uk/hollybush)

## My Notes And Thoughts:





# THE JOIN PROJECT



## What do we do?

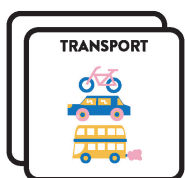


JOIN is an independent local project that provides recreational and self-help activities for people with learning disabilities.

JOIN activities include cookery, life skills, keeping fit and active, arts and crafts and social activity days.

All JOIN activities help people with learning disabilities to meet new people, have fun, learn new skills, develop confidence and achieve greater independence.

## Where is it?



### Address:

The JOIN Project, Rooms 5 - 7, Springfield Mill, Oakworth Road, Keighley BD21 1SL.

### Is transport provided?

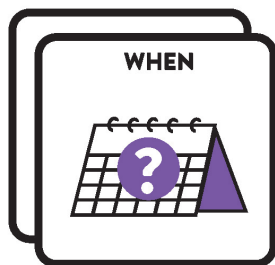
No

### Accessibility:

There is wheelchair access and accessible toilets. The venue is accessible by bus and has drop off/pick up spaces for taxis and others arriving by car.



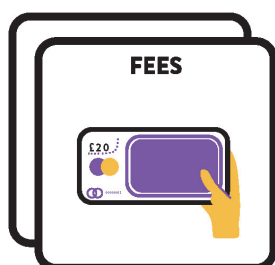
## When is it?



The JOIN Project is open 9:00am - 3:00pm, Mondays to Fridays.

The JOIN Project runs all year round.

## How much does it cost?



**Cost:** £53.16 per day

**Are there bursaries available?** No

**Can I have a free taster session?** Yes!

## Other:



**Do I bring support with me?**

We provide 1-1 support for participation. If you need support with personal care then you will need to bring support with you.



**Do I need to bring my lunch?**

Yes, you should bring your own lunch. We provide drinks.

## Contact

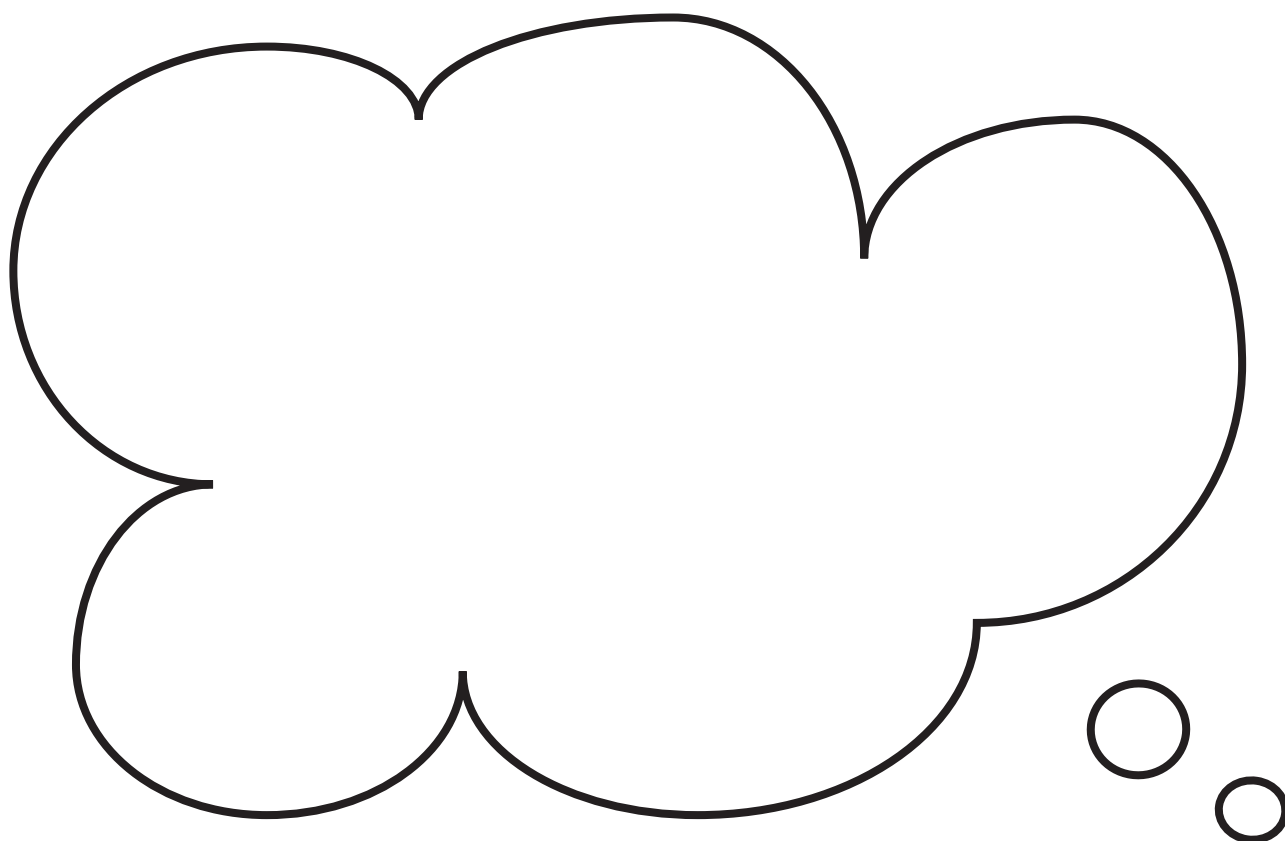


**Email:** [thejoinproject@gmail.com](mailto:thejoinproject@gmail.com)

**Telephone:** 01535 665714

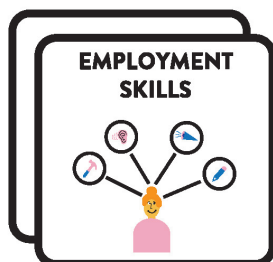
**Website:** [www.joinproject.org.uk](http://www.joinproject.org.uk)

## My Notes And Thoughts:

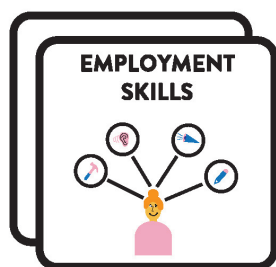




# WORKFIT - DOWN'S SYNDROME ASSOCIATION



## What do we do?



WorkFit supports people with Down's syndrome to access employment opportunities.

We currently have over 1,000 candidates registered across England and Wales with a range of skills and abilities.

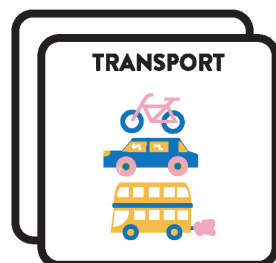
We believe that everyone with Down's syndrome can work if they want to and are supported to do so. Our dedicated and knowledgeable team of Employment Development Officers support candidates and employers to achieve success.

## Where is it?



### Address:

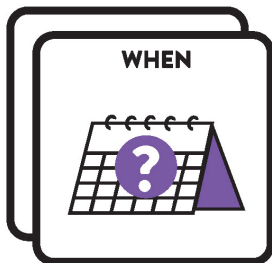
WorkFit is a national charity and works across England and Wales.



### Is transport provided?

No

## When is it?

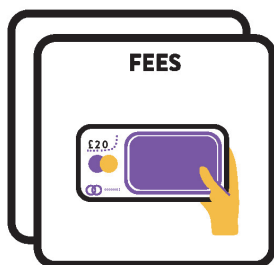


This varies depending on different work roles.

The opportunities on offer are flexible and allow candidates and employers to access the programme in a way that suits their needs.

We support work experience, volunteering, supported internships, supported apprenticeships and paid work.

## How much does it cost?



**Cost:** The WorkFit service is free.

## Other:



**Do I bring support with me?**

Yes, you can bring 1-1 support with you.

## Contact

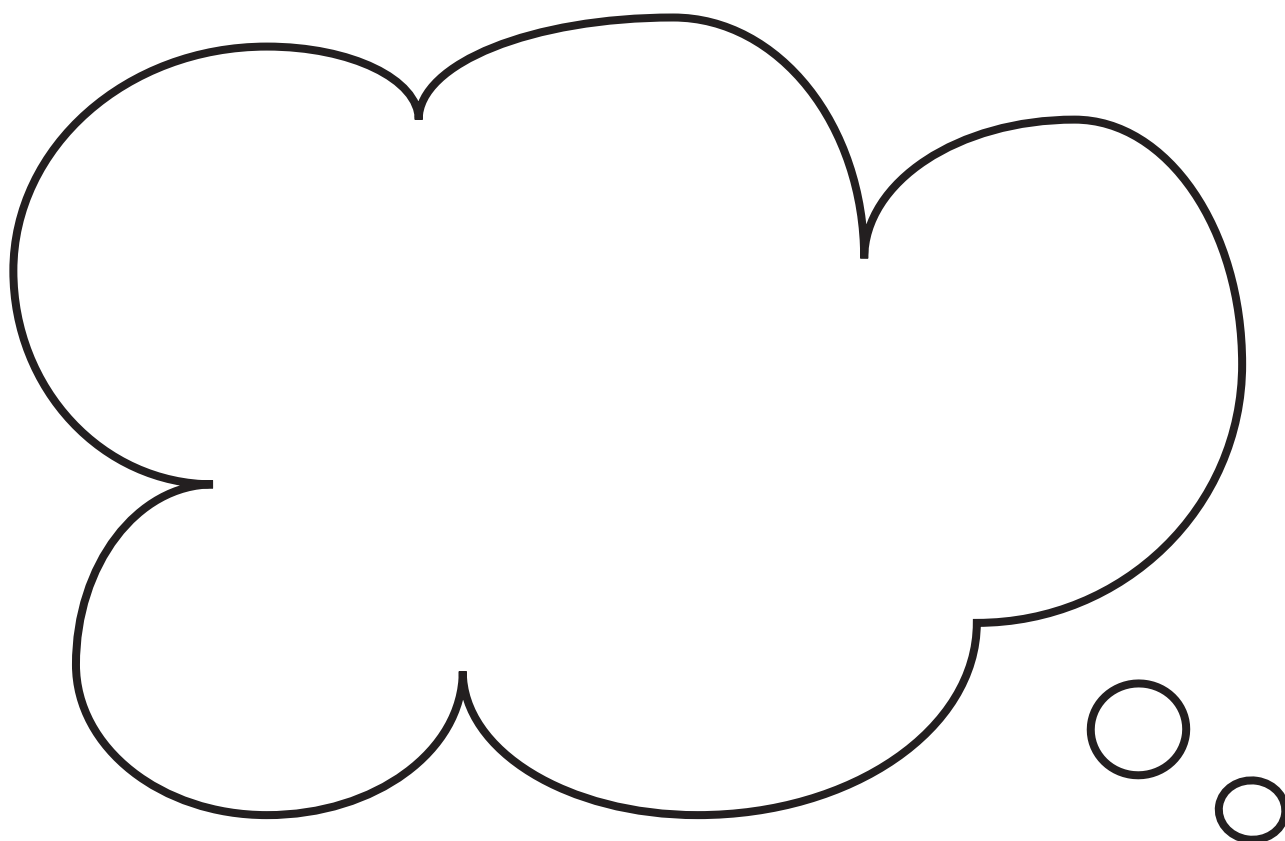


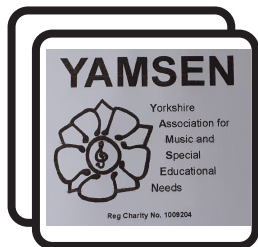
**Email:** [dsworkfit@downs-syndrome.org.uk](mailto:dsworkfit@downs-syndrome.org.uk)

**Telephone:** 0333 1212 300

**Website:** [www.dsworkfit.org.uk](http://www.dsworkfit.org.uk)

## My Notes And Thoughts:

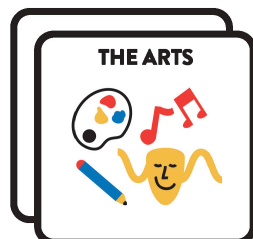
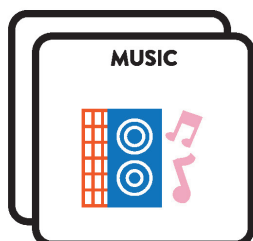




# YAMSEN - Yorkshire Association for Music and Special Educational Needs

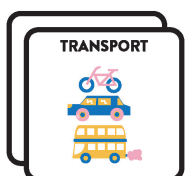


## What do we do?



Choirs and other music based activities such as drumming workshops, dance and drama.

## Where is it?



### Address:

West Park United Reformed Church, Spen Lane, Leeds, LS16 5BB

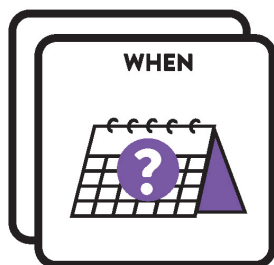
### Is transport provided?

No, sorry!

### Accessibility:

There is disabled parking, wheelchair access, and a disabled toilet. The venue is accessible by bus.

## When is it?

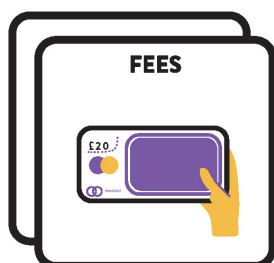


Fridays, 10:30am - 12:00pm.

There are occasional evening performances.

YAMSEN runs during term-time.

## How much does it cost?



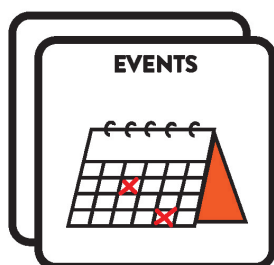
**Cost:**

£3 per session

**Are there bursaries available?** No

**Can I have a free taster session?** Yes!

## Other:



**Are there any key events?**

Performance opportunities at: Wharfedale Festival, Rothwell Music Festival, Learning Disabilities Week Special Needs Christmas Concert (usually held in Leeds Town Hall).



**Do I bring support with me?**

If you would like 1-1 support, you can bring someone with you.

## Contact

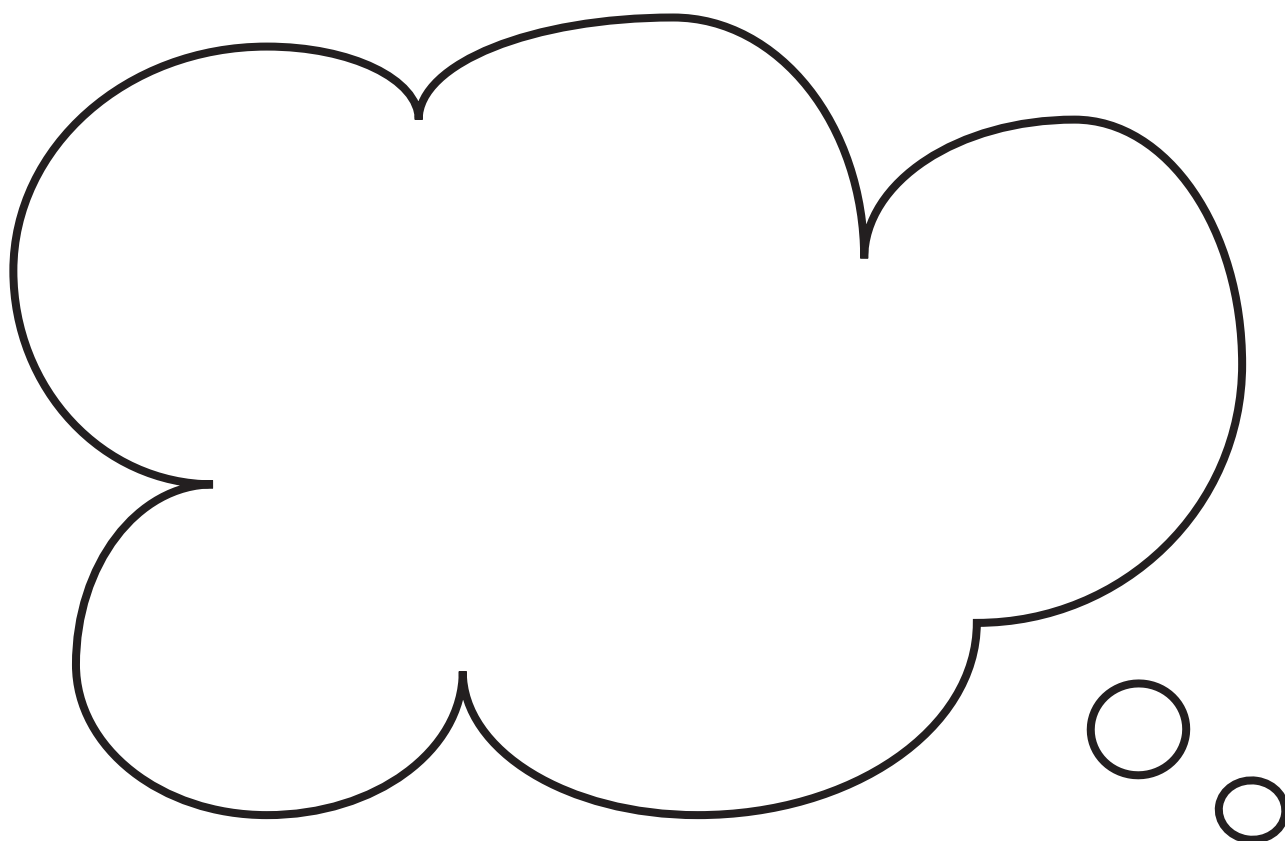


**Telephone:** 07931 717460

**Email:** [diane.paterson2@btopenworld.com](mailto:diane.paterson2@btopenworld.com)

**Website:** [www.yamsen.org.uk](http://www.yamsen.org.uk)

## My Notes And Thoughts:







# YORKSHIRE DANCE



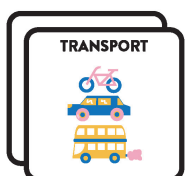
## What do we do?



Our classes are about having fun, moving and being creative!

Encourage creativity, develop communication skills, confidence and independence, build friendships and connections, move our bodies and be active, and most importantly have fun!

## Where is it?



### Address:

Fridays: Yorkshire Dance, 3 St Peter's Buildings LS9 8AH

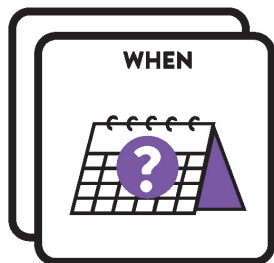
### Is transport provided?

No, sorry!

### Accessibility:

There are lifts to all floors, wheelchair access, accessible toilet on every floor, and quiet space available. The venue is over the road from Leeds Bus Station.

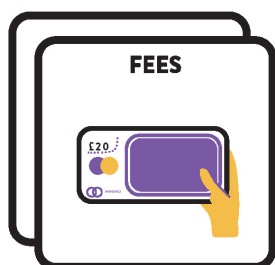
## When is it?



**Fridays:** 1:15pm - 2:45pm

The classes run during term time.

## How much does it cost?



**Cost:** Free!

## Other:



**Do I bring support with me?**

You can bring 1-1 support with you. We are unable to support travel or using the toilet.



**Do you provide any food or drink?**

When in-person, we provide water. You can bring snacks with you, or you can buy them at the venue.

## Contact



**Ione Barton**

**Email:** [ionebarton@yorkshiredance.com](mailto:ionebarton@yorkshiredance.com)

**Telephone:** 01132 439 867

**Website:**

[www.yorkshiredance.com/project/leaps-and-bounds](http://www.yorkshiredance.com/project/leaps-and-bounds)

## My Notes And Thoughts:

