

# MOVE ON UP

## June 2024 Newsletter



*A half-termly newsletter from the Move On Up team with information about transitions, relevant events, open days, organisations and activities, and creative activities to help build the confidence of young people transitioning into adult community services.*



### Transitions: Information Round-Up

*For our final newsletter of the year, we wanted to put all of the most useful links and contacts from the previous newsletters in one place. As always, if you have any further questions about the transition and referral process, please do get in touch using the contact details at the end of this newsletter.*

#### Leeds City Council: Adult Social Care

On the Leeds City Council website, you can find out more about what care and support is available, how a needs assessment works, and how financial assessments are calculated.



**Website:** [www.leeds.gov.uk/adult-social-care](http://www.leeds.gov.uk/adult-social-care)



**Email:** [leedsadults@leeds.gov.uk](mailto:leedsadults@leeds.gov.uk)



**Phone:** 0113 222 4401

#### Leeds Local Offer

The Leeds Local Offer is mainly aimed at families and children, however, there is information about services for learning-disabled and autistic adults post-18 years and post-25 years.



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



**Email:** [llo@leeds.gov.uk](mailto:llo@leeds.gov.uk)

#### Through The Maze

Through the Maze has information about activities, events and services for learning-disabled and autistic adults. You can sign up for their newsletter, which they release every 3 months.



**Website:** [www.through-the-maze.org.uk](http://www.through-the-maze.org.uk)

## Leeds City Council: Help paying for care and support

To find out more about how Leeds City Council carry out financial assessments, who is eligible to receive help towards paying for support and information about managing a personal budget, visit the Leeds City Council website:



**Website:** [www.leeds.gov.uk/adult-social-care/how-to-get-adult-social-care-and-support/help-to-pay-for-care/help-paying-for-care-and-support](http://www.leeds.gov.uk/adult-social-care/how-to-get-adult-social-care-and-support/help-to-pay-for-care/help-paying-for-care-and-support)



**Email:** [LBS.visitors@leeds.gov.uk](mailto:LBS.visitors@leeds.gov.uk)



**Phone:** 0113 378 8251

## Carers Leeds

“Carers Leeds is an independent charity that gives specialist and tailored support advice and information to unpaid carers aged over 16. Established in 1996, our team of expert support workers are dedicated to improving the lives of thousands of carers in Leeds.”



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



**Email:** [advice@carersleeds.org.uk](mailto:advice@carersleeds.org.uk)



**Phone:** 0113 380 4300

## Leeds Directory

“Leeds Directory can support you to live well by connecting you to checked and vetted local services and tradespeople as well as local activities and events.”



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



**Email:** [leedsdirectory@leeds.gov.uk](mailto:leedsdirectory@leeds.gov.uk)



**Phone:** 0113 378 4610

## Move On Up Resources

You can find our accessible organisations booklet and every edition of our Move On Up newsletter on our website.



**Website:** [www.purplepatcharts.org/move-on-up/#resources](http://www.purplepatcharts.org/move-on-up/#resources)



**Email:** [hannah@purplepatcharts.org](mailto:hannah@purplepatcharts.org) / [roisin@purplepatcharts.org](mailto:roisin@purplepatcharts.org)



**Phone:** 07547 401776 / 07715 411536

Scan the QR codes with your phone to be taken straight to each website!



# Events, Open Days and Opportunities

*Upcoming events, open days and opportunities which may be of interest for families, carers and the people you support.*



## **Carers Leeds Information Sessions**

Tuesday 2nd July, 10:30am - 1:00pm, Bramley Day Services, 12

Railsfield Rise, Bramley, Leeds, LS13 3AA

Wednesday 10th July, 10:30am - 1:00pm, Potternewton View, Leeds  
LS7 2DW

Wednesday 17th July, 10:30am - 1:00pm, Rothwell Day Service  
Holmsley Lane, Leeds, LS26 8RY

Are you caring for an adult with a learning disability or neurodiversity? Carers Leeds and Aspire will be hosting information sessions across Leeds, in partnership with Adult Social Care to give carers of adults with learning disabilities the information they need to support the person they care for.

The sessions are open to all carers of adults with learning disabilities, not just families who use Aspire CBS services.

Lunch will be provided.

To book your place, please call Carers Leeds on **0113 380 4300** or email [advice@carersleeds.org.uk](mailto:advice@carersleeds.org.uk). You may book a place for one other person to accompany you.

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## **Beautiful Octopus Club Festival**

Monday 29th July - Thursday 1st August 2024

First Floor, Playhouse 2, 6 Saint Peter's Building, St Peter's Square, Leeds, LS9 8AH

Join us at our Beautiful Octopus Club Festival for a week of fun activities for our BOC crew and guests, celebrating creativity, skills and friendship. Events include:

Monday 29th July:

11am – 3pm: Interaction Day: drumming, sensory session, movement + drama (free)

7pm – 10pm: Club Night (£10 – book at Box Office or online at [leedsplayhouse.org.uk](http://leedsplayhouse.org.uk))

Tuesday 30th July:

10am – 3pm: Artists at First Floor (free)

Wednesday 31st July:

11am – 2.30pm: Bright Sparks workshop + show (free)

Thursday 1st August:

11am – 1pm: Tea & Cake Rave (free)

For more information, please contact Natalie:

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

Phone: 0113 213 7236

# Organisations Spotlight:

## Sports / Outdoors



### Meanwood Valley Urban Farm - HOOOF, Leeds

HOOOF stands for Helping On Our Farm and that's exactly what we do! There are two HOOOF teams on the farm: one working more on site maintenance and woodworking, and the other focusing on gardening and animal care.

Website: [mvuf.org.uk/learning/hoof](http://mvuf.org.uk/learning/hoof)

### IMAS - International Mixed Ability Sports, Bradford and Leeds



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!

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



### TCV Hollybush, Leeds

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.

Website: [tcv.org.uk/hollybush/hollybush-project](http://tcv.org.uk/hollybush/hollybush-project)

### Sense, Wakefield



**sense**  
connecting sight, sound and life

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.

Website: [sense.org.uk/centres/leeds-and-wakefield](http://sense.org.uk/centres/leeds-and-wakefield)

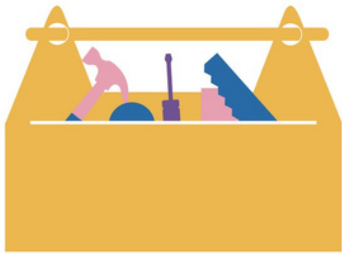
### Horticap, Harrogate

Working with plants and nature is a wonderful career for anyone but a therapeutic aid for our students; we provide training and support in horticulture in a working environment.

Website: [horticap.org](http://horticap.org)



Find out further information about these organisations and more in our accessible organisations booklet, available at: [purplepatcharts.org/move-on-up/#resources](http://purplepatcharts.org/move-on-up/#resources)



## Transitions Toolkit: Challenging Yourself



*In each newsletter, we will share an activity from our transitions toolkit. Each activity is designed to develop a tool which can help young learning-disabled and autistic people feel confident in the face of change.*

**Positive affirmations are good things you say about yourself. Reminding yourself of what you have already achieved and your strengths can help you to face new challenges.**

Create a piece of artwork to express all of the great things about you and what you have achieved. It could be a piece of art, a song, a poem - whatever you like!  
You could do an acrostic poem of your name, create a poster, or change the lyrics of a song such as 'Standing in the Hall of Fame' by the Script.



## Contact the Move On Up Team

If you have a question about the information in the newsletter or about transitioning into adult services, you can contact the Move On Up team using the details below.

You can chat to us on the phone, via email, or arrange an in-person or online meeting:



**Hannah, Projects Manager**  
hannah@purplepatcharts.org  
07547 401776



**Róisín, Projects Assistant**  
roisin@purplepatcharts.org  
07715 411536