



A Brighter Future

The Leeds magazine for families
with disabled children
Issue 11 - Summer 2011

In this Issue...



Leeds
CITY COUNCIL

Disability Sport

West Yorkshire Goalball Club



Venue: Armley Leisure Centre, Leeds

When: Sundays, 2pm to 5pm

Dates:

24th July

7th August

21st August

4th September

18th September

For new and experienced players aged 14 and over

Price: £2 per session



For further information contact Kathryn Fielding

Tel: 07795 263 642

kathryn@achievepotentials.co.uk



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Editor's Note

Welcome to issue 11 of A Brighter Future!

Summer is here and to celebrate we have a bumper edition of the magazine. Inside, you will find 36 information packed pages to help you make the best of the summer.

If you like nothing more than being out during the summer holidays, we have included information on activities and playschemes happening across Leeds and also remember if you're looking for something to do over the summer, contact the Family Hub to see what's going on in your area.

We are also running a drawing competition so all you aspiring artists out there, get your pencils ready!

Finally, Leeds has been awarded "Excellent" status against the equality framework for local government. This is great news as we are always trying to improve our services and the best way to do that is to hear from you, the reader. So, if you have a comment about the magazine or an idea for an article, please let us know.

Enjoy the magazine and have a great summer.



This Magazine is produced by

Meet The Team: City Development Access Team

We are called the 'Access section' or 'Access team' and we are based in the City Development department. There are two of us (see profiles) and basically our job is to make the environment as accessible as possible for all users especially those users who have been disabled by the environment.

We do this in many different ways but one of our largest work areas is consultation and advice for Planners, Building Control officers and other Council staff. However, we basically offer advice to anyone who asks.

Our expertise lies in areas such as design, legislation (Planning, Building Control, some Highways). We also have a good knowledge of the Equality Act 2010 with regard to disability and the built environment.

So please feel free to contact us at any time if you have any queries and we look forward to hearing from any of the readers of this magazine.

Anup Sharma
Access Officer
0113 247 8215
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Rachel Smalley
Access Officer
0113 247 8102
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Sensory Room

Money has been donated to a specialist learning centre in south Leeds to help build a new sensory room.

Sensory rooms provide a creative teaching and experiential environment for a whole range of pupils with a variety of needs. Broomfield Specialist Inclusive Learning Centre (SILC) will be the first school in the area to have a sensory room of this kind which will be of benefit to a wide range of children.

Aire Valley Homes, who manage and maintain council housing on behalf of Leeds City Council, have donated £3000 towards the installation of a new sensory room at Broomfield South SILC, with Morrison, their new maintenance provider, to provide the labour and materials to help install the new sensory room.

John Fryer, Principal of Broomfield South SILC said:

“We are delighted that Aire Valley Homes and Morrison are supporting us with this project. Without the support and generosity of businesses and the local and wider community we would not be able to pursue such a project. We aim to provide a unique educational facility that pupils from our school and our surrounding schools can greatly benefit from. Pupils will be stimulated and encouraged to develop creative thinking through a multi-sensory experience of innovative light, sound, projection and space which cannot be created in the normal classroom.”

Meet The Team: Learning Disability Nursing Team - CAMHS

In February 2011, the Children's Learning Disability Nursing Team joined the Child and Adolescent Mental Health Service in order to achieve a better service for children and young people up to the age of 18 years and who live in Leeds.

Families who already know and use the specialist nursing team will be aware that the nurses still honour their commitments to the service provided before this change by means of regular clinics in the SILC's (Special Inclusive Learning Centre) and continued attendance at the Down Syndrome clinics within the Child Development Centre's.

The specialist nurses support children and young people who have the most severe and complex learning disability. Carer's and professionals ask for our support for many different reasons but the four most popular reasons for a referral to us are because of behaviour difficulties, problem's with sleep, desires to attain continence and puberty and sexual identity.

There are four specialist learning disability nurses in the city who aim to offer a service to all of the children and young people who have a severe and complex learning disability. They are based within the CAMH service at:

Jill Cavasi - west
Kirkstall Health Centre
Tel **0113 8432 710**



Cherie Andrews - east
Child & Family Unit at
St James Hospital
Tel **0113 206 4033**



Julie Birmingham - south
Parkside Health Centre
Tel **0113 843 0804**



Nicci Isaac - citywide
Little Woodhouse Hall
Tel **0113 305 7200**



The main effort of the nurses is to minimise the impact and affect of the learning disability on the child or young person and their family. The nurse's strong ethic of multi-agency working aims to minimise what often is a gap between the lifestyle of the child and young person with a learning disability and the lifestyle of their mainstream non disabled peers.

The team strives to be innovative, winning an award for creating a resource workbook that creates and supports learning opportunities, for children and young people with a learning disability, about puberty and developing a sexual identity. The Department of Health was so impressed by the standard of the resource that they funded 10 copies for every Healthy Schools Lead in England.

If you would like any support from a learning disability nurse for a child or young person with a severe and complex learning disability, talk with a professional who is linked to your child (they may already be able to help) who will refer to us using the CAMHS referral form.

Temple Newsam

The big day has finally happened and Temple Newsam's new fully inclusive play area is now open! Designed to be a place where disabled children, their friends and family can all come along and play together, it really is a sight to see.

Local charity PhysCap have worked extremely hard to raise the money needed for the play area and it has all come together brilliantly with additional funding for the project coming from the Playbuilder Initiative and others.

The play area was opened by PhysCap patron and football referee Howard Webb, along with speeches and thanks by Councillor Judith Blake and Daniel Gray from PhysCap. The opening was also attended by Elizabeth Dawn (Vera Duckworth for Coronation Street).

There is so much to see and do in the new play area that when it was first opened lots of the children didn't know what to try first. There is a huge zip wire, a climbing area, a roundabout with spaces for wheelchair users, not to mention the basket swings and giant slide.

Councillor Judith Blake was kind enough to give us her thoughts of how the day was going.

"In a word it has been inspirational. The moment the children went into the park is one I will remember for a very long time. The excitement and sheer joy of children of all abilities accessing the range of activities is a particular highlight.

It is great to have worked with all of our partners on this project. I am looking forward to continuing to work with them in innovative ways so we can improve provision and inclusive activities across Leeds"

There were lots of children making sure everything worked on the day and lots of smiling faces too!

Better yet families can enjoy a day out as the new play area is right next to a brand new Changing Place facility.

As if the play area wasn't enough, Breeze also held an inflatable park and activities tents next to the play area with music and free snacks. The Family Hub had an information stall there too.

So make sure you visit this brilliant new play area, it's easy to access and full of fun equipment just waiting to be used!

For more information about the play area and its development, contact Vicki Marsden on: **0113 247 6142**



Short Breaks Consultation

From 1st April 2011, all Local Authorities must provide short breaks for disabled children, young people and their families. This is a statutory duty. In Leeds, there are already a number of different short break services available and we are currently planning for the future.

Involving Children, Young People and Families

Leeds Children's Services want to involve children, young people and families in planning Short Breaks and have been asking children and young people about their experiences of short breaks and what they want to see more of.

As well as this, we held an event on 16th June 2011 at Headingley Enterprise and Arts Centre (HEART). The event was well attended with people who were able to give their views and be involved in our planning for the future of short breaks in Leeds.

They said...:

'most disabled children want to access mainstream services',
'sometimes additional support is required for mainstream services so that disabled children can fully participate in the same activities as their peers' and
'disabled children and their families want a single place which gives advice and support about how to access short breaks'

It was clear that we need to improve: information about what short breaks are available locally and how disabled children and their families can access and make informed choices about short breaks.

Also ways to enable disabled children and young people, parent and carers to effectively participate in the planning and delivery of short breaks.

We also asked those who attended to discuss the following:

what makes a good service
which types of short breaks are most needed
how can providers ensure their services are flexible and responsive

Some strong themes emerged from these discussions such as the need for better information and communication, less bureaucracy and more responsive services.

What happens next?

We will use what people told us at the event, along with other feedback we have received when planning short breaks from January 2012 onwards.

What is a short break?

A short break gives disabled children and young people enjoyable experiences away from their primary carers and parents and families a valuable break from caring responsibilities. Short breaks can include activities which last: a morning; an afternoon; an evening; a day; overnight; a weekend; or longer. And can take place in: the child's own home; the home of a carer a residential or community setting. A short break can last from a few hours to a few days.

For more information on short breaks contact Catherine Henderson on **0113 247 4997** or email catherine.henderson@leeds.gov.uk

National Carers Week

As part of National Carers week, an information marketplace was organised at Leeds City Museum. There were many events planned through the day to keep everyone entertained and it was really well orchestrated by organisers who had dressed up especially for the occasion.

National Carers week was organised to help showcase the support available to carers and their families and friends across Leeds. There are currently an estimated 5.2 million carers in the U.K and it is vital that people are aware of the help they can receive and for everyone else to understand what a fantastic job carers do when it comes to looking after loved ones.

In addition to information stands from services such as Leeds Parent Partnership Service, Children and Young People's Social Care and Leeds Partnership NHS Foundation Trust, there were fun things to do like a Yoga and Tai Chi lessons and a few epic games of Wii Sports.

National Carers week was organised to help showcase the support available to Carers and their families and friends across Leeds, with appearances from Leeds Rhino's star Ryan Bailey and local BBC newscaster Harry Gratton.

One of the highlights for all involved was the attempt to reach 70,000 hugs in just 70 minutes, although no records were broken it was still great to pass happy hugs around to anyone who ventured past the City Museum at the right time.

To find out more about carers services in Leeds contact: Carers Leeds **0113 246 8338**
For Young Carers Contact Willows on **0113 262 2851**

Discounts

Applying for a disabled person's pass which provides concessionary travel on rail and bus throughout Yorkshire, please also request a "special pass" which allows a companion to travel at discounted rates too, the companion does not have to be the same person travelling each time. Please contact **0113 222 4444** to register for the application forms.

The Cinema Exhibitors' Association Card is a national card accepted at the majority of cinemas, the card is used to verify that the holder (your child) is entitled to one free ticket for a person accompanying them to the cinema. Please visit their website for the terms and conditions of the card and an application form at ceacard.co.uk or alternatively contact the card network service on **0845 123 1292**.

Hollywood Bowl located at Cardigan Fields, Kirkstall road provides a discount card where the disabled person and the companion both pay half price this is valid all day Monday – Thursday only. Please contact Hollywood Bowl on **0113 279 9111** and request an application form for a "H card"

All Leeds City Council sports centres (20 of them around the city) will admit one free carer for a swimming or gym session with a paying child young person. Please make yourself known as a carer at reception, no identification is required.

Learning Disability Awareness Week

Monday 20 to Sunday 26 June

Learning Disabilities Awareness Week is a week of national campaigning and awareness raising run by Mencap every year. Here in Leeds, the week was a partnership between LCC Adult Social Care, Tenfold (Leeds Voluntary Sector Forum), Mencap and NHS Leeds who put on a whole host of events and activities.

Leeds Partnerships NHS Foundation Trust worked in partnership with organisations across Leeds, to put together a timetable for the most high profile Learning Disability Week ever to be held in the city. Service User Governor, Jonathan Butler played a leading role throughout the week and, with his wife Ann Louise, was part of a delegation of 12 people visiting Leeds MPs at the Houses of Parliament to deliver key messages from people with learning disabilities in Leeds. MPs were asked to take part in 'The People's Promise' and make a promise about what they intended to do to help people with a learning disability feel more welcome, respected and involved.

A number of celebrities and organisations also stepped forward to make a promise.

Andrew Howorth, Head of Engagement and Involvement at Leeds Partnerships NHS Foundation Trust said: "This week has provided us with a fantastic opportunity to engage with members of the public. We have had an overwhelming response to our 'People Promise', with hundreds of people promising to help someone with a learning disability feel more welcome, respected and involved. The week has provided us with a great platform to celebrate the week's successes and look to the future."

For more information on promises made or for more information on local learning disability services visit www.leedsptf.nhs.uk or call the Involvement Team on **0113 305 5370**



The People's Promise

If you would like more information about 'The People's Promise' and how you can give your support, visit www.thefamilyhubleeds.org and look under - Family Services - Disability.



Sport Disability

Leeds Disability Sports Camp

22nd – 26th August 2011
@ different venues across Leeds.

- Open to anyone aged 8-16 with a disability
- 10am – 2pm each day
- £5.00 per day
- A range of exciting sports on offer

For further details contact Ross Bibby, the Disability Sports Development Officer:

Tel: **0113 395 0159**

Email: ross.bibby@leeds.gov.uk

Leeds Disability Sports Camp is one of the outstanding projects granted the London 2012 Inspire mark, the badge of the London 2012 Inspire programme which recognises exceptional and innovative projects inspired by the 2012 Games.



Nick Smith



Leeds Rhinos Wheelchair Rugby League Club Launches

An exciting new sports club for young people and adults has recently launched in Leeds. The Leeds Rhinos Wheelchair Rugby League club had its first session, with a great turn out of keen participants.

Wheelchair rugby league is open to all people able bodied and disabled, is played indoors and is very similar to 13-a-side rugby league.

The new club is being run by Spider-Y, a registered charity that runs the highly successful Leeds Spiders wheelchair basketball club. Leeds City Council, the Rugby Football League and Leeds Rugby are providing support, guidance and funding for the new project, with further funding secured through the new government Sportivate programme.

The club will be running for eight weeks over the summer at Morley Leisure Centre in Leeds from 7pm to 9pm on Wednesday evenings. Sessions cost £3 per person and sports wheelchairs are available to borrow, or bring your own.



For further information please contact the chairman of Spider-Y, Andy Gardner:

Tel: **07769 938 798** or e-mail: andyg@spider-y.org.uk

Disability Sailing Making Waves

Disabled children and adults from across Leeds recently took part in a free day of sailing at Yeadon Tarn. The event was held at Leeds Sailing & Activity Centre to mark the launch of two new Wayfarer sailing dinghies.

The new dinghies have been specially adapted to enable people with any disability to experience sailing, and were purchased with funding gained through the national Aiming High short breaks programme.

The original day, planned for May, had to be cancelled due to high winds but there were no such problems this time, with a nice breeze and warm temperatures ensuring everyone had a smile on their face and a great chance to experience sailing. Children from Greenmeadows and Bruntcliffe school, as well as adults from Daniel Yorath House and Bramley Day Centre, attended the day plus a range of independent participants.

Leeds Sailing and Activity centre runs a weekly Disability Outdoor club during the summer, where children can take part in sailing, canoeing and other outdoor activities. The club runs on Tuesdays from 4-5pm. For adults, the centre can tailor packages specially for you, anything from a one off hour of sailing to a 6 week programme of canoeing. For further details about all the activities on offer, please contact the centre:

Tel: **0113 250 3616**
E-mail: sailingcentre@leeds.gov.uk



INCLUDE: LEEDS DISABILITY ARTS NETWORK

PYRAMID OF ARTS

Pyramid of Arts is a Leeds based inclusive arts community. At Pyramid you get a choice about what you do; professional people to help you do it; time to do the arts projects you want to and the opportunity to show you work and take part in festivals.

To find out more about us, please come along to our 2011 Annual General Meeting (AGM). We'll be having a picnic (so bring some lunch!); displaying some of our recent work and telling everyone about what's happening next in Pyramid.

Everybody is welcome to come and see what we do, and you might decide you'd like to join us too!

Saturday 16th July - 12.30pm - 4.00pm
Meanwood Valley Urban Farm
Contact: Sarah on **0113 234 6040**
email info@pyramid-of-arts.org.uk

SUMMER HOLIDAY DRAMA WORKSHOPS

for young people with a learning disability

Join us for three days of drama workshops - create a character, choose a costume and develop your drama skills. No previous experience necessary!

This project is for young people with a learning disability aged 14 - 25. If you require one to one support you are welcome to bring a carer with you.

First Floor at West Yorkshire Playhouse
Monday 25th July - 10am - 2pm
Tuesday 26th July - 10am - 2pm
Wednesday 27th July - 10am - 12.30pm
Cost: £10
Maria Thelwell on **0113 245 5252** or email maria.thelwell@wyp.org.uk

ME2 INCLUSIVE YOUTH DANCE COMPANY

The Me2 Inclusive Youth Dance Company is an exciting opportunity for young people with and without disabilities.

Whether you have danced before, or even if you're new to it; anyone aged between 11 and 24 is welcome! It will be a great chance to learn new skills, meet new people and perform at some fantastic events in Leeds!

Rehearsals will take place one evening a week in Leeds, starting in September. Times and dates to be confirmed.

For more information contact Karen at MeshDance on **07779 152 574** or email: meshdance@gmail.com



INCLUDE: LEEDS DISABILITY ARTS NETWORK

OPUS1

OPUS1 is a unique out-of-school arts project for 8-11 year olds in Leeds. The project gives young people of all abilities and backgrounds the opportunity to explore a range of art forms with a team of artists. During the week, participants explore, discuss, create and rehearse material which is then performed to family and friends.

The project is designed to introduce young people to music and drama in a supportive yet challenging environment, so that they feel confident and equipped to go on to take part in other creative activities. Everyone is welcome!

OPUS1 will take place from 1 - 5 August 2011 from 10am-3.30pm in the Howard Assembly Room (next to the Grand Theatre), Leeds.

If your child or someone you know is interested in taking part in OPUS1 or you have any special requirements you'd like to discuss, please contact Jo Bedford on **0113 399 3202**. or email jo.bedford@operanorth.co.uk

THE VERVE CLUB

Opera North is delighted to announce the launch of The Verve Club, a brand new monthly arts club for young people aged 16-19 with Asperger's syndrome, run by Opera North in partnership with Turtle Key Arts and Breeze International Youth Festival.

The club gives older teenagers the opportunity to engage and participate in a variety of creative arts activities including drama, music, design and film-making alongside professional artists. The club aims to develop young people's skills, build confidence and provide a great environment for socialising and making new friends.

Howard Assembly Rooms (next to Leeds Grand Theatre)

Monthly on Saturdays during term time from September to June 10am – 1pm

Jo Bedford on jo.bedford@operanorth.co.uk or call **0113 399 3202**

Beautiful Octopus Club

Thursday 8 September 2011, 7 – 11pm
Leeds University Union, Lifton Place,
Leeds LS2 9 JZ
Strictly over 18s only

Another inclusive, uplifting club night presented by a crew of adults with learning disabilities, supported by West Yorkshire Playhouse staff. Join us for live music, open mic, DJs and dancing at the friendliest, most accessible club night in Leeds!



Beautiful Octopus Club is a busy club night attracting over 500 clubbers. We can't offer one-to-one support so please bring someone with you if you require support (they will also need to buy a ticket).

For tickets:

Advance tickets £6.50 from West Yorkshire Playhouse on **0113 213 7700**. Or £7.50 on the door at Leeds University Union (strictly over 18s only)

For further information: Contact Nicky Taylor on 0113 213 7296 or nicky.taylor@wyp.org.uk

Youth Service

Leeds Youth Service works with young people 11 years and older. Our work helps young people learn about themselves, others and society through activities that combine enjoyment, challenges, learning and achievement. Youth Work in Leeds takes place in:

- Youth clubs and centres
- Mobile vehicles - used on location
- Other buildings like churches and mosques
- Schools and voluntary sector buildings
- Street work
- Sports and arts organisations

All our open sessions are advertised on the Breeze website but we would really like to talk to you about your specific needs. Below is a map of Leeds with the contact telephone number for Youth Services in your area.



More information about Youth Work can be found by accessing the following websites.

Breeze
www.breezeleeds.org

Leeds Youth Service
www.leeds.gov.uk

National Youth Agency
www.nya.org.uk

Children Leeds
www.leedsinitiative.org/children



Breeze on Tour is the top choice for something to do in the summer.

Five-weeks of pure fun, Breeze on Tour gives you the chance to get outside, have new experiences and have a laugh with your friends. Travelling around different locations throughout the city, the event is free and provides art, physical challenge, performance, play, sport and information zones.

Just turn up with your Breezecard and you'll get in for free at every location on every day. There's a whole load of different activities including dancing, arts and crafts, music, football, giant inflatables, DJing, movie making, performances from international and local artists and bands, competitions ...and so much more.

You can also go to mini Breeze – it's just like Breeze on Tour only a little bit smaller!

Six Weeks Of Summer

The Breeze website is also featuring all the different summer activities in Leeds the section called six weeks of summer features a week by week calendar, suggestions of days out and a full map search. You can find it at www.breezeleeds.org under the Six Weeks of Summer section.

Dates for Breeze On Tour 2011

Wed/Thurs 27/28 July
Cross Flatts Park

Wed/Thurs 3/4 August
Temple Newsam with Play Day on 3/8

Wed/Thurs 10/11 August
Scotthall Playing fields

Wed/Thurs 17/18 August
Armley Park

Wed/Thurs 24/25 August
Kirkstall Abbey

Mini Breeze Dates 2011

**23rd July = 12-3pm @ Lark in the Park,
East End Park**

25th July = 1-5pm @ Otley Wharfemeadows

29th July = 1-4pm Brigshaw HS

**2nd August = 12-4pm @ Springhead Park,
Rothwell**

**8th August = 12-4pm @ Horsforth Hall Park,
Hall Lane**

12th August = 1-5pm @ Roundhay Park

**13th August = 12-4pm @ Tinshill
Recreational Ground**

15th August = 1-5pm @ Garforth Academy

19th August = 12-4pm @ Pudsey Grangefield



Summer Playschemes

Summer is fast approaching and you may be wondering what activities are available. To help you, we have published below details of Special Needs Playschemes that are running in the Leeds area this Summer holiday.

Leeds Mencap

Leeds Mencap runs playschemes for people with additional needs throughout the year. These are based at our East End Park site and cover the ages 2 – 18 years with the emphasis on having fun and making friends. Children can enjoy the facilities in our bright and welcoming East End Park building, including toys in our playroom, sensory room, pool tables, air hockey and video games. Children can also go on trips out which in the past have included:- swimming, and visits to Temple Newsam, Tropical World and the Donkey Sanctuary.

The Playschemes running this year are:

Ages 5-8 25th – 29th July 2011
Ages 13-18 25th – 29th July 2011
Ages 9-12 1st – 5th August 2011

If you require an application form then email info@leedsmencap.org.uk or telephone **0113 235 1331**. Or you can go to www.leedsmencap.org.uk.



Aireborough Summer Activities Scheme

This is a playscheme for children aged 4 – 19 years with moderate to severe learning and/or physical disabilities who live in the Aireborough area of Leeds, (this includes LS5, LS16, LS18, LS19, LS20 and LS21).

The scheme can cater for children with complex health needs, a nurse is available and transport is provided where necessary. The cost is £9 per child per day, although this is negotiable according to means and the scheme is registered with Ofsted, so working parents may be able to apply for costs back through Working Tax Credit.

Whilst at the scheme, the children have the opportunity to do lots of fun and exciting activities like trampolining, drumming, music, hydrotherapy and also to go on trips to the cinema, bowling, swimming, theme parks etc. The scheme runs from Tuesday 26th July to Friday 12th August

For more information, contact Jo Galasso on **07764 432 933** or email aware@jogalasso.tesco.net



PHAB Children / Young peoples Playscheme

Summer Playschemes

The Friends of PHAB Leeds (a small group of volunteers) has been arranging a Playscheme/ Chillout week annually for 40 years.

The Playscheme is for members of the Leeds PHAB Club youth group, aged between 9 and 25. The Club meets at Prince Philip Centre, Scott Hall Avenue, Leeds LS7 2HJ on Friday evenings. PHAB cares for members with a physical or mild learning disability alongside able bodied young people. Members enjoy friendship and fun and can forget about disability and illness during a week of activities and outings. There may also be a few places for additional disabled young people. We are also always ready to welcome volunteer buddy/ carers to help at PHAB either at the Club or with the PHAB Playscheme.

The Playscheme is from 22nd to 26th August. The cost is £50 for all five days.

We invite you to visit our new website - PHAB-leeds.org.uk. Any enquiries should in the first instance be made to Ann Hart on **01937 573 722** or email ann.hartphab@btinternet.com

Leeds Deaf Playscheme

This playscheme runs from Centenary House, LS2 8JS, from 3rd August 2010 until 26th August 2010 and can accommodate up to 50 people. The cost is £10 per day. For more information call Barbara Fraher on **07775 444 010** or email barbara.fraher@cohearentvision.org

The Family Hub will have all the details of the special needs playschemes but for most children in Leeds with a disability going to their local play activity may be just the right answer. For years our core work has been to support settings in meeting the needs of children with special educational needs and/or a disability.

During the summer we will pay grants to playschemes, childcare providers, dance groups etc. where they need to enhance their staffing levels to make sure your child is fully included.

Our advice to any parent looking for the right playscheme is to first look into all the options, decide what type of playscheme will best meet you and your child's needs. Be brave have a chat with the staff, listen to other parent's feedback and if you have any concerns that they need help give them our number. We will be happy to support them in finding out what support your child needs and if necessary arrange a grant to enable them to take on more staff. Our service is there to try and make sure that everyone has a good summer break

For more information, please contact us on **0113 270 7865**.



Leeds Inclusion Support Service

Abbey House

Fun for all the family at Kirkstall Abbey

Kirkstall Abbey is a nationally important Cistercian ruin only a couple of miles from the centre of Leeds. Standing in our beautiful cloisters, listening to the birds it is easy to forget that you are in a city!

Both the abbey and the Visitor Centre are free to visit. The Visitor Centre is fully accessible throughout with a range of visitor facilities and our friendly staff will be happy to help you get the most out of your visit. There is a large free car park across the road from the abbey next to Abbey House Museum and is easy to get to by public transport including regular buses from Leeds City Centre.

Free Activities

Every day there are free activities to help children have fun, learn and explore. In the Visitor Centre there are arches to build, tiles to make patterns with, dressing up to become a monk or a princess, books to read and pictures to colour. In the ruins of the abbey there is lots of space to investigate, explore and use your imagination or just to enjoy some peace and quiet. Our new Kids Kitchen area is great fun for younger visitors with a sand pit, play castle and picnic benches. The nature area is a haven for all sorts of wildlife and even has its own story corner, we also have 2 resident rabbits called Abby and Rievaulx.



We also have a packed programme of special days, activities and events to help families with children of all ages explore and enjoy the abbey, these are just a selection of what we offer;

Muddy Monkeys

Muddy Monkeys meet every Tuesday in the summer months except during the school holidays (July 5, 12 & 19, September 13, 20 & 27 September, October 4, 11 & 18). Sometimes we paint, sometimes we get muddy and always we get messy! Sessions are very popular and are open to all. Muddy Monkeys has been a hit with mums and children as it provides a unique environment for children to be inspired and creative and best of all it is completely free.



Multiple Monkeys

Multiple Monkeys meet once a month (27th July, 31st August, 28th September, 26th October, 30th November, 28th December). Sessions are very similar to Muddy Monkeys but have been designed for families with multiple birth children in mind.

Family Activities

Every school holiday period we run a variety of activities for families including craft, gory tours, and giant games. There is far too much going on to list here so please see our website for details or call 0113 230 5492 and we will be happy to send you some further information.

There is lots to see and do so you can stay all day. We have a shop which sells refreshments and you are welcome to picnic in the ruins. There is a café selling hot and cold snacks and drinks across the road at Abbey House Museum which also has lots to see and do (entry charges apply £3.80 adults, £1.70 children, £6.50 family ticket).

Relaxed craft at Abbey House Museum

This summer holidays we are trialling relaxed crafts on a Friday morning 10am -12 noon. Each Friday has a special Fiendish Friday theme with craft activities inspired by famous gothic tales such as Frankenstein, Dracula and ghost stories. Activities are designed to get families being creative together and everyone can join in from 0-100 years old.

After consultation with families with members with various disabilities we are planning the following:

- Our lights will be on full (they are normally dimmed to protect our collection)
- A quiet room with lots of cushions, gentle music and light projections.
- Large print labels on materials
- Extra tables so there is no rush to finish

We welcome any suggestions and feedback and if you have any specific needs we will be happy to help you if we can. Please contact Sarah Allen or Sam Flavin for further information or to discuss any requirements on **0113 230 5492**.

Sarah Allen, Learning & Access Officer
Abbey House Museum & Kirkstall Abbey
Leeds Museums & Galleries
0113 230 5492

Kirkstall Abbey, Abbey Road, Kirkstall,
Leeds, LS5 3EH
Tel: **0113 230 5492**
Email: kirkstall.abbey@leeds.gov.uk
Web: www.leeds.gov.uk/kirkstallabbey

Abbey House Museum, Abbey Walk, Kirkstall,
Leeds, LS5 3EH
Tel: **0113 230 5492**
Email: abbey.house@leeds.gov.uk
Web: www.leeds.gov.uk/abbeyhouse



Summer Activities

Herd Farm Taster Day Sunday 7th August

Herd Farm is open all year round and offers children and young people over the age of 10 years old, the chance to take part in exciting and challenging activities in a safe, friendly environment.

Leeds Children's Services would like to offer a number of disabled children, young people and their families the opportunity to visit Herd Farm, speak to staff and try out the facilities. Herd Farm can offer short breaks, which are fun, where children and young people can enjoy new activities and make new friends. Activities include the Climbing Tower, Giant Swing, Archery and Zip Wire!

Information on what the day will involve, whether you and your family qualify for the taster day and how you can book a place will be posted on the Family Hub website.

BARCA

Barca's mobile play has been running in Leeds since the Summer of 2009 to resounding success. Activities are aimed at children aged between 5-13 years and include sport, junk modelling, creative play, painting and team games.

Activities will be running from 25th July onwards for 6 weeks. For information about dates, locations and session times, please ring **0113 220 9038**.



Health for all

We have lots of fun activities planned by the group support team including foods from around the world, arts and crafts activities, dancing displays, talent contests, dressing up, discos, story walks, den building, cupcake decorating, funky fun bus etc.

At all the events we will have bouncy castles, face painting and a baby / toddler area.

For more info tel: **0113 8272 200**

Feel Good Factor

Lets Play will be running sessions throughout the school holidays from Monday to Saturday in seacroft, Richmond hill, alwoodley and hare-hills. For details of our full timetable please contact Lisa bailey on **0113 350 4200**

Open access free play sessions

The Burley Lodge Centre delivers inclusive and quality assured

mobile play provision for children aged 5-13 years old. However younger children are welcome as are parents and carers.

We are running sessions over the summer holidays in LS16 and LS6 and all sessions will be from 1pm to 3pm.

Contact Play Coordinator Helen on **07512 930 045** for more information.



Here it is, your section, your pages and a place to talk about your experience of living in Leeds.

Obviously you are reading the magazine but there are lots of other people out there who pick this up too.

Mums and dads, professionals and people waiting their turn in a queue!

The magazine goes out to over 3600 different addresses in Leeds and is online too.

So if you want to share your thoughts, ideas and stories or just get an idea heard then this is the place to do it.

There is support from the team if you know what you want to say but just can't figure out how to get it out of your head and put it on to paper. All you have to do is give us a call, email or pop into our offices for a chat.

So if you are :

- A young disabled person aged 0 – 25,
- A sibling of a disabled person,
- A parent carer or family member of a disabled person,

and have something to say, do just that.

Your experience could make all the difference to someone out there.

So lets help each other by "Having Your Say!"

Beamed Beds for All

My 15 year old son was born with complex motor and cognitive difficulties which means that he has required very specific equipment to help him to live an inclusive, safe and meaningful life.

This list of items is always ongoing and includes wheelchairs, building adaptations and special beds. I realised from the beginning that any apparatus designed for my son and all disabled people is always very expensive and in many cases inappropriate as one-size is designed to fit all.

These necessary implements add extra financial pressure on families who are already burdened. This led me to design specialist beds for him and other disabled and larger/bigger people.

My overall design is fully adaptable, unique and is simply a system of beams thus, I have called it a "beamed bed".



The picture enclosed was made for an adolescent child who needed a strong comfortable bed with an enclosed headboard to replace his cot railed bed he had grown out of and to stop him rotating and falling out of bed. His parents needed the strength of a beam bed looking like a traditional bed.

For enquiries please phone Kevin on **07828 640 514**.

Befriending Service

Ella

My name is Ella. I'm 17 years old and currently studying Life Skills at college, hoping to progress to Animal Care soon whilst aiming to work for the RSPCA. I wanted to be part of the LEAP programme because I really wanted my independence, especially going out without my parents – something all teenagers want! I also wanted to go to places I wished to go without my parents making all the decisions, and I was eager to share these experiences with someone of the same age as me who would have similar interests.

Before leaving high school my mum realised I could access the LEAP services and I was eventually matched with my befriender Manisha. Our first alone home visit involved arts and crafts; something I love! Whilst getting to know one another, we both drew my favourite toy character, Buzz Lightyear!

I really enjoyed our first outdoor visit to the Thackray Museum; I love learning and this was a great chance for me to learn about the medical history of Leeds. Watching the surgical movie was the best part; despite it being gory, I was totally fine!



Our second outing was a girly shopping trip which was great as I fully explored my independence;

I was able to go into the shops that I chose and look at the things I wanted. Manisha helped me with learning about handling my money as I was able to decide what I wanted to buy within my budget.

I bought a Harry Potter poster which I have on my wall now!

We also went to Tropical World which was amazing! I love animals and it was lovely seeing so many different types. We've also been swimming which was satisfying as I felt all grown up using facilities such as the jacuzzi and sauna. It was also great to be in control of my own health by choosing to do a physical activity.

Recently, LEAP organised a group trip to Meanwood Farm for all the young people and volunteers. This was a lot of fun as I got to make some new friends as well as meet up with old friends.

I loved all the animals and I enjoyed decorating a plant pot; I like being responsible for looking after my own plant which is still growing in my room.

I'm looking forward to going horse riding as this will be in a small group so I can socialise and make some new friends. I also can't wait to go back to my high school Allerton High with Manisha to visit my old teachers and close friends!



Manisha

My name is Manisha; I'm 19 years old and studying at University along with volunteering as a befriender for the LEAP programme. I wanted to be part of LEAP because I felt it suited my caring personality, as I was eager to provide opportunities for young disabled people to become motivated and involved in developing their personal skills.

I'm really happy that I was matched with Ella, we have similar personalities meaning we both thoroughly enjoy our visits. At our first visit, we got along straight away as we realised we shared common interests such as Toy Story. I was extremely proud that Ella put my drawing of Buzz Lightyear on her wardrobe!

I have really enjoyed aiding Ella in improving her skills. She's become more confident with communicating with new people such as shop workers when asking for help. She is also more independent with travelling, by using her own bus pass to catch the bus instead of relying on her family for transport.

At the Thackray Museum I found it to be a creative challenge to help Ella develop her interest in the history of health and medicine. I devised a game where I would ask a question and Ella used her initiative to find the answer from the displays. It certainly made the trip more entertaining and we had a lot of fun bonding through this!

During our shopping trip, I enjoyed helping Ella develop decision making skills in regards to money. I provided her with options and she actively chose what she wanted to spend her money on instead of me telling her what to do. She became much more confident with coming to decisions by herself.

I look forward to our visit to Ella's high school because I know it means so much to her and I'm eager to help Ella develop new skills for her college course.

For more information on Leap ring : -
0113 236 3900

Relaxed Performances of Jack and the Beanstalk

Friday 6 January 2012, 10.30am and 6pm
Courtyard Theatre, West Yorkshire Playhouse

Our award-winning relaxed performances, sponsored by Irwin Mitchell Solicitors, are back for a 3rd year! By creating a more relaxed atmosphere in the auditorium, we open up theatre to young people with learning disabilities and their families who may not feel able to attend a mainstream performance.

There are extra staff on hand to assist with access, extra lighting, extra wheelchair spaces, flexibility to move to alternative seating during the show, a relaxed attitude to noise from the audience (both voluntary and involuntary) and the cast and crew are aware of the needs of the audience.

Plus we now have a Changing Places toilet on site at the entrance to the Courtyard Theatre, complete with hoist, changing bed and shower facilities, which can be accessed with a radar key.

Tickets for relaxed performances on 6 January are available now by contacting West Yorkshire Playhouse Box Office on **0113 213 7700**. Tickets are not available to buy online as we prefer to speak to customers directly regarding this type of performance.

Tickets: £13 with a free companion ticket if required.
Schools and group discounts available.

Willow Young Carers

YOUNG CARER PLAYS IN LEEDS.

In the last six years BTEC First Diploma in Performing Arts (performance), students from Leeds City College Park Lane Campus have performed to thousands of pupils in Leeds High Schools, highlighting young carers.

Megan Cowan, tutor at the College has, for the last three years, been lead on preparing students to perform the plays in schools.

The students research young carers UK wide. They gather information and stories and use these in their performances. Sheila Davenport from Barnardo's Willow Young Carers Service in Leeds visits the college every year. She delivers sessions about young carers and provides the students with resources.

The students put together 3 plays to perform in schools which highlight:

WHAT - a young carer is
WHO - they support
HOW - schools can help
WHY - they care.

The key word that young carers and young carer's services say underpins the WHY is LOVE for the person they care for.

Sheila visits the college to watch the plays develop. I asked Sheila how she feels watching the plays:

"I am always amazed at how the students develop the roles of young carer, teacher, parent etc; they deliver the message of young caring awareness".

To all agencies that support young carers and their families, when you start to work with us remember to start with:

'If that was me what how would I...'

My reply to this question is support, understanding and respect.

Young carers and workers at Barnardo's Willow Young Carers Service would like to say a huge thank you to all students and tutors at the college who have supported young carer awareness in Leeds for the last six years.

This article is written by a young carer who had support from:
Willow, School and now University.

Best Wishes

Norah

Contact Willow Young Carers on -
0113 240 8368 or go online at
www.barnados.org.uk/willow.htm

EPIC Leeds have had a busy few months recently. Our Chairperson Karen McLean has been out and about visiting support groups, special needs events and community activity days and we have elected Damian Irving into the role of Vice Chairperson now and he is looking forward to attending events and representing our members



A Day Out in Blackpool

Epic Leeds member Martin Kaye recently took his son on a trip to Blackpool Pleasure Beach. Here is his article.

On arrival at the park we got a £5 discount for carers, which is not great as the prices are a bit expensive and I feel that they could admit a carer for free as you have to go on all the children rides with the child because of the disability. Once inside, they have a "fast track" facility which means you get priority to all the rides. This does mean you are skipping the queues, which I did feel guilty about, but nobody complained as it would be impossible to queue inside the barrier with a wheelchair. It is made available for this reason and the staff were brilliant with helping Matthew and also asked you how many times you wanted to go on the ride to save you time having to get off and back on again.



EPIC Leeds are proud to be involved with two events. Polka Dots Special Needs Soft Play Night, Garforth, Leeds (Second Monday of the month 5.30pm-7pm). All special needs kids are free!!

Fuzzy Ed's @ The Sun, Lofthouse, Wakefield Special Needs Night (1st Thursday monthly 5pm-8pm) £1.50 per child, free face painting & Juice.

Contact EPIC by email at epicleeds@gmail.com or visit their website at www.epicleeds.co.uk

There was not a ride Matthew was unable to get on and we spent the full day there. There was so much to do and see and I would honestly say the park is a fantastic day out for anyone and, because of the accessibility for disabled people, you're able to do everything that you want in one day.

As you can see by the photographs attached, Matthew loved it. I would recommend Blackpool Pleasure Beach to everyone that has a disability, the facilities are great.

Regards...
Martin Kaye



Volunteering



Leeds Parent Partnership Service

Alison Freeman is a volunteer for Leeds Parent Partnership. She has kindly contributed an article about her experience of being a volunteer.

I have been a volunteer with Leeds Parent Partnership Service for the last two years. I do a lot of work with parents who wish to appeal the school they've been allocated. I go on a home visit with Amy Williamson, (Choice Advisor), who then writes up a statement, I then accompany the parent to the Schools Admission Appeal hearing at the Civic Hall and offer whatever support the parent feels that they need through what can be a daunting experience. I also help in the office at Adams Court.

Volunteering has been a change because I came from a retail background and I've been a full time mum of three boys. When my youngest child was seven I asked Angela Bernard – Ferguson, (Information Officer) if I could volunteer and help out at the Parent Partnership office. I thought it would just be doing some office work, little did I know that I'd be playing such an important role supporting parents.

The most rewarding thing about volunteering is the feeling you get from helping another person. I've had parents say they wouldn't have been able to go through the appeal hearing if someone hadn't been there to support them. It's a feeling of "I did something good today!"

It can be hard sometimes, though, when a parent gets upset going through the appeals process because, as a parent, I can empathise.

There are costs involved in volunteering but all expenses are paid for. You fill in an expense form and get the money back. If you volunteer, you won't be out of pocket!

One of the best things about volunteering is that it has made me more confident, especially my work with school appeals. It has also helped me develop my IT skills through the work I do in the office. Volunteering has also helped me as a parent because I have find out about services that are available that I didn't know about.

To anyone thinking about being a volunteer, I would say give it a go because you might be surprised at what you can do and what you find you enjoy. And it's always a nice feeling to help people and give something back.

Alison

For volunteering opportunities with Leeds Parent Partnership Service, contact **0113 395 1222** or email: education.pps@educationleeds.co.uk





In May we were incredibly fortunate to be part of the Butlins initiative that was

organised through the NW SiLC.

My 7 year old son, Archie, attends Penny Field School and it was our turn to be one of the lucky families who were invited to join this years' financially supported holiday scheme.



As a parent and primary Carer of a child with profound special needs, (Archie has global developmental delay; and as such is pre-verbal and unable to walk), I know just how important it is for a family to have quality time together, something which particularly benefits Archie and his younger siblings; Jeremy and Scarlett. Butlins is (almost) fully accessible and inclusive and the wonderful staff from Penny Fields (namely Ann-Marie, Sara and Janine) organised a number of activities that all the children and their siblings could enjoy.



Whilst these were not obligatory, we chose to join in and had a great deal of fun. We bowled, swam (even managing the flumes and the water slide) and saw Winnie the Pooh at the cinema amongst other things. Ann-Marie, Sara and Janine were on-hand to assist when needed and to ensure that everything ran smoothly, which it most certainly did. The one thing that wasn't organised was the weather - but thankfully it was reasonably kind ... affording us a morning on the beach paddling and making sandcastles, and wandering around the site with relative ease.



We'd definitely recommend Butlins Skegness to other families with specialist constraints and for families, and we'd certainly recommend the scheme organised by the NW SiLC. I'd like to take this opportunity to thank the benefactors and the Penny Fields staff for making such a wonderful 'family friendly' mini-break possible. We hope that we will get the opportunity to access the scheme again in the future and that many other families in a similar situation to ourselves are able to access this venture.





Get Active Actions

2011
august
sessions

YOUTH OPPORTUNITY FUND



funded by the
youth opportunity fund
[LS Cash]

Active Actions is a project for young people with learning difficulties and disabilities to learn about team building and engaging in positive activities during the holidays. Young people will participate in team sports; for example, football, basketball, rounders, tag rugby and more. It also provides short breaks for parent/carers for whom it may be the only respite available.

You'll need to bring your own lunch and wear appropriate clothing and footwear for the project!

August Sessions

8th, 9th and 10th August 2011

15th, 16th and 17th August 2011 at

Leeds City College

Thomas Danby Community Sports

Roundhay Road, Leeds LS7 3BG

Times 10am to 3.00pm

Click Project is running workshops in making props and animations during the summer holidays.

If you have enjoyed taking part in our Click Project before, or are interested in attending, please get in touch.

You will need to attend all the sessions to get full benefits.

The project will run from

**Leeds City Library
The Headrow
Leeds, LS1 3AB**

On 26, 27 and 28 July 2011 from 10am to 12.30pm.

These sessions will involve the making of props.

On 2, 3 and 4 August 2011 from 10.00am to 12.30pm These sessions will involve the making of animation/filming.

Each session will cost £5.00



for further information
please call sarah or chani on
0113 247 0411 or mobile
07813 197 535

email info@peopleinaction.org.uk



Information Marketplace

In October Leeds will be hosting the Annual Information Marketplace event.

This year the Marketplace is having a theme of 'Communication' and Boardmaker developers Dynavox Mayers-Johnson are helping us send invites out in August to everyone who might be interested, make sure you look out for your invitation round this time and don't hesitate to get in touch if you want to know more nearer the time.

As always there will be lots of services offering information and advice all in one place, and this year there will be a series of workshops all focusing on communication such as 'Top Ten Makaton Signs' and others.

This years event will be held at the West Yorkshire Playhouse, Quarry Hill. It's a brilliant venue as it's just across the road from the bus station, is fully accessible and has a gold standard Changing Place too!

Invitations are being put together soon and posted out later this year but if you would like more information about the day or how to get involved then you can contact Jonny at The Family Hub or Angela at Leeds Parent Partnership Service

Family Hub: **0800 731 0640 / 0113 247 4386**
Leeds Parent Partnership Service:
0113 395 1222

Telecare

Telecare in Leeds are helping older children to live more independently and provide equipment to alert parents when younger children leave a property or need assistance. Telecare includes a range of equipment linked to a social alarm or to a carer in the same property. Should there be a danger, an alert is automatically sent to a response centre who will assist accordingly.

Telecare equipment includes; Smoke Detectors, Flood Detectors, Fall Detectors, Bed Sensors, Pressure Sensors, Medication Dispensers, Door contacts.

When a sensor is activated it alerts the Leeds City Council response centre who can then make arrangements to help. Help may be contacting a family member, the emergency services or simply providing a voice prompt to inform the service user that an appliance has been left on.

A carer alert system can be used to alert a carer in the same property of an activation of a device. A bed sensor will alert if someone gets out of bed, an epilepsy sensor alerts if someone has a seizure and door contacts can alert a carer that someone has accessed a room they should not.

For more information, contact Telecare on **0113 224 3383** or email telecare@leeds.gov.uk or contact the Children's Social Care Contact Centre on **0113 222 4403**.

Further information can be found on the Leeds City Council website www.leeds.gov.uk under emergency alarms.



Leeds ABC Group

LEEDS AUTISM, BEHAVIOUR & COMMUNICATION (ABC) GROUP

Leeds ABC Group is a well-established charity that has helped people with an Autistic Spectrum Condition (ASC), including Asperger's syndrome, and their families for over 18 years.

All of the management committee are parents of an ASC individual. Some of us have an ASC ourselves. We also have a committed team of enthusiastic volunteers who are all training or working in relevant professions.

We try our best to offer our families (and the practitioners that support them) services that they have asked for or that will meet their needs.

Services we currently provide are:

A bi-monthly newsletter.

A website with safe online forums.
(www.abcleeds.org.uk)

A FREE monthly family swimming session.

A youth group for 11 to 18 year olds with high-functioning autism and Asperger's syndrome.

Advice and assistance with benefits, completing forms, attending meetings and appeals of any type regarding autism.

Information and advice or support at our monthly meetings or the multi-agency Boardmaker advice sessions at Leeds Central Library.

A siblings' group for high school aged young people. It is open to siblings of individuals with any disability or long-term health condition, not just an ASC.

Advice and information over the telephone or via e-mail.

Training to professionals and practitioners. Plus lots of things behind the scenes which help shape services for individuals with an ASC and those that care for them.

We have just run a drama project as a pilot and a series of play workshops we ran were very popular. We shall also be offering a monthly meeting for families where there will be some play ideas to try with your pre-school children.

From September there will be guest speakers at our workshops. A quiet space will still be available for those that need to talk a matter over with someone.

The youth group will also be offering activities similar to those found in a mainstream youth club. Pool, table tennis, Wii, cookery, air hockey and table football will also be available as well as the usual arts and crafts and workshops.

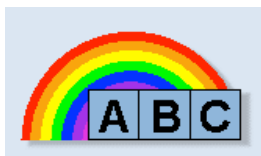
From October, a group for 7-11 year-olds with high-functioning autism or Asperger's syndrome will be starting on Monday evenings....watch this space!

For further information about any of the above please contact:

info@abcleeds.org.uk

Susan 0113 257 9269

Mandy 0113 279 5142 / 07769 317 744



Pupil Participation Day

In June Leeds held its first Pupil Participation Day at West Park Centre, aimed at celebrating how pupils are getting involved with their schools and looking at different ways of getting their voice heard.

The day was opened by members of the Leeds Youth Council and there were two brilliant performances; one by Dazl Boys, the all male cheerleading group and another by T&T, a sister duo who stunned the audience with their fantastic voices.

Tom, Leader of the Youth Council also had a video interview with Nigel Richardson, Director of Children's Services to find out how Leeds plans to become a more child friendly city.

Nigel Richardson, director of children's services, said:

"Children and young people are central to everything we do and working to ensure that Leeds is a child friendly city will ensure this approach is taken across many new areas. It's important that we listen to and involve children and young people in as many aspects of life as possible and this event is an important step towards achieving this."

As well as consultations to see how young people can have their voices heard there were a series of pupil led workshops throughout the day focusing on key issues.

The North West SILC delivered their own workshop in the morning with some brilliant responses. Four pupils for each part of the North West SILC attended.

Michael from Allerton High started with a question game to promote communication in the group and get everyone thinking about the message they wanted to put across.

Liam from Green Meadows then gave a brilliant explanation about how their school council has developed and produced a communication. He was very clear that the council promoted working together to get things done such as improving their school meals by researching what their options and choices are.

Jodie from Penny field shared her story about visiting alpaca's and linked this in with how the schools were working towards UNICEF's rights respecting schools award, as well as looking at the rights we have and the rights children around the world don't.

Finally Chelsea from Benton Park kept everyone engaged with an energetic question game to show how sharing information was easy and fun. There was a washing line at the end of the workshop to show everyone's feedback using a happy or sad face, full marks to the young people from the North West SILC as there were only smiles on the washing line!

Here's what the young people had to say:

Jodie – really good fun

Liam – exciting and enthusiastic

Michael – very nice and interesting



Support Groups

Each issue, we are highlighting different support groups on this page. For a full list of support groups, see the contact list at the back of the magazine.

Wetherby Autism Support Group

The group has been running for two years and is open to all. Our meetings are held monthly on Mondays at Wetherby Children's Centre on Hallfield Lane, between 9.30am and 12 noon. You are very welcome to bring young children with you; however, there are no crèche facilities available. We have recently started an activity club for children with autism and their siblings and carers.

For more information, email jane@wetherby.me or phone Lesley on 07960 360540

No Limits

The Visually Impaired Team hold and arrange a variety of activities and events for children and young people aged 0 to 19 and their families. These are open specifically to those with a visual impairment who are currently supported by the Visually Impaired Team. '

For more information, phone Janet Cuthbert on 0113 3951111 or email janet.cuthbert@leeds.gov.uk

SNAPS

SNAPS is a support group run for and by parents/carers of children with special needs. We are a Yorkshire based group with families coming from many areas of Leeds and the wider area. We are a fully inclusive group and welcome all family members

For more information, please phone 07964 847775 or email angie@snaps-vol.org.uk
Website - www.snaps-vol.org.uk

Leeds Mencap

Would you like the opportunity to chat with other parents and carers in a similar position over a coffee in an informal, friendly setting? If so, we would love to see you at our Parents and Carers Support Groups!

Tel 0113 235 1331

Email - Andrea.brough@leedsmencap.org.uk

Paces

Paces is a friendly support group for parents of children with a disability or long term illness living in the South Leeds area. We meet once a month at Nesfield Family Centre, Nesfield View, Leeds, LS10 3LA.

We meet at 12p. – 1.30pm.

We have lunch together, chat and share experiences. Occasionally we have speakers, workshops or a social session, bowling or a meal out.

Tel 0113 235 1331 and speak to Andrea Brough at Leeds Mencap, or

Tel 0113 2468338 and speak to Angie Thompson at Carers Leeds.

Rothwell and South Leeds Autism and Aspergers Support Group

Do you care for a child on the Autism Spectrum? Would you like some mutual support and advice from people in the same situation? Come along and meet others who understand what you're going through. We are run by people who have children on the spectrum. Feel free to bring the children too, there's space to let off some steam in a secure environment!

We meet on the first Friday of each month at Rothwell Parish Centre (behind the White Swan/Salutes) from 6:00pm to 8:00pm

For more information or directions call Beth on 0113 2824479 or email:

rothwell.autism@hotmail.co.uk

Contacts

Service Name	Contact	Telephone	Email	Web/address
Access Team		2478215	Anup.sharma@leeds.gov.uk	
Changing places	Carol Benson	0113 2143443	carol.benson@leeds.gov.uk	
Children's Learning Disability Nursing team	Nicci Isaacs	0113 3057200	nicciisaac@nhs.net	
Temple Newsam Playground	Vicki Marsden	0113 2476142	Victoria.marsden@leeds.gov.uk	
Short Breaks	Catherine Henderson	0113 24 74997	Catherine.henderson@leeds.gov.uk	
Carers Leeds		0113 246 8338		www.carersweek.org
Discount	Metro	0113 2224444		www.wymetro.com
	Cinema Card	0845 1231292		www.ceacard.co.uk
	Sports Centres	0113 3950001		www.leeds.gov.uk/Leisure_and_culture
	Bowling Discount	0113 2799111		www.hollywood-bowl.co.uk
Learning Disability Awareness Week	Adult Social Care	0113 2224401		
	NHS Leeds Involvement Team	(0113) 30 55370		www.leedspft.nhs.uk
	Tenfold	07576 952527	info@tenfold.org.uk	www.tenfold.org.uk
Disability Sports	Ross Bibby	0113 3950159	Ross.bibby@leeds.gov.uk	www.leeds.gov.uk/disability sport
Include: Disability Arts Network	Jenny Harris	x	jenny-harris@blueyonder.co.uk.	x
Youth Service		0113 2243796		www.leeds.gov.uk
Breeze				www.breezeleeds.org
Playscheme information	Aireborough – Jo Galasso	07764432933		
	PHAB – Ann Hart	01937 573722	Ann.hartphab@btinternet.com	
	Leeds Deaf Playscheme	07775 444010	Barbara.fraher@cohearentvision.org.uk	
Leeds Inclusion Support Service	0113 2707865			
People in Action	Chani or Sarah	0113 2470411	info@peopleinaction.org.uk	www.peopleinaction.org.uk

Contacts continued...

Abbey House		0113) 2305492	abbey.house@leeds.gov.uk	www.leeds.gov.uk/abbeyhouse
Summer Activities	Herd Farm	0113 3930012	herdfarm@leeds.gov.uk	www.herdfarm.co.uk
	BARCA Mobile Play	0113 220 9038		
	Health for all	0113 8272200		
	Feel Good Factor	0113 350 4200		
	Open Access Free Play sessions	07512930045		
Kevin Wright		07828640514.		
Children Society	Natalie Tharraleos	0113 236 3900	natalie.tharraleos.@childrensociety.org.uk	www.childrensociety.org.uk
Barnados' Willow Young Carers	Sheila Davenport	0113 2408368	Sheila.davenport@barnados.org.uk	www.barnados.org.uk/willow.htm
EPIC Leeds	Sara Smithson		epicleeds@gmail.com	www.epicleeds.org.uk
The Parent Partnership service	Angela Bernard – Ferguson`	0113 395 1238	education.pps@educationleeds.co.uk	www.leedsparentpartnership.co.uk
SILC Extended Services	Zoë Stead		zedstead@gmail.com	www.educationleeds.co.uk
People in Action	Chani or Sarah	0113 247 0411	info@peopleinaction.org.uk	www.peopleinaction.org.uk
Telecare	Marianne Howard	0113 224 3383	telecare@leeds.gov.uk	www.leeds.gov.uk
ABC	Susan or Mandy	0113 257 9269/0113 2795142/07769 317	info@abcleeds.org.uk	
Pupil Participation Day	Hannah Lamplugh	0789 1279304		

Drawing Competition



Summer Drawing Competition!

This is an exciting opportunity for a budding artist to get their picture in the next edition of 'A Brighter Future'.

We want you to draw a picture of something fun you're going to be doing over the summer holidays, with the winner receiving a family ticket to Hollywood Bowl and, of course, pride of place in our next issue. Please send entries to the Family Hub, 10th Floor West, Merrion House, Leeds LS2 8DT.

Disclaimer: Every effort is made to ensure that the information in this newsletter is correct. Leeds City Council, and the agencies represented within this publication can accept no liability for errors or omissions. The views and opinions expressed within are not necessarily those of Leeds City Council and any agencies it works with.

This magazine is a multi agency project with help from Leeds City Council, Education Leeds, Leeds Primary care Trust, Leeds Mencap & other voluntary agencies.



Childcare

Services for Families

Sport and Leisure Activities



www.thefamilyhubleeds.org

0113 247 4386

0800 731 0640

The Family Hub is a Leeds City Council service working with the Children Leeds partnership.



Where Can I Find . . .

Parent & Toddler Groups?
Childminders?
Out of School Schemes?
Holiday Schemes?
And More

I Need Advice On . . .

Legal Advice
Financial Matters
Drugs and Alcohol
Counselling
And More

I Want To Find . . .

Group Activities
Youth Clubs
Football Clubs
Dance Classes
And More

Family Hub Services
6th Floor East
Merrion House
110 Merrion Way
Leeds
LS2 8DT