

Parent carer e-newsletter

April 2018

Welcome to the Parent Carer Newsletter for April. This month I've included information about how to get free Carers tickets at Leeds Theatres and Cinemas plus the usual info about local groups and other things of interest.

The next coffee morning is Thursday 19th April at Carers Leeds. Come and join us at 10am until 11-30am.

At this month's group we have a speaker from **Leeds Play Network** who will be giving information on what Play Partners are, how they can potentially support your child at activities and how to access their service. There will also be time for general chat and peer support.

Also just to let you know that next month we have Victoria Coyle, Head of **SENSAP** (Special Educational Needs Statutory Assessment and Provision team) coming to talk about the role of SENSAP and to answer any questions parents/carers may have. If there is anything specifically you'd like her to bring information on then please let us know in advance and we can pass this on to her. This session will take place on Thursday 17th May.

If anyone ever has any useful info they'd like to share in the newsletter then please email it through to us and we'll include it.

Enjoy Spring-if it ever arrives!

Free Companion Tickets for Carers of Children with Disabilities.

What follows is some useful info on how to get free carers tickets when taking your child to the Theatre or cinema. Its also useful to carry a copy of your childs DLA award notice with you on any days out as many venues when asked will give a Carers discount or free entry even if they don't have a clear policy on their website.

Access Membership Scheme for Grand Theatre, City Varieties and Hyde Park Cinema

The Grand Theatre, City Varieties and Hyde Park Cinema have an access membership scheme. A form can be downloaded from the website, posted out or completed at the box office. This registers the person for a free companion ticket and it is also possible to visit the venues in advance to familiarise the person with the venues. By signing up to the scheme, the staff will be more aware of your needs and preferences when booking and be able to advise on the best available seats for you. You will also be able to book a wheelchair space and tickets for yourself and an essential companion online. The form requires proof of eligibility which can be a doctors letter or DLA letter.

How to book Access Tickets for the Grand Theatre:

The Box Office, 46 New Briggate, Leeds, LS1 6NZ,

email: boxoffice@leedsgrandtheatre.com

0113 205 3899 (for access and essential companion tickets only)

How to book Access tickets for City Varieties

Box Office 0113 2430808

Or call into City Varieties, Swan Street, LS1 6LW

How to book Access tickets for Hyde Park Cinema

0113 2752045

info@hydeparkpicturehouse.co.uk

Carriageworks, Leeds Town Hall and Millenium Square

Patrons with disabilities and their essential carers may obtain two tickets for the price of one via the Essential Carer Scheme. Relevant documentation must be produced to prove eligibility for the scheme. For further information and to apply, please download the [Essential Carer Scheme](#) document from the Town Hall website or alternatively contact the Box Office on **0113 376 0318** and a form can be posted out to you. Unfortunately their online sales software doesn't currently support the option to purchase discounted tickets or wheelchair spaces online.

Stanley & Audrey Burton Theatre, Quarry Hill, Leeds

For more details about access and our facilities please call **0113 220 8008** or email info@theatreleeds.com. It is possible to book free companion tickets via the website or box office.

Leeds Arena

A free personal assistant/companion ticket is available for disabled people who require an assistant.

For telephone bookings: 0333 344 6250 Mon – Fri 9am – 5pm and speak to a member of our ticketing team

Booking in person: at the ticket office located at the arena from Monday – Friday 10am – 4pm Saturday 10am – 2pm

If you have a specific question which has not been covered in the information above please email -accessibility@firstdirectarena.com

Cinemas

It is also possible to get a free Carers ticket for the cinema at Vue, Showcase and the Everyman by showing your childs DLA award notice.

For children over 8 you can register for a CEA card.

<https://www.ceacard.co.uk/>



Weekly playschemes for children in Leeds aged 4-18 years with learning disabilities and/ or additional needs.

Location: The Vinery Centre, 20 Vinery Terrace, Leeds, LS9 9LU

Times: 10:00-3:00pm Price: £17.50 a day plus extra cost for trips



4-8 year olds

w/c 6th August 2018

w/c 29th October 2018



9-13 year olds

w/c 9th April 2018

w/c 13th August 2018

w/c 18th February 2019



14-18 year olds

w/c 29th May 2018

w/c 20th August 2018

Application and booking forms available from
info@leedsmencap.org.uk or by calling 0113 235 1331



Play, Fun, Learn!

with **People In Action**

Play, Fun, Learn is a group for children aged **8 - 12** with a learning disability.
 It is **free** to attend.

At the groups, children can take part in all sorts of **fun** activities, such as:

Drama

Dancing

Baking

Arts Activities

...as well as making **new friends**, trying new things and gaining **new skills**.

Parents & carers are welcome to stay, or take the opportunity for a few hours of respite.

Play, Fun, Learn groups meet from **10am to 2pm** 40 weekends per year in Leeds.
 Saturdays are in Otley and Sundays are in East End Park.

For more information, or to make a referral, contact **PEOPLE IN ACTION**.
 ☎ 0113 244 3729 ✉ info@peopleinaction.org.uk 🌐 www.peopleinaction.org.uk

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Saturday TEENS AND MEET

Saturday T.E.A.M. is a social group for young people aged 13-18 with a learning disability.

Group members will:

- make friends
- have fun
- try something new
- be active
- learn life skills
- get healthy

by getting involved in activities like:

SPORTS

CREATIVE ARTS

PERFORMING ARTS

TRIPS OUT

The group meets on Saturdays, 40 weeks per year in Crossgates, Leeds between 10am and 2pm.

For more information, or to join the group, please contact
 People in Action
 ☎ 0113 244 3729
 ✉ info@peopleinaction.org.uk
 🌐 www.peopleinaction.org.uk
 you can also find us on:

Supported by

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a new SOCIAL GROUP from PEOPLE IN ACTION

8 FREE days out in West Yorkshire with a Max Card

If you haven't got a [Max Card](#), you should consider getting one. It gives families of children with additional needs free or discounted access to loads of attractions across the UK.

Families in West Yorkshire well served when it comes to the number of attractions that accept the card, with savings at castles, zoos, bowling alleys and more.

So if you're in the area and looking for a family day out, here are the top FREE days out in West Yorkshire using your Max Card. They are free for up to two adults and two children. Check out [Max Card's website](#) for more details.

1. Temple Newsam, Leeds

The big attraction for kids at this Tudor-Jacobean mansion is its farm – one of the largest working rare breeds farms in Europe. It's a great place to meet hundreds of child friendly farm animals, including pigs, sheep, goats, cattle and ducks. There's also a brilliant playground for kids to let off steam.

2. Abbey House Museum, Leeds

A lively and interactive museum where children can step back in time and wander through authentic Victorian streets for the glimpse of life in 19th century Leeds. The museum has a cafe and on a sunny day, you can cross over the road to have a picnic in the grounds of the stunning Kirkstall Abbey. There is also a park and playground nearby where they can let off steam.

3. Lotherton Hall, Leeds

Lotherton Hall has always been a great family day out. Now it's added a colony of penguins, some tapirs and a new capybara – the world's largest living rodent – into the mix, there's even more to entertain the kids. There's a huge bird garden, great playground, and nature trails around the estate as well as opportunities to spot red deer in the parkland. Oh, and there's a cafe too.

4. Thackray Medical Museum, Leeds

This is a hidden gem that sometimes gets forgotten about for a family day out but we love it on a rainy day as it doesn't get too busy. Thackray is one of the UK's largest medical museums and has something for every age and background – from toddlers to international scholars. Young children will enjoy wandering through the cobbled streets of Victorian Leeds and exploring the interactive gallery on how their body works. There's also a reading and dressing up corner and a maternity section where children can play with dolls. As well as the obligatory cafe.

5. Yorkshire Sculpture Park, West Bretton, Wakefield

If you like open spaces where the kids can run free, Yorkshire Sculpture Park is a great place to go. Meet a giant hare, dance on a musical playground and climb the Black Steps as you take in the open air and experience some of the world's finest art at Yorkshire Sculpture Park. Explore 500 acres and five galleries with changing exhibitions throughout the year. You can take a picnic or enjoy locally-sourced food in a restaurant boasting one of the best views in the north. Free entry plus a waived parking fee.

6. The Hepworth, Wakefield

With free activities for families every weekend and school holiday, The Hepworth Wakefield is a great space to explore, play and create together. Activities include artist-led drop-in workshops and Explore & Draw stations in the gallery. Children will discover ideas, processes and materials linked to the artworks in the exhibitions and collections displays. There is also a picnic area and an outdoor playground. Entry is free and the Max Card gives members free parking and 10 per cent off children's courses.

7. Shibden Hall, Halifax

Shibden Hall, set in 37 hectares of the Shibden valley, is a 600-year-old medieval timber-framed manor house. It is surrounded by the beautifully restored gardens and estate that forms Shibden Park, with a range of features and attractions including the Shibden Mereside café and visitor facilities, miniature railway, boating lake, pitch & putt course as well as trails, play area, orienteering course and woodland in which to roam.

8. Oakwell Hall Country Park

Set in over 100 acres of country park, which include formal gardens, nature trail, playground, picnic sites, a visitor centre, gift shop and countryside centre, Oakwell Hall has something for all of the family. The nature trail helps you explore and enjoy the 110 acres of parkland and for those feeling a little more adventurous, have a go at the orienteering course.

Max Cards

The Max Card is a discount card for foster families and families of children with additional needs. Families simply show their Max Card upon entry to a venue in order to obtain free or discounted admission.

The scheme is designed to help these families save money on great days out

Max Cards are available from Carers Leeds for £3 each.

Please call 0113 3804300 to order yours.





STRONGER FAMILIES

Building a future together

The Stronger Families programme is here to help and support families across Leeds and Bradford



**NATIONAL
LOTTERY FUNDED**



European Union
European
Social Fund

We are working with families across Leeds and Bradford to develop skills and employment opportunities

The Stronger Families service is delivered by experienced organisations in your community.

Can I get this support?

To be eligible for this support you must have at least one dependent child in the same household and be unemployed or economically inactive.

CONTACT US

LEEDS

Hub Manager: Sharon Kumar

T 0113 386 9900

E strongerfamilies@barca-leeds.org

BRADFORD

Hub Manager: Cath Ormerod

T 01274 513 300

E StrongerFamiliesBradford@bamardos.org.uk

Your family will have a worker who can

SUPPORT YOU



Health & Well-being:

- Confidence building
- Building and maintaining social relationships
- Mindfulness sessions
- Family support
- Leading a healthy lifestyle
- General health and well-being support including mental health needs

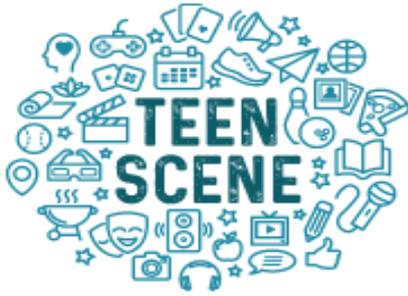
Employability & Skills Building:

- Links to employers across Leeds & Bradford to provide work experience and placement opportunities
- Volunteering opportunities
- Work taster visits
- Provide job application support
- Accredited and non-accredited training opportunities including: literacy and numeracy, ESOL & IT
- In work communication and skills building
- Digital inclusion (e.g. IT skills, job searches)
- Family learning and taster sessions

Financial Inclusion Support:

- Debt advice and support
- Financial planning and budgeting (linking with healthy lifestyle sessions e.g. cooking on a budget).
- Support and advice with benefits and housing





Leeds Weekend Care Association is launching a new youth club for 14 to 18 year olds in July 2018.

This will run one Saturday and Sunday every month at:
[Vine Education Centre, Foxcroft Close, Leeds, LS6 3NT](#)

Vine is a specialist centre that is wheelchair accessible and well-equipped for disabled youngsters.

The scheme will provide the teenagers with lots of opportunities to have fun, make friends, try new experiences and build their confidence away from their parents and carers. Key activities will be:

- Dance
- Fitness
- Music
- Cooking and baking
- Games
- Sport

The hours are 10.00 a.m. until 4.30 p.m. The cost is £22.00 per session.

We cater for a range of abilities and the standard staffing ratio is 1 member of staff to 2 young people. We have a limited number of places available for young people who require 1 to 1 supervision. We also have volunteers who will be helping out to enhance the staffing team.

We plan to raise additional funding for a mixture of on and off-site activities, such as:

Lazerzone
Cinema
The Climbing Lab (Kirkstall)
Bowling
Sensory Leeds
Becketts Park
Shopping

..... We hope that our youngsters and their families will add to the above wish list.

Application is via self-referral. You can access a form from www.lwca.co.uk or by contacting the LWCA Office
Suite 4 Gledhow Mount Mansion, 32 Roxholme Grove, Leeds, LS7 4JJ

Please contact Lisa Sheader, Administrator for more information:

Phone: 0113 2165133

Email: lisa.sheader@lwca.co.uk

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