



LEEDS PEOPLE FIRST

LEEP1



**A place to have fun,
feel safe and have a voice**

WHO WE ARE

Leep1 stands for LEEDS PEOPLE FIRST

We are a self advocacy organisation for people with learning disabilities in Leeds.

We support people to speak up for themselves and the things that matter to them.



SELF ADVOCACY MEANS

- You are able to ask for what you need
- You can talk about your thoughts and feelings
- You are able to make choices and decisions that affect your life
- You know your rights and responsibilities

ABOUT LEEP1



We are a friendly community for adults with learning disabilities. We have around 50 members and trainees who are part of our service.

We run lots of activities and groups which have been chosen and designed by our members, for our members.

Some of our members are also Leep1 Directors who help us run the organisation.

New members are always welcome to join!

We are a Community Interest Company (CIC) which means we are not for profit. We are also part of The Advonet Group an award-winning advocacy organisation in Leeds.



WHAT WE DO

We do lots of fun activities at our community centre. We learn new skills and support each other.

You will make lots of new friends at Leep1.

ARTS AND CRAFTS



Every week we try new arts and crafts projects like colouring, painting or sewing. For special parties and celebrations we love making decorations for the office and cafe.

MONEY SKILLS

We practice money skills in the office which is important as it helps us to be more independent.





OUT AND ABOUT



We enjoy going for lots of walks and fresh air to help our mental health and fitness.

We visit local parks and nearby towns like Otley, Harrogate and Ilkley and explore the shops and attractions.

OUTINGS

Sometimes we decide to visit local events, fairs and festivals like Leeds Waterfront Festival. We also go to the museum and art gallery.



One of our favourite activities is going to the cinema or having a bowling match at the new bowling alley in Leeds City Centre.



GARDENING



Once a week in the summer our members go to the allotment on Lady Pitt Lane in Beeston.



We work alongside Groundwork Yorkshire who help us grow and tend to our vegetables and flower garden. It's great for fitness and our wellbeing too!

DRAMA



Leep1 join in with Bright Sparks Theatre who run Drama sessions every week.

Every year our members put on a big Christmas Show which is brilliant fun!





CLUB NIGHT

Once a month Leep1 holds a club night for adults with learning disabilities. They happen at Popworld nightclub in Leeds city centre.

Some of our members DJ for us. It's a great way to meet new friends and have lots of fun dancing. We also hold a best dancer competition and a raffle with prizes to win.

DATE: Every third Thursday of the month

COST: £10 cash only on the door (carers free)

WHERE: Popworld, Millennium Square, Leeds city centre. LS2 3AW

FRIENDSHIP GROUP

Leep1 members love socialising and a party.

Our Friendship Group meets every week and it is a great way to meet new people and get to know one another.

The group go out for meals, go to the cinema, cook and play games and quizzes together.

Wednesday
6pm - 8pm



EVENTS

Sometimes we have big events to celebrate something important like the Jubilee.

We held a Masquerade Ball at The Marriott Hotel for our 10th Anniversary.

It was an amazing evening and everyone got dressed up in their best dresses and suits.

CAFE LEEP



At Leep1 we have a lovely community cafe. Our cafe is open Monday to Friday and serves hot and cold food, drinks and snacks.

The cafe is run by our trainees who learn about food prep, barista skills and customer service.

The trainees also study for and sit their NVQ qualification in Food Safety Level 2.

At the end of the training we help them find employment if that's what they want.





AND CLOTHES PROJECT

AND Clothes is an art project part of Leep1 which stands for Abilities Not Disabilities.

The project offers employability skills, better mental health and wellbeing while members learn how to run their clothing business.

The members make all the designs for the clothes themselves as well as art to sell and exhibit.

AND sell their clothes online on Ebay. They also have lots of stalls in the summer at big festivals and Leeds Market.

Members also enjoy going on professional photoshoots which are lots of fun!

PEOPLE FIRST



Every month our members hold a People First meeting in the office. The meeting is also open on zoom so everyone can join in.

Everyone chooses the agenda. We like to discuss important issues such as public transport, online safety or hate crime. It is also a good time to share ideas for activities or trips we want to plan.

Sometimes we invite local MPs, the police or other organisations to the meetings.

Everyone shares their opinions and ideas so that people with learning disabilities have a voice and services that affect us can be improved.

HOW TO JOIN

To become a member of Leep1 you will need to fill in a referral form.

An illustration of an application form. The form is yellow with a black border. At the top, the word "Application" is written in bold black text. Below the title, there are three identical sections, each consisting of a horizontal line, a white rectangular input field, and another horizontal line.

You can ask for help filling in the form from your support staff or family carer.

The information you give us is kept safe and private. We only use it so we can best support you while you are part of our service.

Please contact our Leep1 manager to be sent out a referral form.

FAQs



HOW MUCH DOES IT COST?

Members: £10 an hour
AND Project: £18.50 a month

DO YOU OFFER BURSARIES?

No, Sorry.

CAN I HAVE A FREE TASTER SESSION?

Yes!



DO I BRING SUPPORT WITH ME?

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



DO I NEED TO BRING LUNCH?

Cafe Leep is open Mon to Fri so you can get food here or bring your own. Volunteers get a free lunch voucher when working.



ACCESSIBILITY

Leep1 is currently operating over two floors.

There is wheelchair access into Cafe Leep and Leep1. There is a lift to take you up to the first floor.

Both floors have accessible toilets and there is disabled parking in the car park.



HOW DO I GET THERE?

DO YOU PROVIDE TRANSPORT?

Sorry we do not provide transport.

BUS SERVICES TO LEEP



Leep1 is easy to access by bus. Several buses stop near our offices at Unity Business Centre on Roundhay Road.

Bus services 12,13 and 13A stop opposite Unity Business Centre on Roundhay Road.

Services 2, 3, 3A, 7, 7A and 7S bus stop is down on North Street (5 minutes walk away).

FIND US ON SOCIAL

Facebook: @LeedsPeopleFirst

Instagram: leedspeoplefirst

Twitter: @Leep1_Leeds





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**The
Advonet
Group**
Providing Independent Services

