

🌀 March 2025 Update: Socialising & Making Friends 🌀


Last week we held our 6<sup>th</sup> Parent and Carer group of the year, and the theme for the evening was **socialising and making friends**.

Each year the topic of helping our young people be able to socialise and make friends (and be safe doing so) comes up. We had contributions from lots of organisations, including our very own **Sharon Davenport**, who runs the clubs and events that are just for LFT students, as well as the very popular Connections Club. We also had a guest contributor, **Hazel from Leep1**, who shared about the events and regular groups they provide. We also had lots of contributions from the parents and carers who joined us on the evening – thoughts suggestions, questions and concerns – which are collated below.



Below is a directory of the groups, organisations and upcoming inclusive events supporting young people with disabilities:

**Active Leeds** specific disability and inclusive sport opportunities across Leeds.  
[active.leeds.gov.uk/classesandactivities/sports/disability-sport](http://active.leeds.gov.uk/classesandactivities/sports/disability-sport)

 **Geeks Room** An inclusive centre offering services such as short breaks, weekend sessions, social sessions and much more.  
[geeksroom.org.uk/](http://geeksroom.org.uk/)

**Interplay** National Sensory Theatre: Placing the audience at the centre of the experience [interplaytheatre.org.uk/](http://interplaytheatre.org.uk/)




**Leeds Playhouse LD Programme** Get involved with Buzz Creative Arts and Beautiful Octopus Club – see the website for more details:  
[leedsplayhouse.org.uk/join-in/learning-disabilities/](http://leedsplayhouse.org.uk/join-in/learning-disabilities/)



**Leep 1 (Leeds People First):** Offering a range of activities and regular events, including **Friendship Groups** on Wednesdays, **Popworld** club nights and lots more. [leep1.co.uk/](http://leep1.co.uk/)



 **Lighthouse Futures Trust Clubs:** for current LFT students. A wide range of fun activities, sports and social opportunities after college every week -term time only.

<https://lighthousefuturestrust.org.uk/clubs/> - **Connections Club: 18+** current **and** former LFT students. a varied fun programme of social events.  
[lighthousefuturestrust.org.uk/connections-club/](http://lighthousefuturestrust.org.uk/connections-club/)

**People Matters:** for people with learning disabilities and those who are autistic. They provide different activities in different venues chosen by members. [peoplemattersleeds.co.uk/](http://peoplemattersleeds.co.uk/)



**Treacle Me:** Treacle is a free and easy-to-use social prescribing directory with information about small local groups, including help with making friends.  
[treacle.me/](http://treacle.me/)

City-wide events coming soon:

**Having Good Relationships** free training course provided by **Connect in the North** - starting Thursday 3rd April. [Click here to see the flyer](#) or email [sarah@citn.org.uk](mailto:sarah@citn.org.uk), or call 0113 270 3233 to book on.

**Special Education Needs Easter Disco** – At Everybody’s Social, Guiseley. 7<sup>th</sup> April 6:30 – 9:00pm, £6.00 cash entry (carers free – required for under 18s) Contact Nicola at [Nicola.davison11@ntlworld.com](mailto:Nicola.davison11@ntlworld.com)

Continued over page...



**LFT Parent & Carer Peer Support Group**



**LIGHTHOUSE**  
FUTURES TRUST

**Connect in the North's Websafe Scam Free – Being Safe Online Training** – 29th May 2025

Visit [citn.org.uk/news-connect-in-the-north/](https://citn.org.uk/news-connect-in-the-north/) for details.

Through The Maze's **Leeds Learning Disability Week**, 19<sup>th</sup> – 22<sup>nd</sup> June 2025, which will include a '**Being Social Marketplace**' and '**Learning Disability Pride**' march. Head to [through-the-maze.org.uk/learning-disability-week](https://through-the-maze.org.uk/learning-disability-week) to learn more and for updates.



We look forward to seeing you at [our next in-person group session, 5:00-6:30pm on Thursday April 24th](#), either in-person, or [book here to join remotely](#). As April is World Autism Acceptance Month, the theme for the session will be **Autistic Burnout**, delivered by Emily.

[Please book your free ticket on Eventbrite](#) and we will see you then!

Best wishes,  
Emily, Shelley & Julie

