

LEEDS FOR ALL

International Day of
Disabled People

#LeedsForAll

International Day of Disabled People 2020 #LeedsForAll

The Covid-19 Pandemic has brought unprecedented challenges. For some, it has given us the chance to become more connected, for others we've never felt more isolated.

So join us between the 1st and 4th of December 2020 to celebrate International Day of Disabled People in Leeds 2020. A series of accessible, inclusive performances, stories, exhibitions, discussions, information and activities will be available digitally and some off-line content too.

A space for celebration, reflection, connection, acceptance and challenge.

All Events are FREE to Attend

Please visit [idodp.eventbrite.co.uk](https://www.wmdlc.org/idodp) to register for our LIVE Events or contact us on info@wmdlc.org or 0113 242 1321 for assistance with booking.

Further information about all Events and Accessibility Options:

<https://www.wmdlc.org/idodp>

Braille copy, Text, BSL or Audio Description on CD available upon request.

Please contact fwarwick@wmdlc.org



Please find the event plan below
All these events will be hosted on Zoom

Tuesday, 1st December

9:30 - 10:30 - Opening & Welcome

Cllr Kevin Ritchie, Geoff Turnbull and Phil Gleeson will open and welcome.

BOOK HERE >>

11:30 - 12:00 William Merritt Centre, Technology and Toys

Introduction and Q&A to WMC Technology and toys services.

BOOK HERE >>

14:00 - 15:00 People in Action, Stay Active

Online accessible fitness session.

BOOK HERE >>

15:30 - 16:30 Forum Central, Accessibility of Public Spaces

A round table discussion focusing on Public Spaces, Feeling Connected and the impact of the Covid-19 pandemic on disabled people in Leeds.

BOOK HERE >>

Wednesday, 2nd December

9:30 - 11:00 - Age Proud, I am Still here

A workshop bringing together disabled people to talk about getting older and dealing with discrimination and ageism.

BOOK HERE >>

11:30 - 13:00 Mindfulness Cooperation, Being with the Monkey Mind

An experiential session including short meditations and an exploration of how meeting our monkey mind in a non-judgmental way can help us.

BOOK HERE >>

14:00 - 15:00 People in Action, Stay Active

Online accessible fitness session.

BOOK HERE >>

15:30 - 16:30 Carers Connections: An Introduction to Autobiographical Writing

Including discussion, shared experiences formally or creatively; encouraging disability awareness helping people feel seen and valued.

BOOK HERE >>

Thursday, 3rd December

10:00 - 11:15 Age Proud, Wise up to Ageism

The new Wise Up To Ageism online awareness session is an opportunity to find out more about ageism and how you can help the Age Proud Leeds campaign.

BOOK HERE >>

10:45 - 11:30 Sense, Boxing Fitness

Fundamentals of Boxing, mixed with a cardiovascular workout routine.

BOOK HERE >>

14:00 - 15:00 MESMAC, Sing - a - long with Sage

Tessa Smith from the Sing It Out Project will be hosting a wellbeing singing session that allows participants the opportunity to sing some age old classics with an introduction to Makaton so that we can sign to some of the songs. This session allows the music and words to be provided on screen, and only YOU will hear your own voice but the enjoyment of being with others.

BOOK HERE >>

16:00 - 17:00 DeafBlind UK, Sensory Loss, Accessibility Workshop

Session aimed at encouraging providers to increase accessibility, empowering individuals to access services and social opportunities with success and confidence (Covid & beyond)

BOOK HERE >>

19:00 - 20:30 Purple Patch Arts, Disco

A fabulous Disco, playing upbeat classics that will be sure to get you moving and grooving! Contact info@purplepatcharts.org or 07725 041801 to Book

Friday, 4th December

9:30 - 11:00 Forum Central, Employment, Discussion

A round table discussion focusing on Employment, Feeling Connected and the impact of the Covid-19 pandemic on disabled people in Leeds.

BOOK HERE >>

11:30 - 12:30 Advonet, Friendships Relationships and Sexuality Quiz

Accessible Quiz to give a taster session of workshops.

BOOK HERE >>

14:00 - 15:00 People in Action, Stay Active

Online accessible fitness session.

BOOK HERE >>

15:30 - 16:30 Jointly hosted by Space and SAGE, Poetry Event

LGBT Women's Space and Sage hold poetry evenings. Participants can choose to read their own poetry, to read poetry that inspires them or they find of relevance, or to listen to others and contribute.

BOOK HERE >>

19:00 - 21:00 Leeds Disabled People Organisation, Strategies For Disability Activism in the Post-COVID World

A panel discussion about what strategies for activism can the disabled people's movement develop going into a post-COVID world and how can we work with other activist groups such as Black Lives Matters.

BOOK HERE >>

Please find content below which will be available on YouTube from Tuesday 1st December

CLICK HERE FOR YOUTUBE LINK >>

Ascendance, Dance with Parkinson's, 5mins

This wonderful film is about Leeds based dance company, Ascendance and their work with Dancers with Parkinson's during lockdown; featuring dancers on zoom and interviews with its members and volunteers. The work culminates with pieces of choreography performed by all the Yorkshire groups, united together on screen to inspire.

Cranmer Scheme, Cooking Guidance, 10 mins

Step by step cooking instructions on how to make traditional doughnuts and Latkes for Channukah.

Driving Mobility, 20 mins

Introduction to Driving Mobility Services

Forum Central, Aladdin Film, 8 mins

Video of the Autism and Learning Disability Digital Inclusion Network.

Leeds Autism AIM - The Advonet Group, Coronavirus: Autistic Stories, 60 mins

A series of short videos and blog posts from autistic adults in Leeds, talking about their experiences during the COVID-19 pandemic. Access: <http://leedsautismaim.org.uk>

Leeds Directory, Introduction, 5 mins

Introduction to Leeds Directory Services

Leeds Hearing & Sight Loss Service, Yoga session-Audio Description, 20 mins

Accessible Yoga session

Leeds Hearing & Sight Loss Service, Yoga session-BSL and Subtitles, 20 mins

Accessible Yoga session

Leeds Mencap, Imagine if, 5 mins

Leeds Mencap has produced a number of short videos which shows our service user families, young people and staff talking about having a learning disability and some of the issues that they face and their relationship with Leeds Mencap.

Leeds Mencap, The Great Big Sing Along, 5 mins

The Singalong is a fun, inclusive fundraising event that Leeds Mencap are organising this year. It's easy to take part. Just learn the Makaton signs for 'We Wish You a Merry Christmas' and then get together and sing it and post it on social media.

Leeds Libraries - 100% Digital Leeds, Digital Inclusion for Supporting People with a Learning Disability, 60 mins

This training will give practical hints and tips on how you can motivate and support people to build their digital skills and confidence. Focusing on digital inclusion for people with a learning disability

Leeds Libraries - 100% Digital Leeds, Enable Me: Digital Inclusion for Supporting People with a Sensory Impairment, 60 mins

This training will give practical hints and tips on how you can motivate and support people to build their digital skills and confidence. Focusing on digital inclusion for people with sensory impairment

Leeds Powerchair Football Club, Introduction, 7 mins

Introduction to Leeds Powerchair Football Club and football for disabled people.

People in Action, PiA Presents..., 20 mins

A video of talented performers with learning disabilities and autism performing music, dance, comedy..

Purple Patch, Dance Move Workshop, 10 mins

Join Tricia from Purple Patch Arts to get active, have a dance and learn some cool moves to 'Celebration' by Kool and the Gang to perform at the disco on Thursday 3rd December! (see timetable for Disco information)

School of Rock and Media, Britain's Got Talent, 45 mins

School of Rock and Media very own Britain's got Talent.

Sense Arts, Ink Blowing, 20 mins

Have a go at ink blowing, Alex shows you how to create colourful abstract artworks using either ink, diluted paint, or kitchen cupboard items, with her simple but fun technique. This video is British Sign Language interpreted with fixed captions throughout. It also includes, 'auto-description' where Alex describes her actions whilst delivering her session!

Sense Arts, Making Sounds at Home Session, 30 mins

Artist, Tom Peel guides you through an inclusive session exploring sounds with objects around your home. This video is British Sign Language (BSL) interpreted alongside including fixed captions throughout. It also includes, 'Auto-Description' where Tom describes his actions, environment and equipment used whilst delivering his session!

Sense Arts, Poetry Workshop, 15 mins

Spoken word artist, Miss Jacqui guides you through an inclusive poetry workshop with words, sign and movement. This video is British Sign Language (BSL) interpreted alongside including fixed captions throughout. It also includes, 'Auto-Description' where Miss Jacqui describes her actions, environment and equipment used whilst delivering her session!

Sense Arts, Seated Inclusive Dance Workshop, 17 mins

Becca from InterACTION takes you through a seated inclusive dance workshop which explores both movement in the arms and legs (but options are provided throughout). This video is British Sign Language (BSL) interpreted with fixed captions throughout. It also includes 'auto-description' where Becca describes her actions whilst delivering her session!

Sense Arts, Sound Bath, 21 mins

Chris Richardson leads a relaxing inclusive sound bath. Either sit back and enjoy the session, or use his video to guide you through delivering your own session. This video is British Sign Language (BSL) interpreted with fixed captions throughout. It also includes, 'auto-description' where Chris describes his actions whilst delivering his session!

The Advonet Group, Citizen Advocacy Film, 5 mins

In this film, Advonets Volunteer Citizen Advocates and their Advocacy Partners talk about what they do and what they get out of their roles.

The Advonet Group, People's Parliament Film, 12 mins

A film showing an average meeting of the Leeds Learning Disability Peoples Parliament, these meetings are about finding out about services in Leeds and helping make them better.

The below activities have individual access instructions

Please find below:

Advonet, Colouring Activity

Images from CHANGE for people to colour in. We would love people to show us what they have done, they can be sent to us by post, email, twitter or however!

DOWNLOAD HERE >>

Healthwatch Leeds and Leeds Museums and Galleries, A Day in the Life

Healthwatch Leeds and Leeds City Museum have gathered information and pictures from people with a disability about their experiences, both the positive and negative ones, during the coronavirus pandemic. These will be displayed on their social media platforms as part of International Day of Disabled People Day on the 3rd of December for one week. Access via twitter: *@LeedsCityMuseum @HWLeeds*

Leeds Society for Deaf & Blind, Activity Baking Pack (Limited)

We will be sharing our recipe for Christmas biscuits in audio and BSL, along with a list of ingredients for you to bake along at home! Take some pictures of your creations to share with us! We will be preparing some boxes of pre-weighed ingredients and accessible instructions to share out amongst the community. These will be available to collect from our centre in advance (please contact us to arrange). We are also able to post these direct to members of the blind community. Email zoe.major@leedssocietyfordeafandblind.org.uk / Text 07563 382 618 for more information – please note, numbers are limited!

Love Arts, Love Arts Local - Sharing

Examples of artwork created by people in Middleton, Armley and Cross Gates/ Garforth over the last few months. All the projects have encouraged people with mental health issues to make art. Access - www.loveartsleeds.co.uk

“Possible All Along” Online Exhibition by Disabled Artists in Leeds

Online art exhibition by Leeds-based disabled artists
Email gill.crawshaw@gmail.com for further information

We look forward to welcoming you soon!



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