



Hello and welcome to the first e-bulletin from  
**Lead the Way**  
We hope you find the information helpful.

So, what do **Lead the Way** do?

**Lead the Way** is an information and advice service for adults in Calderdale with a learning disability, and their families and carers. We will help you find out what you need to know and then give you this information in a way that is easy for you to understand. **Lead the Way** can visit you at your home to take the referral if it is easier or this can be done over the telephone or by e-mail.

These are some of the things we have been able to help people with:



- Where can I go to meet new friends?
- Who can support me to find a paid job?
- What volunteering opportunities are there?

***And lots of other things!!***

As well as this, **Lead the Way** also do many other things across Calderdale. Below is a brief description but please give **Lead the Way** a call if you would like any further information:

### ***Art Group***



The art group meets every Thursday morning at Lower Valley Day Services, Rastrick. The group is open to everyone and costs £2.50, this includes refreshments. You don't need to be arty to come to the group...we are all learning as we go along, and having fun along the way!!

### ***Carer's Focus Group***

The carers meet up once every three months to talk about any issues that are important to them. They share their own experiences and can offer each other guidance and support. The group frequently invite speakers to attend the meetings, the DWP are attending their meeting in July to offer advice around benefit changes.

### ***GP Quality Checking***



A group of volunteers underwent a two day training course on how to carry out quality checks. The checks will initially be done in GP surgeries. The checkers will be looking at how accessible practices are, along with monitoring annual health checks and screening.

Woodside Surgery at Boothtown were the first surgery to have the checks carried out. You can view the full report on the **Lead the Way** easy-read website.

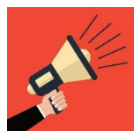
### ***Ravenscliffe Preparing for Adulthood***

**Lead the Way** have been attending Ravenscliffe School weekly to discuss with students how they can best prepare for adulthood, this will include employment, independent living, community inclusion and good health outcomes. Lessons are prepared each week and the class discuss the topics as a group.

### ***Pregnancy and Parenthood Group***

The group meets once every two months to offer support to parents who have a learning disability around pregnancy and being parents.

### ***Shout Out***



Full training is offered to volunteers who are passionate about spreading the word! **Lead the Way** have found that information is not always shared like it should be so we are asking people to become a shout out volunteer and tell people in their community what is going on.

### ***GP training***



**Lead the Way**, along with the Learning Disability Nursing Team, visit GP surgeries to provide training around learning disability. During the training we share the experiences of adults with a learning disability who have visited their GP. The training highlights how working together we can make the service they provide the best it can be for people with a learning disability.

### **OTHER NEWS**



If you are aged 16-25 and are looking for some fun and adventure during the summer holidays then contact Debbie Greenwood on 01422 341527/01422 394111 for more information.

The following planned activities will be held on a Friday:

- York Maze
- Magna Science & Adventure Centre
- Mixenden Activity Centre
- Boxing
- Trampolining

Please give **Lead the Way** a call if you would like more information or make a referral:

**Telephone:** 0300 012 0416

**Address:** Lead the Way, Centre@Threeways, Nursery Lane, Ovenden, HX3 5SX

Don't forget to take a look at our easy-read website - [www.leadthewaycalderdale.org](http://www.leadthewaycalderdale.org)