

# Leep1 - Leeds People First

**We are a people first group run by and for people with learning disabilities in Leeds**



**As part of a consortium, Advonet, Touchstone, SignHealth and Age UK Leeds are working together to give people in Leeds a voice. We provide independent advocacy for you.**

# Leep1



Leep1 is a self advocacy organisation that is run by and for adults with learning disabilities in Leeds.



The People First Group meets once a month. It is a steering group which advises how we run our service. We talk about what our rights are and how we can fight for them.



We run lots of different groups. Please see the full list of activities on our website or come visit us to have a chat about what we do.



Every month we have a club night at PRYZM nightclub in Leeds for adults with learning disabilities. It is called Leep The Bridge.

# Café Leep



We run a café called Café Leep where adults with learning disabilities can train in a working café to gain an NVQ qualification in food safety. The idea of the café is to get more people with LD into work and gain more confidence.



We run two weekly cooking groups on a Monday and a Wednesday afternoon. The groups teach people how to prepare and cook healthy meals.



On the last Wednesday of every month, we run a bistro evening in the café serving a three course menu. We also run regular themed events in the café.



Café Leep also offer NVQ food safety qualifications to outside organisations. Call us to find out more details.



## Contact us



If you need help or more information, you can contact Leep1!



# Call Leep1 on 0113 243 9477

Leep1 opening times: Monday-Friday, 9am-3pm

Café Leep opening times: Monday-Friday, 8am-2pm



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