

Autumn 2026 Newsletter



Annual General Meeting

This year's Annual General Meeting is on **Tuesday 8th December**
10:30am – 12:30pm on Zoom.

It is the most important meeting of the year because it's where we choose our directors. You can join us by emailing sarah@citn.org.uk and asking for the link.



Join the Board of Directors

At the Annual General Meeting there is a chance to join our board. There is a form with this newsletter to fill in if want to be a director.

You don't get paid to be a director, but you get to make decisions about our work.

The Board meet on a Friday afternoon once a month for 2 hours.

To be a director you must be a member of Connect in the North. You must be able to manage your own affairs and have an up-to-date passport or driving licence.



What Will Happen at the Annual General Meeting

The meeting will start with the board telling you what we have done in 2025-2026. The directors will be chosen and decisions will be made.

After the main business there will be a quiz, bingo and a scavenger hunt.





What We Have Been Doing

The Rooots Team have been delivering training across Leeds. They are running Stamp it Out. They have run it 7 times so far.

It is about people being treated fairly and saying no to racism and abuse.

You can book them to deliver it where you live or at a day service. They are fully booked this year, but they are free on -
 Wednesday 20th January
 Wednesday 3rd February
 Wednesday 3rd March

Ring Sarah 01 13 270 32 33 or email sarah@citn.org.uk to book the team.





Funded by
UK Government

**SRG Facilitator
Training Day 1**



TRUST LEEDS

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Self-Reliant Groups

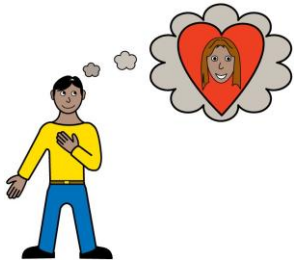
Trust Leeds have been delivering training at Connect in the North. They have been training people with learning disabilities how to set up self-reliant groups. These are groups where members manage themselves.

We are doing this because people with learning disabilities have asked for more opportunities to support one another.

The training was very good. We are going to be working with people to set up their own groups.

Find out more about Trust Leeds
info@trustleeds.org.uk

Free Training for People with Learning Disabilities - Having Good Relationships

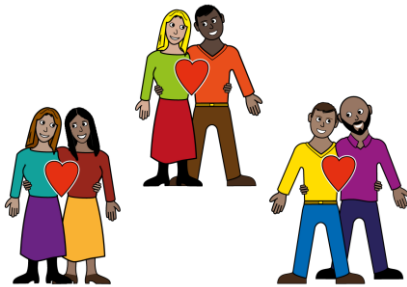


We are running 4 sessions for people with learning disabilities in Leeds.

Session 1- Getting Ready

Thursday 15th October 1:00pm-3:00pm

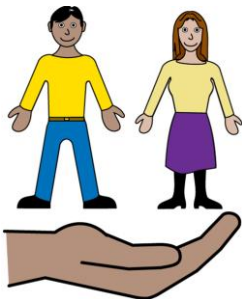
- What makes a good relationship
- What does consent mean



Session 2 – Dating

Thursday 22nd October 2026 1:00pm-3:00pm

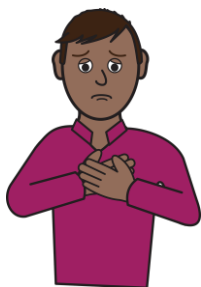
- Where can you meet people
- Ways of making online dating safer
- What to do on a date



Session 3 – Keeping your Relationship Going

Thursday 29th October 2026 1:00pm-3:00pm

- Support you might need
- Keeping safe
- Being a good partner



Session 4 – If Things Go Wrong

Thursday 5th November 2026 1:00pm-3:00pm

- What could go wrong
- Feelings when a relationship ends
- Moving on

email **sarah@citn.org.uk** or call **0113 270 3233**
to book on. Tell us if you are bringing support.

The training will be at Office 45, Sugar Mill Business Park,
Oakhurst Avenue, LS11 7HL



The Great Autumn Chat is on
21st September 1pm-3pm on zoom or in
person. Join us for the quiz, bingo and a
chat about what's on in Leeds this
autumn.

We only have 20 places, so you need to
book. sarah@citn.org.uk 0113 270 32 33



Vicky Hiles
Chair



Robert Stephens
Treasurer



Arron Simpson



Kenneth Fletcher

Connect with us



Phone 0113 270 32 33



Write to Connect in the North
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Oakhurst Road
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