



# International Day of Disabled People Marketplace Event 2023 Programme

Thursday 30 November Leeds City Museum 11am to 3pm

## Broderick Hall, Main Room (ground floor)

### 11am Marketplace Opens

### 11.15 to 11.35am Opening Speeches

Mayor of Leeds: Councillor Al Garthwaite

Kevin Ritchie: Councillor for Bramley and Stanningley and Disability Champion at Leeds City Council

Jodie Boyd-Ward: Leeds Rhinos Wheelchair Rugby Captain

Craig Grimes: Founder of Experience Community CIC

### 3pm Marketplace Closes

## Thoresby Room, Activity Room (lower ground floor)

### 11.45am to 12.40pm Yorkshire Dance

Join us for a fun, creative dance class, celebrating individuality and the joy of moving! The class will include games, activities and tasks, using music and imagination to create your own moves. It will be an upbeat dance session; you will be encouraged to explore your expressive and creative abilities to make connections with others: building confidence and fitness with dance.

### 12.50 to 1.45pm Active Leeds and Yorkshire Cricket

A range of fun adapted table tennis and table cricket activities, suitable for all ages and ability levels. These games have been specially designed to give people with a disability the chance to play and compete in the sports we all love.

## **2 to 3pm The Feel Good Circus**

This session offers a variety of circus activities with a focus on accessibility, including the juggle board which is a way to experience juggling without having to throw or catch! Come and join the fun!

**Participants** please bring a carer or assistant to support you in the activities if you normally have one.

## **Denny Room (lower ground floor)**

### **11am to 3pm Quiet/Sensory Room**

This space will be available for all attendees. It is a space for anyone who is feeling overwhelmed or needs a break.

The room will have: a black out tent with light up resources inside, a light up bubble tube, seated cushions around it, mirrored panels, bean bags, adult colouring, fidget toys, an electric fan, lowered lighting levels. Leeds Autism Services will support people in the room, and make sure the room stays a calming space.

## **Balcony Area (3rd floor circulation space)**

### **11am to 3pm CHANGE - Heritage Project**

CHANGE will be launching their Heritage Project on the day! They will be hosting an activity to mark the project launch. The project is an exhibition of the history of people with learning disabilities and/or autistic people in Leeds, telling their stories.

At this activity, you can tell your story, by taking part in badge making, a photo booth or making post cards and talk about what you would like the future of Leeds to look like.

## Museum Café (lower ground floor)

### 11am to 12pm Leeds Bereavement Forum - Death Café

This session is an opportunity to talk about death and dying in a relaxed environment, with cake and tea or coffee. Death Cafés are an international movement aiming to remove the stigma around dying. It will be a welcome opportunity to ask those awkward questions you always wanted to ask, in a safe environment.

## Access Tour Video

We have made a short video showing how to get around the museum using the lift or stairs to access the rooms, café, toilets, and areas where activities are happening on the day.

[Watch the Access Tour video on youtube](https://youtu.be/sKzc6r6ola8)

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