



## Individual support at People Matters



Specialist provider of support for adults and young people with learning disabilities

We work with people with mild to severe learning disabilities. Our people may also have other conditions such as

- Within Autistic spectrum
- Mental Health needs
- Physical disabilities
- Epilepsy

**Location** – Based in Holbeck, close to public transport and 10 mins from Leeds city centre. Activities take place within the community in Leeds and surrounding area

- *Service examples always available online*
- *Packages tailored to individual needs from travel to shopping, banking & medical appts*
- *Known support workers provided*
- *Person centred planning & reporting*
- *Personal development & learning new skills embedded*
- *Therapeutic services for mental health available e.g. following bereavement*
- *Access to community groups & learning offers always available to promote social engagement*



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### Quality

- Led by specialists including social workers, teachers & health professionals
- DBS checks & safeguarding a priority
- Regular reviews to promote impact & development
- Member led social enterprise provider for 12 years
- Recognised via Investors in People and working towards other framework recognition
- Innovation through person centred practice
- Decision making led by participants through co-production

*I came to talk about when I got depressed and when I was thinking about the bad feeling what had in me. I wanted to feel better. My first picture was when I had bad feelings inside me. It was hard to get it out, it stuck in here. It could sometimes feel really bad when the bad feeling is inside you like it can never let you go. It's always going to be there and sometimes can be there a long time. I thought it (art therapy) was great because instead of talking about it, it was better to put in on paper and explain the thing what I was going through. It helped me understand the feelings more. When you put it on paper you can see it and people think it's not there but it is. It was putting it on paper to explain what I have been through it can be clearer.*

