



# HEAR

## Spring Newsletter 2016



We look forward to welcoming Spring with brighter and warmer days ahead. The last 3 months have flown by and we have had a very busy period at HEA. The Outreach Worker has been delivering emergency packs and food parcels, practical items such as torches and bedding in the community with the support from The Community Committee Well-Being Grant.

We are very proud to have introduced two new activities into our currently very busy schedule. These are the **cinema** and **theatre trips** which are proving to be extremely popular. We always welcome any new ideas that you may have for our activities list so please do not hesitate to contact us.

This year we are focusing on building capacity within HEA by investing in I.T and the development of an exciting new website that we will be launching soon.

We have reviewed and we are also developing a new database system that will ensure that we have the capacity for future expansion. We look forward to continuing the support that we offer our service users which would not be possible without the dedication of our staff team, volunteers, funders and trustee support.



*Elissa Newman—Chief Officer*

## FREE Sunday Lunches

HEA have been holding a monthly Sunday Lunch for the Holbeck Community which is free of charge.

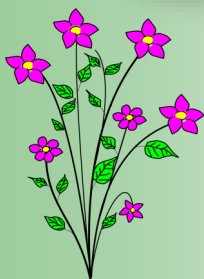
We provide a hot and nutritious 3 course meal for everyone to enjoy.

If you would like to come along to this popular lunch and meet with friends old and new....



## Volunteers Appreciation Lunch

In early 2016 H.E.A management and staff wanted to say **Thank You** to all our volunteers that give up their spare time regularly to help make the service we provide extra special. Volunteering within H.E.A covers all parts of the business including transport, activities, neighbourhood support and administration. The Appreciation Lunch therefore gave us an opportunity to say **Thank You** for all the hard work during the past year as a collective



Please call **0113 245 5553** to make your reservation.

The next lunches will be held on:

**24th April, 22nd May &  
26th June.**





# Lights, Camera, Action..



H.E.A have introduced regular cinema outings to the Showcase Cinema De Lux, Birstall. Viewing new releases such as **The Danish Girl**, **Dads Army** and the academy award winner for best picture, **Spotlight**. The whole experience of the good choice films and the fully reclining electrical seats remarks ensure that these outings will be here to stay. **For Information see the Activity Insert**



## In Loving Memory

I'd like the memory of me  
to be a happy one.  
I'd like to leave an afterglow  
of smiles when life is done.  
I'd like the tears of those who  
grieve,  
to dry before the sun  
of happy memories  
that I leave when life is done.

Our hearts and prayers go out to  
the families of:

**Christine McLeary**  
**Hilda Fox**  
**Mavis Hardy**  
**David Glue**  
**Irene Stead**



## 'Just Come Along & Sing'

H.E.A have a new sing-along group where service users have enjoyed reminiscing times gone by through the sound of music. Singing songs from artists such as **Frank Sinatra**, **Elvis Presley**, **The Carpenters** and many more. Our new singing group provides an avenue for older adults to sing for the joy, health and camaraderie of song regardless of experience and expertise. So what are you waiting for?



**Just Come Along & Sing**  
**Tuesdays 11:00am—12:00pm**  
**St Matthew's Community Centre, Holbeck**



## Hollywood Bowl



Our Bowling Group have had a successful first quarter in 2016 by breaking the group record for strikes in a session, getting new individual personal best scores and a new high for participant numbers. All are welcome to the fun and relaxed environment regardless of your ability. Come along to the newly refurbished Hollywood Bowl, Kirkstall. **Please see our activities Insert for prices, dates & times.**



## Join our Chair Based Exercise Group

**St Matthew's Community Centre**  
**Thursday- 10:00am- 11:00am**

**£2 per session**  
**Transport Available**



# Dates for your Diary April - June



**Thursday 5th May**

## **Frenchgate Shopping Centre– Doncaster**

Come along to The Frenchgate Shopping Centre located in the heart of Doncaster Town Centre. Originally named after one of the old gates of medieval Doncaster and the street that sits next to the centre, Frenchgate has over 120 stores including Debenhams, Clas Ohlson, Next, New Look, Sainsbury's,

Boots, Beaverbrooks, Schuh, Build-a-Bear and many more

**Total Cost: £10**

**Please Book in advance to avoid disappointment**

**\*Limited Availability\***



**Thursday 12th May**

## **Murgatroyds Fish & Chips, Yeadon**

Join us for our meal group outing to **Murgatroyds** where you can dine on some of Yorkshire's best Fish & Chips from within the comfort of the restaurant. This outing is inclusive of transport to and from the restaurant and a wide variety of food from the 3-course Seniors Special Menu.

**Total Cost: £15**

**Please Book in advance to avoid disappointment**

**\*Limited Availability\***



**Friday 10th June– Queen Elizabeth II 90th Birthday Celebration, The Hunslet Club**

Celebrate Queen Elizabeth II 90th Birthday this year by accompanying everyone at H.E.A at **The Hunslet Club on the evening of Friday 10th June at 7:00pm.** There will be a buffet and an evening full of activities and entertainment and much more.



**TICKETS**

**£5**

**Transport**

**£5**

**\*Limited Availability\***



**Thursday 23rd June**

## **Knowsley Safari Park**

At Knowsley Safari Park, the animals are truly amazing! Prepare to discover an incredible host of creatures from cute and cuddly meerkats, to majestic zebras, mischievous monkeys and clever sea lions. No matter your preference; fluffy, feathered or ferocious, you'll go wild at Knowsley. This outing is inclusive of having our own private journey on **The Knowsley Safari Park Baboon Bus!**

**Total Cost: £26.50**

**Please Book in advance**

**\*Limited Availability\***



## **New Groups Spring 2016**



### **H.E.A Outings Group**

We are hoping to take our service users to see some of the best attractions that Yorkshire and The North has to offer whilst creating an easier way to book, pay for and enjoy your day trip experience!

With a variety of different outings 2016 is definitely not a year to be missed!

**FOR INFORMATION PLEASE READ & COMPLETE THE OUTINGS GROUP INSERT**

**\*Prices are discounted group and senior rates\***

### **H.E.A 'Walk in the Park'**

Throughout the spring and summer months H.E.A will be providing transport to visit the wonderful parks that **Leeds** has to offer. These outings create an opportunity to increase exercise levels whilst getting fresh air. H.E.A Walk in the park will take place on a monthly basis on Wednesday afternoons. **For Dates and Prices, please see the**





# Neighbourhood Outreach

## H.E.A ADVOCACY SERVICE

### One Stop Shop

To be held on the last Thursday of every month at  
St Matthew's Community Centre  
10:00am—11:45am

- Housing
- Benefits/ Finance
- Employment Support
- Health Advice



If you require advice with the above matters or anything else please come along to our monthly advocacy service, held by Claire Holmes, HEA's Outreach Worker. We also have some Winter Warmth Packs and other emergency items still available should anyone feel they would benefit from these. If you would prefer a home visit please call the office on 0113 245 5553.

### Open the door to a different kind of care. Choice, care and support when you need it.

At Westward Care we know that it can be a difficult time when you find yourself needing extra care and support which is why we have created a flexible range of care services, from short respite stays to long-term 24-7 care to meet your needs.

Pennington Court in Beeston, Leeds is a 25 bed residential home and 30 bed nursing home. We also provide 'Extra Care Plus' apartments which enable residents to live in their own home with support and care close to hand when they need it.

All properties are self-contained one bedroom open plan style apartments with a wet room and fully fitted kitchen with integrated appliances. There is also an apartment residents' lounge, which offers dining, relaxation activities and socialising.

Whatever your situation we have the right solution for you so call today to find out more: 0113 228 4040 or visit [www.westwardcare.co.uk](http://www.westwardcare.co.uk)

Our facilities are proud to be associated with the following organisations.



### Emergency Contact Numbers

Contact for Social Services - between the hours of 8.00am—5.00pm, Tel 0113 2224401

Social Care Emergency Team - Tel 0113 2409536  
between 5.00pm-8.00am Mon–Thurs &  
between 4.30pm-8.00am Fri–Mon

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