



This Quarter I would like to inform you that The Leeds South and East Clinical Commissioning Group have launched a new grants programme which supports improvements in health, wellbeing and quality of life in line with the aims of the Leeds Joint Health and Wellbeing Strategy. Funding has been made available to support various projects and we are delighted to say that we at **HEA** will be working closely with the NHS over the coming months to look at further developing and delivering services. As part of this development we will be launching a **"HEA to HEAr YOU"** out of hours helpline to support service users. We have had a packed schedule recently and it culminated in a very successful event that we held at the Hunslet Club to celebrate Her Majesty the Queen's 90th Birthday where we were joined by members of Ciaran Bingham Foundation Trust and Middleton Elderly Aid. I would like to offer a huge thank you to our sponsors. During the forthcoming summer months we have trips arranged to the coast, the theatre and regular activities that include the Lunch Clubs and Shopping Trips, call 0113 2455 553 to book early. Wishing you all a great summer. **Elissa Newman.**

## Spring Sing Along Social

This Spring service users, volunteers and **HEA** staff were thoroughly entertained during our Sing along social by Tim Kent music. Who performed classics such as 'Sweet Caroline' & 'Delilah' as well as many other classics from throughout the decades. Everyone was singing along and waving their hands to the music whilst thoroughly enjoying their afternoon. Special Thanks to Harrogate Food Angels for supplying the food and to our Volunteers A. Hepburn & C. Davies for their support.



## Successful Funding From Victoria Gate Fund

Hammerson, the developer behind the Victoria Gate and owner of Victoria Quarter granted our successful bid in association with Leeds Community Foundation for over £1,500 of funding towards our **'Just Come Along & Sing'** group. Join Now by calling: 01132455553 for more information



## Staying Safe at Home

HEA have noticed an increase in 'sneak-in', burglaries over the past quarter. It is 100% preventable at no cost whatsoever as it can only happen if a door or window has been left unlocked and/or open. There may be many occasions when it is deemed 'OK' to leave the door unlocked, you're just nipping round to the neighbours for five minutes, you're hanging out the washing, doing a bit of gardening, sat in the front room watching TV or popping to the shop. Because of the warm weather more people are leaving windows and doors open.

### ***Tips to stay safe:-***

- ◇ Always lock your doors and windows, even when you are at home – it only takes a minute.
- ◇ On locking your doors and windows always remove the keys from the lock, but keep them in an accessible place if they are needed.
- ◇ Don't leave attractive items in reach of a cat flap if you have one – i.e. keys, wallets/purses, bags or mobile.



# Queen Elizabeth II

## 90th Birthday



As I am sure many of you are aware 2016 is H.M. Queen Elizabeth II 90th Birthday. Here at [HEA](#) we decided to make this an occasion to remember culminating in a spectacular party on the evening of June 10th that I am sure many of you enjoyed. Firstly, at the beginning of the year members of the [HEA](#) Craft Group put their creative skills to the test and produced a simply wonderful H.M. Queen Elizabeth II 90th Birthday flag. This flag has featured on Made in Leeds TV & in South Leeds Life with the focus being on key events of Queen Elizabeth's life.



If you're still yet to see this work of art then it is still able to view at our office at Oak House, Balm Walk. Secondly, to commemorate Her Majesty's official birthday [HEA](#) hosted a multi- neighbourhood network Community celebration event at The Hunslet Club. With over 100 guests attending from across South Leeds, including representatives from Middleton Elderly Aid and The Ciaran Bingham Foundation Trust this truly did make for an atmosphere worthy of a royal celebration. With entertainment provided by Batley based singers Songsational service users from across the area were dancing and jiving the night away. There were renditions of 'Land of Hope & Glory' & 'God Save the Queen' which included plenty of loud voices and union flag waving. **As this event was so successful we are already looking to next year for further celebrations where we hope that everyone can join us again, suggestions are welcome.**



W. KAYE & SON  
Funeral Directors & Memorial Consultants



Thank You  
to our  
Supporters for  
The Evening

Westward Care



Keepmoat

PARK FISHERIES  
Traditional Fish & Chips





# Dates for your Diary July - September



## Bakewell Market Monday 1st August

Situated in the beautiful Peak District National Park and steeped in history with a Royal Charter being granted in 1330 the present day Market takes place every Monday, on two sites, Granby Road and Market Street where it hosts 162 Stalls giving Locals, Tourists and Day Trippers, a warm welcome.



**Transport**  
**£12**

## Day at the Races– Beverley Racecourse Wednesday 14th September

Join us for our visit to Beverley Racecourse for the penultimate meeting of the racing season. This course has been part of the historic market town of Beverley for over 300 years, with the first Grandstand built in 1767.



**First Race 2:05pm**  
**Last Race 5:20pm**

**Price £25 including  
transport & ticket**

## Trip to the Coast– Southport Thursday 8th September

This city lies along the Irish Sea, on the coast. If you plan to visit Southport, then you must be aware of the outstanding examples of architecture that the city provides. There are some truly stunning marvels to behold these buildings include: Southport Pier, The Ribble Building, Hesketh Park and the Queen Victoria statue.



**Transport**  
**£14**

## Pub Meal Outing– The Cow & Calf, Ilkley Thursday 15th September

The distinctive Cow & Calf Inn overlooks the famous Cow & Calf rock formation on dramatic Ilkley Moor. This country pub is oozing rural charm and rustic character. With picturesque surroundings providing the perfect backdrop for the hearty, pub-food and the carefully nurtured cask ales, fine wines and soft drinks gracing the bar.



**Transport**  
**£5**  
**Please book ALL  
trips in advance  
to avoid  
disappointment**

## HEA Old Pals Club

We are considering starting a new group called the 'HEA Old Pals Club', focusing on specific activities, events and information for the needs of men. Forging links with ex-servicemen, different organisations, leisure attractions and local industries. **We would like to know your thoughts and ideas to get the group started!**

## 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)**

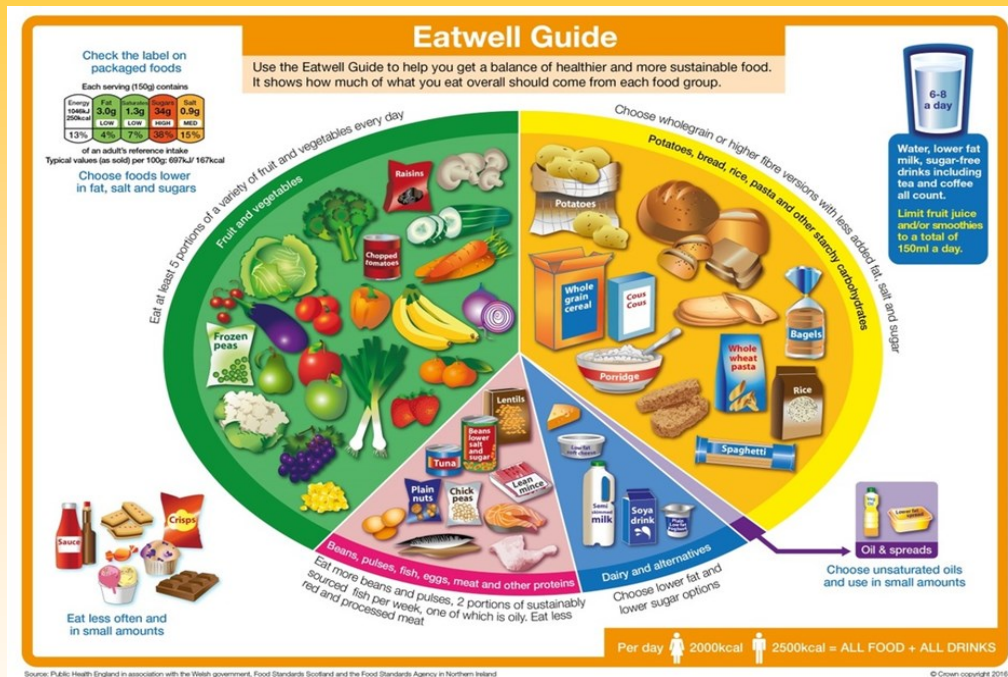
Our facilities are proud to be associated with the following organisations.



**Westward Care**

# Neighbourhood Outreach

Stay hydrated in the Summer months and eat as well as you can



The Eatwell Guide depicts a healthy, balanced diet, which includes:

- Eating at least 5 portions of a variety of fruit and vegetables every day
- Basing meals on potatoes, bread, rice, pasta or other starchy carbohydrates, ideally wholegrain
- Having some dairy or dairy alternatives (such as soya drinks) choosing lower fat and lower sugar options
- Eating some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choosing unsaturated oils and spreads and consuming in small amounts
- Drinking 6 to 8 cups or glasses of fluid a day

I am available to visit you in the comfort of your own home, where we can have a confidential chat about any issues or concerns you may have. Please do not hesitate to contact me, Claire Holmes 0113 245 5553

## Emergency Contact Numbers

Contact for Social Services - between the hours of 8.00am -5.00pm, **Tel 0113 222 4401**

**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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