

Newsletter AUTUMN/WINTER 2016

HEA are preparing for another busy quarter. We are launching two new initiatives on 1st October - An Out of Hours Helpline which aims to support people when the offices are closed in the evenings and at weekends and hold a regular Wellness Clinic that will be supported by local professional partners.

With Autumn just around the corner we are planning the Activity Schedule for the coming months and festive season ahead. There are lots of different things to do that we hope may be of interest to you and opportunities to go to the theatre and enjoy trips out.

On behalf of the staff team and myself, best wishes for the season ahead. It is always good to hear back from you with any thoughts and suggestions.

Elissa

Elissa Newman Chief Officer - HEA

St Matthews Community Centre Refurbishment

HEA have been working in partnership with Leeds City Council and Keepmoat to make improvements to St. Matthews Community Centre in Holbeck. HEA use the centre every week for most activities and felt that it needed upgrading. With the support from Leeds City Council and the very kind offer from Keepmoat, the work, to improve the Lobby and Reception area has been completed making it a more welcoming and inviting space for everyone visiting the centre. Thank you to **Leeds City Council, Keepmoat, Urban Planter Leeds and Green & Brown Ltd.**



WE **HEAR** YOU
your out of hours helpline

Are you worried, feeling lonely, struggling to cope and need to talk to someone in confidence?

For out-of-hours advice and telephone support please call our Confidential Helpline on 0113 244 4742

This service operates
Monday-Friday: 5pm-9pm
Saturday and Sunday: 9am-8pm
Bank Holidays: 9am-8pm

The service is available to older people within the Holbeck and Beeston area.
For general enquiries during office hours call 0113 2455 553.

Summer 2016 Activity News

African Experience in Cheshire

In June 2016 HEA visited the wildlife of Knowsley Safari Park. This day outing included a journey on the Safari Parks very own Baboon Bus, ensuring that all of our service users had the opportunity to be in the best locations that Knowsley had to offer. This opportunity was enhanced by the knowledge of our tour guide who knew everything about the local wildlife. From the roar of the Lions to the size of the African Elephant's this truly was a day to remember



Didn't we have a lovely day the day we went to Whitby and Southport

There were sunhats, sand and seagulls on nice sunny days in both Whitby and Southport this year.

Our coastal outings for 2016 have proven to be popular with over 30 people in attendance on the trips.



Save the date

HEA - Annual General Meeting

Friday 14th October 2016

Friday 14th October 2016

St Matthews Community Centre

Buffet and refreshments from 12.30pm

AGM will commence at 1.30 – 3.00pm

Honoured Guests - The Right Honourable Mr Hilary Benn MP

All Aboard the HEA Canal Trip



In August 2016 HEA and Bupa's Sunnyview House Care Home visited the Safe Anchor Trust at Mirfields' Shepley Bridge Marina. This was an outing that was enjoyed by all with time for some Fish & Chips on board our boats.

HEA would like to take this opportunity to thank the Safe Anchor Trust and their volunteers for all the hard work on the day making sure our service users thoroughly enjoyed the outing.

For all events call 0113 2455 553



For all events—Please Call the office on 0113 2455 553 to book a place

Upcoming All Day Outings

Our outings are led by staff and volunteers, if you wish to go you will need to be able to manage independently or bring a carer with you to support you.

Volunteers are there to make sure everyone accesses the minibus safely and are safe during the day. We are not able to provide assistance on these outings to push wheelchairs.

Dance About Sessions

Get fit! Stay fit! Make friends! Have fun!

Suitable for all ability levels.

Dance can improve memory, creativity, balance, coordination, flexibility, muscle tone and reduce your fear of falling. All activities can be performed standing or sitting, as you prefer. Class members are encouraged to help design the dance course themselves, to include a range of dance styles.

You can choose music from Golden Oldies, to Modern Classics, as well as Current Hits!

"Janetta makes it fun!"

Pat Middleton
Class participant

Come and join Janetta Maxwell for some taster sessions with Holbeck Elderly Aid and lets have some fun.

Fridays:
7th & 21st October
4th & 18th November
2nd, 16th & 30th December
11:00—12:00
St Matthews C.C, Holbeck



East Lancashire Railway

Thursday 27th October

Enjoy a return journey on the East Lancashire Railway steam engine with the opportunity to visit the Bury Transport Museum.

The Minibus will depart Holbeck at 9:00am
£27 inclusive of ticket & transport

LIMITED AVAILABILITY



Bury Market

Wednesday 7th December

Join us for Open Market Day at the famous Bury Market. With over 300 stalls over 11 blocks this will be the place to get those last minute Christmas presents.

The Minibus will depart Holbeck at 9:00am
£10 for transport only

LIMITED AVAILABILITY



Thackray Medical Museum

Thursday 9th November

From the Victorian age to the present day. Explore the fascinating world of surgery and find out how breakthroughs in science have changed lives for the better.

The Minibus will depart Holbeck at 10:00am
£5 for transport cost only

LIMITED AVAILABILITY



Christmas at Millstones, Harrogate

Thursday 24th November

Tea, coffee, 3-course Christmas Lunch followed by entertainment which includes music fun and dancing before mince pies.

The Minibus will depart Holbeck at 9:00am
£30 inclusive of meal & transport.

LIMITED AVAILABILITY

Neighbourhood outreach

Community Development...

Commencing the 1st October HEA will introduce two new initiatives/activities. We will be running weekly Wellbeing Clinics and regular information workshops that inform our service users and the wider community of important topics surrounding Health and Wellbeing.

Workshops

The Wellness Workshop programme will provide informative monthly talk sessions for Individuals/groups on different health and wellbeing matters provided by specialist partners. The dates of these events will be circulated during the month of October.

Well-being Clinic

The Wellbeing Clinic sessions commence on Thursday 13th October, intended to raise early awareness of any health conditions and to make referrals for diagnosis.



Providing preventative measures and support for older people to manage their conditions with the help of other Health Professionals and Agencies, who will come along to the clinics.

Home Assessments

Home visits are a vital part of outreach work and I am available to visit you, to help and support you and your older friends, relatives and neighbours in the comfort of their own home.

Please contact me on:

0113 245 5553

to make an appointment

Claire

Claire Holmes—Outreach Worker.

Emergency Contact Numbers

Social Care
Emergency Team

07712 106378

Between 5.00pm - 8.00am
Mon -Thurs & between
4.30pm - 8.00am Fri - Mon

NHS

**Leeds South and East
Clinical Commissioning Group**

Supported By Westwood Care

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

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

