



*your friend in the community*

With the generous help of Leeds Building Society, we have a new home in the renovated society branch on Domestic Street.



*A massive  
Thank You to  
Leeds Building  
Society!*



The Mutual Building Society provided the building and the contractors offered their time and labour for free in an exciting 'DIY SOS' project. The office was officially opened on the 20th January by The Right Honourable Hilary Benn MP,

In just a matter of weeks we have received a vast increase in people across all age groups enquiring about volunteering at HEA to support the older people of Holbeck. It has been fantastic to see members of the community who haven't previously engaged with our services coming in to the new office to find out more.





# Activity News



## Volunteer Corner

*A huge thank you to our fantastic volunteers!*

In appreciation of all of the hard work that our volunteers have contributed over the past year, HEA treated the team to a delicious meal at Heathfield Farm. Without their tireless support, HEA would be at a loss. We are forever grateful for your dedication and generosity.



## Volunteer Spotlight

"I have been a volunteer with HEA for a year now and I have loved every minute of it. Volunteering at HEA's Fish & Chip Lunch has given me a boost in confidence and has helped me tackle my own personal barriers in my day to day life. Without the support of HEA and the friends that I have made through volunteering, managing day to day life with my disability would have become far more of a challenge. Thank You to all the Staff, Service Users and other

Volunteers for their support."

**Linda Carroll,**  
**HEA**  
**volunteer**



## Lights, Camera... Action!

HEA has been able to provide an additional, much-needed lunch club and movie afternoon for our service users on a Wednesday, during these gloomy winter months. We have been able to provide this new activity FREE of charge with the generous help of the Leeds City Council's Winter Wellbeing Grant. These lunches have proven to be so popular that HEA has decided to continue and expand this successful activity. A big thank you again, to Leeds City Council for helping to make this a reality, without the grant we would not have been able to pilot this project. Call today to reserve a spot!  
**0113 245 5553**

**2 Course Lunch**  
**With Movie**  
**Only £3.50**  
**Every Wednesday**  
**Ingram Gardens**  
**Community Centre**



## Become part of the team!

If you fancy being part of a network of volunteers supporting older people in our community and can give at least one hour of time per week, we would love to hear from you. Or perhaps you know of someone else that would be great in the role. Give us a call on: **0113 2455553** for more information. Keep an eye out for our new recruits!



## Our Emmerdale adventure

HEA visited soap land by taking a short trip to Yorkshire's own Emmerdale Studio. With access to backstage locations such as make-up, costumes and the famous Woolpack pub the outing revealed just how the professionals bring the characters and stories we love to life.



# Foodies delight!



## Meet our new Chefs!

HEA our proud to introduce Mick and Ken, our two new chefs who will be freshly preparing and hand-making all of our dishes for our lunch and brunch clubs.



### <- Mick Walsh

Chef for almost 17 years, NACC finalist and reached the last 6 from Great Britain in 2004 & 05



### Ken Horn ->

See Ken at our Lunch Clubs & Café. He has over 25 years experience in the food industry

Bring your family and friends along to our  
**Holbeck**

**Community Café**

Every Thursday, 10 am - 12 pm  
St Matthews Community Centre



Bacon  
butties  
£2!



Full  
English  
from £3!

**NEW!**

**HEA Memory Café**

For the first time HEA are  
organising a Memory Café at  
Ingram Gardens Community Centre  
15th May & 12th June 12:30 - 2:30pm



## Mick's spring recipe:

### Spring Chicken Fricassee

#### Ingredients

- 225g Baby Carrots
- 225g Button Onions
- 225g Broccoli florets
- 225g Full-Fat Soft Cheese with Garlic & Herbs
- 8 Chicken Breast fillets
- 15ml Plain Flour
- 30ml Oil
- 100ml Dry Vermouth
- 300ml Chicken Stock
- 30ml Chopped Tarragon
- 1 Garlic Clove, crushed
- 60ml Single Cream
- Carrot tops to garnish



#### Method

1. Cut the carrots into short fingers. Peel and halve the Onions. Blanch the Cauliflower and Broccoli in salted water for 1-2 minutes only, drain.
2. Push a little of the soft cheese underneath the skin of each Chicken Breast and tuck the ends of the breast under to form small, neat rounds. Toss in the flour.
3. Heat the Oil in a shallow flameproof casserole. Brown the Chicken pieces a few at a time, adding more oil as necessary. Remove with a slotted spoon. Add the carrots and onions to the casserole and brown lightly
4. Return the Chicken to the pan and pour in the vermouth and stock. Bring to the boil, stirring in the tarragon, garlic and seasoning.

## Fish & Chip Luncheon



**Fish & Chips with Mushy Peas  
& a delicious dessert**

From **£3.50**  
**Every Friday**  
**12:15pm - 1:30pm**  
St Matthews Community Centre





# Events at HEA



For all events please call the office on 0113 245 5553

## Fun day out to Barnsley Markets

**Monday 24th April**

**9:30am - 3:30pm**

Barnsley's famous market is over 700 years old and has more than 300 bustling stalls to explore. With both indoor and outdoor areas it promises a great day out and something for everyone.

(£10 for door-to-door return transport service)



## Don't miss the 'wildlife experience' at the Yorkshire Wildlife Park

**Thursday 1st June, 9:30am - 3:30pm**

**YORKSHIRE**  
Wildlife Park



Built on a former riding school and farm, Yorkshire Wildlife Park has come along way since it opened in April 2009. A dynamic centre for conservation and welfare, the park has over 300 animals and over 60 species of animals including Lions, Polar Bears, Tigers, Wallabies & Baboons.

(£10 transport & £13 ticket)

## Summer jaunt to Bolton Abbey & Skipton with a Picnic/BBQ Lunch

**Thursday 22nd June, 10:00am - 3:00pm**

Nestled in the heart of the Yorkshire Dales on the banks of the River Wharfe, Bolton Abbey is one of Yorkshire's best days out. To best enjoy the tranquil surroundings we will enjoy a homemade picnic/ BBQ by the river before carrying on with our journey to Skipton. A charming market town with lively markets and a historic castle, there is much to explore.

(£15 Including return transport & meal)



## Afternoon Tea at Hawthorne Farm

**Thursday 27th April**

**12:30pm - 3:30pm**

Join us for a trip to Hawthorne Farm, Yeadon, for a delicious afternoon tea of Chocolate Eclairs, Cheesecakes and other scrummy desserts.

**Afternoon  
Tea  
£4.95**



(£5.00 for door-to-door return transport service)

## Booking now open!

Get your tickets while they're hot!

With the generous donation made by Mrs. Dorothy Chippendale, we are running a subsidised trip to the Princess River Cruise, Nottingham.

**Friday 28th July  
£27.50**



**Including- Return Transport,  
3- Hour River Cruise &  
2- Course Beef Dinner**

**"Suggest an Outing"**

Contact- Matthew

0113 2455 553



# Neighbourhood Outreach



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

**HEA Out of Hours Helpline - "HERE TO HEAR YOU"**

**0113 244 4742** Monday - Friday 5-9pm  
Saturday & Sunday including Bank Holidays 9-8pm



## HOME VISITS

The HEA team can assist you at home or in the community with any of the following:

- **Benefits**
- **Housing**
- **Signposting**
- **Social activities**

Please do not hesitate to contact us if you are in need of support.

## Ageing better, 10 Tips .....

*Eat and drink well*

*Look after your teeth*

*Stay as active as possible*

*Get the right amount of sleep*

*Have regular eye and ear tests*

*Keep in touch with friends and family*

*Quit smoking*



## NHS Screening



The benefits of having a screening test include:

- Screening can detect a problem early, before you have any symptoms.
- Finding out about a problem early can mean that treatment is more effective.
- Screening can save lives.

If you have any questions in regards to screening and what you need to do, contact your GP or speak to our Outreach team who can support you with this. **Contact our office on 0113 245 5553.**

The main aim of the **FAST campaign** is to help people recognise the symptoms of a stroke - and to think **FAST**. What is a stroke? A stroke is a brain attack. It happens when the blood supply to the brain is disrupted. Most strokes occur when a blood clot blocks the flow of the blood to the brain. **FAST** requires an assessment of three specific symptoms of stroke,

**Facial weakness** - can the person smile, Has their mouth or eye drooped?

**Arm weakness** - can the person raise both arms?

**Speech problems** - can the person speak clearly and understand what you say?

**Time** - to call 999







# APRIL - JUNE TRIPS AND EVENTS



DATE	TRIP/EVENT	TIME	COST
Mon 10 <sup>th</sup> April	Showcase Cinema Senior Special Film TBC by 04/04/17	Approximately 10:00am-2:00pm Dependent on Film/ Running Time	£5 Ticket £5 Transport
Wed 12 <sup>th</sup> April	10 Pin Bowling at Hollywood Bowl, Kirkstall	Pick-ups from 12:00pm. Leaving Approx. 3:00pm	£3.50 Transport
Thur 20 <sup>th</sup> April	Pub Meal Outing The Bowling Green, Otley	Pick-ups from 11:00am. Leaving Approx 2:30pm	£8.00 Transport
Mon 24 <sup>th</sup> April	Barnsley Market	Pick-ups from 9:30am. Leaving Approx. 3:30pm	£10.00 Transport
Wed 26 <sup>th</sup> April	HEA Spring Social Ingram Gardens C.C	Running Time from 12:00pm-3:00pm	FREE of Charge
Thur 27 <sup>th</sup> April	Hawthorne Farm, Yeadon Afternoon Tea	Pick-ups from 12:30pm. Leaving Approx 3:30pm	£5.00 Transport
Mon 8 <sup>th</sup> May	Showcase Cinema Senior Special Film TBC by 05/05/17	Approximately 10:00am-2:00pm Dependent on Film/ Running Time	£5 Ticket £5 Transport
Wed 10 <sup>th</sup> May	10 Pin Bowling at Hollywood Bowl, Kirkstall	Pick-ups from 12:00pm. Leaving Approx. 3:00pm	£3.50 Transport
Sun 14 <sup>th</sup> May	HEA 25 <sup>th</sup> Birthday Celebratory Lunch	Pick-ups from 11:00am. Leaving Lunch Approx. 2:00pm	FREE of Charge
Mon 15 <sup>th</sup> May	HEA Memory Café Ingram Gardens C.C	Running Time from 12:30pm-2:30pm	FREE of Charge
Thur 18 <sup>th</sup> May	Junction 32 & Pub Meal Outing Singing Chocker, Castleford	Pick-ups from 10:00am. Leaving Approx 3:00pm	£8.00 Transport
Thur 1 <sup>st</sup> June	Yorkshire Wildlife Park, Doncaster	Pick-ups from 9:30am. Leaving Approx. 3:30pm	£10.00 Transport £13.00 Ticket
Mon 5 <sup>th</sup> June	Showcase Cinema Senior Special Film TBC by 02/06/17	Approximately 10:00am-2:00pm Dependent on Film/ Running Time	£5 Ticket £5 Transport
Wed 7 <sup>th</sup> June	10 Pin Bowling at Hollywood Bowl, Kirkstall	Pick-ups from 12:00pm. Leaving Approx. 3:00pm	£3.50 Transport
Thur 8 <sup>th</sup> June	Mystery Tour Outing	Pick-ups from 9:30am. Leaving Approx. 3:30pm	£12.00 Transport
Mon 12 <sup>th</sup> June	HEA Memory Café Ingram Gardens C.C	Running Time from 12:30pm-2:30pm	FREE of Charge
Thur 15 <sup>th</sup> June	Pub Meal Outing The Crown Inn, Knaresborough	Pick-ups from 11:00am. Leaving Approx 2:30pm	£7.00 Transport
Mon 19 <sup>th</sup> June	UK City of Culture 2017, Hull	Pick-ups from 9:30am. Leaving Approx. 3:30pm	£12.00 Transport
Thur 22 <sup>nd</sup> June	Bolton Abbey & Skipton with Picnic/ BBQ Lunch	Pick-ups from 10:00am. Leaving Abbey Approx. 3:00pm	£15.00 inc Transport & Meal
Thur 29 <sup>th</sup> June	Coast Outing- Cleethorpes	Pick-ups from 9:30am. Leaving Cleethorpes 3.30pm	£14.00 Transport
<b>DATES FOR YOUR DIARY SUMMER 2017</b>			
Wed 12 <sup>th</sup> July	Leeds Grand Theatre- Dreamboats & Petticoats 14:30	Pick-ups from 1:30pm. Leaving Theatre Approx 5:00pm. Book by 8 <sup>th</sup> May	£24 Ticket £5 Transport
Fri 28 <sup>th</sup> July	River Trent Cruise & 2 Course Roast Beef Dinner -Nottingham	Pick-ups from 9:00am. Leaving Nottingham Approx. 3:00pm	£27.50 inc Transport Meal & Cruise

## **PLEASE READ - Additional information for the above trips and events:**



- Unfortunately we are currently unable to provide accompaniment on these trips. If you would like to take your helper/carer then do get in touch to book them on.
- We kindly ask that you pay a deposit to secure you place on the trips.
- We are very happy to collect you from your house. However, if you are happy to make your own way to St Matthews at the beginning of the trip , this does help the driver to get everyone to the destination as quickly as possible!
- Whilst we endeavour to keep to schedule, all times are approximate and may be subject to change.






# Regular Activities






## Mondays

	Ingram Gardens Coffee Morning	9.45am - 11:45am		£2.00
	3 <sup>rd</sup> Monday in the month Swimming at Morley Leisure Centre	9:45am - 12 noon	Transport	£4.00



## Tuesdays

	'Just Come Along & Sing	11:00am - 12:00pm	Activity	£2.00
	3 Course Lunch Club	12:15pm - 1:30pm	Meal	£5.00
	Friendship Club	1:45pm - 3:00pm	Transport Activity	£3.50 £0.50

## Wednesdays

	Ingram Court Coffee Morning	10:30am - 11:30am		<b>FREE of charge</b>
	Ingram Gardens Lunch & Movie Afternoon	12:00pm - 3:00pm	Meal & Activity Transport	£3.50 £3.50
	Shopping to Morrisons	10:00am - 1:00pm	Transport	£4.50

## Thursdays

	Holbeck Community Cafe	10.00am - 12.00pm	Transport	£3.50
	Craft	1:30pm - 3:30pm	Activity Transport	£1.00 £3.50

## Fridays

	Shopping to Morrisons	10:00am - 12:30pm	Transport	£4.50
	Danceabout Exercise (Fortnightly)	11:00am - 12:00pm	Transport	£3.50
	Fish & Chips Lunch Club	12:30pm - 1:30pm	Meals from Transport	£3.50 £3.50
	Games Afternoon	1:30pm - 3:00pm		<b>FREE of charge</b>
	Bingo @ St Matthews	1:30pm - 3:00pm		20p per ticket

	<b>Saturday- Once a Month</b> Shopping with Roy    8 <sup>th</sup> Apr, 13 <sup>th</sup> May, 10 <sup>th</sup> Jun	10:00am - 1:00pm	Transport	£4.00
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	<b>Sunday- Once a month</b> Sunday Lunch for the Over 60's St Matthews Community Centre (21 <sup>st</sup> May, 25 <sup>th</sup> June)	12:30 - 2:00pm	Donation Transport	£3.00 £3.50
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*Phone 0113 245 5553 for more information  
Transport is available for some of the activities.*



# Final notes...



It was just a dream when we approached the Leeds Building Society in September last year to enquire about their unoccupied building in the heart of Holbeck, just a dream that HEA may be able to move into the office space. The dream has now become a reality and HEA has set up residence in this fantastic spot next to the St. Matthews community centre. The building has a great history within the local community, previously as the Leeds Building Society branch, and originally a cinema. With the generosity and collaboration of Leeds Building Society and contractors, the landmark building has been transformed into a functional and modernised space working within the community, for the community.



Elissa Newman,  
Chief Officer at  
Holbeck Elderly Aid

*Thank you to all of the contractors who gave their time and labour freely to renovate the new office. Your contributions have been invaluable and we are so grateful for all of your fantastic hard work.*

*Formm,  
Lumilow Lighting,  
DMS Electrical,  
Fresco Flooring,  
Greens Decorating,  
Cable-Talk,  
Yesss Electrical,  
Butterfield Signs,  
Bright Utilities.*

**Our doors are always open and we welcome the local community to drop in to say hello!**

Come along to our **Wellness Drop-In Session** for a **FREE** health check and warming cup of tea or coffee. A pharmacist from Nightingale Pharmacy in Leeds will check blood pressure, blood glucose levels, height, weight, and a calculation of body mass index (BMI), and provide health advice for everyone who attends.

**Thursday 30<sup>th</sup> March, 10-11.30am**  
at St. Matthews Community Centre



## Digital Angels with Age UK

A new project works to reduce social isolation by connecting people through technology. If you are over 50 and interested in developing your computer skills please get in touch with us on: **0113 245 5553**



## A care home that truly cares

As soon as Doreen visited us at Pennington Court, she knew that her hunt for a care home was over. We asked her what she wanted from us, then, tailored her care and support around her.

Find out more at  
[www.westwardcare.co.uk](http://www.westwardcare.co.uk)  
or call **0113 228 4040**

**Pennington Court**  
Hunslet Hall Road,  
Beeston, Leeds  
LS11 6TT



Doreen thought choosing a care home would be the hardest decision she'd ever make. Turned out to be the easiest.

  
**Pennington Court**

**Wade's Charity**  
At the heart of Leeds

**NHS**  
Leeds South and East  
Clinical Commissioning Group

**Leeds**  
CITY COUNCIL



LOTTERY FUNDED

**BARCLAYS**

