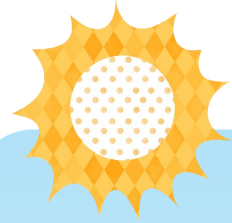




your friend in the community

The Old Box Office,  
99 Domestic St, Holbeck, LS11 9NS  
www.hea-services.org.uk

0113 245 5553



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## 'Underneath the Arches' Dementia Café launch



To kick off Dementia Awareness week, HEA launched its first Dementia cafe for the Holbeck community, at Ingram Gardens Community Centre. In partnership with The Alzheimer's Society and with help from the Co-op in Beeston, HEA provided a freshly cooked lunch, stimulating reminiscence activities and practical advice for attendees.

*The Dementia café will run on the second Monday of every month.*  
Call 0113 245 5553 for more information.

Those with Dementia were joined by their loved ones and supporters to access professional guidance in an informal, friendly and welcoming environment. In addition to supporting individuals in our community, the new initiative aims to raise awareness of the condition and provide educational material for those interested in learning more.



*Thank you to friends at the Co-op and Alzheimer's Society!*



## Star-studded event!



We were delighted to welcome Christine Yorath, her daughter Gabby Logan and our patron, the Right Honourable Hilary Benn MP to officially open the event and they were kind enough to spend time talking to everyone who attended, even helping out with some of the games! BBC Radio Leeds, BBC Look North, The Yorkshire Evening Post and Made in Leeds TV all joined us on the day to support the work being done and capture some of the highlights of the day.





25 years of  
Holbeck Elderly Aid

**13<sup>th</sup> May 1992:** The Holbeck Winter Relief project received full charitable status and became Holbeck Elderly Aid.

**1997:** Secured a community office in St. Matthew's Community Centre.

**1998:** Mr. Derek Fatchett, MP, Foreign Office Minister became first patron of the charity.

**2000:** Rt Honourable, Hilary Benn MP appointed as HEA's second patron.

**May 2005:** Purchased first minibus with full disabled access, allowing us to provide a shopping provision for service users.

**4<sup>th</sup> September 2006:** HEA moved into fully adapted offices at Holbeck towers, providing provision of confidential space in which to support service users.

**4<sup>th</sup> April 2008:** Holbeck Elderly Aid moved their offices to Meynell Heights.

**1<sup>st</sup> April 2009:** HEA moved to new premises at Oak House, Balm Walk.

**January 2011:** HEA successfully secures support from Big Lottery, for three years of funding.

**2011:** HEA buys new, yellow 16 seater bus.

**May 2015:** HEA receives a second round of investment from Big Lottery.

**October 2015:** HEA received second 16 seater minibus for the older people of Holbeck.

**13<sup>th</sup> May 2017:** HEA celebrates 25 years supporting older people in Holbeck, launching a week of celebrations for friends of the charity.

# News and Events



## 25th Birthday Celebrations!



**T**here was a silver theme throughout the week, with cupcakes and decorations adding a bit of extra sparkle to our regular activities and the entire team got involved at each of the events. On Friday, we hosted a celebratory afternoon of entertainment at St. Matthews Community Centre where performer Steve Andrew serenaded the attendees while they enjoyed a freshly cooked meal with friends. There was dancing and lots of reminiscing. Patron Rt. Honourable Hilary Benn MP joined us again on Sunday for a delicious three course meal, where old friends and supporters came together to celebrate past work and projects still to come.

### *A word from Elissa...*

We look forward to more settled weather ahead and a busy summer schedule of activities with days out to the coast and the introduction of an 'Extra Care' trip to Hemsworth Water Park tailored to additional support needs.

We are planning to offer an extension to our Tuesday and Friday activities. You can now join us for most of the day from 10am until 3pm if you wish. We'll just pick you up a little earlier in the day. Enjoy all of the activities on offer or dip into the ones that you choose. Enjoy morning Toast and Tea, catch up with friends, read the newspapers, have a game of bingo, stay for lunch and on for an afternoon of activities.

Give us a call to find out more on 0113 245 5553.

# News and Events

## Tea, Toast & **BINGO** From 10:00am

Throughout the summer months HEA are re-launching our Lunches on Tuesdays & Fridays by expanding our service to include....

Morning tea, coffee, toast and biscuits, play your favorite tune, read the newspaper and catch up with your friends and our outreach team whilst enjoying a game of **BINGO**.

If you're a regular lunch attendee and you bring a friend that stays for lunch you will receive a

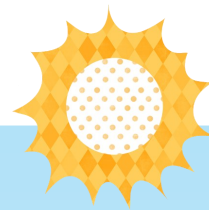
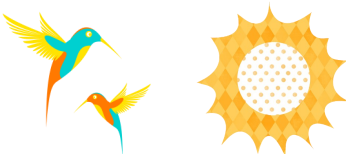
### FREE Lunch Voucher!

*"At HEA we want to open our doors to more people, more often. That's why we are always looking for ways to extend our services to support people in new and exciting ways."*

*Elissa Newman (Chief Officer)*

*Every Tuesday & Friday  
(Transport Available)*

Call Matthew on [0113 245 5553](tel:01132455553) or pop into the office at 99 Domestic Street to book a place!



## Morley Mondays! Shop or Swim!

Join HEA as we visit Morley every month to go shopping or swimming

We will be providing door-to-door transport to visit Morley Leisure Centre, Morrison's, Asda or Morley Town Centre

**July 10th**  
**August 21st**  
**September 11<sup>th</sup>**

**£4.00 transport**  
**9:30 – 12:00**



## Volunteer Corner



On Thursday June 8th HEA were visited by volunteers from Leeds Building Society. Jessica, Jeanette, Michelle and Adele were on hand to assist at our Community Café in the morning

and in the afternoon created some fabulous cards at our weekly Craft Group. Thank you once again for your support and we hope to see you again soon!



## Volunteers Needed!

We have the following volunteer vacancies:

### Befriender

Befriend a service user with a weekly phone call or visit to their home

### Leaflet Distributor

Help grow the service attendance at our activities by distributing leaflets

### Driver

Drive our HEA minibuses for our activities and other group bookings

### Sunday Lunch Assistants

Assist the team at our ever popular monthly Sunday lunches

**Please get in touch on [0113 245 5553](tel:01132455553) if you or anyone you know would be interested!**

# Upcoming Events..

## HEA's 25th Birthday Offer

To celebrate HEA's 25th Birthday, Steve Hall HEA's Transport Manager has proposed various summer sunshine bargains.

This offer ensures that HEA outings to the coast in Summer 2017 are available for only.....

17/07/2017

Bridlington



07/09/2017

Whitby

31/08/2017

Scarborough



28/09/2017

Blackpool

\*All prices are for return journeys and per person, Whitby outing additional £15 for NYMR Railway, Lytham St Anne's & Blackpool Additional £6.50 for Meal\*

## 'Extra Care' Outings

**NEW**

Hemsworth Water Park & Lakeside Cafe

Thursday 24th August

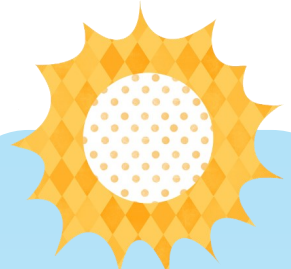
These outings are tailored towards service users who need extra support to get out and would prefer shorter day trips.

'Extra Care' Outings will be to a local venue and suitable for service users with extra support needs e.g. mobility and fully supported by staff members and volunteers. We pick you up from and return you to your home, with each trip lasting between

4-5 hours, £7.00 (without meals)



'Extra Care' Outings will be an excellent way of getting to know people, going to new places and revisiting some old favourites.



HEA

Carer's Group

Are you a carer for a relative or friend? Or perhaps you have recently lost a loved one.

If so, then come along to our Carer's Group for a break. We have a very informal get together once a month with homemade cakes tea or coffee and a good old natter.

Hope to welcome you soon.

**Gloria Jackman**

HEA Volunteer



Mon 24th July

-

Mon 21st  
August

-

Mon 18th  
September



# Friends of HEA

We are delighted to announce that we are one of the Co-op's Local Community Funds. The central Leeds Co-op stores on New York St, at Westpoint and at Sovereign Square will all be raising money for Holbeck Elderly Aid and the people we support.

This means that through the Co-op's membership scheme shoppers can contribute to the fund that HEA will be gifted.

As a member, every time you buy Co-op branded products you earn 5% back for yourself and 1% goes to the Co-op Local Community Fund of your choice!

So if you aren't already a member, get down to your nearest Co-op to join the membership scheme for just £1 and select Holbeck Elderly Aid as your local community fund.



## HEA Community Car Fundraising

With help from Co-Op Beeston, Leeds Building Society and Sir George Martin Trust HEA have already raised a fantastic **£3,000**. However we have a long road to reach our **£8,000** target. If you would like to support HEA's Fundraising by hosting an event

Please contact our office to discuss further

**How the community vehicle can help you...**

If successful with our fundraising, HEA will be able to provide the following additional services to the community: smaller group outings, a laundry collection service, meals on wheels, medical appointment escort service and personal shopping.



Leeds South and East Clinical Commissioning Group

Thank you to all of our charity partners and funders for all your fantastic support all year round -HEA Team



Leeds Building Society



### 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.

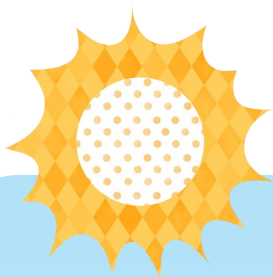
Find out more at [www.westwardcare.co.uk](http://www.westwardcare.co.uk) or call 0113 228 4040

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



### Stay hydrated this summer

As people get older their thirst sensation can lessen which can lead to them not drinking enough. 25% of the elderly suffer mild chronic dehydration. This can result in confusion, urinary tract infections, headaches, irritability and greater risk of pressure sores. As people become less mobile, they may find it difficult to get up to get themselves a drink. Additionally fear of incontinence may also encourage individuals to drink less. The average amount of water that people need to drink is 30ml per kg of body weight, but this increases in warm weather and during infection. The minimum most people should drink is 8 – 10 glasses of water per day.

### Tips for coping in hot weather

- Shut windows and pull curtain to when hotter outside. Open the windows for ventilation when its cooler.
- Stay out of the sun between the hours of 11am and 3pm.
- Have cool baths or showers and splash yourself with cool water
- Drink cold drinks regularly
- Wear loose, cool clothing and a hat and sunglasses if you go out
- Check on friends, relatives and neighbours who may be less able to look after themselves



# Community Outreach

## Well being Event, a great success!

HEA outreach and activity team put together a free breakfast morning and wellbeing drop in event to encourage healthy eating and promote wellbeing. The breakfast was provided by the HEA café that we run alongside the wellbeing drop in each week.

We offered a variety of different foods from cereals, fruit, croissants and fresh smoothies made from fruit and vegetables. We provided our usual cooked options but cooked them slightly differently by grilling the food.

As part of the initiative we wanted to get as many partners and other organisations as involved as possible. HEA invited Leeds let's get Active, Health for All, Connect4health and Leeds City Council, one member promoting cancer screening and the other chatting with attendees to find out what information they access in Leeds and if it is useful.



As it was such a good morning we will be running the event once a month over the Summer – 20th July, 17th August and 21st September.

A Dementia Friend learns a little bit more about what it's like to live with dementia and then turns that understanding into action - anyone of any age can be a Dementia Friend Dementia Friends is about learning more about dementia and the small ways you can help. From telling friends about Dementia Friends to visiting someone you know living with dementia, every action counts. Dementia Friends Information Session is run by Sue Cawthray, a volunteer Dementia Friend Champion, who is trained and supported by Alzheimer's Society. Each Information Session lasts around one hour. You will learn more about dementia and how you can help to create dementia friendly communities. So whether you are a relative who is living with someone with Dementia, or just want to find out more, call us on: **0113 245 5553**.



The [NHS Health Check](#) is a health check-up for adults in England aged 40-74. It's designed to [spot early signs](#) of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk.

# Monday – Friday Weekly Activities

<u>Monday</u>	<u>Wednesday</u>	<u>Friday</u>
<b>Ingram Gardens Coffee Morning</b> 9:45am - 12:00pm      £2.00	<b>Ingram Gardens Coffee Morning</b> 10:30am - 11:30am	<b>Fish &amp; Chips with Bingo</b> 10:00am - 1:30pm      £5.00
<u>Tuesday</u>	<b>2 Course Lunch &amp; Film</b> 12:00pm - 3:00pm      £3.50	<b>Shopping to Morrison's</b> 10:00am - 1:00pm      £4.50
<b>3 Course Lunch &amp; Bingo</b> 10:00am - 1:30pm      £5.00	<b>Shopping to Morrison's</b> 10:00am - 1:00pm      £4.50	<b>Danceabout Exercise</b> 11:00am - 12:00pm      FREE
<b>Singing Group (fortnightly)</b> 11:00am - 12:00pm      £2.00	<u>Thursday</u>	<b>Games Afternoon</b> 1:30pm - 3:00pm      FREE
<b>Friendship Group</b> 1:45pm - 3:00pm      50p	<b>Holbeck Community Café</b> 10:00am - 12:00pm      £3.00	<b>Door-to-Door Transport available for all activities</b>  <b>£3.50 Return</b>
<b>Phone 0113 245553 for more information</b>	<b>Craft Group</b> 1:30pm - 3:30pm      £1.00	



## Monthly Activity Dates



<b>'Underneath the Arches' Memory Café</b>	<b>12:30pm - 2:30pm</b>	
Monday 10th July - Monday 14th August - Monday 11th September		£1.00 Activity Charge
<b>Showcase Cinema</b>	<b>10:00am - 1:00pm</b>	
Monday 3rd July - Monday 7th August - Monday 4th September		£5 Ticket/ £5 Transport
<b>Carers Group</b>	<b>12:00pm - 2:00pm</b>	
Monday 24th July - Monday 21st August - Monday 18th September		From £3.50
<b>Hollywood Bowl Outing</b>	<b>1:00pm - 3:00pm</b>	
Wednesday 5th July - Wednesday 9th August - Wednesday 6th September		£3.50 Transport
<b>Saturday Shopping</b>	<b>10:00am - 1:00pm</b>	
Saturday July 8th - Saturday August 12th - Saturday September 9th		£4.00 Transport
<b>Sunday Lunch</b>	<b>12:15pm - 2:00pm</b>	
Sunday 30th July - Sunday 20th August - Sunday 24th September		£3.00 Meal/ £3.50 Transport



### July Outings



Thursday 6th	11:00 - 14:00	Pub Meal Outing– Vesper Gate, Kirkstall	£5.00
Wednesday 12th	13:00 - 17:30	Leeds Grand Theatre– Dreamboats & Petticoats	£29.00
Monday 17th	09:00 - 16:00	Bridlington	£10.00!
Friday 28th	09:00 - 17:30	Princess River Cruise, Nottingham	£27.50

### August Outings



Thursday 10th	11:00 - 14:00	Pub Meal Outing Stanley Ferry	£7.00
Wednesday 16th	09:30 - 15:00	North Allerton Market	£9.00
Thursday 24th	10:30 - 15:00	Hemsworth Water Park Extra Care Outing	£7.00
Thursday 31st	09:00 - 16:00	Scarborough	£10.00!



### September Outings

Thursday 7th	09:00 - 17:00	North York Moors Railway	£25.00!
Friday 8th	12:30 - 15:00	Sue & Geoff Social Event	FREE
Thursday 21st	11:00 - 14:00	Pub Meal Outing The Generous Pioneer, Ilkley	£7.00
Thursday 28th	11:30 - 20:00	Lytham St Anne's Four Roast Carvery & Blackpool Illuminations– Meal Included	£16.50!

## Christmas at Millstones, Harrogate

Thursday 7th December

3 course Christmas Lunch followed by entertainment music, sing a-long and dancing before cakes and Bingo

£30.00 per person



### *HEA Holiday Late Summer 2018*



*If you would be interested in joining us on a Holiday please call the office on 0113 245553 and take part in our short survey*

#### **PLEASE READ - Additional information for the above trips/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 your 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.