



*your friend in the community*

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### Inside this issue

Happy new year	1
News and Events	2 & 3
Friends of HEA	4
Volunteer Corner	4
Community Outreach	5
Upcoming Events	6
Weekly Activities	7
Quarterly Trips	8

On behalf of the Trustees and Staff Team at **HEA** I wish everyone a Happy and Healthy 2018. During 2017 we launched new services to include the monthly Dementia Café and the introduction of additional meal services extended to evenings supported by the LCC Winter Wellbeing Grant. Wednesday lunch followed by the Cinema Club has proven very popular and the extension of daily schedules serving Tea & Toast on Tuesdays and Fridays from 10:00 at St. Matthews' Community Centre enabling people to get together and have a morning natter. This year we will continue to expand the meal service offer which includes a take-away meal service and the refurbishment of the kitchen at St. Matthews. We are looking forward to a packed schedule of activities during the forthcoming year.

**HEA's** partnership with **Leeds Building Society** has marked the First Anniversary of our office move to the centre of Holbeck occupying the **LBS** building. We couldn't have imagined a year ago how great the impact has been. Being in the heart of the community has enabled HEA to become accessible to more people in the wider community.



The added value of working in partnership with businesses provides support, capacity and resources and in the long-term helps to guarantee sustainability of our charity and the vital work we do. We are delighted to announce a new community partnership and teaming up with **Leeds United Football Club** as part of its CSR programme to support those in need in the Holbeck area. We would like to thank the club for providing a wonderful lunch at Christmas. Alan Scorfield, CEO at the **Leeds United Foundation** said: "It's great to give back to the local community, particularly those who've supported the club for such a significant time."



**Leeds  
Building  
Society**



# News & Events

## HEA Trick or Treat?

This Halloween HEA staff joined service users and volunteers for a frightful affair at our Halloween Lunch. Featuring a spooky stew, trick or treacle sponge with custard and fangtastic costumes, including a mixture of spiders, skeletons, and witches amongst



other outfits. The event went down a storm so there will certainly be more tricks or treats at Halloweens in the future!

## Lights, Camera, ACTION! International Day of Older People 2017

Thanks to funding from The LOPF, HEA provided an extra activity celebrating International Day Of Older People. 2017's theme was the diversity of older people. To celebrate HEA welcomed service users to a Movie Evening, showcasing 'The Intern' a story about an older man in a youthful workplace and the challenges that he faced.



## Millstones

For the second time in as many years HEA kicked off their festive season celebrations by visiting Millstones in Harrogate. Millstones has always been a favourite place



for our service users to visit, featuring a 3 - Course Lunch and entertainment, everyone certainly enjoyed the festive occasion!

## Co-Op Partnership!

A HUGE thank you to the central Leeds Co-op stores on New York St, Swinegate and at Westpoint for selecting us as their Local Community Fund of choice. Between April and November all money raised from plastic bags and through their membership scheme was split between HEA and two other charities. In total, we received £3,166 which will go towards keeping HEA's vital services running. Staff teams from each of the stores have supported our organisation by donating raffle prizes, undertaking fundraising challenges and throwing a fabulous tea-party for our clients. Thank you Co-op!



## Gabby Logan Visit

HEA celebrated the success of launching our Dementia Café along side Gaby Logan and Hilary Benn.

This is an ongoing service, taking place the second Monday of each month at Ingram Gardens Community Centre, 12.30-2.30pm.





# ts from 2017

## Christmas Lunch, Barclays

This Christmas our friends at Barclays returned again to sprinkle some festive cheer in Holbeck. Staff took time out of their busy work schedule to fundraise and serve a fabulous 3 - Course Christmas Lunch to our service users. Over 80 people attended the event, including attendees from across all of our activities throughout the year. From everyone at HEA, service users and volunteers included we would like to say a huge thank you to everyone from Barclays for your continued support, we are already looking forward to Christmas 2018!



## Christmas Social

The Arena Group supported the celebration of our Christmas Social once again. Providing fantastic gifts and raffle prizes for everyone in attendance. Featuring entertainment provided by Steve Andrews, a Christmas buffet and even some line dancing! Thank you to The Arena Group for your continued support.



## Holbeck Christmas market

We had a fantastic day at Holbeck Christmas Market and raised £146 selling homemade reindeer wash sets made by our very own Claire Holmes (Outreach Worker) marshmallow kebabs coated in melted chocolate and homemade rocky road muffins made by the HEA team.



Special thanks to Dave Wilson, Mary West and Gwyneth Aylott for keeping the show on the road and running 'Play Your Cards Right' for hours on end, to Linda Ford for keeping us company and to John Hinton for treats to keep us going!

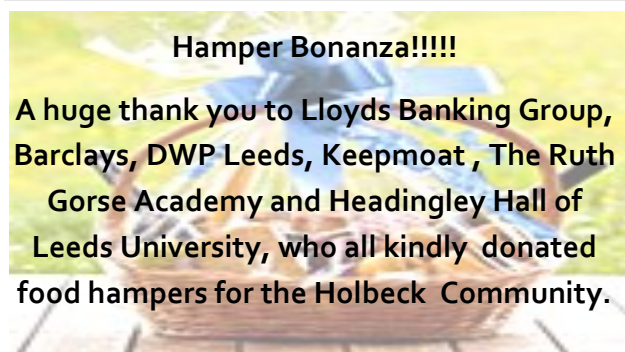
## Lytham St Anne's & Blackpool Illuminations

HEA visited the classic seaside resort of Lytham St Anne's for an afternoon stroll in the late summer sunshine along the promenade or pier. This was followed by a fantastic Toby Carvery on the seafront before we departed down the coastline for Blackpool and the world famous Illuminations.



## Hamper Bonanza!!!!

A huge thank you to Lloyds Banking Group, Barclays, DWP Leeds, Keepmoat, The Ruth Gorse Academy and Headingley Hall of Leeds University, who all kindly donated food hampers for the Holbeck Community.





# Friends of HEA

## Volunteer Corner 20 years service to HEA

HEA invited all of our volunteers to a 'Volunteer Thank You' Afternoon Tea. Allowing volunteers new and old from across the service to catch up, or meet each other for the first time, whilst having a well deserved rest. 2017 marked an important milestone for three of our longest serving volunteers June Clarke, Gloria Jackman & Ann Hepburn who have each completed 20 years of service as volunteers for HEA. From the board of trustees, staff team and service users over the years we would like to say **THANK YOU** for your hard work and dedication to HEA.



## Transport Service

At HEA we pride ourselves in the transport service that we offer.

### SAFE, SECURE, DOOR - TO - DOOR TRANSPORT

provided by experienced drivers and passenger assistants who can accommodate individual mobility needs including the use of walking aids and wheelchairs.

...Continue to shop independently, home pick up's to local supermarkets - **"We're happy to carry your shopping for you"**

If you would also like to try one of our **activities, outings or Lunch Clubs...**

**We have your transport solution!**

...Don't hesitate, give us a call for further information.

From only **£3.50 Return** we have extremely competitive charges.

**Call Steve today on 0113 245 5553**

**We offer our Transport to other user groups  
Call 0113 245 5553 for a quote**



**Extra Care Apartments – available now**

**At Pennington Court we offer a range of person centred services:**

- Nursing Care and Residential Care
- Intermediate Care
- Respite Care
- Continuing Care
- End of life Care
- 'Extra Care Plus' Apartments

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

Hunslet Hall Road,  
Beeston, Leeds LS11 6TT



**Pennington Court**

Thank you to all our partners and sponsors for your continuous support.



**Leeds South and East  
Clinical Commissioning Group**





# Community Outreach



## *In the Community or home visits with Claire and Stacey*

If you would like a catch up regarding your personal circumstances, including anything from accessing services, to how HEA can help you with additional support, please do not hesitate to contact the HEA office, where we can arrange an informal chat in your home, a community setting or over the telephone.  
0113 245 5553

Well being  
Drop in dates  
Thursday 25th  
January  
Thursday 22nd  
February  
Thursday 29th  
March  
With partners

Would you like to socialise in the evening?

We are delighted to invite you to a brand new activity ....

### **"An Evening Supper"**



Currently free of charge for a trial period

Limited spaces

Transport to and from the event available

Please call the HEA office to secure your place.

**0113 245 5553**



## **Would you like to know more about HEA?**

HEA are holding a "Taster Day" so you can find out more about services and activities we provide, to enable you to become a service user.

**To be held on Tuesday 27th February**

**At St Matthews Community Centre, 10-3pm**

- Bingo
- Tombolo
- Craft
- Three Course meal
- Dance session

If you would like a meal please call to book your place 0113 245 5553.



## **HEA Wellbeing drop in Health Outcomes**

79% of people who attended the wellbeing clinics felt more informed about health choices.

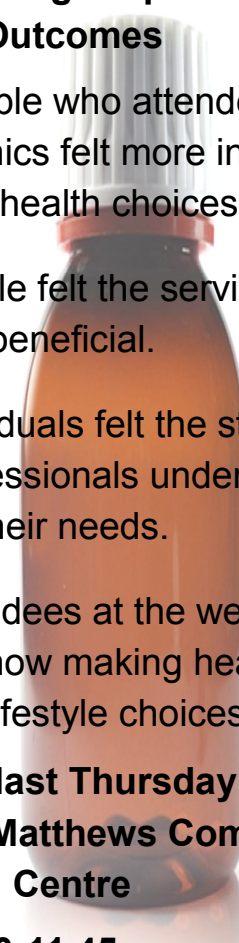
76% of people felt the service was beneficial.

87% of individuals felt the staff and health professionals understood their needs.

72% of attendees at the wellbeing clinics are now making healthier lifestyle choices.

**Held every last Thursday of the month at St Matthews Community Centre**

**10-11.45am**



## Photo Exhibition Morning

If you have been to one of our activities, events or on our group outings in recent years HEA is delighted to offer you the opportunity to order/purchase photographs that have been taken by the HEA staff team!



**Friday 23rd  
February**

**10:00- 12:00**

**St Matthew's  
C.C**

# Upcoming events



**Yorkshire  
Dance**

**Dancing In Time Project**



**FREE of Charge!**

Every Tuesday and Friday

1:30pm - 3:00pm

St Matthew's C.C



**Liverpool Albert Dock & The  
Beatles Story**

**£23.50 inc ticket & transport**

Thursday 15th March

Pick - Ups from 9:00am

Please book by 1st March



**3 Course Fish & Chip Lunch**

Thursday 1st March

11:00am - 2:00pm

**£15.00** including meal & transport

Please Book by calling: 0113 245 553

## Cinema Outings

Over the next quarter HEA will be visiting different cinemas around Leeds viewing a variety of the latest film!

**Cineworld - White Rose  
Centre 29th January £12.50**

**Vue Cinema - Kirkstall 26th  
26th February £12.50**

**Showcase Cinema, Birstall  
26th March £10.00**

## Themed Lunch Events!

Following on from the success of HEA's Valentines, Halloween and Christmas Lunches in 2017 featuring a mixture of fancy dress, special menus, room decorations and entertainment HEA has decided to make these a regular monthly fixture to our events schedule for 2018!

Here are our themed lunch events for January - March 2018!

**Robert Burns Lunch**   **Shrove Tuesday Lunch**   **Valentines Lunch**   **Easter Lunch**

**23rd January**

**13th February**

**14th February**

**27th March**

To find out the menu options and to secure your place please call 0113 245 5553



# Activities & Meal Services

Please Call 0113 245 5553 to book your place or for more information

## Meal Services

### Monday

#### Supper Club- Ingram Court

January - 8th & 22nd

February - 5th & 19th

March - 5th & 19th

5:00pm - 7:00pm FREE

### Tuesday

#### 3 Course Lunch - St Matthew's

12:00pm - 1:45pm £5.00

### Wednesday

#### 2 Course Lunch- Ingram Gardens

12:00 - 1:15pm £3.50

### Thursday

#### Community Café - St Matthew's

10:00am - 12:00pm

#### Supper Club-Ingram Gardens

January - 4th, 18th

February- 1st & 15th

March - 1st, 15th & 29th

5:00pm - 7:00pm FREE

### Friday

#### Fish & Chips - St Matthew's

12:00pm - 1:30pm

£3.50 - £5.00

### Sunday (Monthly)

#### Sunday Lunch- St Matthew's

12:00pm - 1:30pm £3.00

January 28th

February 25th

March 25th

## Monday

## Ingram Gardens Community Centre

Memory Café (Monthly) 12:30pm - 2:30pm £1.00 Activity

January 8th, February 12th & March 12th

Morley Shop/ Swim (Monthly) 9:00am - 12:00pm £4.00 Transport

January 15th, February 19th & March 19th

## Tuesday

## St Matthew's Community Centre

Tea & Toast Morning 10:00am - 12:00pm FREE Activity

Dancing In Time 1:30pm - 3:00pm FREE Activity

Friendship Group 1:45pm - 3:00pm 50p Activity

## Wednesday

## Ingram Gardens Community Centre

Singing Group (fortnightly) 10:15am - 11:15am £2.00 Activity

Coffee Morning (Ingram Court) 10:30am - 11:30am FREE Activity

Film Afternoon 1:15pm - 3:00pm FREE Activity

Shopping to Morrison's 10:00am - 1:00pm £4.50 Transport

## Thursday

## St Matthew's Community Centre

Line Dancing 11:30am - 12:30pm FREE Activity

February 1st, February 8th & February 15th

Craft Group (Cleveleys Court) 1:30pm - 3:30pm £1.00 Activity

## Friday

## St Matthew's Community Centre

Tea & Toast Morning 10:00am - 12:00pm FREE Activity

Shopping to Morrison's 10:00am - 1:00pm £4.50 Transport

Dancing in Time 1:30pm - 3:00pm FREE Activity

Games Afternoon 1:30pm - 3:00pm FREE Activity

## Saturday

Shopping (Monthly) 11:30am - 12:30pm £4.00 Transport

January 13th, February 10th & March 10th

Door - to - Door Transport Available from £3.50 Return - Call 0113 245 5553 to book!

### January Outings & Events

Thursday 18th	11:00 - 15:00	Pub Meal, The Noble Comb, Shipley	£7.00 transport
Friday 19th	7.00pm	Little Miss Muffit Pantomime	£10 inc ticket & transport
Tuesday 23rd	12:00 - 14:00	Robert Burns Celebratory Lunch	£5.00 Lunch
Monday 29th	10:00 - 15:00	Cineworld, White Rose	£12.50 ticket & transport

### February Outings & Events

Tuesday 13th	12:00 - 14:00	Shrove Tuesday Lunch	£5.00 Lunch
Wednesday 14th	12:00 - 15:00	Valentines Lunch & Film Afternoon	£3.50 Lunch
Thursday 15th	11:00 - 15:00	Pub Meal, The Hare & Hounds, Menston	£5.00 Transport
Friday 23rd	10:00 - 12:00	Photo Exhibition Morning	FREE Activity
Monday 26th	10:00 - 15:00	Vue Cinema, Kirkstall	£12.50 inc ticket & transport
Wednesday 28th	12:00 - 15:00	Hollywood Bowl	£3.50 transport

### March Outings & Events

Thursday 1st	11:00 - 15:00	Murgatroyds- 3 Course Meal	£15 inc meal & transport
Monday 12th	12:30 - 14:30	Time for a Cuppa Event (Ingram Gardens)	Donation's
Thursday 15th	9:00 - 16:00	Liverpool Albert Dock & The Beatles Story Museum	£23.50 including ticket & transport
Thursday 22nd	11:00 - 15:00	Pub Meal, The Lawnswood Arms	£5.00 transport
Monday 26th	10:00 - 15:00	Showcase Cinema, Birstall	£10 inc ticket & transport
Tuesday 27th	12:30 - 15:00	Easter 3 Course Lunch	£5.00 Lunch

### *Theatre Group 2018*

*For Theatre Outings in 2018 please see the insert which includes details of a payment plan to help make attending the most sought after Theatre shows more manageable!*

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

- If you would like to take your helper/carer then do get in touch to book them onto the activity / trip.
- We kindly ask that you pay a deposit to secure your place on the trips. We are very happy to collect you from your home. However, if you are happy to make your own way to St. Matthews at the beginning of the trip, please let us know.
- Whilst we endeavour to keep to schedule, all times are approximate and may be subject to change.