



your friend in the community

This year seems to be particularly passing at great speed. We are embarking on a very busy summer activities schedule that include 3 visits to the coast, Eden Camp to commemorate the 75th Anniversary of D. Day and even advertising upcoming events for Christmas!

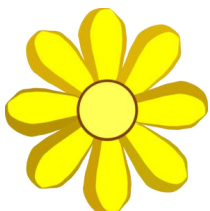
It is quite incredible that two years have unfolded since Leeds Building Society very generously provided our current office space, centrally situated in the heart of Holbeck.



During this period HEA have developed a range of activities that support older people in the community which include an outreach meal service, focused on health initiatives, wellbeing spaces and an out of hours helpline. The office is more accessible for community members and partners to drop by either for advice or a welcoming chat and our ever open door is providing the opportunity for the HEA staff team to engage with more people. As an exciting consequence we have been approached by community members to provide more

intergenerational activities. Our Community Café that we hold every Thursday morning is thriving with a whole host of activities that include ping pong with an age range of participants from 3 years of age up to 90.

We piloted an intergenerational Easter event and our lovely choir had a wonderful time singing with the children from St. Luke's School. We are very fortunate to have St. Matthews Community centre at the heart of the Holbeck Community and look forward to seeing an ever expanding range of activities in this historical space for both the young and older members of the community.



The Old Box Office, 99 Domestic Street, Holbeck, Leeds, LS11 9NS
 Registered Charity Number 1075934 - Ltd Company Number 03657728
www.hea-services.org.uk 0113 245 5553



HEA News & Events

Hot meals in Holbeck Julie the chef and the catering team of volunteers prepare hot lunches every Tuesday, Wednesday and Friday as well as a monthly Sunday lunch and a supper club. For just £5 for a three course meal in good company, the meals are a real bargain. Transport can also be provided to collect you from your home and return you afterwards. For those that are housebound, we have recently introduced an Outreach "Meals On Wheels" service on Tuesdays. The freshly cooked meals are sealed and kept hot whilst delivered to your door throughout the LS11 postcode area at an introductory offer of £2. Julie is hopeful that this service will operate more days per week as the numbers using the service increased throughout the year. Julie's background in catering stems from having trained at Thomas Danby College and managed the catering in care homes, prison and hotels. She then spent 20 years in the financial services sector and thought she had put cheffing behind her. But one year ago she stepped in to cover our meal service for two weeks and she's still here. Of course Julie can't do all of this on her own and is full of praise for her team of volunteers: "They're absolutely



brill!" she enthuses. Gerry, a pensioner who helps regularly. At first just pottered, but then Julie asked him to help prepare the vegetables. From there she taught him how to make a quiche and he's taken these new skills back to his own kitchen at home. There's a great camaraderie amongst the volunteers and they're always looking for new helpers to join the team. The service is in great hands and looks set to grow and grow.

Jeremy Morton (South Leeds Life, June 2019)



5 Star Food & Hygiene Success!!

After maintaining high standards set continuously throughout the year and plenty of hard work by Julie and the catering team. In May the HEA lunch club kitchen at St Matthew's Community Centre was successful in securing a 5 star food and hygiene rating from Leeds City Council's Food Standards Agency. Well done to Julie and the Team maintaining the highest standard of Food and Hygiene.

Cooperate Volunteering,



A huge thank you to Benefacto for arranging volunteers for this quarter. Bronwyn from **Clarion Solicitors** supported our shopping outing and called bingo on a Friday afternoon. In June there was Mark and Adrian who joined us from **The Bank of England** who created an extra special jovial atmosphere at our Tuesday Lunch service.

Clarion



HEA News & Events



HEA ventured to Chester Zoo to experience a day of wildlife culture. With a full minibus and Roy as the guide for the day

there were plenty of snaps taken. Below are a selection of the best!



An Intergenerational Easter

We hosted an intergenerational Easter afternoon. Local children had the opportunity to get involved with biscuit decorating, colouring, Easter bonnet crafting and an Easter egg hunt to end the day. Huge thanks go to everyone involved in making the afternoon special



With an extra big thank you to Nikki Hayes one of our volunteers who works tirelessly to create amazing opportunities for young people in the school holidays.



Springtime singing celebration... This Easter our recently formed singing group gave a fabulous maiden performance on a Tuesday afternoon following our Easter lunch. Singing

classics such as 'Top of the world', 'Love me tender' and 'Tulips of Amsterdam' it was a great way to end the day! We look forward to seeing you perform once again at The Holbeck Gala on Saturday July 6th. **If you would like to join the signing group then they regularly meet on a Tuesday afternoon at 2pm-3pm with sessions costing £2.00 per person. The first one free of charge! Everyone Welcome**





Community Outreach

Summer Health Tips so you can live a *healthy summer*.....

Eat healthy and light frequent meals, such as salads, fruit, And vegetables.



Avoid Caffeine.



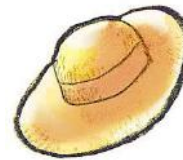
Stay indoors where possible between the hours of 11:00-3:00pm.



Stay hydrated by drinking plenty of water.



Wear a hat when in direct sunlight and wear Cotton and loose fitting clothes.



Keep curtains closed till noon to avoid direct heat.

Well being Drop in

Please join us, meet new friends, receive information, meet Professionals & local PCSO's

FREE Healthy Breakfast

Try Ping Pong

Thursday 25th July

Thursday 29th Aug

Thursday 26th Sept

at



St Matthews Community Centre

10-11:30am



Linking for Health

You may receive a courtesy call from us just to check your ok. Experienced staff will identify themselves to you.

Are you feeling a bit under the weather? Feeling a bit lonely? Has something happened recently and a confidential chat may be helpful.

We can call you on a date and time that suits you.

For more information about the service please call the office on **0113 245 5553**.



West Yorkshire and Harrogate Health and Care Partnership





Community Outreach

Wellness Space

HEA's Wellness Space started in January of this year, to encourage individuals to be active contributors to their own health and wellbeing. We wanted the Wellness Space to be a place where people can make choices about what relaxing activities they would like to do. The group have talked about healthy eating, exercise and turned their hands to some light gardening.

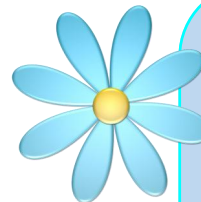
The group were entertained by the Balbir Singh Dance Company, who performed A Taste of Love and Spice, a feast of dance, music and food to rekindle the senses. Food was then shared with the group to taste.



The group had a go at planting herbs such as Parsley, Chives, Thyme, Mint and Basil, in the hope that these will grow big enough to re plant in our planters situated outside St Matthews. The fresh herbs they have grown will be on hand for the chef to use and for the whole community.



Carers Group



HEA's Carers Group meet on the first Monday of every month at St Matthews community centre, 12:30-2:30. with a light lunch and refreshments.

"Caring is someone or something that shows kindness and concern for others. A person who is concerned about others and who does kind things for them."

You may be looking after a family member or a friend and would enjoy some time to chat and meet other carers.



For more information please call Claire on 0113 245 5553

Wellness Space Dates:

Monday 29th July

Monday 19th Aug

Monday 30th Sept

Join us for refreshments and some light hearted activities.

**1-3pm
Ingram Gardens**





Friends of HEA



True North Project Launch

On May 30th we launched our photography calendar project for a second year, in partnership with Northern Monk Brewery. We were joined by world-renowned photographer Tom Joy who led a photo skills workshop, by Cllrs Gohar and Gabriel and by HEA's patron, the Rt. Honourable Hilary Benn MP. We are asking people to take photos that capture life in Holbeck, the people that live here and the parts that mean the most to you. Whether it's a family member, a neighbour, friend or special location, we want to see the people and places that make Holbeck home. **Give us a call** to find out more or **submit your photos at the HEA office or to: myholbeckphotos@gmail.com**. Please include your name and some information about the photos you have taken, and why they're important to you.



Volunteer Spotlight

Volunteer Nikki is leading the way with HEA's new inter-generational activities, piloting sessions in school holidays which provide local families with opportunities to spend time with older members of the community. "I'd seen the Care Home for Kids show on TV and was already bringing my kids along to HEA activities and I just thought we could put on something really fun for everyone in Holbeck. I started out at HEA bringing a family member along, and then I made friends with Roy and helped out on the buses and now I'm in the kitchen with Julie—I'm a right foodie, food makes people happy! I've learned so much from chef!". Nikki, we couldn't do it without you!



Lend a hand and make friends for life

Friendly conversation and company can make a real difference to people's lives

We are currently looking for local people to join our volunteer team. From as little as one hour a month, you can help others locally.

We are looking for people who are community minded individuals, have some free time and are interested in making some new friends whilst helping out.

Training and support provided

We'd love to hear from you, so to apply or simply find out some more information:

Contact us on: 0113 245 5553



A winning first year

In 2018 we launched our first year of The 500 Challenge campaign, in which businesses, clubs, groups of friends and colleagues worked to together to raise invaluable funds to support HEA's work. For every £500 raised, participants received an entry to win VIP tickets to watch Leeds United play at Elland Road. A huge **Thank You** to Alan Scorfield and the team at the Leeds United Foundation for supporting the challenge and Angus Kinnear at the club for your ongoing support. Keep your eyes peeled for next years Challenge!





Friends of HEA



New support from Leeds Benevolent Society for Single Ladies

The Benevolent Society for Single Ladies was founded in the reign of Queen Victoria and during the premiership of Lord Palmerston. The industrial revolution meant that cities had become crowded and unhealthy, and there was widespread poverty. It was against this background that a remarkable single lady in Leeds, Eliza Wilkinson, realised that unmarried women needed to be supported both financially and emotionally in their old age. The Charity has assisted many hundreds of local people for over one hundred and fifty five years. Most



recently, The LBSSL have awarded a grant to support HEA's work in Holbeck for the next three years. A huge *Thank You* to Anona, Jill (pictured right) and the committee!

Easter Gifts from Local Businesses

A huge *Thank You* to the teams at

OneSubsea and Arena Group for bringing smiles to everyone's



faces by donating Easter eggs to local residents and spreading Easter cheer.

Special thanks to the volunteers who joined

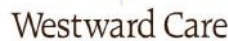


us from Arena Group and special thanks to OneSubsea for the generous £50 donation.



Thank you to all our partners and sponsors for your

continuous support:



We are delighted to be supported by volunteers from:

Clarion





Community News



30 Years of Outstanding Service

Tahira Khan, based at St Matthews Community Centre, has been supporting communities in Holbeck for 30 years. Since her first day on the 17th January 1989, Tahira has provided welfare support to people from all backgrounds and established a range of community groups. From advice on issues as diverse as housing, benefits, immigration concerns, mental health difficulties and matrimonial problems, to supporting women to develop vital skills towards employment, to providing families with opportunities to take excursions out of Holbeck, Tahira draws on her wealth of experience to support anyone that comes to her door. Fluent in Punjabi, Urdu and English, Tahira works to bring people from diverse backgrounds together.



Listening Well

As a member of the Voice of Holbeck, we are committed to elevating local voices to work with strategic leaders on the Managed Approach.

On Thursday 30th May, HEA held the first Listening Well community event, to begin the process of capturing people's experiences of living and working alongside the Zone. We were joined by Strategic Leads James Rogers and Steve Cotter, Area Leader Martin Dean, and Cllrs Gabriel and Almass, who all came to listen to local people sharing their stories.

There will be further events over the summer to share your experiences. The next event will be on **Tuesday 16th July at Ingram Community Centre, for local residents.** Call **0113 245 5553** for more information.



Shining a light on dusty corners

We are delighted to be working with a range of local community groups to rejuvenate St. Matthew's Community Centre. We're clearing out rooms so that the space can better support a range of activities for people of all ages.

As we make room for exciting new things to come, we're also looking back on the fascinating history of the building and what it means to the community. We'd love to hear your personal stories of St. Matthews', as well as any old pictures you'd be happy to share. **Give us a call on 0113 245 5553** to get involved.



A care home is not your only option...

Our Extra Care Plus assisted living apartments at Pennington Court provide an affordable and appealing alternative that allows you to rent your accommodation and have a package of services tailored to your life and social care needs.

Book a visit today!

www.westwardcare.co.uk

Call us on **0113 228 4040**
or email info@westwardcare.co.uk

Hunslet Hall Road,
Beeston, Leeds LS11 6TT



Pennington Court
BEESTON



Reader's Corner



Summertime Word search!

T J Q U F G T H B N G Y T P Y
 F W J H H A J A O N R I S J U
 E V A W N K R C I L L M U U L
 A W W N T B A X E E I K G L P
 G U I C E A A M M S Q D U Y S
 E N A Q N L E A O N S P A D E
 G N U R E B M E T P E S S Y H
 C E I R F P A R B N E A E H S
 S O L H S U N C R E A M A W Y
 V H A A S D S E T W I Y S Z T
 I N N S W N Z C L E E B I W H
 O D R I T F U I F K K O D H T
 S E I L L O L S N N F C E S M
 R X L C U B U O W A Z I U Q X
 A P Z U T L D N X L P Q F B Y

AUGUST

BARBEQUES

BUCKET

COAST

DONKEY

HOLIDAYS

ICE CREAM

JULY

LOLLIES

RELAXING

SAND

SEASIDE

SEPTEMBER

SPADE

SUN CREAM

SUNSHINE

TANNING

WAVE

Sizzling Summer Meal Offer

HEA is proud to deliver a range of meal services

and we want as many people as possible to know about it. As a thank you and to welcome new customers....

We are offering one **FREE meal per person** between 1st July and 30th September (inclusive)

Bring this voucher with you and book in advance on: 01132455553

FREE OFFER



Whether you join us for the whole day or just want to pop out for a bit, we've got it covered. From tea & toast, lunch to an afternoon full of activities

Tuesday

Our Tuesday afternoons are a soaring success. Where you can enjoy an afternoon of singing or stay for tea, coffee, cake and games

July

2nd, 9th, 16th, 23rd, 30th

August

6th, 13th, 20th, 27th

September

3rd, 10th, 17th, 24th

Sue & Geoff Afternoon Social

3rd September!

Wednesday

Enjoy one of your favourite films or take part in a game of bingo in the comfort of Ingram Court on a Wednesday afternoon

July

3rd Film, 10th Film, 17th Bingo, 24th Film, 31st Bingo

August

7th Film, 14th Bingo, 21st Film, 28th Bingo

September

4th Film, 11th Bingo, 18th Film, 25th Bingo

Friday

Our Friday afternoons offer a variety of activities such as trips out, board games and bingo

July

5th Bingo, 12th Bingo, 19th Games, 26th Bingo

August

2nd Donkey Sanctuary, 9th Bingo, 16th Games, 23rd Bingo, 30th Indoor Boules

September

6th Bingo, 13th Games, 20th Bingo, 27th Kirkstall Bridge Shopping

Upcoming Group Outings



55+ Cross Flatt's Parkrun

Join HEA and our friends at South Leeds Live At Home Scheme for the very first older age friendly Cross Flatt's Parkrun. If you would like support at the park this can be arranged! Walk, jog or run or spectate. It is the taking part that counts. Contact Matthew for further details or to book a place!

Saturday 13th July - 9:00am - Cross Flatt's Park

WORTH VALLEY

THE KEIGHLEY AND WORTH VALLEY RAILWAY

Full steam ahead as HEA embark upon a journey through the Worth Valley from Oxenhope to Keighley with a return stop off in the picturesque village of Howarth. **Thursday 5th September**



£17.00 inclusive of return train ticket and Door to door transport

Roy's Yorkshire Mystery Tour

Buckle up for a day of Yorkshire scenery, taking a mystery tour through the fabulous Yorkshire countryside, with the opportunity to shop and grab a bite to eat.

Thursday 12th September

£10.00 return Transport



To commemorate the **75th Anniversary** of the D-Day landings on the Normandy beaches HEA are visiting Eden Camp on the outskirts



of Malton. Giving you the opportunity to experience the sights, sounds and smells of life on the home front and the front line, all set in the buildings and grounds of an original World War 2 prisoner of war camp. To make things a little easier for attendees once at Eden Camp, HEA will be providing a packed lunch at an additional cost of **£3.00**, bringing the total cost including transport and entry to the museum to just **£18.00 per person**

Thursday 29th August

**Pick - up from 9:00am
Approximate return 4:00pm**

Book early for a special Christmas at HEA...

Chatsworth House and garden

Enjoy this beautiful house at a magical time of the year. Do some Christmas shopping at the amazing Christmas market.

admission and return transport

Monday 25th November

£33.00 per person

Millstones Christmas Lunch

Enjoy a 3-Course Christmas lunch followed by an afternoon of festive entertainment at Millstones, Harrogate

Thursday 5th December

£32.00 per person

Please contact the HEA office for menu options

Sleeping Beauty Carriage works Theatre

Spun together with sumptuous sets, gorgeous fairy tale costumes, big song & dance numbers, magic and bags of audience participation, Sleeping Beauty is a spectacular pantomime for all the family.

Friday 13th December

£18.00 per person

Activities & Meal Services

Monday

St Matthew's Community Centre

Carer's Group	12:30pm - 2:30pm	FREE of Charge
July 1 st , August 5 th , September 2 nd		
Tea, cake & conversation	12:30pm - 2:30pm	£1.00 Activity
July 8 th , August 12 th , September 9 th		
Morley Shop/ Swim	9:00am - 12:00pm	£4.00 Transport
July 22 nd , August 19 th , September 23 th		
Wellness Space (Ingram Gardens)	1:00pm - 3:00pm	FREE of Charge
July 29 th , August 19 th , September 30 th		

**Door - to - Door
Transport**

**Available from
£3.50 Return**

**Call
0113 245 5553
to book!**

Tuesday

St Matthew's Community Centre

Tea & Toast Morning	10:00am - 12:00pm	FREE Activity
3 Course Community Lunch	12:00pm - 2:00pm	£5.00 per person
Afternoon Social - Singing/ games	2:00pm - 3:00pm	£2.00 Activity

Wednesday

Ingram Court Sheltered Housing

Shopping to Morrison's	10:00am - 1:00pm	£4.50 Transport
Coffee Morning	10:00am - 11:30am	FREE Activity
2 Course Community Lunch	12:00pm - 3:00pm	£4.00 per person
Afternoon Social - Film or Bingo	1:30pm - 3:00pm	FREE Activity

Thursday

St Matthew's Community Centre

Table Tennis	9:45am - 11:15am	FREE Activity
Community Café	10:00am - 12:00pm	Various Prices
Line Dancing	11:30am - 12:30pm	FREE Activity
Craft Group (Cleveleys Court)	1:30pm - 3:30pm	£1.00 Activity
Supper Club (Ingram Court)	4:00pm - 6:00pm	£4.00 per meal
July 11 th , August 15 th , September 12 th		

Friday

St Matthew's Community Centre

Shopping to Morrison's	10:00am - 1:00pm	£4.50 Transport
Tea & Toast Morning	10:00am - 12:00pm	FREE Activity
Dance about (fortnightly)	11:00am - 12:00pm	FREE Activity
Fish & Chips / Pie Lunch	12:00pm - 1:30pm	£3.50 - £5.00
Afternoon Social - Bingo & Games	1:30pm - 3:00pm	FREE Activity

Saturday

Shopping (Monthly)

10:00am - 1:00pm

£4.00 Transport

July 13th

Crossgates

August 10th

North Allerton

September 14th

Crossgates

Sunday

2 Course Sunday Lunch

12:00pm - 2:00pm

£4.00 Meal

July 28th

August 18th

September 29th

**The Old Box
Office 99
Domestic Street,
Holbeck, Leeds,
LS11 9NS**

**www.hea-
services.org.uk
0113 245 5553**

Group Outings & Events

Date	Activities & Events	Costs
Saturday 6th July	Come and see us at Holbeck Gala! 12:00pm - 4:00pm, Holbeck Moor	FREE Event
Thursday 11th July	Coast Outing - Scarborough Pick - up from 9:00am. Depart approximately 4:00pm	£12.00 Transport Return
Friday 12th July	Strawberries & Cream Wimbledon Tea Party 10:00am - 12:00pm, St Matthew's C.C	£2.00 per person
Saturday 13th July	Over 55+ Cross Flatts Parkrun Event 8:30am - 10:00am, Cross Flatts Park	FREE Event
Wednesday 17th July	Les Miserables - Bradford Alhambra Theatre Pick - up from 12:00pm. Depart approximately 5:00pm	Pre - Booked Event In advance
Thursday 18th July	Pub Meal Outing - The Red Lion, Skipton Pick - up from 11:00am. Depart approximately 2:00pm	£7.00 Transport Return
Thursday 25th July	Well-Being Breakfast Morning - Free of Charge 10:00am - 12:00pm, St Matthews C.C	FREE Transport Available
Thursday 25th July	Goodall's Ice Cream Parlour & Tong Garden Centre Pick - ups from 1:30pm. Depart approximately 4:00pm	£4.00 Transport Return
Friday 26th July	Afternoon Social Outing - The Donkey Sanctuary Pick - up from 2:00pm. Depart approximately 5:00pm	FREE Entry, £4.00 Transport return
Tuesday 30th July	HEA Summer BBQ! 12:00pm - 2:00pm, St Matthews C.C	£5.00 Lunch, £3.50 Transport return
Thursday 1st August	Coast Outing - Southport Pick - up from 9:00am. Depart approximately 4:00pm	£12.00 Transport Return
Tuesday 6th August	Yorkshire Day - Themed Lunch 12:00pm - 2:00pm, St Matthew's C.C	£5.00 Lunch, £3.50 Transport return
Thursday 8th August	Temple Newsam House Tour & Farm Pick - up from 9:30am. Depart approximately 3:00pm	£12.00 Inc. Entry & Transport
Thursday 15th August	Pub Meal Outing - Stanley Ferry, Wakefield Pick - up from 11:00am. Depart approximately 2:00pm	£6.00 Transport Return
Thursday 22nd August	Coast Outing - Bridlington Pick - up from 9:00am. Depart approximately 4:00pm	£12.00 Transport Return
Thursday 29th August	Well-Being Breakfast Morning - Free of Charge 10:00am - 12:00pm, St Matthews C.C	FREE Transport Available
Thursday 29th August	Eden Camp - Modern History Themed Museum Pick - up from 9:00am. Depart approximately 3:00pm	£18.00 Inc. Transport Entry & Packed lunch
Friday 30th August	Afternoon Social Outing - Indoor Boules Afternoon Pick - up from 1:30pm - 3:00pm return	£8.00 Inc. Activity & Transport return
Thursday 5th September	Group Outing - Keighley & Worth Valley Railway Pick - up from 9:30am. Depart approximately 4:30pm	£17.00 Inc. Ticket & Transport return
Thursday 12th September	Roy's Magical Mystery Tour Pick - up from 9:00am. Depart approximately 4:00pm	£10.00 Return Transport
Tuesday 17th September	Strictly Come Dancing Themed Lunch 12:00pm - 2:00pm, St Matthews C.C	£5.00 Lunch, £3.50 Transport return
Thursday 19th September	Pub Meal Outing - The 6 Acre's, Tong Pick - up from 11:00am. Depart approximately 2:00pm	£6.00 Transport Return
Thursday 26th September	Well-Being Breakfast Morning - Free of Charge 10:00am - 12:00pm, St Matthews C.C	FREE Transport Available
Friday 27th September	Come and support our Macmillan Coffee Morning! 10:00am - 12:00pm, St Matthews C.C	FREE Event Donations Welcome!
Friday 27th September	Afternoon Social Outing - Kirkstall Bridge Shopping Park Pick - up from 1:30pm. Depart approximately 4:00pm	£4.00 Transport Return