



your friend in the community

Since 1992 we have been privileged to be part of the Leeds City Council Neighbourhood Network Scheme, primarily supporting people in later years of living in Holbeck. We are proud of the way our community have embraced and encouraged us to expand and evolve as a local resource.

As we enter this new chapter, we've been asking you what you value about us as an organisation.

You told us how important it is to connect with where you live and work – the pride you feel in calling Holbeck home.

You told us about the value of neighbourliness, community and friendships.

You told us that you want to see an anchor in the community; a reliable resource and somebody you know is always going to be there.

You also told us that words like 'elderly' and 'aid' are not the right words to describe what we do.

And in telling us this you have empowered us to take a fresh look at our role in the community. We're now in the position to expand and welcome all people from the community into our family. Join us in celebrating everything Holbeck and benefit from the expertise, support and advice we can provide.

Who we are and what we do will not change, our older generations will remain pivotal to the next stage of our journey, but, from November we will have a new name that welcomes people of all ages.

So as a valued friend of HEA you are invited to the big reveal - join us and come together on Friday 15th November, from 2:30 - 4:30pm at St Matthew's to find out more about the new HEA name and our expanding work—and as always there will be Julie's great cakes!



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

Holbeck Gala - Singing Group...

"The Yellow Birds" singing group, aptly named after their summery colour scheme, sang some of their favourite songs to the crowd that had gathered for their half an hour set! Watch this space for news on their future performances over the Christmas period.



HEA Open Day Success...

We held our very own first "Open Day" that kicked off our jam packed summer schedule. The event gave the community the opportunity to try something new whilst showcasing some of the brilliant work that already takes place at HEA.



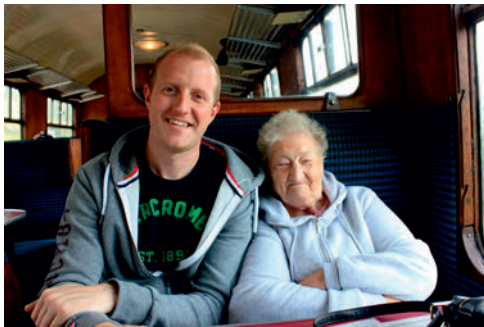
All aboard the Keighley & Worth Valley Railway...



We re-visited the heritage Keighley & Worth Valley Railway just on the outskirts of the Yorkshire Dales.

After enjoying the scenic drive, we arrived at the start of the railway line in Oxenhope and enjoyed a cuppa in the refurbished breakout carriage.

Everyone was "all aboard" the steam locomotive for their nostalgic journey to Keighley for lunch. In the afternoon, after a return journey back to Oxenhope we then went to the shopping outlet at Batley Mill to purchase some bargains using the vouchers provided by the outlet! What a great day out!



Summer seaside

success... We've clocked

up the coastal miles this summer to Whitby, Southport and Bridlington. 55 people attended the Bridlington trip, when the day began with our chef Julie at the crack of dawn preparing breakfast baps ensuring that we commenced the journey on full fuel! We had bingo on the bus with Roy. Then everyone enjoyed the day at the famous Yorkshire seaside town, and even an afternoon downpour didn't dampen spirits!





HEA News & Events

Afternoon Group Outings!

As an extension to our services this summer, HEA decided to offer short, but sweet afternoon outings to a variety of locations in the local Leeds area. A couple of these outings were to The Donkey Sanctuary, where clients



had the opportunity to return their visit to us in summer 2018 and view some of the good work that the charity does. Another location was to Goodall's Ice Cream Parlour and Tong Garden Centre where clients sampled some of the best, freshly made dairy ice cream in Yorkshire!

Strictly Come Dancing Lunch!

To complete our summer schedule HEA had a Strictly Come Dancing themed lunch.

Special guest dancers Roxanne, Keith and Jean from the Regency Ballroom, Morley, gave a fantastic ballroom dancing display. There were sparkles a plenty, fantastic



judging paddles created by Julie and the stars of the hit TV show in the form of facemasks! In the spirit of strictly....Keeeeeep Dancing!

SUMMER Kidz Club!

A first for HEA this summer as we launched a summer kidz club. Young families from Holbeck had the opportunity to meet up and get together in the long summer holiday and have some fun! We provided a range of activities over a 4 week period that attracted over 80 attendances. The project was lead by two of HEA's volunteers who are young mum's themselves Nikki and Steph. Through working with the staff team at HEA they were able to develop a programme of four



Wednesday afternoons throughout August. These featured an afternoon of physical activity games on Holbeck Moor on week one, learning how to make fresh pizzas using healthy ingredients in week two, an afternoon of craft for week three and a mixture of a stadium tour courtesy of Leeds United FC and a Summer Disco party courtesy of SlungLow at The Holbeck for the final week! Thank you for everyone's support during the summer and watch this space for new activities!





Community Outreach

Claire Holmes has been a staff member for 8 years and continues to develop her role as Operations and Service Officer. Claire is responsible for the day to day operational running of the organisation, and is responsible for supporting our members on a day to day basis. Part of the role includes signposting and linking people to ensure that members of the community are provided with the best information to make informed choices. Claire has completed level 2,3 and 5 qualification in Health and Social Care and is currently embarking on being a student again and has enrolled in a Degree in Charter Management level 6.

“ I’ve learnt so much from working with our clients and I am excited about using these new skills to support the wider community.” - Claire

Well being Morning Drop In

Join us for a FREE Healthy Breakfast at our Community café

Meet new friends and local professionals, get to know more about what’s on offer to you.

Thursday 31st October

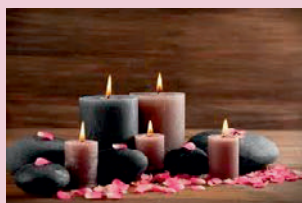
Thursday 21st November

Thursday 19th December

St Matthews Community Centre 10-12pm

Wellness Space

Join us for light refreshments, information and some lighted hearted activities and make new friends.



28th October

18th November

16th December

Ingram Gardens Community Room 1-3pm

Carers Group

Do you need a bit of me time?

On the first Monday of every month we hold a Carers Group at **St Matthews Community Centre, 12.30 -2.30pm**, with a light lunch served.

4th November

2nd December



Wear It Pink Day

On Friday the 18th October 2019 we will wear pink, raise money and help make life-saving research happen.

Why? Because breast cancer is still here. Its still tearing apart the lives of families and its still taking the lives of women we love on a heart breaking scale.

HEA will be wearing pink this October. Will you join us?

If you would like to be involved, please join us at St Matthew’s Community Centre 10-12pm

Come along in something pink to show your support. We will also have Bingo, Sweepstakes, cakes & buns all for a small donation.

Please call Claire for more information

0113 245 5553



Community Outreach

Staying healthy this autumn

Are you feeling lonely or down, socially isolated, or experiencing a significant change in your life? The Linking for Health call service offers additional support and advice to the community. Please do not hesitate to call for an initial chat to arrange for one of our dedicated befrienders to make regular phone calls to make sure everything is OK, as well as offering advice, support and a welcome listening ear. Call the Linking for Health befriending and call service on 0113 245 5553



Get the flu vaccine

It is recommended that adults aged 65 and older get a flu vaccine each year, ideally by the end of October. While the flu shot is recommended for every person above six months of age, older people are especially at risk for complications from the flu, such as pneumonia, bronchitis and ear infections. The flu can also make any chronic health problems worse. There are two types of flu shots specially designed for seniors. Ask your GP which one would be best for you.



Protect your skin

Indoor air becomes arid thanks to household heating systems. With age, our skin gets thinner and more prone to dryness and tears that can lead to infections. Stay hydrated by drinking plenty of fluids and eating soup. Using a humidifier indoors can go a long way toward putting some much-needed moisture back into the air. Also, make sure to help keep your skin from drying out with lotion or cream.



Friends of HEA



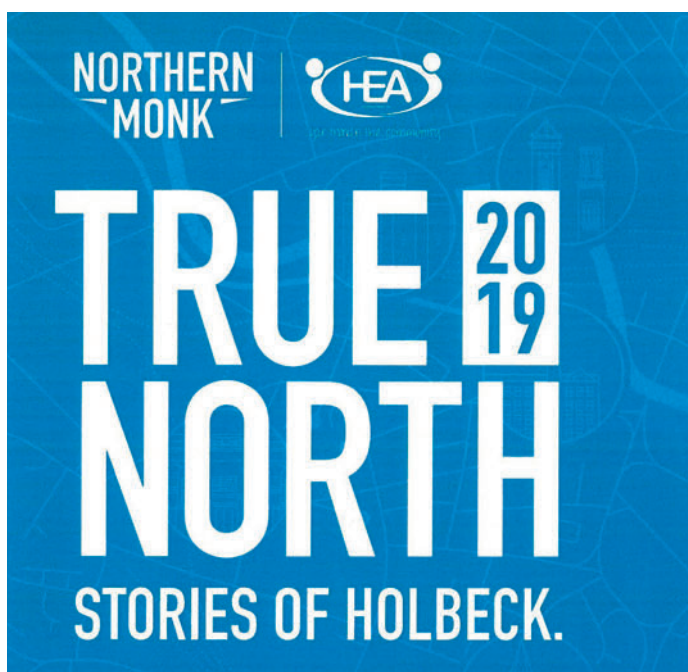
Volunteer Spotlight - Rick Mancini

Rick Mancini is one of our volunteers that supports our transport service to meet the needs of the community. Rick started volunteering with HEA in August 2018 after recently retiring from Debenhams where he served 15 years as health and safety and technical services manager. Throughout his time at Debenhams, Rick was involved in the opening of many stores across the north of England, including our local store at the White Rose Shopping Centre. Rick is passionate about his volunteering and can regularly be found driving our minibus and supporting our group outings. Rick says "I like helping people and HEA seemed like the place to be to do just that. I just wanted to give something back to the community, make friends and put to good use my retirement, I love it here". When Rick isn't at HEA he is a keen motorbike enthusiast with over 10 bikes currently in his collection, he is also a member of the VMCC motorcycling club for 41 years.

If you would like to volunteer with HEA, like Rick, please contact us on [0113 245 5553](tel:01132455553) to discuss the variety of roles that we have available and fill out an application form

Partnership with Northern Monk Brewery

A huge thank you to Northern Monk Brewery for another fantastic year of support. 2019 saw the launch of NM's 'Take a Glass for Charity Campaign' which has so far raised over £1,200 for HEA's services in Holbeck. We're delighted to be launching our second calendar this November; without Northern Monk's invaluable support the project wouldn't be possible. If you'd like to buy a glass or calendar check our website or drop by the HEA office on Domestic Street.



Join us for this year's calendar launch at Northern Monk Brewery on **Tuesday 19 November** from **6pm**.

Free transport available.



Friends of HEA

Finding our new name

We've laboured long and hard over our name for HEA - it was important to us that the process was inclusive and we weighed up every word. Thankfully our friends at Thompson Brand Partners helped us to shape our ideas and patiently shepherded us through the process. A huge thank you to Nick and the team for supporting us pro bono—your expertise was invaluable and we can't thank you enough!

**Thompson
Brand Partners**

Morrison's: Community Champions

Our shoppers love visiting the store on Wednesdays and Friday's and we are delighted to announce a new partnership with Morrison's Hunslet who are generously donating £20 a month to support HEA's weekly raffles. Special thanks to Community Champion Debbie Walker and the whole team. and we're delighted to be working.

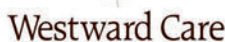
New B&M store chooses HEA



We were delighted to be chosen by the new local B&M store at Cottingley, to be their chosen charity and help open the new store in style. Thank you to Asif, Arron and the rest of the team for the generous £250 voucher donation.



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



We are delighted to be supported by volunteers from:

Clarion



BANK OF ENGLAND



MEDIACOM





Community News



Hello, my name is Anne and I am the newest member of HEA. I work on the Your Space project which is a partnership between Touchstone, Women's Health Matters and HEA. My previous job was doing student support at the University of Leeds, and this experience combined with my creative background has really come in handy in this role

So, what is Your Space? Our team provides a community wellbeing service for people aged 16+ across South and East Leeds. Your Space is a service that aims to help protect your wellbeing and prevent mental health difficulties through social connection, learning opportunities and fun activities. Day to day this means you can find us planning and running events in the community like our popular curry club; journaling group; chocolate, chat and chill; and local LGBTQ+ Socials from our office in the Jamyang Buddhist Centre in Holbeck. We also offer wellbeing training sessions to local employers and community groups about common concerns like stress and sleeplessness. The team also do outreach at existing groups and events. You may have seen me doing taster sessions of some of our activities at the HEA Wellbeing Breakfasts too!



Voice of Holbeck

HEA continues to collaborate with Holbeck groups on the Voice of Holbeck and our Listening Well campaign. Our goal is to collect local stories of how the Managed Approach to Street Prostitution is affecting local people with the view to producing a formal report that Leeds City Council decision-makers have committed to acting upon. Voice of Holbeck members will be holding Listening Events over the next weeks - if you would like to find out more, please give us a call or drop into the office. If you know of anyone who has been adversely affected by the Approach and who would appreciate us checking in on them, please get in touch on **0113 245 5553**.

Celebrating Local History at The Holbeck



We were delighted to celebrate the unveiling of a blue plaque for The Holbeck Working Men's Club, commemorating the club's long and successful history in the community. Originally established in 1871, the purpose-built premises officially opened on Easter Monday 1878. No other working men's club has been in continuous operation for so long. Here's to many more years!



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

Upcoming Outings & Events

Westward Care presents...in partnership with Holbeck Elderly Aid

Fighting for Life

A play about family and growing older...

2pm, Friday 25 October 2019

FREE event

St Matthew's Community Centre, Leeds LS11 9NR

Refreshments from 1.30pm

Book your ticket online
or at HEA offices

Written by Brian Daniels /
Directed by: Dr Bernie C Byrnes

**Fantastic opportunity to see this play written by
acclaimed play write Brian Daniels**

It's a must see!!

**Length: 45 minutes, plus opportunity for post show
discussion**

International Day of Older People

7 October 2019

1 - 3pm

St Matthews Community Centre
St Matthew's St, Holbeck, LS11 9NR



Photography Exhibition

Arts activity to share your views on what
makes a place age-friendly

Have your portrait taken holding a photo
or object that means something to you
(please bring something with you if you can)

Tea/Coffee/Biscuits



SKIPPKO

email cath.skippko@gmail.com or call Cath on 0113 2345355 for more info



Thursday 21st

November 2019 - £24.00 per person

Price Includes: Return door to door transport
from Holbeck to Hull and entrance to one of the
UK's most fantastic aquariums, with stunning
marine displays and presentations. All
bookings and payment to be received
by: **Friday 15th November**



Summer Holiday 2020 Launch!

Were all going on a summer holiday! Come a long
to St Matthew's C.C to find out information for our
summer holiday 2020.



Tuesday 12th November

11:00am - 12:00pm



Alternatively, if you would like an information pack
sending out to your address for the date above,
please call 0113 245 5553 and we will make sure
that you get one.

Northeast Producers Ltd Presents...



Join HEA for an afternoon at the
Pantomime, with 'A Christmas
Carol' performed by North East
Producers.



Tuesday 19th November

2:00pm - 3:00pm £2.00 per ticket

Join us for lunch beforehand for £5.00 extra!

Chatsworth House Christmas Market & House Tour

Monday 25th November 2019 -

£33.00 per person

Price Includes: House entrance
with guided tour, time to shop at
the Christmas market with more



than 100 stores to
browse, access to the
gardens and farm and
return transport from
Holbeck. All bookings
and payment to be
received by: **Friday
9th November**



Activities & Meal Services

Monday

St Matthew's Community Centre

Carer's Group	12:30pm - 2:30pm	FREE of Charge
IDOP 7 October, 14 November, 2 December		
Tea, cake & conversation	12:30pm - 2:30pm	£1.00 Activity
14 October, 11 November, 9 December		
Morley Shop or Swim	9:00am - 12:00pm	£4.50 Transport
21 October, 18 November, 16 December		
Wellness Space (Ingram Gardens)	1:00pm - 3:00pm	FREE of Charge
28 October, 18 November, 16 December		

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
2 Course Outreach Meal Delivery	12:00pm - 1:30pm	£4.00 per meal
Afternoon Social - Bingo	1:45pm - 2:15pm	20p a ticket
- Singing Group	2:00pm - 3:00pm	£2.00

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	£2.00 Activity
Coffee Morning (Ingram Court)	12:15pm - 1:30pm	50p Activity
Craft Group (Cleveleys Court)	1:30pm - 3:30pm	FREE Activity

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

£4.50 Transport

October 12th

Crossgates

November 9th

Crossgates

December 14th

Tong Garden Centre

Sunday

2 Course Sunday Lunch

12:00pm - 2:00pm

£4.00 Meal

October 27th

November 24th

The Old Box Office 99

Domestic Street,
Holbeck, Leeds,
LS11 9NS

www.heaservices.org.uk
0113 245 5553

Activities Information

Monday

Come along for Tea, cake and light-hearted conversation. A friendly space for people to get together on a Monday afternoon and reminisce, share life experiences over a cuppa.

12:30pm – 2:30pm

2nd Monday of every month

St. Matthews C.C.

Supported by Alzheimer's Society

Tuesday

Join the Yellow

Birds for an afternoon of singing. If you haven't sang before or in a while, that really doesn't matter! Everyone is welcome.

Meet Jessica, our very own singing coach. Enjoy preparing for Christmas this quarter and singing some great Christmas themed songs and carols.

2:00pm - 3:00 pm

Every Tuesday afternoon at St. Matthews C.C.

£2 per session.

Why not come along for lunch too from **12:00pm - 2:00pm.**



Wednesday

Come along to **Ingram Court** every Wednesday.

We provide a two course lunch from **12:00pm - 1:00pm.**

Or come along from

1:30pm - 3:00pm for Linda's Cash prize Bingo.

We also have a fabulous monthly film club (**every third Wednesday**) featuring some old classics or latest releases.

Thursday

Join us for a

morning of fun alongside our café at St. Matthews C.C. Join in a game of table tennis supported by Ping Pong Peter! Our very own expert coach from 9:45am.

Line Dancing from 11:30am with Pat Keep fit and have fun!

Fancy your hand at Craft?

Join us at Cleveleys Court From 1:30 - 3:30pm Every Thursday

Friday

End

the week, every Friday, just after Fish and Chips.

Join John in a game of cash prize bingo! Try your luck with tickets priced at just **20p!**



To book or for further information please call Matthew on 0113 245 5553

Group Outings & Events

Date	Activities & Events	Costs
Friday 4th October	Sue & Geoff Autumn Social Afternoon 12:00pm - 2:00pm, St Matthew's C.C	Free - Sponsored by Sue & Geoff
Monday 7 th October	International Day of Older People- A snapshot of Holbeck 1:00pm - 3:00pm, St Matthew's C.C	Free - Sponsored by LOPF
Monday 7th October	Showcase Cinema Outing - Downton Abbey Pick - ups from 9:00am. Depart Cinema Approx. 2:00pm	£5.00 Ticket £5.00 Transport
Thursday 17th October	Ryecroft Hall, 3 Course Lunch & Blackpool Illuminations Pick - ups from 9:45am. Depart Blackpool 7:00pm	£30.00 per person Inc. Meal & Transport
Friday 18th October	Wear it PINK! Breast Cancer Awareness Coffee Morning 10:00am - 12:00pm, St Matthew's C.C	Free - Donations Transport Available
Thursday 24th October	Pub Meal Outing - Hawthorne Farm, Yeadon Pick - up from 11:00am. Depart approximately 2:00pm	£7.00 Return Transport
Friday 25th October	An Afternoon Play.. Fighting for Life by Brian Daniels 2:00pm - 3:30pm, St Matthew's C.C	Free - Sponsored by Westward Care
Thursday 31st October	Halloween Themed Well - Being Breakfast Morning 10:00am - 12:00pm, St Matthew's C.C	Free Event

Group Outings & Events continued

Monday 4th November	Showcase Cinema Outing –Film to be confirmed Pick-ups from 9:00am. Depart Approx. 2:00pm	£5.00 Ticket £5.00 Transport
Wednesday 6th November	Group Outing - Bury Market Pick - ups from 9:00am. Depart approximately 3:00pm	£12.00 Return Transport
Tuesday 12th November	“We’re all going on a summer holiday” -Summer Holiday Information Event 11:00am-12:00pm, St Matthews C.C	FREE Event
Thursday 14th November	Pub Meal Outing - 3 Horse Shoes, Rothwell Pick - up from 11:00am. Depart approximately 2:00pm	£6.50 Return Transport
Friday 15th November	HOLBECK TOGETHER LAUNCH 2:30pm - 4:30pm , St Matthews C.C	Free Event Transport available
Tuesday 19th November	‘A Christmas Carol’ Pantomime by North East Producers 2:00pm - 3:30pm Depart approximately 2:00pm	£2.00 Ticket Transport available
Tuesday 19th November	Northern Monk -True North Calendar Launch Evening 6:00pm - 9:00pm, Northern Monk, Marshall Mill	FREE - Sponsored by Northern Monk
Thursday 21st November	Group Outing - The Deep, Hull Pick - ups from 9:00am. Depart approximately 4:00pm	£12.00 Entrance £12.00 Transport
Monday 25th November	Group Outing - Chatsworth House & Christmas Market Pick - up from 9:00am. Depart approximately 4:00pm	£33.00 inc Entrance & Transport
Thursday 28th November	Leeds German Market Afternoon Outing Pick - ups from 12:00pm. Depart approximately 3:00pm	£4.00 Return Transport
Monday 2nd December	Showcase Cinema Outing - Film to be confirmed Pick - ups from 9:00am. Depart cinema Approx. 2:00pm	£5.00 Ticket £5.00 Transport
Thursday 5th December	3 Course Christmas Lunch - Millstone, Harrogate Pick - ups from 9:00am. Depart approximately 3:00pm	£32 per person inc meal & transport
Friday 6th December	Christmas Lunch @ Elland Road 12:00pm - 2:00pm. Pick - up from 11:00am.	FREE - Sponsored by Leeds United FC
Tuesday 10th December	Barclays 3 Course Christmas Lunch *Limited Places* 12:00pm - 2:30pm. St Matthews C.C	Free - Sponsored by Barclays
Thursday 12th December	Christmas Pub Meal - The Commercial Inn *Ltd Places* Pick - up from 11:00am. Depart approximately 2:30pm	FREE - Sponsored by Pub £4.50 Transport
Friday 13th December	Ruth Gorse Christmas Carols, Mince pies & Mulled wine 10:00am - 12:00pm, St Matthews C.C	£2.00 Activity charge Transport £3.50
Friday 13th December	Sleeping Beauty Pantomime - The Carriage work’s Pick - ups from 12:30pm. Depart approximately 4:00pm	£18.00 inc ticket & transport
Tuesday 17th December	Christmas Party Afternoon with live Entertainment! 12:30 -3:00pm, St Matthews C.C	£3.00 Lunch & £3.50 Transport return
Wednesday 18th December	Christmas Buffet Lunch followed by a Christmas Film! 12:00pm - 3;00pm. Ingram Court	£4.00 inc lunch & film
Monday 23rd December	Shopping Outing to Morrison’s Pick - ups from 10:00am. Depart approximately 1:00pm	£4.50 Return transport
Tuesday 24th December	Christmas Eve 2 Course Carvery Bap Lunch 11;30am - 1:30pm, St Matthews C.C	£4.00 Lunch £3.50 Transport
Christmas Day Boxing Day	HEA Office is closed! Wishing you all a very Merry Christmas	
Friday 27th December	Tea & Toast followed by Fish and Chip Lunch 10:00am - 1:30pm, St Matthews C.C	£3.50 - £5.00 Lunch £3.50 Transport
Tuesday 31st December	New Year’s Eve 2 Course Lunch Celebration 12:00pm - 2:00pm, St Matthews C.C	£4.00 Lunch £3.50 Transport
	HEA Office is closed for the day! Wishing you all a Happy New Year, See you on 2nd January	