

FREE

News Bringing Christmas to the community with a little help from our friends.

Page 2

Support & advice Find out more about our carers group and wellbeing sessions.

Page 4

Upcoming events There is something for everyone in our events schedule.

Page 10



Coming Together

Back in November many of you joined us to mark the next chapter for our organisation as we became Holbeck Together. We have been overwhelmed by the support everyone showed us at the 'Big Reveal' event, and the positive messages that have continued to pour in since the announcement.

'Holbeck Together' feels like the right fit – we want collaboration to be at the heart of everything we do. Working together with local residents, third sector and statutory organisations and businesses we want to make Holbeck the best place to live, work and play.

So, as I write this New Year message to you all the word 'together' feels hugely appropriate.

Our door is always open. If you need advice, help or support, would like to come along to an event or activity, want to find out about volunteering or have an idea about what you want to see happening in Holbeck, come and see us.

The team at Holbeck Together want to take this opportunity to thank the community for your ongoing support, all of our partners who have helped make this year so successful and all of our fantastic sponsors and funders who make everything possible.

We wish you all a happy and healthy new year and look forward to a continuation of all of our wonderful activities for older people, alongside deeper conversations about what other generations of Holbeck want to see us supporting and delivering for them.

Elissa Newman
Chief Officer





Christmas with a little help from our friends



This Christmas we brought you blockbuster festive events with help from local businesses.

Barclays at Millshaw Court, The Arena Group, Leeds United and One Subsea spread festive cheer by donating time and funding to bring Christmas to all!

Barclays took time out of their busy work schedule to fundraise for and lead a fabulous Christmas Lunch for clients, volunteers and staff. Over 100 people attended the event and we were privileged to welcome back St Luke's C of E Primary School's choir for a second year running, who opened the festivities with performances from their Christmas concert.

The Arena Group supported our annual Christmas Party with prizes, presents and service, and LG Lingard provided an afternoon of fabulous festive entertainment to which attendees danced and sang the afternoon away.

'Barclays have been coming for 14 years and every time they make it so special. We just want them to know how grateful we are!'

Pauline Tuft
Holbeck Together
service user

Leeds United treated 90 attendees to a silver-service Christmas lunch in the Peter Lorimer Suite, with views across Beeston and Holbeck, for a fantastic third year running.

One Subsea hosted our carers group to a gourmet lunch in their offices with staff, with great food, good company and lots of laughter.

From everyone at Holbeck Together we would like to say a huge thank you to everyone for making this time of year so special.

.....
Read more about the fantastic event at holbecktogether.org



1

Christmas cracker at The Commercial Inn

A new very popular feature to our Christmas schedule of events is our Christmas Pub Lunch. This year kindly donated by The Commercial Inn, Churwell through their partnership with the Heineken team at Neighbourly, an award winning giving platform that connects businesses with local good causes. Service users enjoyed a sumptuous 3-course festive delight in warm and cosy surroundings. Thank you to all involved, hope to see you next year!



2

Ryecroft Hall & Blackpool Illuminations

At the beginning of our Autumn schedule of events Holbeck Together visited one of our favourite destinations. The wonderful Ryecroft Hall on the outskirts of Blackpool. There was dinner and dancing in the afternoon and the staff joined in the party atmosphere. To end the day with a real seaside treat, Roy and Rick made sure everyone had a fun journey through the Blackpool Illuminations before a safe journey home.

Out and about over the Christmas season.



3

Yellow Birds community carol service

In December our singing group – The Yellow Birds, brought some cheerful tunes to Morrisons Hunslet with the performance of their Christmas concert. Wearing hand knitted attire to match the occasion, they were successful in raising over £65 towards the group. Thank you to Morrisons Hunslet and the singing group for all your support.

4

Mince Pies, Mulled Wine and Music

Local high school Ruth Gorse Academy came to Holbeck to spread some festive cheer by performing carols and Christmas concert. Featuring some longstanding classics alongside new uplifting tunes everyone enjoyed certainly their morning. Thank you to the children and staff for their beautiful performance.

Community support and advice



Wellness Space

Join us for refreshments and information around health & wellbeing. PLUS a chance to make friends over some light hearted activities.

Last Monday of the month at Ingram Gardens Community Room.
1pm – 3pm

Next Groups
27 Jan/24 Feb/30 Mar



Carers Group

Do you need a bit of me time? Join us on the first Monday of every month.

St Matthew's Community Centre.
12.30pm – 2.30pm
Light lunch served.

Next Groups
6 Jan/3 Feb/2 Mar

Wellbeing Drop-in

Join us for a FREE healthy breakfast at our community café, alongside, ping pong and line dancing. Meet new friends, local Health Professionals and organisations, get to know more about what's available to you.

St Matthew's Community Centre.
12.30pm – 2.30pm

Next Drop-in
30 Jan/27 Feb/ 26 Mar

Support and advice this winter



1. Warm your home
Heat the home to at least 18°C (65°F) and wear suitable clothing – several layers are better than one thick jumper.

2. Vaccinations
A free vaccination is available through your GP or Pharmacy, for more information visit www.leeds.gov.uk/flu

3. Medication
Contact your Pharmacy or GP to check when your next medication review is due. Ensure you have sufficient medication should the weather be bad and you can't get out of your home.

4. Difficulty paying your fuel bills?
Contact Home Plus (Leeds) for advice on saving money on energy bills and reducing energy costs 0113 240 6009.

5. Have you had any falls in the last year?
The Falls service, via the GP can help prevent future falls or support recovery. Speak to your GP for more information and support.

6. Would an alarm be helpful to you?
For an assessment call the Leeds City Council Contact Centre on 0113 222 4401 or visit your local Community One Stop Shop or Hub.

7. Do you have any minor home repairs that need doing?
Care and Repair Minor Adaptions and Repairs Services can help. Call them on 0113 2406009

8. Do you feel ok and happy in yourself?
MindWell is the new 'go to' place for mental health information in Leeds. For full info visit their website online at mindwell-leeds.org.uk





VOLUNTEER SPOTLIGHT

Val Stubbs Volunteer



Val has been helping Julie in the Kitchen since January 2019.

Before that she worked on the buses for almost 40 years, where she became friends with Holbeck Together's very own Dave and Gerry. She's now a vital part of the kitchen dream team and we'd like to say a massive 'Thank You' to Val for her support.

'After retiring I thought I'd try volunteering and now I wouldn't swap it for the world. I just absolutely love it. I love being busy and there's always lots to do and the people are just lovely' Val

Read more about Val in our True North Calendar for 2020 at holbecktogether.org



FANTASTIC FUNDRAISER

Linda leads the way



Linda walked from Thornwick Café along the headland to Flamborough lighthouse to raise money for Holbeck Together.

Using sticks to help with balance, Linda completed the walk in 6 gruelling hours. We are incredibly proud to be supported by Linda and want to say a massive Thank You for the nearly £400 raised. What an inspiration!

'Since being in an accident, volunteering has also been part of my rehabilitation. I've received a lot of support with my own recovery and wanted to give back. It was a big challenge for me but what kept me going was thinking about the clients at Holbeck Together.' Linda

Read more at holbecktogether.org

Friends of Holbeck Together

The Journey to Holbeck Together

Who knew finding our new name, creating a new logo and updating everything could be so complex! We couldn't have done it without the generosity of partners who provided patient guidance and expertise for free or heavily discounted.

Special thanks to Thompson Brand Partners, Smiths Workshop, Widds Signs, Anna Franks, Samara Ullmann, Ascensor and Printworks.



Oddfellows supporting Holbeck Together

Our very own Peter Wood is the Noble Grand for the Leodis branch of the Oddfellows, having been a member for over 30 years. We are delighted to receive a £500 donation from the branch to support our work. Many thanks Peter!



Creating Opportunities with Leeds City College

Staff and students from LCC Printworks Campus provided food and service for our Holbeck Together launch, for the Christmas lunch and Christmas Party at no cost to Holbeck Together. We will be developing further opportunities for students at the college to help out whilst developing their skills in 2020.



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



True North: Stories of Holbeck

The True North calendar project celebrates the rich tapestry of life in Holbeck.

This year's calendar focuses on local stories, accompanied by portraits captured by the fantastic photographer Mark Newton.

We launched the Calendar at Northern Monk's Refectory, with an exhibition of the community portraits and a range of photos submitted by the local community of the places and people that mean the most to them.

For the second year running, Northern Monk have supported the project with the goal of elevating local voices and celebrating Holbeck. Thanks to Holbeck-based FYI who also sponsored the project.

If you would be interested in finding out more, visit holbecktogether.org



St. Matthews — For the Community



We want to work with the community to make sure St. Matthews support Holbeck in the ways it needs. We want to hear from you about what you'd like to see and if you'd like to be involved in bringing that vision to life.

We'll be holding a series of events over the next couple of months, to give people the opportunity to get involved, so keep your eyes peeled for information.

If you'd like to arrange a meeting with us for a specific group, please call Bryony on 0113 245 5553



Pennington Court BEESTON



Your care, Your choice

At Pennington Court we are proud to be the only outstanding CQC rated care home with nursing for older people in Leeds. If you are considering your care options in later life, or perhaps you are in need of some short-term respite get in touch and find out how we can support you today.

Address
Hunslet Hall Rd
Beeston
Leeds LS11 6TT

Telephone
0113 228 4040

Twitter
@WestwardCare
Facebook
Westward Care

- 🌿 Nursing Care
- 🌿 Residential Care
- 🌿 Apartments with Care and support
- 🌿 Respite Care and Holiday Stays



www.westwardcare.co.uk

All Ages Together



As we start our next chapter as Holbeck Together, we will be expanding our services to support people of all generations.

Many activities will specifically be for people in later years of living, others for younger people and some for all ages. We're right at the beginning of the journey and we want to hear more from people living locally about the things that matter most to you and what you'd like to see in the future for Holbeck. Whether it's more outdoor activities, more activities for families, or something else you've been dreaming of, we want to hear about it!



What would you like to see in Holbeck in 2020 and beyond? We welcome your ideas, your skills and your participation!



Drop into the office or call us on 0113 245 5553



All ages activity schedule

Weekly Community Café
Thursdays
10 – 11.30am
St. Matthews
All Ages

Women Reflecting on Women
16th & 30th Jan
1 – 3pm
St. Matthews
Adults

In the Waiting Room
13th & 20th Feb
1 – 3pm
St. Matthews & visit
Adults

Kidz Klub
Feb bank holiday
Young People
Ages 4–11

Community Get-Together
Date & Time TBC
St. Matthews
All Ages

Grisly, Ghostly Times



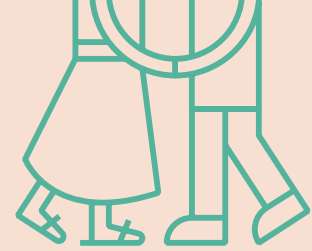
To celebrate the spooky season of Halloween, we hosted two ghostly get-togethers. First up for a fright were local children who enjoyed an afternoon pumpkin carving.

Later in the week we hosted a Halloween Breakfast for the whole community. Everyone entered into the spirit of dressing up in Halloween costumes.





Try something new this year Everyone is welcome



Afternoon Socials

Tea and talk

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

12.30 – 2.30

St Matthew's CC

2nd Monday

of every month

Supported by

Alzheimer's Society

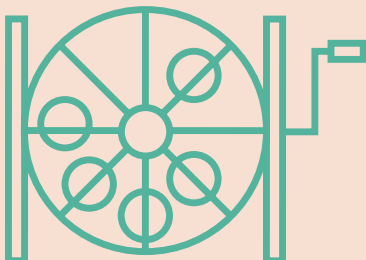
Wednesday film or bingo club

Our fabulous monthly film club (every third Wednesday) featuring some old classics or latest releases OR Linda's cash prize bingo. From 1.30pm – 3pm.

Friday afternoon social

Every Friday we like to end the week with a game of bingo with a cash prize up for grabs. This begins after Fish and chips at 1.30.

You can try your luck with tickets priced at just 20p



Get Creative

Singing

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 and enjoy preparing to perform songs to appreciative audiences.

2pm – 3pm

St Matthew's CC

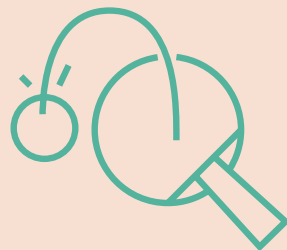
Every Tuesday afternoon

Crafts

Fancy your hand at craft? Join us at Cleveleys Court from 1.30pm – 3.30pm every Thursday.

Meal delivery service

Enjoy freshly cooked food delivered to your door by a friendly face



To find out more call
Matthew 0113 245 5553

Get moving

Table Tennis

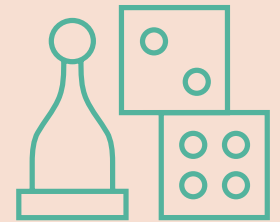
Supported by ping pong Peter. Our very own expert coach from Thursdays at 9.45am.

Line Dancing

Thursday from 11.30am with Pat, keep fit and have fun.

Danceabout

Join Janetta fortnightly on a Friday for some gentle chair based exercise to music



We have a range of activities for different ages to enjoy each week.



Weekly Activities Schedule

Monday St Matthew's (plus others)

Carer's Group
12.30pm – 2.30pm
Free activity

Dates
6th January
3rd February
2nd March

Tea, cake & conversation
12.30pm – 2.30pm
Price £1

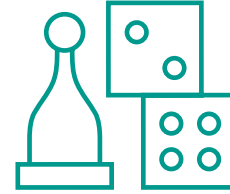
Dates
13th January
10th February
9th March

Morley Shopping or Swimming
9.30am – 12pm
Transport £4.50

Dates
20th January
17th February
16th March

Wellness Space (Ingram Gardens)
1pm – 3pm
Free activity

Dates
27th January
24th February
30th March



Tuesday St Matthew's

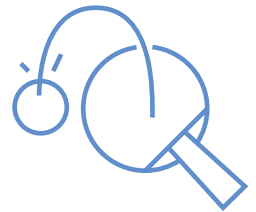
Tea & Toast Morning
10am – 12pm
Donations welcome

3 Course Community Lunch
12pm – 2pm
£5 per person

2 Course Outreach Meal Delivery
12pm – 1.30pm
£4 per meal

Afternoon Social (Bingo)
1.45pm – 2.15pm
20p per ticket

Afternoon Social (Singing Group)
2pm – 3pm
£2 activity



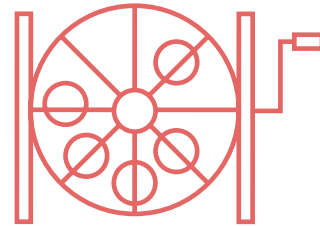
Wednesday Ingram Court Sheltered Housing

Shopping to Morrison's
9.30am – 12.30pm
£4.50 transport

Coffee Morning
10am – 11.30am
Free activity

2 Course Community Lunch
12pm – 3pm
£4.00 per person

Afternoon Social (Film or Bingo)
1.30pm – 3.00pm
Free activity



Thursday St Matthew's (plus others)

Table Tennis
9.45am – 11.15am
Free Activity

Community Café
10am – 11.30am
Last orders by 11am.
Various prices

Line Dancing
11.30am – 12.30pm
£2 activity



Coffee Morning (Ingram Court)
12.15pm – 1.30pm
50p activity

Craft Group (Cleveleys Court)
1.30pm – 3.30pm
Free activity

Camera-arderie photography group (fortnightly)
1pm – 3pm
Free activity

Friday St Matthew's

Shopping to Morrison's
10am – 1pm
£4.50 Transport

Tea & Toast Morning
10am – 12pm
Free activity

Danceabout (fortnightly)
11am – 12pm
£2 activity

Fish & Chips / Pie Lunch
12pm – 1.30pm
£3.50 – £5

Afternoon Social (Bingo & Games)
1.30pm – 3pm
Free activity

Saturday

Shopping at Crossgates
10am – 1pm
Transport £4.50
Dates 11th Jan / 8th Feb
14th Mar

Sunday St Matthew's

2 Course Sunday Lunch
12pm – 2pm
£4 per person
Dates 26th Jan / 23rd Feb
29th Mar



Door-to-door transport available from £3.50 return
Call 0113 245 5553 to book

Blackpool Holiday 2020



We are going on
Holiday! From
Monday 1st –
Friday 5th June at
The Strand Hotel,
Blackpool.

The cost is **£200** for a twin
room inclusive of transport,
bed, breakfast and evening
meal with entertainment.
It promises to be
a week to remember.

For further information
to book please contact
the office who will be
able to provide you with
information and
a booking form.

Unleash your
inner artist!
Creative sessions
with Skippko

‘Women Reflecting on
Women, are we there yet?’
will comprise two creative
sessions exploring Leeds
women’s contributions to
securing the right to vote.
16th & 30th January.

‘In the Waiting Room’ will
comprise two creative
sessions exploring
experiences of the NHS.
13th & 20th February.

Both projects will produce
art and installation pieces
that will be publically
exhibited later in 2020.
Give us a call to sign up
or find out more.

Indoor Bowls Afternoon

Indoor Bowls returns to
Holbeck. Join in the fun
once a month on a Friday
afternoon to take part in
this new activity.

All equipment including
bowls, mats and bowling
green provided. A huge
thank you to The Holbeck
Working Men’s Club for the
generously donated full-size
indoor bowls set to Holbeck
Together.

Keep your eyes peeled
for Bowls events at St.
Matthews in 2020!

Return of The King

St Matthew’s CC
12pm – 2pm
Meal **£5**
Transport **£3.50**



Elvis Presley’s
85th Birthday
Celebration.

Start the new year
with The King of
Rock & Roll, Elvis
Presley. It’s now
or never, enjoy
an afternoon
with a little less
conversation but
plenty of action.

Tuesday
28th Jan



January Events



Thurs 16th
'Women reflecting on women, are we there yet?'

St Matthew
1pm – 3pm
£3.50 Transport
Sponsored by Skippko

Fri 17th
Indoor Bowls

St Matthews
2pm – 3pm
Activity: £1
Transport Available

Thurs 23rd
Pub Meal – The Gildersome Arms Pub & Carvery

Pick-up:
From 11.30am
Depart:
Approx 2pm
Transport: £5

Tues 28th
Elvis Presley 85th Birthday Lunch

St Matthews
12pm – 2pm
Meal: £5
Transport: £3.50

Thurs 30th
Community Well-Being Breakfast Morning

St Matthews
10am – 12pm
Free of Charge
Transport Available

Thurs 30th
The National Science & Media Museum, Bradford

Pick-up:
From 12pm
Depart:
Approx 5pm
Entry: Free
Transport: £5

Thurs 30th
'Women reflecting on women, are we there yet?'

St Matthews
1pm – 3pm
Sponsored by Skippko
£3.50 Transport

Fri 31st
Holbeck Together Fundraising Coffee Morning

St Matthews
10am – 12pm
Donations welcome
Transport Available

February Events



Mon 3rd
Showcase Cinema

Pick-up:
From 9am
Depart:
Approx 2pm
Ticket: £5
Transport: £5

Sun 9th
Lunch Outing, Lawnswood Arms

Pick-up:
From 11:00am
Depart:
Approx 2pm

Transport sponsored by Leeds Community Foundation.
Lunch to pay for.

Thurs 13th
Valentines Breakfast

St Matthews
10am – 12pm.
Various Prices
Transport Available

Thurs 13th
'In the waiting room'

St Matthews
1pm – 3pm
Sponsored by Skippko
Transport: £3.50

Thurs 20th
Holbeck Together Kidz Club Afternoon (Ages 4–11)

St Matthews
2pm – 4pm
Children: £3
(children must be accompanied by adult)

Thurs 20th
'In the waiting room'

1pm – 3pm
Sponsored by Skippko

Thurs 20th
Pub Meal – The Woodcock New Farnley

Pick-up:
From 11.30am
Depart:
Approx 2.30pm
Transport: £5

Fri 21st
Indoor Bowls

St Matthews
2pm – 3pm
Activity: £1
Transport Available

Tues 25th
Shrove Tuesday Lunch (Pancake Day)

St Matthews
12pm – 2pm
Lunch: £5
Transport: £3.50

Thurs 27th
Community Wellbeing Breakfast Morning

St Matthews
10am – 12pm
Free of charge
Transport Available

Thurs 27th
The Leeds Recycling & Energy Recovery Centre Tour

Pick-up: From 12:30pm
Depart: Approx 4pm
Entry: Free
Transport: £4.50

March Events



Mon 2nd
Showcase Cinema

Pick-up:
From 9am
Depart:
Approx 2pm
Ticket: £5
Transport: £5

Sun 8th
Lunch Outing - Hawthorne Farm, Yeadon

Pick-up:
From 11.30am
Depart:
Approx 2pm

Transport sponsored by Leeds Community Foundation.
Lunch to pay for.

Thurs 12th
York and the Jorvik Viking Centre

Pick-up:
From 9am
Depart:
Approx 3pm
Entry: £10.50
Transport: £8.50

Fri 13th
Indoor Bowls

St Matthews
2pm – 3pm
Activity: £1
Transport Available

Thurs 19th
Pub Meal – The Squinting Cat in Harrogate

Pick-up:
From 11.30am
Depart:
Approx 3pm
Transport: £6

Tues 24th
Celebration of Spring Lunch!

St Matthews
12pm – 2pm
Lunch: £5
Transport: £3.50

Thurs 26th
Community Wellbeing Breakfast Morning

St Matthews
10am – 12pm
Free of Charge
Transport Available

Thurs 26th
Owlcotes Shopping Centre, Pudsey

Pick-up: From 12pm
Depart: Approx 4:30pm
Entry: Free
Transport: £6



Bookings & enquiries
Call Ellen or Matthew
0113 245 5553