



your friend in the community

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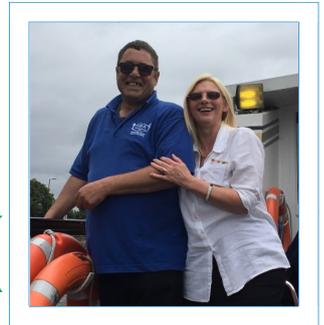
www.hea-services.org.uk

0113 245 5553



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HEA's Summer of Fun 2017!

This summer HEA and many of our service users have enjoyed making memories on our outings. With low prices in celebration of HEA's 25th Birthday Year and visits to ever popular old favourite destinations such as Scarborough, Lytham St Anne's, Whitby, Bridlington and Blackpool for the Illuminations, as well as the introduction of new venues for our organisation including the Princess River Cruise, Nottingham and The North Yorkshire Moors Heritage Railway, there has been plenty of choice to fulfil everyone's summer get-away needs. Having over 125 attendances that featured over 70 different individuals, across all of our outings it really has been a summer to remember, for all involved!

Should you wish to join our friendly group again or for the first time on any of our group outings in the future, please see the reverse of this newsletter for the latest available outings.

To make group outings possible HEA would like to say THANK YOU! to all volunteers for your continued support and hard work in making outings such enjoyable experiences.



News and Events

Tea & Toast

Breakfast Mornings

Following a successful 12 week trial, HEA are pleased to announce that our Tea & Toast Breakfast mornings are here to stay!

Join us for a relaxed, friendly start to your day

10:00am - 12:00pm

**Every Tuesday & Friday
St Matthew's C.C**



Morley Monday's!

HEA are here to fulfil all your Morley Monday needs! Whether it be shopping, swimming or stopping at the fish shop on the way home we've got it covered.

**Second Monday of
EVERY Month
9:00am - 12:00pm**

Fun and games at the Holbeck Gala

We had a fantastic day at Holbeck Gala selling sweetie kebabs and playing the 'Chase the Ace' card game with passers by. Using donated items with the help of our fantastic team of volunteers we managed to raise a whopping £145 on the day. The Co-op were amongst the generous contributors and the dream team of Mary West, Gwyneth Aylott, John Hinton and Dave Wilson, worked tirelessly until all items were gone. Our patron the Rt. Honourable Hilary Benn MP was a great sport joining in the fun and games. Thank you to everyone that made it happen, we had a great time and are looking forward to a reunion event at the Holbeck Christmas Fayre. Be sure to come and find us there for more fun and even more sweets!



Volunteer Corner

Everyone at HEA would like to say a huge **THANK YOU!** To our volunteers Geoff & Sue for all of their efforts in fundraising, organising and performing at our September Social Event. There was a strong turnout for what is now becoming a staple event in our annual calendar. Featuring classic games such as Bingo and Pointless as well as a buffet freshly prepared on the day. Come and see Geoff & Sue at their stall at lunch club on **-Tuesday 10th October!**



Volunteers Needed!

We have the following volunteer vacancies:

Administration, Activities Assistant, Drivers, Passenger Assistant, Befrienders, Leaflet Distributors, Ambassadors

Please get in touch on 0113 245 5553 if you or anyone you know would be interested!

News and Events



Are you a voluntary or community group looking for accessible transport?

Then why not organise a day out for your group/organisation on one of our fully accessible minibuses.

Capacity for 15 passengers or 12 passengers and 2 fixed wheelchairs

HEA Community transport specialises in providing affordable and accessible transport to groups within Leeds.



So don't delay, call us on
0113 245 5553
to get a quote for your next adventure!



Do you like driving?

Do you like meeting new people?

Do you want to make a difference to people's lives?

Then why not come and be a volunteer driver at HEA!

All of our drivers receive MiDAS training, basic first aid training and moving and handling training. So if you want to learn some new skills, enjoy getting out and about **and have a D1 entitlement on your licence**, then give us a call on

0113 245 5553



HEA Welcomes Ian back to our team of volunteer drivers!

We are delighted to welcome back Ian, who many of you will remember has been part of the HEA volunteer family before. It's fantastic to see him happily behind the wheel and to see our team of drivers growing!



Thank You!

To our drivers **Roy, Phil, Ian, George** and all other **transport volunteers** for your extra support during a busy quarter of events!

The service would not be the same without you and we look forward to your assistance over the festive season!

Holbeck In Bloom Success!
Congratulations to all involved with Holbeck In Bloom and their first RHS Yorkshire in Bloom **GOLD** award for 2017!



HEA Community Transport

would like to say a huge

THANK YOU to all service users for collecting

£60.00

in Transport Donations



Wellbeing Drop-in Dates with FREE Healthy Breakfast

19th October with
Green Doctor, help to
save money and keep
warm

23rd November with
Public Health and
Christmas recipe ideas

14th December
Christmas themed
breakfast to thank all
involved in the drop ins
throughout the year.



Are offering free One
Hour appointments
once a month the first
Friday of the month

- Wills and Trusts
- Lasting power of
Attorney
- Care Home Fees

Should you require an
appointment please
contact the office for
further details

Call 0113 245 5553

Community Outreach

Could you be a HEA Befriender.....

Caring Nature

Non Judgemental

Respectful

Good Listening skills

Reliable

Good communication skills

Able to maintain confidentiality

Time commitment



If you have some spare time for a few hours a week and would like to befriend someone in the local community, Please call Stacey at the HEA office on **0113 245 5553**.

Writing Back Programme

This is a volunteer letter-writing programme that aims to tackle loneliness by matching students up as pen pals with older Yorkshire residents. The scheme has been running for three years. You will be matched up with a student pen pal based on common interests and hobbies (where possible). You will be sent stationery, stamps and details of your student pen pal after they arrive at University in October.

If you would like more information about this programme please contact Stacey at the HEA office on

0113 245 5553.



UNIVERSITY OF LEEDS

Preparing for Winter

You could get £140 off your electricity bill for **winter** 2017 to 2018 under the **Warm Home Discount Scheme**. The money isn't paid to you - it's a one-off discount on your electricity bill, between October and March. The discount won't affect your Cold Weather Payment or **Winter Fuel Payment**. You can visit <https://www.gov.uk/the-warm-home-discount-scheme/eligibility> or call HEAs office where Claire can help with the process, on **0113 245 5553**.



Friends of HEA



A big Thank You to all of our partners and sponsors. Your support is invaluable and we couldn't do the work we do without you!



Leeds South and East
Clinical Commissioning Group

Choose us as your Co-op local cause
Go online coop.co.uk/membership

At the heart of Leeds

3 Peaks Fundraising Challenge



"It was definitely the toughest activity I've ever done! It started out really sunny but then just deteriorated. It was so wet and exhausting—but so worth it!"



Co-op - Glen Cottell

At the beginning of the summer we were selected to be the local community fund for the three central Leeds Co-op stores on New York St, Sovereign Square and at Westpoint. Staff at the three stores have been a fantastic support, providing raffle prizes, coming to see first hand where the money raised goes, and even throwing a fabulous tea party for our clients, free of charge.

A team of employees from local Co-op stores recently embarked on the Yorkshire Three Peak challenge to raise money for a range of local causes. Glen Cottell, from the New York St. Co-op branch, elected to raise money for Holbeck Elderly Aid and we are delighted to announce he raised over £100! The money will go towards the work we do in the Holbeck community.



Thank you Glen and the Co-op!

A word from Elissa.

We've enjoyed some great days out this summer and look forward to a busy schedule this coming Autumn. Dare I even mention that we are now planning the Christmas schedule?! We are delighted to announce that HEA has been awarded an Awards for All grant to support the development of our catering department. Our pledge to extend our food services is well underway, with the generous support of Leeds Building Society. We will be launching our take-away meals service this coming Autumn. If the convenience of having a freshly cooked meal to eat at home would interest you, then please call the HEA outreach department for further details on **0113 245 5553**



If you're interested in doing a challenge yourself and would like to raise money and awareness for a local cause then why not drop in to the office to chat with staff or give us a call. Perhaps a family member or friend might want to contribute to the work that we do or perhaps you know a group of friends or colleagues that love a challenge. Speak to Bryony on **0113 245 5553**.

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 or call **0113 228 4040**

Pennington Court,
Hunslet Hall Road,
Beeston, Leeds
LS11 6TT



Pennington Court

Doreen thought choosing a care home would be the hardest decision she'd ever make. Turned out to be the easiest.



Upcoming Events..

The Lord Mayors Christmas Carol Concert

Celebrate Christmas at Leeds Town Hall's annual family carol concert. Featuring the Leeds Philharmonic Choir accompanied by The Rothwell Temperance Band this promises to be an evening to remember.



After the concert there will be a collection for the Lord Mayor's Charity Appeal. The Lord Mayor's chosen charity for 2017 is Candlelighters, a children's cancer charity based in Leeds.

Thursday 14th December

**6:30pm
performance**

Ticket £3.50

Transport £4.50

(Please book by 14th October to avoid disappointment)

IDOP Cinema Evening

To celebrate International Day of Older People, HEA are hosting a cinema evening .

We'll be showing feature film **'The Intern'** starring Robert De Niro, serving classic cinema snacks, and bringing the cinema to your door step! **5:00pm - 8:00pm**



**Thursday 5th October
Ingram Gardens C.C**



'Trick or Treat' Halloween Lunch



Tuesday 31st October

Scary Decorations! Fancy Dress!

Be there if you dare!

Fish & Chip Friday

**The Empire Fish Restaurant,
Outwood**

The former cinema brings back memories of bygone entertainment. Featuring classic posters and photographs while one corner of the restaurant is dominated by a big screen showing 60's and 70's music videos to watch while you eat.

24th November, £15.00

3-Course Meal with Transport

Holbeck Christmas Fair

Saturday 2nd December

**St Matthews Community Centre
11am to 3 pm**

Refreshments, Father Christmas and festive Stalls. If you wish to book a stall, please contact David Ward on

**0791 404 0005 or
davidjward1989@gmail.com**



*invites you to
AGM*

*Friday 13th October
13:00—15:00 St Matthew's C.C
Buffet Available*

Birmingham Christmas Market Thursday 30th November

The largest German Christmas Market outside of Germany or Austria and a firm fixture in the city's annual calendar. Together with the neighbouring Christmas Craft Market, a massive favourite with residents and visitors to the city, who travel across the UK and Europe.

£15.00



HEA Christmas Social

Back by popular demand, Steve Andrews who performed earlier in the year will be our entertainer for the afternoon. Performing your favourite songs from the 70's and 80's as well as some classic Christmas songs to get everyone into the festive party spirit.



**Monday 18th December 12:30pm -
3:00pm - St Matthews C.C - £3.50**

Christmas Lunch

Join us for our annual 3 Course Christmas Lunch provided by **Barclays, Millshaw Court**. With Turkey, your favourite Christmas jumpers and plenty of Christmas cheer there is no better place to welcome in the festive season! **12:15pm - 2:00pm**



Tuesday 12th December

Monday – Friday Weekly Activities

| | | |
|--|--|---|
| <u>Monday</u> | <u>Wednesday</u> | <u>Friday</u> |
| Ingram Gardens Coffee Morning 9:45am - 12:00pm £2.00 | Ingram Court Coffee Morning 10:30am - 11:30am | Fish & Chips with Bingo 10:00am - 1:30pm £5.00 |
| <u>Tuesday</u> | 2 Course Lunch & Film 12:00pm - 3:00pm £3.50 | Shopping to Morrison's 10:00am - 1:00pm £4.50 |
| 3 Course Lunch & Bingo 10:00am - 1:30pm £5.00 | Shopping to Morrison's 10:00am - 1:00pm £4.50 | Danceabout (fortnightly) 11:00am - 12:00pm FREE |
| Singing Group (fortnightly) 11:00am - 12:00pm £2.00 | <u>Thursday</u> | Games Afternoon 1:30pm - 3:00pm FREE |
| Friendship Group 1:45pm - 3:00pm 50p | Holbeck Community Café 10:00am - 12:00pm £3.00 | Door-to-Door Transport available for all activities £3.50 Return |
| Phone 0113 2455553 for more information | Craft Group 1:30pm - 3:30pm £1.00 | |

Monthly Activity Dates

| | |
|--|------------------------------------|
| 'Underneath the Arches' Memory Café | 12:30pm - 2:30pm |
| Monday 9th October - Monday 13th November - Monday 11th December | £1.00 Activity Charge |
| Showcase Cinema | 10:00am - 1:00pm |
| Monday 2nd October - Monday 6th November - Monday 4th December | £5 Ticket/ £5 Transport |
| Morley Mondays Shop or Swim | 09:00am - 12:00pm |
| Monday 9th October - Monday 13th November - Monday 11th December | £4.00 Transport |
| Hollywood Bowl Outing | 1:00pm - 3:00pm |
| Wednesday 11th October - Wednesday 8th November - Wednesday 13th December | £3.50 Transport |
| Saturday Shopping | 10:00am - 1:00pm |
| Saturday 14th October - Saturday 11th November - Saturday 9th December | £4.00 Transport |
| Sunday Lunch | 12:15pm - 2:00pm |
| Sunday 29th October - Sunday 26th November | £3.00 Meal/ £3.50 Transport |

October Outings & Events



| | | | |
|----------------|---------------|-------------------------------------|--------|
| Thursday 5th | 17:00 - 20:00 | IDOP Cinema Evening– Ingram Gardens | FREE |
| Thursday 12th | 11:00 - 15:00 | Pub Meal Outing, The Brown Cow | £4.50 |
| Friday 13th | 13:00 - 15:00 | HEA Annual General Meeting | FREE |
| Wednesday 25th | 09:30 - 15:30 | Bury Market | £10.00 |
| Tuesday 31st | 12:00 - 14:00 | 'Trick or Treat' Halloween Lunch | £5.00 |



November Outings & Events

| | | | |
|---------------|---------------|--|--------|
| Thursday 2nd | 11:30 - 14:00 | Gala Bingo Outing | £4.50 |
| Thursday 9th | 11:00 - 15:00 | Pub Meal Outing , The 6 Acres | £4.50 |
| Thursday 16th | 09:30 - 16:00 | Trafford Centre Shopping, Manchester | £11.00 |
| Friday 24th | 11:00 - 15:00 | The Empire Fish & Chip Restaurant, Outwood | £15.00 |
| Monday 27th | 10:00 - 15:00 | Thackray Medical Museum | £4.50 |
| Thursday 30th | 08:00 - 16:00 | Birmingham Christmas Market | £15.00 |

December Outings & Events



| | | | |
|---------------|---------------|--|---------------------------------|
| Thursday 7th | 10:00 - 17:00 | Christmas at Millstones, Harrogate | £30.00 |
| Saturday 9th | 10:30 - 15:00 | Tong Garden Centre, Saturday Shopping | £4.50 |
| Tuesday 12th | 12:00 - 14:30 | Barclays Christmas Lunch | FREE |
| Thursday 14th | 17:00 - 19:30 | Lord Mayor's Christmas Carol Concert, Leeds Town Hall | £3.50 ticket £4.50 transport |
| Monday 18th | 12:30 - 15:00 | Christmas Social | £3.50 ticket |

Jack and the Beanstalk- Carraigework's Theatre



*Friday January 5th 2018 1:45pm performance
Ticket £10.00 Transport £4.50*

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.