



Autumn is upon us and as we approach our Annual General Meeting which will be held on the 12th October, I reflect on this past year and how time seems to pass so quickly. The support of our funding partners has allowed us to sustain the provision of our services and to further develop our outreach to the wider community. We continue to engage with members of the community of all ages to develop intergenerational projects. It has been a very exciting time establishing new partnerships with local businesses such as Northern Monk Brewery. We have introduced a Community News page into the newsletter with a view to providing more local information. A huge thank you to our dedicated staff team for providing quality services and activities and to community members for joining in and supporting HEA. Elissa Newman - Chief Officer

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## Humans of Holbeck

One of our most exciting summer projects has been our 'Humans of Holbeck' community photography venture. We asked the people of Holbeck to take photos which capture life in Holbeck, the people that live here and the bits that mean the most to them, using free disposable cameras. We held photography walk-about sessions, capturing people on the streets in the iconic local places that we all know and love. 25 photos will be selected from those submitted for an exhibition and of these, 13 will appear in a calendar celebrating the



diversity of life in Holbeck which will be sold to raise funds for HEA's work in the community. The calendar is a way to celebrate the unique character of Holbeck and its residents, and we would be delighted if you would join us for the launch event at Northern Monk's **The Chapter Hall on October 12th from 7:00pm onwards.**

We are thrilled to collaborate with local people on this project in partnership with Northern Monk Brew Co.



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

Registered Charity Number 10575934 - Ltd Company Number 3657728

[www.hea-services.org.uk](http://www.hea-services.org.uk) 0113 245 5553





# HEA News & Events

## HEA's Summer of Fun

HEA basked in the summer rays of one of the UK's hottest summers on record!

This summer HEA has been busy on the road, travelling over 540 miles, coast to coast to the sunny seaside resorts of Scarborough, Whitby and crossing the England and Wales border to Llandudno!



Service users took full advantage of a brilliant British summer enjoying the most of the hot weather, whilst walking along the promenade and tucking in to traditional Fish & Chips.



## 'A Day at the Seaside on Holbeck Moor'

During the summer HEA planned a "Staycation", 'Day at the Seaside' on Holbeck Moor. With the support of Leeds City Council and The Donkey Sanctuary, we had a special visit from Doodles the Donkey. We enjoyed a BBQ with summer fruit drinks and ice cream.



## River Cruise, Nottingham

We returned to set sail along the River Trent whilst enjoying a delicious meal on board the Princess River Cruise boat. With excellent hospitality provided by all staff aboard the boat. Everyone had a fantastic afternoon.



## Adapted Sport for 'younger older people'

HEA has been successful, in collaboration with social enterprise Sport Works in a funding application to Sport

England. The project which is running through 2018/19 will encompass new weekly activities including Table Tennis provided by Peter from Ping Leeds, Line Dancing and Walking Football. All activities are led by fully qualified coaches and return transport is available for the Walking Football free of charge. Please see the information below and contact us to join in!

**Please see our updated activities schedule on [Page 7](#) for further details!**



Thank you to all of our volunteers for your support





# Community News

## Blue Plaque honours John Marshall in Holbeck

A blue plaque honouring the work of pioneering mill owner John Marshall has been unveiled at the site of his achievements, **Marshall's Mill**. The Mill, which is the largest building on the Round Foundry Estate situated in Holbeck on Leeds's buzzing South Bank is now home to a new generation of creative and digital innovators.

The Civic Trust plaque, marking Marshall's contributions to the city's textile industry, was officially unveiled by the Lord Mayor of Leeds, Councillor Graham Latty, along with Martin Hamilton from the Civic Trust and Steve Hunter of Marshall's Mill estate management team, Workman LLP.

Steve, who has managed the Marshall's Mill and Round Foundry estate for 13 years, has been part of the Grade II listed building's transformation into one of the most cutting-edge work spaces in the city. He said he was delighted that the Mill has been honoured, "It is such a magnificent building which has been the home of invention for centuries and deserves its place in history."

"His success was also down in part to the invention of his employee, Matthew Murray. It was Murray's own design for a flax spinning machine which helped Marshall's business grow. In 1790 his linen manufacturing business moved from its small premises in Adel, North Leeds to this purpose built mill." Steve explained.



And it is a fitting tribute to its founding father that the site is still at the forefront of new enterprise. A man who broke barriers, during the industrial revolution Marshall forbade corporal punishment by overseers and introduced free education for the children of his Mill workers, unheard of at the time. In his latter days, the industrialist swapped mills for the House of Commons representing Yorkshire from 1826-1830 before giving up the seat for health reasons.-

**This article first appeared in South Leeds Life**

Community news is a new feature in the HEA newsletter...

## **Leeds City Council working with partners to improve Holbeck**

I am very pleased to be working with local people and agencies to improve life in Holbeck sometimes progress is slow but steadily we are making progress.

Our local shops are the lifeblood of the community, and it is important that we provide support. Over the next few months the Council will be investing £130,000 in improving some of the local shops. We also plan to improve the attractiveness of some of our heritage buildings. Watch this space.

Crime and the fear of crime is a problem in the area, and as well as working closely with the police we have secured funding for additional CCTV

in the centre of Holbeck. This will be linked to the Council's Leeds Watch where trained workers can direct patrols to deal with problems.



**Martin Dean**  
Area Lead  
Leeds City Council

## **Chef Vacancy at HEA**

**24 hours a week, flexible working**

**Salary: apply within**

**For further Information or to chat to a  
staff member:**

**0113 245 5553 or**

**admin@hea-services.org.uk**



# Friends of HEA



## LEEDS UNITED

have very generously offered to host a lunch at Elland Road football ground

**To be held on Friday 7th December  
from 12:00pm onward**

Limited places available - please book early to avoid disappointment

Transport Available



*'Marching On Together'*

## Extreme Fundraising for HEA!

Our fundraising extraordinaire Simon Rosenstone undertook a hair-raising bungee jump to raise funds for HEA. A veteran of bungee jumping, Simon braved the 160ft jump and is now a proud member of UK Bungee Club. Good luck with your next adventure in Northern Ireland Simon, it won't be the same without you! **If you are interested in doing a fundraising challenge to raise funds for HEA, please contact Bryony on 0113 245 5553.**



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

 **Leeds Building Society**



**Wade's Charity**  
At the heart of Leeds



**Arena group**  
the document experts



 **Leeds**  
CITY COUNCIL

**ceg:**



**Sainsbury's**

 **Westward Care**

 **BARCLAYS**

THE  
**500**  
CHALLENGE

HEA are looking for individuals and businesses to join our challenge and raise **£500** towards delivery of activities, support and advice in Holbeck. If you raise **£500** not only will you get a great feeling from helping others but for each **£500** you raise you or your group will be entered into a prize draw to win tickets to a Leeds United match. Contact **0113 2455553** for further details and a fundraising pack  
a HEART OF HOLBECK initiative

## We're recruiting

We're looking for staff who want to make a real difference to people's lives. You may be a Registered Nurse, a Senior Carer or interested in starting your career in care. You'll receive a competitive salary and fully funded training and career development opportunities.

To find out more and download the Job Pack visit [www.westwardcare.co.uk/latest-roles](http://www.westwardcare.co.uk/latest-roles) or call Bianca on 0330 335 8997

  
**Pennington Court**  
BEESTON





# Community Outreach

## How can I help you? What is outreach? .....

An Outreach worker is a person who carries out work to help, support and encourage people within the community. Often an outreach worker will go to the clients homes to provide services. The Outreach worker works to connect communities, educating community members about services and facilitating referrals to health care providers or other organisation in the area. Outreach workers arrange activities and events to inform the public about services.

If you would like any support from Claire, our Outreach worker please call the office on **0113 245 5553**.



## Boost your mood .....

With the cold dark nights fast approaching boosting your mood and helping yourself feel more positive is a beneficial thing to do, no matter how bad things may seem.

It may be something simple like watching a funny film, or singing along to your favourite music. Here a few tips to lift your spirits:

**Smile** – When you smile it triggers mood-boosting hormone's in the brain.

**Keep busy-** Whether it be tidying the gardening, washing the dishes or going for a walk, any activity that helps break up your routine and gives you a sense of achievement will do the trick.

**Talk to someone**– It can be face to face, over the phone, chat online, connecting with other people helps to bring you out of yourself.

**Help others-** Research shows that helping other people will help lift your mood. So do a favour for a friend, donate to charity or volunteer.



## Support @ Holbeck



Hub



Our outreach worker Claire is also available at the Support Hub, 5 Recreation View 1-3pm every Thursday

In partnership with Leeds City Council Housing Officers and other local organisations

Visit the new support hub and have a chat with Claire.

Well being  
Drop in dates

Thursday 25th  
October

Thursday 29th  
November

Thursday 20th  
December

With partners  
Leeds City Council  
Housing Team

and

Carers Leeds

At St Matthew  
Community Centre

10am-12pm

FREE nutritious  
breakfast



*You are invited to attend HEA's  
Annual General Meeting*

*St Matthews Community Centre,  
St Matthews Street, Holbeck, Leeds,  
LS11 9NR*

*Friday, 12th October 2018 at 1.00pm  
prompt*

*Light lunch available*



# Upcoming events

## It's that time of year again, pantomime season (Oh no it isn't... OH YES IT IS!)

And this year HEA has two Christmas crackers for you to enjoy. Our first visit is to the Theatre Royal, Wakefield for their matinee production of



the classic **Cinderella**. This is then followed in



mid-December with our regular visit to the ever popular Carriageworks Theatre to be wowed by their production of the Disney classic, **Beauty & The Beast**. All prices below include entrance and door

to door transport if requested. Wheelchair spaces are available. However, these are limited and on a first come first served basis

**Monday 26<sup>th</sup> November- Cinderella** @ The Theatre Royal, Wakefield **12:00 – 15:30 £23.00** including ticket & transport

**Wednesday 12<sup>th</sup> December- Beauty & the Beast** @ Carriageworks Theatre **09:30 – 12:15 £17.00** including ticket & transport

## Themed Lunches



**Halloween Lunch Tuesday 30th October**

Fancy Dress optional



**Remembrance Day Lunch  
Tuesday 6th November**



Joined by a volunteer from the British Legion

## Christmas Lunch

Join us for our annual 3 Course Christmas Lunch provided by **Barclays, Millshaw Court**. With Turkey and your favourite Christmas jumpers.



**12:15pm - 2:00pm**

**Tuesday 11th December**



**BARCLAYS**

## HEA Afternoon socials .....

*Every Tuesday from 1:45pm  
and Friday from 1:30pm.*

This is an opportunity for people of all age groups to engage in a variety of fun, friendly and thought provoking activities whilst enjoying a healthy abundance of laughter with welcoming friends over a cuppa and biscuits. Enjoy a mixture of activities including the ever popular **beetle drive**, **quizzes** for all abilities, **Christmas card** and **wreath making** as well as **outings** to a variety of local locations such as **Kirkstall Abbey House** (October 26<sup>th</sup>) and **Crown Point Shopping Park** (November 30<sup>th</sup>) for only £4.00 transport. These events will be supported by **Leeds GATE** volunteers. **Enquire for more details!**

## Tea, Cake and Conversation! (Incorporating Memory Café)

Join us on a Monday afternoon at Ingram Gardens Community Centre, for tea, cake and some light hearted, fun conversation.



**Second Monday of the month, everyone welcome from 12:30pm – 2:30pm**



**@ Millstones**

3 course Christmas meal and an afternoon's entertainment at Millstones, Harrogate. With a variety of traditional festive starters, main course and dessert options followed by their resident entertainer it promises to be a day to remember.

**Thursday 6<sup>th</sup> December 2018**

**£31.00 including meal and transport**



# Activities & Meal Services

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

## Monday

### Ingram Gardens Community Centre

**Tea, cake and conversation (Monthly)** 12:30pm - 2:30pm **£1.00 Activity**  
October 8th, November 12th & December 10th  
**Morley Shop/ Swim (Monthly)** 9:00am - 12:00pm **£4.00 Transport**  
October 15th, November 19th & December 10th

## Tuesday

### St Matthew's Community Centre

**Tea & Toast Morning** 10:00am - 12:00pm **FREE Activity**  
**3 Course Lunch** 12:00pm - 1:45pm **£5.00**  
**Afternoon Social** 1:45pm - 3:00pm **50p Activity**

## Wednesday

### Ingram Gardens Community Centre

**Tea & Toast Morning (St Matthews)** 10:00am - 12:00pm **FREE Activity**  
**Coffee Morning (Ingram Court)** 10:30am - 11:30am **FREE Activity**  
**2 Course Lunch @ Ingram Gardens** 12:15pm - 1:15pm **£3.50 per person**  
**Afternoon Social** 1:15pm - 3:00pm **FREE Activity**  
**Shopping to Morrison's** 10:00am - 1:00pm **£4.50 Transport**

## 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**

## Friday

### St Matthew's Community Centre

**Tea & Toast Morning** 10:00am - 12:00pm **FREE Activity**  
**Danceabout (fortnightly)** 11:00am - 12:00pm **FREE Activity**  
**2 Course Fish & Chips Lunch** 12:00pm - 1:30pm **£3.50 - £5.00**  
**Shopping to Morrison's** 10:00am - 1:00pm **£4.50 Transport**  
**Walking Football (Armley Leisure Centre)** 1:00pm - 2:00pm **FREE Activity**  
**Afternoon Social** 1:30pm - 3:00pm **FREE Activity**

## Saturday

### Saturday Shopping

10:00 - 13:00  
**£4.00**  
13th October  
10th November  
8th December

## Sunday

**2 Course**  
**Sunday Lunch**  
12:00 - 14:00  
**£4.00**  
28th October  
25th November  
27th January



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



### October Outings & Events

Friday 12 <sup>th</sup>	<b>13:00 – 15:00</b>	HEA Annual General Meeting	<b>FREE of charge</b>
Friday 12 <sup>th</sup>	<b>19:00 onwards</b>	Humans of Holbeck, Northern Monk Brewery	<b>FREE of charge</b>
Saturday 13 <sup>th</sup>	<b>10:00 – 13:00</b>	Saturday Shopping- Crossgates!	<b>£4.00 Transport</b>
Thursday 18 <sup>th</sup>	<b>11:00 – 15:00</b>	Pub Meal- The 3 Horse Shoes, Oulton	<b>£5.00 Transport</b>
Wednesday 24 <sup>th</sup>	<b>9:00 – 16:00</b>	Barnsley Market	<b>£9.00 Transport</b>
Friday 26 <sup>th</sup>	<b>13:30 – 16:00</b>	Afternoon Outing- Kirkstall Abbey House	<b>£4.00 Transport</b>
Monday 29 <sup>th</sup>	<b>12:00 – 15:00</b>	Pumpkin carving– St Matthews!	<b>£3.00 Charge £3.50 Transport</b>

### November Outings & Events

Saturday 10 <sup>th</sup>	<b>10:00 – 14:00</b>	Saturday Shopping- Castleford J32!	<b>£4.00 Transport</b>
Wednesday 14 <sup>th</sup>	<b>9:00 – 16:00</b>	Bury Market	<b>£10.00 Transport</b>
Thursday 22 <sup>nd</sup>	<b>11:00 – 14:00</b>	3 Course Meal @ The Wetherby Whaler, Guiseley	<b>£19.00*</b>
Monday 26 <sup>th</sup>	<b>12:00 – 15:30</b>	Cinderella- The Theatre Royal, Wakefield	<b>£23.00*</b>
Thursday 29 <sup>th</sup>	<b>9:00 – 16:00</b>	Chester Christmas Market	<b>£10.00 Transport</b>
Friday 30 <sup>th</sup>	<b>13:30 – 16:00</b>	Afternoon Outing- Crown Point	<b>£ 4.00 Transport</b>

### December Outings & Events

Thursday 6 <sup>th</sup>	<b>9:00 – 17:00</b>	3 Course Christmas Lunch @ Millstones, Harrogate	<b>£31.00*</b>
Friday 7 <sup>th</sup>	<b>12:00 – 14:00</b>	Christmas Lunch @ Elland Road, Leeds United	
Saturday 8 <sup>th</sup>	<b>10:00 – 14:00</b>	Saturday Shopping- Tong Garden Centre!	<b>£4.00 Transport</b>
Wednesday 12 <sup>th</sup>	<b>9:30 – 12:15</b>	Beauty & The Beast Pantomime, The Carriageworks	<b>£17.00*</b>
Thursday 13 <sup>th</sup>	<b>11:00 – 14:00</b>	Pub Meal- The Silver Birch, Cleckheaton	<b>£5.00 Transport</b>
Monday 17 <sup>th</sup>	<b>12:30 – 15:00</b>	HEA's German Christmas Market Social	<b>£4.00 Charge</b>
Wednesday 19 <sup>th</sup>	<b>12:00 – 15:00</b>	Christmas Buffet Lunch & It's a Wonderful Life	<b>£3.50 Charge</b>
Friday 21 <sup>st</sup>	<b>10:00 – 12:00</b>	Christmas Carols, Mince Pies & Mulled Wine	<b>£1.00 Charge</b>
Friday 28 <sup>th</sup>	<b>12:00 – 14:00</b>	New Year Celebratory Lunch	<b>£4.00 Meal</b>

- **\* All prices include transport and cost of event**
- **If you would like to take your carer/helper then please get in touch to book them onto the trip/event**
- **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 to be collected, please let us know.**
- **Whilst we endeavour to keep to schedule, all times are approximate and may be subject to change.**