



*your friend in the community*

It has been an extremely busy time at HEA since the beginning of the year and here we are with Spring around the corner. This Winter has been very challenging and hopefully the better weather is on its way. We continue to expand our meal service and the very successful piloted Supper Club will continue, along with the monthly Sunday lunches at St. Matthews Community Centre. We are currently setting up a home meal service provision. The lively morning TEA & TOAST get together's are very popular and therefore it is timely that together with the support of a Leeds City Council Ideas That Change Lives grant facilitated by Leeds Community Foundation a new kitchen has been installed at St. Matthews Community Centre. The working space has increased and the community now have the provision of a shining new commercial kitchen that can accommodate the growing requirements of the community.



The Old Box Office,  
99 Domestic St, Holbeck, LS11 9NS

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

0113 245 5553



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### Craft Group Heritage Cushions

Throughout the last quarter members of HEA's craft group have produced fabulous heritage cushions, showcasing historical sites in the Holbeck area. The set of 6 cushions includes St Matthew's Church, Domestic Street, Holbeck Moor, Temple Works, Matthew Murray and the Holbeck Viaduct. They truly are a fantastic piece of work!

**Well done!**



Registered Charity Number 10575934 - Ltd Company Number





## LINE DANCING

Through the support of Leeds City Council Let's Get Active, HEA have introduced 10 weeks of FREE line dancing to our weekly schedule of events. Service users have experienced foot stomping, heel clicking and thigh slapping moves to good old country music with not a Stetson or cowboy boot in sight! Line dancing is a good source of exercise to keep your mind active, body moving and soul youthful and great fun and laughter was had by all! Many thanks to Julie for making these sessions an enjoyable experience. To join up call **0113 245 5553**.



## “ A shared place”

HEA is running a 5 week photography course in partnership with Ingram Road Primary School and Arts organisation Skipkko. Starting with photography, the group is exploring the rich heritage of Holbeck as a way to bring people from different cultural backgrounds and ages together. Participants have the opportunity to have a bit of fun, develop their skills and make new connections within the community.

**SKIPPKO**  
creating change through the arts



## Transport Service

At HEA we pride ourselves in the transport service that we offer.

### OUR TRANSPORT IS

### SAFE, SECURE AND DOOR - TO - DOOR

provided by experienced drivers and passenger assistants who can accommodate individual mobility needs including the use of walking aids and wheelchairs.

...Continue to shop independently, home pick up's to local supermarkets - "We're happy to carry your shopping for you"

If you would also like to try one of our [activities](#), [outings](#) or [Lunch Clubs](#)...

**Are you a not for profit group?  
Then we have your transport solutions!**

...Don't hesitate, give Steve a call for further information on  
**0113 245 5553**

## Themed Lunches

HEA continued the themed lunch trend into the New Year. A special thank you to Gordon and his wife from the City of Leeds Pipe Band who played the bagpipes and performed a traditional ceremony with haggis at the Robert Burn's Celebratory lunch. We indulged in a romantic afternoon for Valentine's Day and we are welcoming in the start to the spring season with our Easter Lunch.



If you would like to join us for more of HEA's Themed Lunches then please refer to our Upcoming Events (Page 6) of this newsletter for further information.



# Events



## Dancing in time

.....Dancing In Time, a project from Yorkshire Dance focusing on falls prevention in a fun and social method through the form of dance.....

Yorkshire Dance and HEA welcomed older people from across South Leeds to ten weeks of Dancing In Time. These gentle dance exercise sessions are taking place, weekly on Tuesdays and Fridays at St Matthew's Community Centre. Everyone welcome to try out these great sessions as a taster to gentle exercise.



## Only the best !!!!

To ensure that our volunteers are provided with training opportunities that enable the best quality and compliant delivery and ongoing development of service, we have been holding bespoke training sessions relating to individual services .

Volunteers have participated in a Level 2 , First Aid at Work course and a HEA lunch Operational and customer service guide training session.



We pride ourselves in constantly striving to provide the best quality, safe services.



## Winter Warmer Supper Club



During the winter months of December through to the end of March HEA have been able to provide weekly evening suppers with door to door transport for our service users following the receipt of The Leeds City Council's Winter Warmth Grant 2017-18.

These suppers have proven to be a popular addition to our weekly schedule with over 200 hot meals served in the residence of Ingram Court and Ingram Gardens Community Centre. HEA will be continuing these suppers into the spring and summer months at a small charge. Please refer to the Meal Services (Page 7) of this newsletter for further information.





# Friends of HEA

## Volunteer Spotlight

We'd like to introduce Simon Rosenstone, HEA's volunteer street-collecting extraordinaire! Many of you won't know about our unsung fundraising hero, as Simon quietly gets on with street collections in all weathers, travelling across Yorkshire to different collection spots. Simon has been fundraising for HEA since May 2017 and has already raised a fantastic £768.22 for the charity! A seasoned collector, HEA is just one of the charities he supports.

"It's a really social activity, I enjoy meeting new people and chatting while I do it. I've collected for charities for many years and can even tell by the sound of the coins dropping what people have donated!" - Simon

Thank you for all of your contributions Simon, we so appreciate your enthusiasm and cracking sense of humour. Bring on the rest of 2018!

If you are interested in trying your hand at a bit of fundraising such as doing a street-collection, bag-pack, a sponsored event or throwing your own fundraiser, please give Bryony a call on 0113 245 5553. No experience necessary.



## The Power of Partnerships

At HEA we have been fortunate enough to forge successful partnerships with a range of groups, organisations, businesses and individuals. Partnerships with organisations have enabled us to enrich the range of activities we can run and increase the number of people we can support. We run joint trips with OPAL, a bowling league with Burmantoffs Senior Action, and community lunches with St. Luke's Church. Through partnerships with Yorkshire Dance and Leeds Let's Get Active we have been able to pilot two dance programmes. Our relationships with the Ruth Gorse Academy and Ingram Road Primary School we have been able to put together inter-generational performances and art projects.

For all of these partnerships we have had clear shared goals. But what about finding common ground with businesses? We have found that many modern businesses want to ensure they not only thrive and grow, but that the communities where they're based benefit from their success too.

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



**Extra Care Apartments – available now**

**At Pennington Court we offer a range of person centred services:**

- Nursing Care and Residential Care
- Intermediate Care
- Respite Care
- Continuing Care
- End of life Care
- 'Extra Care Plus' Apartments

Find out more at [www.westwardcare.co.uk](http://www.westwardcare.co.uk) or call 0113 228 4040

Hunslet Hall Road, Beeston, Leeds LS11 6TT

  
**Pennington Court**

 **Leeds Building Society**

 **Leeds CITY COUNCIL**



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

 **Westward Care**

 **Arena group**  
the document experts

 **NHS**  
Leeds South and East  
Clinical Commissioning Group

 **Alzheimer's Society**  
United Against Dementia

 **LOTTERY FUNDED**

 **BARCLAYS**

# Community Outreach

## Well being Drop in dates

### Dewsbury Road Community Hub



Dewsbury Road one stop centre has recently been refurbished and given the new name of Dewsbury Road Community Hub. HEA are linking in with other services via Leeds City Council providing a regular pop up information stand for anyone that accesses the hub , with a good opportunity to engage with new service users and potential volunteers. The community hub is one of many new venues we are linking with to promote the services of HEA and to work in partnership with other local agencies for the benefit of the community.

**Come along to meet us at the new Community Hub.. ..Look around the new facilities ....Light refreshments and meet the Librarian in the New Library.**

**Monday 16th April 10.30-12.30**



**HEA Free of charge Transport available**

**please call the office if you would like to attend.**

**Thursday 26th April**

**Thursday 31st May**

**Thursday 28th June**

This is an opportunity to come along and in an informal setting ask local members of the NHS, West Yorkshire Police Neighbourhood Watch Team and Groundworks any questions you may have.

**FREE nutritious breakfast ,St Matthews Community Centre  
10am-12pm**



## Snowy Weather did not stop play at HEA....

On Friday the 2nd March due to the adverse weather conditions during the week HEA staff team provided an outreach meal service for **23 service users** whom were unable to get out and had been socially isolated from family and friends. This was the first time that we were able to use our new equipment provided by a Leeds Building Society grant. The team turned around these meals and delivered a hot nutritious lunch by 1pm and at the same time were able to carry out **over 50** wellbeing checks.

**For more information on our Outreach meals on wheels service please call 0113 245 5553.**



### Health Tips:

**How walking can improve your health**

- **Walking helps you lose weight**
- **Brisk walking helps to keep the heart strong**
- **Physical exercise can reduce the risk of developing cancer**
- **Walking can help strengthen your bones**
- **Walking will improve your mood and wellbeing**



## 'Walk & Talk' Groups

To coincide with National Walking Month in May HEA are running weekly 'Walk & Talk' groups before lunch every Tuesday in May. If you would like to join a fully trained member of the HEA team on these short walks we will be meeting at

**St Matthew's Community Centre at 11:00am**



These light walks are open to all abilities with assistance available if required.

Please call:  
**0113 245 5553**  
for further information

# Upcoming events

## NEW ACTIVITIES!



### Walking Football

### & Table Tennis



HEA are starting walking football and table tennis groups at the beginning of May. Both sessions will be weekly and lead by fully qualified instructors. To register your interest please contact **0113 245 5553** for further details

## Memory Matinees

### Accessible Film Screenings at the Hyde Park Picture House

Everyone is welcome to these dementia friendly matinee screenings of old time classics in a comfortable setting.

#### First screening

**Jailhouse Rock (U)**

**Monday 9th April HEA**

**Pick-ups from 12:00pm**

**Ticket: Free Trans: £5**



## Afternoon Cream Tea Party

Join us for an early summer afternoon cream tea party featuring a selection of freshly prepared sandwiches and a variety of creamy cakes all served with cups of tea and coffee!



**Monday 4th June**

**£4.00 per person**

**Transport available £3.50 per person**

## Beamish Open Air Museum

With features including a traditional sweet shop, bank, grocery store, primary school and farm as well as other town favourites, this promises to be a day to remember.



**Thursday 28th June**

**£26.00 inc museum entrance & Transport**



## Themed Lunch Events!

Following on from the success of HEA's Robert Burns celebratory lunch, Valentines lunch and Easter lunch at the start of 2018, featuring a mixture of musical entertainment, romance, room decorations and culture HEA are continuing these monthly events with the following themes for April - May - June!



**St George's Day Lunch** **May Time Celebration** **Queen Elizabeth II Birthday Banquet**

**Tues 24th April**



**Tues 22nd May**



**Tues 12th June**

**To find out the menu options and to secure your place please call 0113 245 5553**



# Activities & Meal Services

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

## Meal Services

### Monday

#### Supper Club- Ingram Court

April - 9th, 23rd

May - 14th

June - 4th, 18th

July - 2nd

5:00pm - 7:00pm FREE

### Tuesday

#### 3 Course Lunch - St Matthew's

12:00pm - 1:45pm £5.00

### Wednesday

#### 2 Course Lunch- Ingram Gardens

12:00 - 1:15pm £3.50

### Thursday

#### Community Café - St Matthew's

10:00am - 12:00pm

#### Supper Club-Ingram Gardens

April - 5th, 19th

May - 3rd, 24th

June - 14th, 28th

5:00pm - 7:00pm FREE

### Friday

#### Fish & Chips - St Matthew's

12:00pm - 1:30pm

£3.50 - £5.00

### Sunday (Monthly)

#### Sunday Lunch- St Matthew's

12:00pm - 1:30pm £3.00

April 29th

May 20th

June 24th

### Monday

#### Ingram Gardens Community Centre

Memory Café (Monthly) 12:30pm - 2:30pm £1.00 Activity

April 9th, May 14th & June 11th

Morley Shop/ Swim (Monthly) 9:00am - 12:00pm £4.00 Transport

April 23rd, May 21st & June 18th

### Tuesday

#### St Matthew's Community Centre

Tea & Toast Morning 10:00am - 12:00pm FREE Activity

Friendship Group 1:45pm - 3:00pm 50p Activity

### Wednesday

#### Ingram Gardens Community Centre

Singing Group (fortnightly) 10:15am - 11:15am £2.00 Activity

Coffee Morning (Ingram Court) 10:30am - 11:30am FREE Activity

Film/ Bingo Afternoon 1:15pm - 3:00pm FREE Activity

Shopping to Morrison's 10:00am - 1:00pm £4.50 Transport

### Thursday

#### St Matthew's Community Centre

Line Dancing 11:30am - 12:30pm FREE Activity

15th March - 17th May

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

Shopping to Morrison's 10:00am - 1:00pm £4.50 Transport

Games Afternoon 1:30pm - 3:00pm FREE Activity

### Saturday

Shopping (Monthly) 11:30am - 12:30pm £4.00 Transport

April 14th, May 12th & June 9th

Door - to - Door Transport Available

From £3.50 Return - Call 0113 245 5553 to book!

### April Outings & Events

Monday 9th **12:00 pickup** Memory Matinees -Jailhouse Rock **FREE ticket £5.00 Transport**

Thursday 19th **11:00 pickup** Pub Meal- Gildersome Arms Carvery **£4.00 Transport**

Tuesday 24th **12:00 start** St Georges Day Celebratory Lunch **£5.00 meal £3.50 Transport**

Monday 30th **09:30-15:00** Skipton Market **£9.00 Transport**

### May Outings & Events

Thursday 10th **10:30-15:00** RHS Harlow Carr **£19 inc entrance to Harlow Carr**  
& Betty Tea room **and Transport**

Monday 14th **11:00 - 15:00** Showcase Cinema - Film TBC **£5.00 ticket £5.00 Transport**

Thursday 17th **11:00 pickup** Pub Meal - Squinting Cat, Harrogate **£9.00 Transport**

Tuesday 22nd **12:00-15:00** MayTime Celebration Lunch **£5.00 meal £3.50 Transport**

Wednesday 30th **14:00 start** Jersey Boys, Bradford Alhambra **£39 inc ticket Transport**

### June Outings & Events

Monday 4th **13:00 - 15:00** Afternoon Cream Tea Party **£4.00 meal & £3.50 Transport**

Wednesday 6th **14:30 start** This is ELVIS! Leeds Grand Theatre **£28 inc Ticket & Transport**

Tuesday 12th **12:00 start** HM Queen Elizabeth II Birthday Banquet **£5.00 meal £3.50 Transport**

Thursday 14th **11:00 pickup** Pub Meal - Hawthorne Farm, Yeadon **£5.00 Transport**

Monday 25th **11:00 - 15:00** Showcase Cinema - Film TBC **£5.00 ticket £5.00 Transport**

Thursday 28th **9:00 - 17:00** Beamish Open Air Museum **£26 inc Entrance & Transport**



### Millstones - Summer Sizzler

Thursday 2nd August - 2 Course Lunch with Entertainment & Bingo

**£27.00 per person**



#### **PLEASE READ - Additional information for the above trips/events:**

- If you would like to take your helper/carer then do get in touch to book them onto the activity / trip.
- 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 at the beginning of the trip, please let us know.
- Whilst we endeavour to keep to schedule, all times are approximate and may be subject to change.