



your friend in the community



There were record attendances at HEA activities throughout 2018 and seasonal activities were very popular. During the excellent summer we enjoyed trips to the coast, a river cruise and HEA's first BBQ by the sea, on Holbeck Moor! Christmas activities were extensive and the months preceding Christmas whizzed by with attendances at some events topping 95 people. The development of working alongside Leeds City Council's Housing Team at the new Support Hub based at 5 Recreation View, has enabled HEA to outreach and to support more people in the community of all ages. HEA are delighted that during the latter months of 2018 we have secured funding from **The Big Lottery for 'The Holbeck Community Matters'** project, The NHS - **'Power of Communities'** project and Leeds City Council's **'Innovation Fund'**, which allow us to sustain the provision of high quality services, reduce social isolation and develop new services in the community. Partnerships with **Northern Monk Brewery** enabled us to launch a **"Humans of Holbeck"** calendar, Leeds United have very generously provided a lunch at Elland Road and CEG have provided resources to support our future business planning. We look forward in 2019 to providing an extensive range of activities and social events. I wish all of our Service Users, Partners, Funders and Friends a Happy New Year and finally a huge thank you to the staff team and volunteers for working together to ensure that HEA continues to support the community. Elissa Newman Chief Officer.

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Leeds United Football Club Christmas Lunch. Celebration for Senior members of the community.

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

Registered Charity Number 10575934 - Ltd Company Number 3657728

www.hea-services.org.uk 0113 245 5553



HEA News & Events 2018

Themed Lunches



In 2018 HEA continued to get creative by hosting various themed lunches on a monthly basis. Celebrating Robert Burns in January, a loving Valentine affair in February, a "day at the seaside" on Holbeck



Moor in July, to a frightful afternoon at a Halloween lunch in October and of course a Christmas lunch in December! Special thanks go to our community partners for their contributions throughout the year including Gordon from the City of Leeds Pipe Band, Doodles the Donkey from the Donkey Sanctuary Leeds, Barclays, all of



our fantastic volunteers and our amazing craft group who made fabulous



decorative contributions throughout the year!



Introduction of new activities!



HEA has seen the introduction of some new physical activities. that continue to feature through 2019. In

September we introduced Table Tennis with "Ping Pong" Peter, followed by Line Dancing alongside our Community Café. On Friday afternoons we have a Walking Football Group in Armley!

Humans of Holbeck

We had a fantastic launch at Marshall Mills for the fundraising calendar, celebrating the amazing contributions submitted by the community. All funds go back into the work we do in Holbeck and there are still a few copies available at the office. A massive thank you again to Northern Monk Brewery, Robot food and Awesome Merch, for making it all come together!



Summer Seaside Outings



In 2018 HEA's minibuses ventured further afield than ever before by crossing the England / Wales border into the seaside resort of Llandudno! This was not the only seaside outing of the summer. HEA also visited Scarborough, Whitby and Blackpool. In total there were over 75 people that accessed these services, ensuring that everyone had the opportunity to take in some fresh sea air!



HEA News & Events 2018

Royal Wedding Celebration

In May 2018, HEA took the opportunity to celebrate the Royal Wedding of HRH Prince Harry to Meghan Markle. We had a Right Royal afternoon cream tea party to wish the happy couple every success in their marriage.



Princess River Cruise

Nottingham



In the smoking HOT summer HEA visited a newly formed favourite to our schedule of events. The Princess River Cruise, Nottingham. With over 40 people in attendance enjoying the leisurely cruise along the River Trent, taking in the sites, tasty roast beef lunch and friendliness of the welcoming crew!



Ryecroft Hall & Blackpool Illuminations



It was a glorious day as the HEA buses headed out across the Pennines for our annual trip to Blackpool. Stopping off in Hambleton, we enjoyed a delicious, homemade, three-course meal at Ryecroft Hall, followed by a jam-packed afternoon of singing, dancing and bingo. Waved off by the fantastic staff team we then headed into Blackpool to enjoy the promenade, Arcades and to fill our pockets with sticks of rock! As it became darker we jumped back on to the bus to drive along the beachfront,



admiring the Illuminations and soaking up the atmosphere, before being transported safely

back home. Special thanks to Roy and Shakeel for the extra long day of driving!



Christmas Celebrations



Our partners and long term friends at Barclays, Millshaw Court once again brought festive cheer to the community by devoting their time, effort, funds and Christmas spirit by hosting a 3 Course Christmas Lunch for over 90 HEA service users, volunteers and staff in December. The following week the Christmas celebrations continued as we welcomed partners from The Arena Group, who supported our German Christmas Market Social.



Community Outreach



Additional Winter Support



Staying warm, eating well, staying safe, being connected

HEA are providing additional support during the often challenging winter months to include social activity, well being support and hot nutritious take-away meals.

Monthly Well being drop ins will be focused on **staying warm, eating well, staying safe** and **being connected** during the winter months.

- Four additional social events have been scheduled to alleviate additional pressures caused by winter issues. These are a mix of music, food and wellbeing messages.
- Extending our shopping service to cover weekends.
- Piloting a takeaway meal service with delivery options. The hot nutritious two course meal will initially be subsidised.
- As an introductory offer of £2 for a limited time.
- Wellbeing checks will be carried out upon delivery.

Join us, see the schedule for details on page 12.



We'll be lending our support to the **'Big Thank You'** and **'Winter Heroes'** NHS campaigns and we'd encourage you to do so too.

The Big Thank You gives us all an opportunity to say thanks to the people, services and teams across Leeds that make a difference during winter. You can thank anyone, whether it's a neighbour, carer, or friend.

The second part is to encourage us to become a Winter Hero by taking simple actions to help others and reduce the strain on local services., this may include looking after yourself by getting the flu jab, looking out for a friend or neighbour by picking up their prescription, or shopping.

We hope you'll join us and get involved!

For more information call the office on **0113 245 5553**

Please join us, meet new friends, receive information

FREE Healthy Breakfast

**Well being Drop in
Dates :**

Thursday 31st January

Thursday 28th February

Thursday 28th March



*Mental health
drop in sessions
for people of Leeds*

Drop in sessions are now been offered city-wide to provide extra support to people in Leeds who are struggling with their mental health.

The sessions are run by a team from the NHS and in partnership with mental health and wellbeing charity, Touchstone.

**Your local session is
held at Dewsbury Road
Community Hub the first
Tuesday of every month
11am-12.30pm**

Community Outreach



Power of Communities

in South Leeds



Leeds
Community
Foundation

HEA has been awarded a Power of Communities Grant funded by the NHS in collaboration with Leeds Community Foundation. This grant enables HEA to build on the learning from the TS Health Grant funded work, to develop new and innovative ways of working with people of all ages. Focusing on Loneliness, Carers, Health inequalities and Helping the NHS system, during seasonal pressures. Providing a platform for people to obtain support relating to health and well being in an informal setting and better preparing the most vulnerable members of the community for the health and well being challenges they may be faced with.

The following services have been developed to support this initiative.

Wellness space - monthly events with access to specialist health professionals where you can learn how to look after yourself for a healthier you.

Carers Group - Advice, activities, friendship and more - because sometimes carers need support too. The first Monday of every month. St Matthews Community centre, 12.30-2.30pm, light lunch served.

Seasonal Campaign's - Look out for our seasonal advice and steps for looking after yourself come rain or shine.

Befriending and call service— tackling loneliness and isolation with regular calls to people in the community.



Wellness Space dates:

Monday 28th January

Monday 25th February

Monday 25th March

**Join us for light
refreshments,
Information and
support.**

1-3pm

Ingram Gardens



Friends of HEA

Champion Fundraisers

Individuals, groups of friends, businesses, clubs and community groups are getting involved in The 500 Challenge and we love hearing about the fantastic lengths people go to, to raise money for us.

The Leeds Youth Justice Service were the first organisation to complete The 500 Challenge, and it was a team effort—staff and the young adults in the service worked together to raise money through a combination of bake sales, craft sales and even completing the 10k Abbey Dash!

“I’d never done any fundraising before, so I was a bit nervous and even though it was hard work, the challenge was definitely worth it. It was great because it enabled the young people to have goals, to give back to the community to make reparations” Learnna and Callum, Youth Justice Workers.



We need you!

We are always in need of an extra pair of hands, whether it's giving someone a call to keep them company, lending a hand at one of our activities or helping out in the office. Give Matthew a call on **0113 245 5553** to find out more about volunteering.



Volunteer Spotlight

We celebrated our fantastic team of volunteers in December, treating them to a festive afternoon tea. Come rain or shine they keep the wheels turning and we are so proud to call them HEA family!



Community Partnerships



We were delighted to be joined by choirs from Ruth Gorse Academy and St. Luke's Primary School in December, who performed our favourite Christmas carols and brought festive cheer to our Tea, Cake and Conversation group and Barclays lunch. A group of St. Luke's students also treated us to a ukulele performance of 'See Him Lying on a Bed of Straw', much to everyone's delight. "It reminds me of singing when I was younger, it's priceless" said attendee Mrs. Wormald.

We will be developing a number of projects with local schools this year including opportunities to sing, create music and share a range of hobbies with people of all ages. So watch this space!



Friends of HEA

THE 500 CHALLENGE

We have teamed up with Leeds United to help raise funds to support the Holbeck communities.

Raise £500 and be in with the chance to win Leeds United tickets!

Deadline is May
10th 2019

For more info, contact us **0113 245 5553** or at the500challenge@hea-services.org.uk

Local Businesses supporting HEA

Our 'Heart of Holbeck' initiative provides local businesses with opportunities to contribute to the Holbeck community and ensure that everyone can benefit from their successes. Whether that's facilitating their staff to come and lend a hand, a financial contribution, or gifts in kind, support comes in all shapes and sizes. For instance, local business Armstrong Priestley house our vital community transport buses free of charge. Here's to another year of successful partnerships!

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



NATIONAL
LOTTERY FUNDED



West Yorkshire and Harrogate
Health and Care Partnership



Westward Care



THE LIZ & TERRY BRAMALL
FOUNDATION



We were delighted to be joined in 2018 by volunteers from:



The Insolvency
Service



BENEFACTO



the document
experts

MEDIACOM



Leeds Building Society



BARCLAYS



Food donations make a fantastic difference, particularly during the winter months. Thank you to everyone who helped out this year:



UNIVERSITY OF LEEDS

Community News

Happy new year – 2019 – lots of positive news for Holbeck. Best wishes to everyone at HEA for a happy new year. Over the last few months a number of positive developments have happened across our area.

- HEA have accessed additional lottery money to secure their services.
- Slung Low have agreed to move into the Holbeck Club bringing their wonderful activities closer to local people.
- Money has been secured for CCTV around the Holbeck Moor area.



Most importantly Safer Leeds have put in extra resources into the Managed Approach to renew the emphasis on policing, cleansing and related support services as part of a push to address issues relating to street sex work raised in the local community in Holbeck. This includes 4 extra police officers paid for by Leeds City Council and West Yorkshire Police, on top of our existing neighbourhood police team.

Their role includes:

- providing a faster response to calls made through the dedicated phone line 07534 309568
- building positive relationships with sex workers to support greater confidence in reporting concerns or where they have been a victim of crime and signposting them to specialist support services;
- acting on intelligence provided by a range of partners, including local people, to increase presence and patrols in areas flagged for concern;
- using proactive enforcement measures to tackle a variety of issues and target those not abiding by the rules; including soliciting and kerb crawling in residential areas which is not tolerated;
- getting to know local residents, community representatives and businesses to understand their concerns and feed them back to influence operational and strategic management of the initiative.

Taken together we will see some positive steps for Holbeck in the year ahead.

Martin Dean, Area Leads, south East Leeds.

Community Engagement Day



As part of the extension of the Leeds Neighbourhood Approach in the Rydall's area of Holbeck, the LNA team, supported by the Police, Cleaner Neighbourhoods Team, Communities, HEA, Blue Apple and LASBT went out door to door in the Rydall's.

200 properties were targeted in this part of the approach and all were visited on the day by partners, who directly engaged with **60** households giving advice on the approach and discussing issues affecting residents in the area.

We're Outstanding!

Pennington Court is the first care home for older people in Leeds to be recognised as 'Outstanding' by the Care Quality Commission.

If you or a family member are needing more care and support in later life and are considering your options why not book a visit today and meet the team at Pennington Court.

Contact Angela Randle, General Manager on 0113 228 4040 or email arandle@westwardcare.co.uk today

www.westwardcare.co.uk



Upcoming Activities

Stately Home Adventurers!

Over the course of 2019, HEA will be providing the opportunity to visit some of the North of England's most elegant heritage landmarks, in the form of stately homes. The outings below are bookable **NOW** and include admission to the house and grounds with return transport. Outings can be paid weekly or monthly to make payment more manageable.

Harewood House & Grounds

Thursday 11th April - **£15 *FREE TRANSPORT***
Introductory offer

Castle Howard House & Gardens

Thursday 13th June - **£20.00**

Temple Newsam House Tour & Farm

Thursday 8th August - **£12.00**



Christmas @ Chatsworth House



Reader's Corner

We've got some head scratchers to get those brain muscles flexing.

	5		7			9		
1				3				
9				8		6		
	9					7		
			8			2		
	6	5	1					
3		9	6	1			8	4
		2	5		4		7	6

Don't be scared off by all the numbers, it doesn't require any maths. The rules for Sudoku are:

1. Each row, column, and block (group of nine) can contain each number exactly once.
2. The sum of all the numbers in any row or column must add up to 45

Solutions available at the office!

New Photography Group



In partnership with Skippko, a new photography group will be meeting fortnightly to learn new skills, experimenting with different cameras and getting out and about across Yorkshire, capturing shots and putting their new skills to use!

Thursday Afternoons @ St Matthew's C.C

Once a fortnight, time 1:00pm - 3:00pm

Brand new afternoon activities!!!

We've teamed up with St. Luke's Primary School to offer joint activities for a mixture of ages. There will be a variety of options, so watch this space!

Board Games Club

Every Tuesday 3:15pm - 4:15pm

Lego Masters

Every Wednesday 3:15pm - 4:15pm

Ukulele Group

Taster session Monday 4th March
3:15pm - 4:15pm

Transport Available FREE of Charge



In the left column you have a pair of words. Your goal is to find a third word that is connected or associated with both of these two words.

LOCK – PIANO
DOOR-SMITH
SHIP – CARD
SCHOOL – EYE
PILLOW – COURT
RIVER – MONEY
Good Luck!!

Upcoming Activities

Tea, cake & Conversation

Join HEA on the second **12:30 - 2:30**
Monday of every month
to build your personalised
memory box!

£1.00 Activity Charge
Ingram Gardens C.C



Intergenerational Ukulele Taster Session!

Working with St Luke's Primary School, HEA are providing the opportunity to learn how to play the Ukulele

Monday 4th March 3:00pm - 4:00pm
St Matthew's Community Centre
FREE OF CHARGE



Take-away Meal

Delivery Service!



Commencing in January
HEA will be delivering HOT nutritious meals every **Tuesday** to a community venue near you!

Delivery Venues & Dates

Ingram Court (08/01, 05/02 & 05/03)

Ingram Gardens (15/01, 12/02 & 12/03)

Crescent Grange (22/01, 19/02 & 19/03)

Maple Court (29/01, 26/02 & 26/03)

Special Winter Introductory offer, subsidised at only 2 Course's £2.00 per meal

Please order a meal by calling 0113 245 5553



Afternoon Social's



Join HEA after lunch every Tuesday, Wednesday and Friday for an afternoon of friendship and fun! From 1:30pm onwards on each day there'll be a mixture of films, singing, games, short afternoon outings and bingo! **Call into the office and collect your schedule of events NOW!**

NEW! For January 2019

As an alternative to Fish & Chips on Friday HEA will be providing another winter warmer hot meal such as a pie or casserole!

Commencing 11th

January

2 Course Meal £4.00



Theatre Performances 2019!

Annie

Wednesday
24th April
Bradford Alhambra



2:00pm performance

£28! per person

Wednesday 5th June
Leeds Grand Theatre

2:00pm performance

£22.50! per person



Les Misérables

Wednesday 17th
July

Bradford Alhambra 2:00pm performance

Book by 14th February

£50! per person

- To help manage the cost, initial deposits followed by staggered payments can be paid for all performances.



- Transport available for £5.00, with limited wheelchair access seats available

NEW! For 2019

We will be piloting a new Indoor Boules group. Taster days are the on following: **15th February & 15th March**
1:30pm - 3:00pm



At the John Charles Centre

£8.00 including activity & transport

Activities & Meal Services

Monday

Ingram Gardens Community Centre

Tea, cake & conversation 14/01, 11/02, 11/03 12:30pm - 2:30pm £1.00 Activity
Morley Shop/ Swim 28/01, 18/02, 18/03 9:00am - 12:00pm £4.00 Transport
Wellness Space Afternoon 28/01, 25/02, 25/03 1:00pm - 3:00pm FREE Activity
Carers Group 04/02, 04/03 (light lunch & refreshments) 12.30- 2.30pm £2.00

Tuesday

St Matthew's Community Centre

Tea & Toast Morning 10:00am - 12:00pm FREE Activity
3 Course Community Lunch 12:00pm - 1:30pm £5.00
Afternoon Social 1:45pm - 3:00pm 50p Activity
Board Games @ St Luke's Primary School 3:15pm - 4:15pm FREE Activity

Wednesday

Tea & Toast Morning @ St Matthews 10:00am - 12:00pm FREE Activity
Shopping to Morrison's 10:00am - 1:00pm £4.50 Transport
Coffee Morning @ Ingram Court 10:00am - 11:30am 50p Activity
2 Course Community Lunch @ Ingram Court 12:15pm - 3:00pm £3.50
Afternoon Social 1:15pm - 3:00pm FREE Activity
Lego Masters @ St Luke's Primary School 3:15pm - 4:15pm 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 FREE Activity
Craft Group (Cleveleys Court) 1:30pm - 3:30pm £1.00 Activity
'A Shared Place' Photo Group (fortnightly) 1:00pm - 3:00pm FREE Activity

Friday

St Matthew's Community Centre

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

Door - to - Door

Transport
Available from
£3.50 Return

Call
0113 245 5553
to book!

Saturday

**Shopping
(Monthly)**

10:00am - 1:00pm

£4.00 Transport

January 12th

February 9th

March 9th

Sunday

**2 Course
Sunday Lunch**

12:00pm - 2:00pm

£4.00 Meal

January 27th

February 24th

March 24th

**Shopping
(Monthly)**

10:00am - 1:00pm

£5.00 Transport

January 6th

February 3rd

March 3rd

HEA-0113 245 5553

Group Outings & Events

Date	Activities & Events	Costs
Sunday 6 th January	Sunday Shopping Outing - Owlcotes Shopping, Pudsey Pickups from at Home from 10:00am	£4.00 Transport
Monday 7 th January	Showcase Cinema Outing - Mary Poppins Pick-ups from 9:00am – 1:00pm	£5.00 Ticket £5.00 Transport
Thursday 17 th January	Toby Carvery Outing - Chapel Allerton Pick- ups from 11:00am – 2:00pm	£4.00 Transport
Tuesday 22 nd January	Robert Burns 3 Course Celebratory Lunch 12:00pm – 2:00pm- St Matthews C.C	£5.00 Meal £3.50 Transport
Friday 25 th January	Afternoon Social Outing - Royal Armouries Pick- ups from 1:15pm – 4:00pm	FREE Entrance £4.00 Transport
Thursday 31 st January	Community Well Being Breakfast Morning - Free of Charge 10:00am – 12:00pm St Matthews C.C	FREE of Charge Transport Available
Sunday 3rd February	Sunday Shopping Outing -Skirlington Market Pickups from at Home from 10:00am	£4.00 Transport
Monday 4th February	Showcase Cinema Outing – Stan & Ollie/ Birstall Shopping Pick-ups from 9:00am – 1:00pm	£5.00 Ticket £5.00 Transport
Tuesday 5th February	Chinese New Year Celebratory Lunch 12:00pm – 2:00pm- St Matthews C.C	FREE of Charge Transport Available
Friday 15th February	Afternoon Social Outing– Indoor Boules @ John Charles Pick-ups from 1:15pm - 3:00pm	£8.00 including Activity & Transport
Thursday 21st February	Pub Meal Outing – Heathfield Farm Pick- ups from 11:00am – 2:00pm	£5.00 Transport
Friday 22nd February	Afternoon Social Outing – Thackray Medical Museum Pick- ups from 1:15pm – 4:00pm	£7.00 Entrance £4.00 Transport
Thursday 28th February	Community Well Being Breakfast Morning - Free of Charge 10:00am – 12:00pm St Matthews C.C	FREE of Charge Transport Available
Sunday 3rd March	Sunday Shopping Outing – York Designer Outlet & Monks Cross Shop Centre Pickups from at Home from 10:00am	£5.00 Transport
Monday 4th March	Showcase Cinema Outing – Greyhound/ Birstall Shopping Pick-ups from 9:00am – 1:00pm	£5.00 Ticket £5.00 Transport
Monday 4th March	Intergenerational Activity– Ukulele Taster Session 3:00pm - 4:00pm St Matthew's Community Centre	FREE of Charge
Tuesday 5th March	3 Course Shrove Tuesday Lunch (Pancake Day) 12:00pm – 2:00pm- St Matthews C.C	£5.00 Meal £3.50 Transport
Thursday 14th March	Halifax Borough Market & Piece Hall 9:00am – 3:00pm- St Matthews C.C	£7.00 Transport
Friday 15th February	Afternoon Social Outing– Indoor Boules @ John Charles Pick-ups from 1:15pm - 3:00pm	£8.00 including Activity & Transport
Wednesday 20th March	End of Winter Celebration Buffet Social! 12:00pm - 3:00pm Ingram Gardens Community Centre	FREE of Charge Transport Available
Thursday 21st March	Pub Meal Outing – Dick Hudson's, Bingley Pick- ups from 11:00am – 2:00pm £5.00 Transport	£5.00 Transport
Thursday 28th March	Community Well Being Breakfast Morning - Free of Charge 10:00am – 12:00pm St Matthews C.C	FREE of Charge Transport Available
Friday 29th March	Afternoon Social Outing – Tropical World, Roundhay Pick- ups from 1:15pm – 4:00pm	£7.00 entrance £4.00 Transport

HEA 0113 245 5553