

Looking to the Future

I want to start this message to you today with a sense of hope and positivity. There is no doubt that it has been, and continues to be, a difficult time for everyone. The media continues to report on much of the negative impacts that Covid-19 has had on the world. But closer to home, in Holbeck, I can see and have experienced the positive stories, the heart-warming neighbourliness, the 'we are in it together' attitude of our community.

As we have started to plan our programme of Autumn/Winter Activities – which I know you all love – we have taken some of this community spirit and been inspired to think differently about how we make this time of year as fun and special as years before. It's about being a bit creative and perhaps a bit agile to changing guidelines – but most importantly it's about keeping you connected to one another, active and with lots to look forward to.



So have a browse through our programme of activities and get the dates in your diary. From weekly Walk and Talk sessions to meal deliveries and fortnightly parent coffee mornings (from November) our services continue. There are even some fun themed events such as our Halloween and Bonfire Night themed meal deliveries and the Haunted Holbeck Scavenger Hunt.

And Covid is not going to knock the 'ho-ho-ho' out of our plans – we are aiming to still have our Christmas Social, a Christmas Film event and 'Mince Pie and Mingle' events (time slots available).

We are hoping these events can take place safely in a socially distanced way but if we have to adapt and do something virtually, we will support you to make sure you can access the fun online. You could even join us for one of our weekly 121 digital sessions to learn how to access events from your phone!

We've been here supporting the older people of Holbeck for the last 28 years. More than ever we have seen an increase in the need for advice and support during these unprecedented times. We know we can help



with whatever your worry or question might be, so I urge you to contact us if you need some advice or support.

We are extremely grateful to our volunteers who continue to help us make a difference and our funders who have supported us during these times.

Stay safe, stay well and remember we are here to help – so please get in contact if a little bit of support at this time is what you need.

Elissa Newman
Chief Officer

Our support during Covid in the last 6 months

5919 meals and suppers prepared & delivered

3981 hours of time provided by our volunteers

225 delivered & supported shopping trips

20 families supported by our Healthy Holiday Summer programme

2324 well-being calls carried out

1739 food parcels provided

1760 Wellbeing Activity packs for the community

Macmillan Coffee Morning

On Friday 25th September we were able to support the Macmillan coffee morning in a socially distanced way with a slice of cake and a cuppa and for those who wanted to support but were unable to attend, we delivered cake to their homes.

Thank you to everyone who contributed to the grand total of £210



£210 Raised



Walk and Talk Group

Every Wednesday during the summer our new walk and talk group enjoyed a sociable, gentle stroll around Holbeck Moor. The walks have been supported by Andy and the team of young volunteers at the Leeds United Foundation National Citizen Service (NCS) who accompanied clients for the morning.

Enjoying some fresh air at your own pace with places to rest along the way. Socially distanced restrictions didn't dampen the spirit of just getting together.

For further information and to join our walkers please refer to our weekly activities on p11.



We're back on the road

Roy, HT's community driver, has been working very hard to ensure that our transport service can operate safely during these times. The mini buses are sanitised after each use and seating is set out to adhere to social distancing rules.

We have resumed our much needed weekly shopping outings to Morley and Hunslet. These provide the opportunity to once again shop independently.



"Staying Connected"

Connecting online has become more significant in how people interact with each other during the last six months. With the support of 100% Digital Inclusion, set up by Leeds City Council, we have designed a new service that provides the opportunity to have in person 1-2-1 support. Whether you're a beginner, needs some help or tips, we can get you started to

- **Get Online**
- **Set up your phone or tablet**
- **Learn more about email, zoom and Facebook, or just to connect with friends or relatives.**

Come along to St Matthews on Mondays for our Digital sessions, in an informal friendly setting. Tea and coffee available, free of charge.



FREE ACTIVITY



Uplifting Lunches

During the summer months under normal circumstances we are very busy providing trips to the coast and to places of interest and this year particularly we were planning to have a week away in Blackpool. However this year due to the current restrictions we were unable to do this...

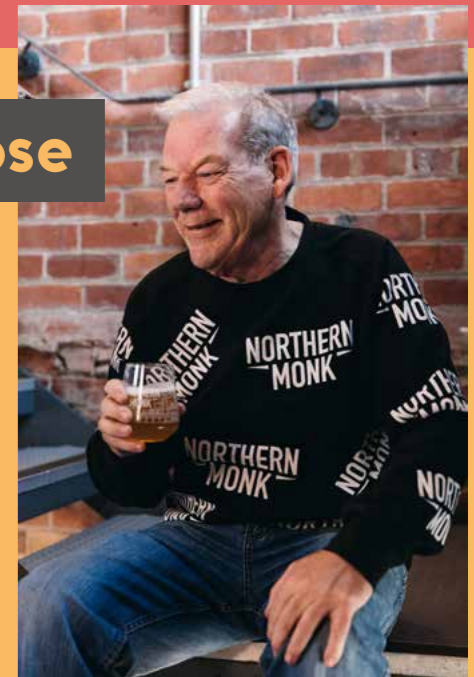
So how could we bring a little bit of the summer spirit to our service users who had been facing disappointment and lockdown for many weeks... by providing a bit of fun with our lunch time deliveries.



Strike a pose

Northern Monk, a local brewery, were really keen to include a member of the local community in their advertising campaign. Kevin Bradley, a local resident was up for the challenge and had an enjoyable afternoon modelling Northern Monk's merchandise.

We were delighted to facilitate local Holbeckians to model in the Northern Monk campaign – and what a fantastic model Kevin was!



Kevin Bradley
Local Resident

Support and advice

We know it's been a tough time for everyone as we deal with the ongoing COVID-19 situation. Our daily lives have drastically changed and this will probably continue, in some shape or form, for some time. Everyone is experiencing different pressures and anxieties.

You may be living alone and the continued isolation is actually making you feel quite lonely.

You may have recently been made redundant, or as a young person you might have just left college to find a job and the opportunities are limited, – all of which may be

creating mounting worries about money and finance.

You may be juggling the stresses of family life – caring for children or wider family members, alongside working or making sure everyone else feels safe and secure.

We want you to know you don't have to do this alone – we are in this together. WE CAN HELP. A friendly chat might cheer you up.

A review of your money situation might unlock some additional financial support you can access at this time. Popping along to one of our socially distanced coffee

mornings or walks might help get you out of the house.

Worried about leaving the house or limited on time to come and see us? We can pop round to you for a socially distance cuppa and chat or set up a phone call. You may not even know what it is specifically you want help with – sometimes a listening ear is all you need.

So, don't wait until tomorrow – call us today on 0113 245 5553 and let's start a conversation.

What is a support bubble?

A support bubble is a close support network between a household with only one adult in the home (known as a single-adult household) and one other household of any size. This is called making a 'support bubble'.

Once you're in a support bubble, you can think of yourself as being in a single household with people from the other household. It means you can have close contact with that household as if they were members of your own household. Once you make a support bubble, you should not change who is in your bubble. Keeping you, your family and friends as safe as possible.

Hands. Face. Space.

With winter fast approaching, the 'Hands, Face, Space' campaign urges the public to continue to wash their hands, cover their face and make space to control infection rates and avoid a second peak.

The spread of coronavirus, particularly in enclosed spaces is shown in a new film, produced with experts in the field, which highlights the risk in simple, everyday interactions. You can view this film on YouTube, by typing in Hands Face Space.

Hands Face Space



Me Time

Wellbeing sessions
Monday 1.30-3.30pm
Every two weeks
Starts Mon 9th November
At St Matthews

Wellbeing is important for ourselves, our family and friends and is a vital component that allows us all to flourish in all aspects of life.

Government guidelines are constantly changing to accommodate both national and local level spikes of the COVID-19 virus. Extra local rules to reduce social contact restrict what we can do. If you are feeling unsure about what you can and cannot do.

We can help.
Contact Claire at the office on 0113 245 5553 or 07925361476.

5 ways to wellbeing



- 1 Connect** - It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages.
- 2 Be Active** - Regular physical activity is associated with lower rates of depression and anxiety across all age groups.

- 3 Take Notice** – Reminding yourselves to 'take notice' can strengthen and broaden awareness. Awareness enhances your self-understanding allowing you to make positive choices.
- 4 Keep Learning** - Continued learning through life enhances self-esteem and encourages social interaction and a more active life
- 5 Give** – Participation in social and community life, committing to an act of kindness, will increase wellbeing.

Every Mind Matters

There are times when we all feel the strain. As parents and carers, there are ways we can support children and young people to give them the best chance to stay mentally healthy and help them cope with whatever further changes we all may face. Some children and young people have enjoyed being off school, while others will have really struggled – with the coronavirus outbreak keeping them at home and away from friends.

As restrictions lift in some places, they might also face difficulties in being back at school or college. It's also still

uncertain what further changes we all may face. Feelings like these will gradually ease for most, but there are always steps you can take to support them emotionally and help them cope with problems they face.

Holbeck Together are offering a family coffee morning every two weeks, where I will be there to answer any questions and offer support and signposting to you and your family, such as...

**Benefits
Education
Housing Issues
Job Skills**

Contact a GP on NHS website or call 111

Health Checks

NHS Health Checks are aimed at adults in England aged 40 to 74, it checks that some of your body's most important systems are running smoothly. Among other things, your blood pressure, cholesterol, and BMI are checked. Everyone is at risk of developing heart disease, stroke, diabetes, kidney disease and some forms of dementia.

The good news is that these conditions can often be prevented or their impact reduced. You'll usually get your NHS Health Check at a GP practice. Patients aged 75 or over should have an annual assessment of the factors that affect health, including their physical and mental condition, sensory functions, mobility, use of medicines, and

social environment. People under the age of 40 are not included in the NHS Health Check programme because younger people have a lower risk of the health conditions tested for during the check. But if you have any questions, speak to a GP or nurse.

You should visit your GP from time to time, even if you are healthy. The purpose of these visits is to:

Screen for medical issues, assess your risk for future medical problems, encourage a healthy lifestyle and update vaccinations

Even if you feel fine, you should still see your GP for regular check-ups to help avoid future problems.

If you are worried about your Health, do not wait for a Health Check.

Your Space

Your Space supports people to improve and maintain their mental health and wellbeing with a range of activities and drop-in spaces.

Pre-lockdown you might have heard of their famous "Chocolate Chat and Chill" socials, or enjoyed a meal at the monthly curry club! Sadly the on-going COVID-19 pandemic means that face-to-face activities are still limited, but they're doing lots online as they work to set up safe in-person activities in the coming months.

In the meantime, you can check out their wellbeing videos on YouTube, become a penpal for our Letter-Writers Against Loneliness project, join the online socials and games groups via Zoom, become a part of the local community wellbeing Facebook groups and much more!



Listening Well Report

In February 2020 we held our final listening event in our Listening Well Campaign. Since the launch event in February 2019, the Voice of Holbeck have held 9 events across Holbeck and Beeston to give people a chance to share how the Managed Approach to Street Prostitution has affected their lives.

Every story was captured and has been written up into a formal report on community impact, collated by researcher Dr. Louise Warwick-Booth of Leeds Beckett University.

We held a workshop over zoom on the 1st of September to give a group of residents the opportunity to compile a list of specific 'asks' for key decision makers to consider.

We will be presenting the report and the community asks to the Strategic Leads in the next few weeks. We will be providing further updates, as well as information about where you can pick up a copy of the report, so keep your eyes peeled.



St. Matthews – For the Community

The pressures of the pandemic meant that St. Matthews had to immediately close to all groups and the general public in March, as did most community centres across Leeds. As the extent of the crisis became apparent, Leeds City Council invited Holbeck Together to utilise the space in order to co-ordinate food parcels, hot meals to people shielding and the expanding volunteer team who helped us reach everyone who needed it.

As we move forward we continue to work with LCC to plan for the long-term sustainability of our much-loved community centre. We look forward to the time when all the wonderful groups that use the St Matthews space can safely return and the space can get back to the thriving community space we all know and love – and will keep you all up to date with developments over the coming months.



Partner Spotlight



Park Fisheries

Simon and Gail have owned Park Fisheries in Beeston for 19 years and when covid hit, Simon got in touch to let us know they would continue to support our weekly Fish Fridays in any way they could. That first week, Park Fisheries donated the fish and chips order for over 40 older members of the community free of charge. Wanting to ensure that each client received a piping hot meal even at home, Park Fisheries bought four thermos bags especially for HT. On VE day, they donated another full round of lunches free of charge.

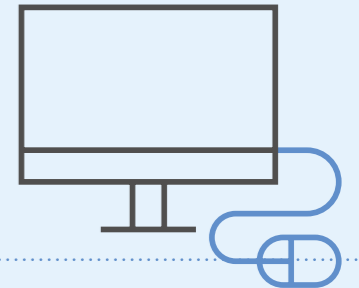
Despite working with a reduced team, Simon and Gail go the extra mile every week, organising the meals for our delivery drivers during the busiest time of the week and always with a cheerful smile and friendly word.

Thank you Park Fisheries, your fish and chips are unrivalled and your generosity very much appreciated!

To read more about Park Fisheries check out our website blog, where you'll find more in the series 'Our People' – which shines a light on the people and partners at the heart of our work.

Want to get online but not sure how?

We know how difficult it can be to try your hand at something new and we also know how much of modern life is now 'online'. Which is why we want to help as many people as possible to develop their skills and connect digitally, at a time when people are experiencing more isolation. We're working with 100% Digital Leeds and Lloyds Bank



Getting by with a little help from our friends.

Our ability to respond to the crisis as we have over the last few months has been due to the support of a range of partners, from funders to donors to volunteers. At a time when many people and businesses have had to tighten their belts, grant-makers have stepped up to provide funding to organisations such as Holbeck Together. We'd like to thank The National Lottery Community Fund, Leeds Community Foundation, Leeds City Council South Leeds Area Committee, Leeds Benevolent Society for Single Ladies, Clothworkers Foundation and SC Johnson Foundation, for providing crucial grant funding to support our community response.

We'd also like to thank our corporate partners who have provided invaluable free-of-

to support people of all ages to get advice, receive 1-2-1 coaching, and gain access to tablets and other devices. Give us a call on 0113 245 5553 to find out more.

You can now find us on Facebook, Instagram, Twitter, LinkedIn and at www.holbecktogether.com

charge support during this time, including our friends at Design Tonic for helping us to make our working spaces covid secure, the team at Your Story for helping us to better communicate our work at the beginning of summer, and to Ascensor for helping us to update our website with a new section on Covid-19.

As we move towards winter, there is much work still to be done, so if you are interested in playing a role in supporting the Holbeck community, please give us a call – no contribution is too small!



"Thank you to our local councillors Almas, Gabriel and Scopes for providing urgent funding to HT during the crisis"

Volunteering

Thank you

A crucial part of our service delivery over recent months has been to alleviate the social isolation that has affected so many people due to the COVID pandemic.

prepare the meals and consistently deliver them. We couldn't have achieved this without the dedicated staff team and their army of volunteers who tirelessly gave and are still giving their precious time.

Delivering hot meals and suppers on a daily basis to members of the community has enabled HT to stay in touch. It has been quite astonishing how we have managed to source food,

We applaud you.
Val, Mandy, Dawn, Lyn, Asha, Ann, Josephine, Jayne, Gerry, Nikki and Vicky, Dave, Peter, Yvonne, Jonathan, Nicola, Julie, Holly, Helen, Tracey, Matthew, Linda, Steve, Terry and lola.

Over 5,900 meals freshly prepared and delivered from St Matthews Community Centre.



Family

Healthy Holidays Summer 2020



Sharing stories with Leeds City College

This summer, social action students from Leeds City College approached Holbeck Together to host a socially distanced 'Share your story' afternoon. The event was focused around Covid-19 and the intergenerational differences between challenges, concerns and experiences during the pandemic.

for both generations with younger people commenting, **"You watch stories on the news of how the virus has affected people in different ways, but to speak with people face to face you really understand the day to day struggles more."**

Thank you to Lindsey and the Youth Action Project team for your planning, preparation and volunteering on the day. We look forward to welcoming you back to Holbeck again soon.

From studying online and uncertainty over exams and their results to shielding from the virus within their own home and not even been able to go to the shop. The afternoon was insightful



Olivia Marshall...

joined in-between her university course and accepting a work placement with us as a volunteer and applied her skills and expertise to the Healthy Holidays project.

The Healthy Holidays project was such an amazing project to be a part of. I have a passion for food and being able to put into practice what I have studied for 2 years at university, providing the knowledge to help others to understand food, nutrition & cooking practices better was brilliant! It was such a proud moment for me and the Holbeck Together team when photographs



of the meals our families had created started to come through.

All of them showed how much this was being enjoyed and the fact that children were wanting to be involved told us we had picked a great project for the community. Thursdays over the summer turned in to extended family's creating a meal together, food has a special gift of bringing enjoyment, knowledge & wellness in many different ways.



Leeds Community Foundation launched their summer Healthy Holidays grants programme to fund projects that promote Healthy Holiday activities with a food component for school-aged young people during the summer months.



This grant was a continuation of the Covid-19 Healthy Holidays award that we received earlier on in the year, which enabled us to support families who were feeling the effects of Covid-19.

The funding allowed us to provide a range of services for local families, giving us the platform to develop our previous engagement and make the summer of 2020 one to remember for all of the right

A parent commented **"This project has been fabulous. Having the support of HT through the summer has been amazing. It felt so good to get back to doing some physical activity outside. The kids absolutely love it!"**

We continue to develop family services with the introduction of a fortnightly parent coffee morning. Take a look at page 12 to see upcoming activities and events.

reasons. These services included a weekly recipe pack with a variety of recipes for children to develop their cooking skills and prepare a meal for the family. Weekly socially distanced table tennis sessions with PingPong4U, weekly activity challenges, food parcels for the family and community activities such as a scavenger hunt culminating in a socially distanced end of summer party.

It has been a real pleasure to see over 20 families using our services and keeping their kids active week by week. One of the stand out moments from within this project was the development of the Reetwirlers dance group who met each week opposite Lane End Primary School.

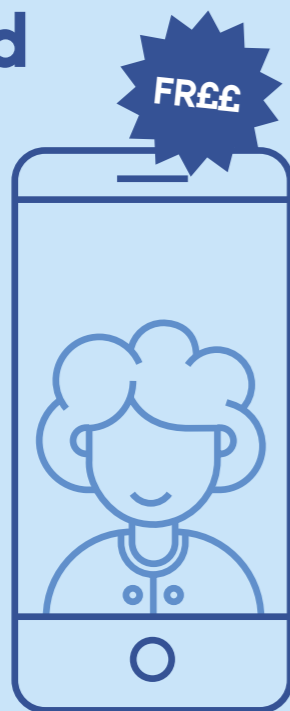


Stay Connected Sessions

If you are interested in learning how to use a smartphone, tablet, iPad or laptop, please join us and learn some new skills.

Every Monday
12.00pm – 1.00pm
St Matthews

Please book by calling Matthew on 0113 245 5553 or 07925 361 477



Christmas Jumper Day Coffee Morning in support of Save the Children

Fri 11th December
10am – 11.45am

Join us for our socially distanced Christmas Jumper Day Coffee Morning in aid of **Save the Children**, a charity that supports young children across the world to learn, grow and become who they want to be.

Wear your favourite Christmas jumper, enjoy Christmas carols and indulge in some Christmas treats. Donations welcome. Just let us know if you're able to come along or if you would like to support this event from home and would like a slice of cake dropped to your door call 0113 245 5553



Christmas Celebrations

Every Christmas and New Year at Holbeck Together our schedule is jam packed with festive activities and this year we plan to continue to enjoy celebrating such events.

It is more important than ever that we share this important time together.

We are hosting 3 smaller events this year and a little bit nearer the time we will be able to let you know how – for now just register that you wish to participate by calling 01132 455553.

Don't forget to book your place.



* Christmas Afternoon Social

Fri 11th December
12pm – 1pm
1.15pm – 2.15pm
2.30pm – 3.30pm

* Turkey & Tinsel Together Lunches

Mon 14th Dec –
Fri 18th Dec
12.15pm – 1.15pm or
1.30pm – 2.30pm
each day.

All week Monday – Friday we will providing hot butter basted turkey sandwiches served with cranberry sauce, pigs in blankets and seasoning followed by Yuletide log, mince pies and a cup of tea.

* 2 Course Christmas Lunch Delivered to your Door

Tue 22nd December
Butter basted turkey with all the seasonal trimmings, freshly prepared and delivered to your door.

Weekly Activities Schedule



Don't forget to BOOK with Matthew 0113 245 5553

Monday

Shopping Outing – Morley or Hunslet
9am – 12.30pm
£4.50

Families Coffee Morning
St Matthews
(Fortnightly from 2nd November)
9.30am – 10.30am

Holbeck Together Charity Shop
St Matthews
(Fortnightly from 2nd November)
9.30am – 10.30am

Stay Connected Sessions
St Matthews
12pm – 1pm

“Me time” Wellbeing Session
St Matthews
(Fortnightly from 9th November)
1.30pm – 3.30pm



Tuesday

Outreach Meal Deliveries
2 course lunch £4 and sandwich supper £2

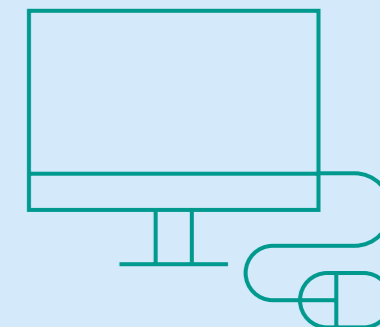


Wednesday

Walk & Talk Group meeting
St Matthews
10.30am – 11.45am



Outreach Meal Deliveries
2 course lunch £4 and sandwich supper £2



Thursday

Social Supermarket
St Matthews
10am – 12pm

Coffee Morning Older People
St Matthews
10am – 11am
11am – 12pm

Holbeck Together Charity Shop
St Matthews
10am – 12pm

Outreach Meal Deliveries
2 course lunch £4 and sandwich supper £2

Shopping Outing – Morley or Hunslet
9am – 12.30pm
£4.50

Craft Afternoon
St Matthews
2pm – 4pm

Friday

Fish & Chip Meal Deliveries
£3.50 – £5.50 and £2.00 sandwich supper

Danceabout
St Matthews
11am – 11.40am
11.45am – 12.25pm
£2 per session



Saturday

Your Space – Cross Flatts Park Walking Group
10am – 11am women only
11.15am – 12.15pm mixed

Book your place by calling Anne on 07920 461 253

Sunday

Sunday Lunch Outreach Meal Deliveries
October 25th
November 29th
January 31st
2 course lunch £4

Key dates for upcoming events

All events must be pre-booked in advance by calling 0113 2455553

Wear it PINK

Coffee Morning at St Matthews

Donations welcome
Book a timeslot by calling the office – cake delivery also available
Friday 23rd October
10am – 10.45am
11am – 11.45am
12pm – 12.45pm

Halloween Fish & Chip lunch & trick or treat goody bag

Get dressed up for your delivery.
Fri 30th October
£3.50 - £5.50

Bonfire Night Themed Lunch Pies, peas and parkin lunch

2 Courses delivered to your door
Thur 5th November
£4.00

Christmas Craft Afternoon at St Matthews*

Create Christmas decorations for your Christmas tree. Packs are also available to be delivered to your home
Thur 3rd December
2pm – 4pm

Christmas Film Afternoon at St Matthews*

Enjoy a Christmas film in the community with festive refreshments. Limited capacity so please book early
Monday 7th December
11.45am – 1.45pm
or 2pm – 4pm



'At Home' Christmas Recipe Kit delivered to your door*

Create yourself some festive treats and book an at home Christmas recipe kit with ingredients delivered to your door
Tuesday 8th December

Christmas Afternoon Social at St Matthews*

Fri 11th December
12pm – 12.45pm
1pm – 1.45pm
2pm – 2.45pm

Christmas Jumper Day Coffee Morning

in support of Save the Children at St Matthews
Donations welcome
Friday 11th December
10am – 10.45am
11am – 11.45am

Turkey & tinsel together at St Matthews*

From Mon 14th December until Fri 18th December
12.15pm – 1.15pm
1.30pm – 2.30pm

2 course Christmas Lunch 'delivered to your door'*

Tuesday 22nd December

Mince Pies & Mingle*

Wed 23rd December
10.00am – 10.45am
11.00am – 11.45am
12.00pm – 12.45pm

Holbeck Together Fundraising Coffee Morning at St Matthews

Donations welcome
Friday 15th January 2021
10am – 10.45am
11am – 11.45am
12pm – 12.45pm

Healthy Holidays



Healthy Holidays October Half Term

YOUNG PEOPLE'S EVENTS

Tue 27th October

Breakfast and Lunch Food Parcel collection and 'At Home' pumpkin carving available for collection from St Matthews

Wed 28th October

Haunted Holbeck 'trick or treat' scavenger hunt 1pm – 3pm

Thur 29th October

Halloween trick or treat recipe pack collection from St Matthews

Sat 31st October

Your Space Holbeck Moor Halloween Trail, 10am – 12pm at Holbeck Moor Park

Bonfire Night

Wed 4th & Thur 5th November Pizza & Ping Pong at St Matthews

(Ages 6-8) 6pm-9pm. Supported by PingPong4U & West Yorkshire Police

Healthy Holidays Christmas

Mon 21st December

Christmas Film afternoon for families at St Matthews
1pm – 4pm

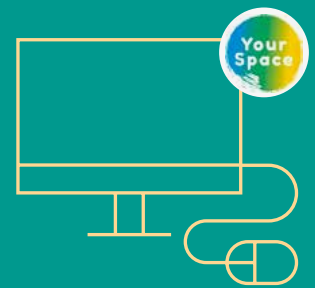
*Limited capacity – please book early

Tue 22nd December

Christmas recipe kits & Christmas Eve box collection at St Matthews

Wed 30th December

Breakfast and Lunch Food Parcel collection and Activity pack at St Matthews



Your Space Online Webinars

Book your place by calling Anne on 07920461253



Eating & Wellbeing

Do you want to learn more about the links between food and mood? In these sessions we'll explore the links between what we eat and how we feel.

November 12th
2pm – 3pm

November 26th
11am – 12pm

December 10th
2pm – 3pm



Talk about Mental Health and Wellbeing

Would you like to feel more confident talking about your own and others' mental health and wellbeing?

November 19th
10am – 11am

December 3rd
1pm – 2pm

December 17th
10am – 11am

*Some of the above events are with our compliments. (Please see asterisk)