

The Holbeck spirit

It was this time last year when we first began to hear news reports about a new respiratory disease that had appeared in China. Corona Virus Disease 2019 – soon abbreviated to Covid-19 – was highly contagious, and serious, but Holbeck seemed a long way from Wuhan.

Within weeks however we found ourselves moving into lockdown – we consulted closely with all of our clients and reassured that we would still be here to support in whatever ways were needed.

For some, the effects have been devastating and everyone has been affected differently by Covid-19. Some people have lost loved ones, some people have lost their jobs or found their income dramatically decreased. Families have found themselves often having to manage home-schooling with limited digital access, within small household spaces and the need to find enough food to cover increased meals taking place at home. For some, the isolation that lockdown has had a major impact on their well-being and mental health.

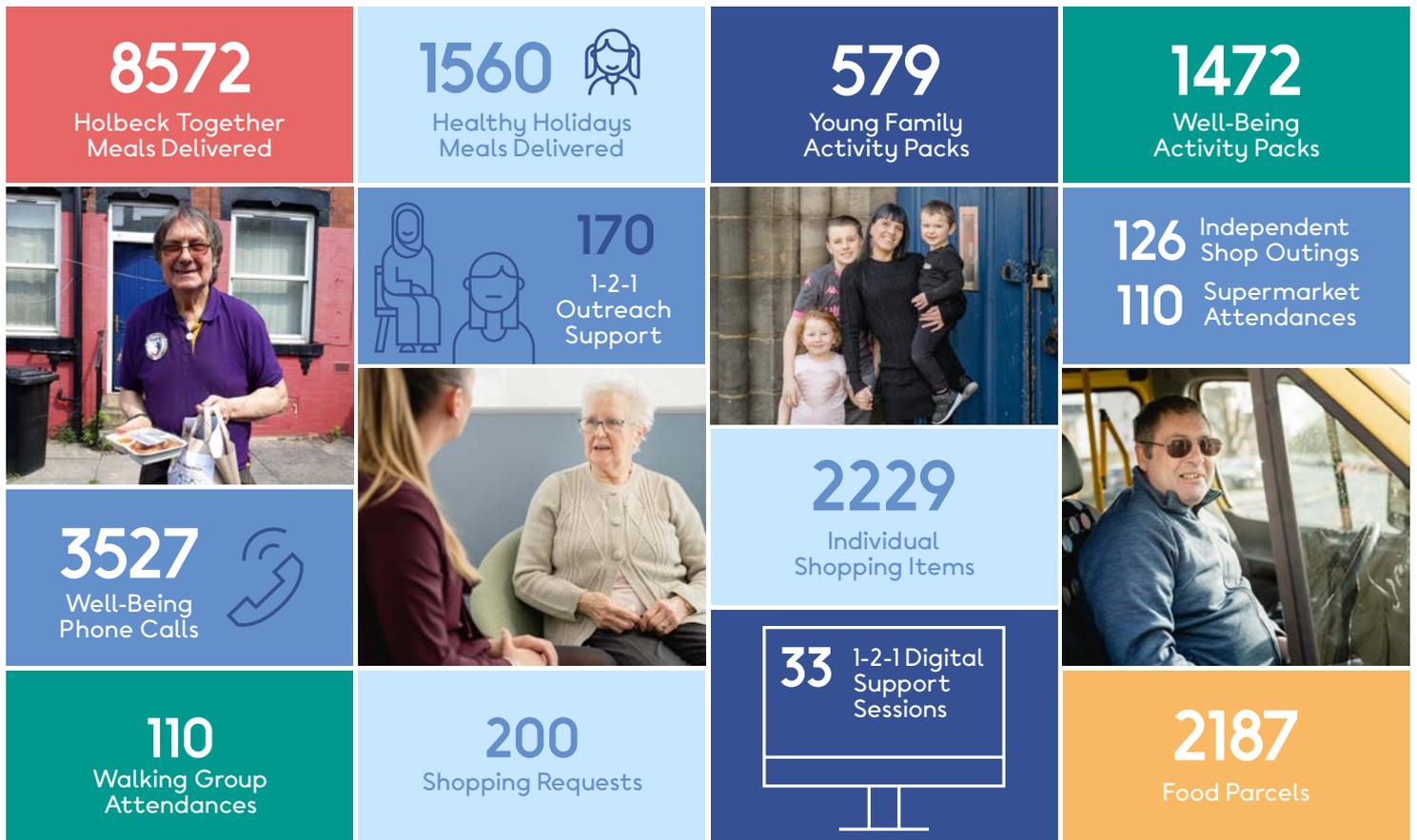
But amongst these challenges our team of staff, volunteers, neighbours, partners and businesses across Holbeck have stepped up and shown the power of a community working

together. A community that looks out for its neighbours, and that tries to lessen the burden upon others.

With the vaccine being rolled-out there is a sense of hope as we look forward. It feels like we are all adapting and learning how we can live fulfilling and active lives in a world with-Covid. It's a work in progress and may take some time but that is ok because we have shown that resilience, strength and the Holbeck spirit can and will continue to get us through.

Elissa Newman
Chief Officer

So far, with the help of an incredible network of partners and volunteers, Holbeck Together has provided:



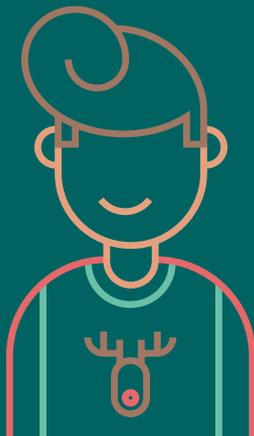
Christmas celebrated... differently



In the run up to Christmas we were determined that in spite of the challenging restrictions, Holbeck Together wanted to spread some festive cheer and ensure that albeit a bit differently to our usual host of celebrations, we would re-invent business as usual.

We provided festive Recipe Kits and Christmas bauble Craft Kits to people living locally for those who wanted to try their hand at some seasonal home cooking or creating a festive decoration to adorn their tree.

To celebrate Christmas Jumper Day, we visited older members of the community who had donned their favourite Christmas jumper in aid of Save the Children. Participants received a doorstep wellbeing chat and some Christmas treats.



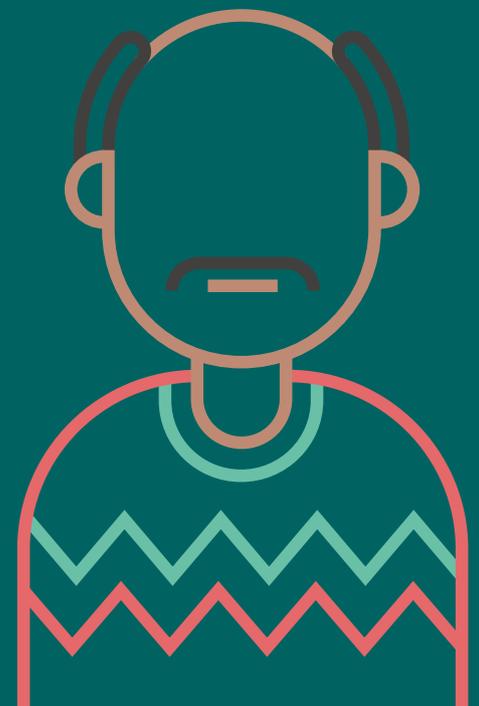
Over the festive season we mitigated the threat of loneliness by increasing our meal delivery support and offering a range of traditional festive food services. These included a festive supper, full Christmas dinner and a New Year's Eve lunch. Providing individuals with a Christmas lifeline over such a challenging time of year.

We wanted to make sure that everyone had something special to open on Christmas morning and with the generosity of our friends from TransUnion, Morrisons, Friends of Middleton Park, Engie, British Gas and The Becklin Centre at St. James' Hospital we hand packaged and delivered over 100 Christmas Morning Hampers. It's the personal touches that make Christmas special and hamper highlights included boxes of chocolates and homemade flapjacks, made by the amazing team at TransUnion.

As we looked towards the New Year and welcomed in 2021 our fantastic team of volunteers and staff continued to make wellbeing and befriending calls to the most isolated members of the community.

“Having Christmas delivered to my door really brightened up my day, it was such a nice surprise that cheered me up no end – Thank you so much!”

Holbeck Together
Client







Healthy Holidays 2020



who came along had something to open on Christmas Day, everyone was blown away by their generosity. Olivia Valentine from Lloyds helped Santa spread some extra Christmas magic by joining us on the day.

Families were given a festive Yule log recipe kit, with Chef Julie's instructions, ingredients and recipe tips. The recipe kits were designed to be a fun way to keep spirits up whilst staying safe at home over Christmas.

Each family also received a Christmas Eve Box, tailor-made with each child in mind. The boxes included an activity pack with colouring pencils, glue and scissors, festive stationery, a Christmas Eve tray for Santa, chocolate and sweet treats, lots of toys for different age groups, knitted toys donated by a Holbeck Together client, and a family reindeer game.



The Leeds Community Foundation #HealthyHolidays Leeds scheme enabled us to provide a range of services to support families throughout 2020.

Over October Half-Term there was a 'frightful feel' as we hosted a socially distanced trick or treat scavenger hunt filled with fun for all the family. This provided an opportunity for young people to still celebrate the spooky season within the government restrictions.

We kicked off the festive period with our very own Christmas Grotto. Families and their bubbles were invited to visit our version of a winter

wonderland at St Matthew's Community Centre within safety guidelines. We wanted to create something that would bring some festive cheer and give people the opportunity to engage in a community activity from a safe distance.

Over 40 children came along with their families throughout the day to safely meet Santa, enjoy our Christmas decorations, hot chocolate and soup.

We were delighted to give out surprise Christmas presents with the help of Lloyds Banking Group. The fantastic team at Lloyds have been fundraising and gifting in the build up to Christmas to ensure everyone

"To all the staff at Holbeck Together. We want to say a HUGE thank you for everything you have done for us this year. We have enjoyed all the activities you organised from cooking with the recipes you gave us, to playing ping pong, getting creative with our pumpkin carvings and meeting Santa when we thought we wouldn't get to see him this year. You really are wonderful people and no matter what kind of week it is, come rain or shine you always greet us with a welcoming smile. This makes us feel relaxed and calm in these uncertain times. Your smile is what changes peoples bad days into good ones"

Holbeck Together Family



Volunteering Heroes



We could not have delivered the volume of new and adapted services to the community without the generosity of our volunteers. Words cannot express our gratitude – Our Heroes.

Their selfless contributions of time during the pandemic has been truly inspirational and providing an astonishing amount of dedicated hours.

4632 hrs
supporting the meal services

1704 hrs
delivering meals, food hampers and activity packs

486 hrs
shopping for the community

856 hrs
keeping in touch with clients through telephone befriending

TOTALLING
7678
HOURS



Volunteer Spotlight Tracey Hargreaves-Lawton



Tracey saw the call for volunteers on Facebook, and volunteered straight away. "I had some hours to kill due to lockdown and not having to do the school run. I saw Holbeck Together was local to me so I knew it was a great opportunity. I jumped in there and called the office to offer my help." At the beginning it was a challenging period for everyone, but Tracey was never concerned about volunteering at that time. "I knew it could be done safely. We were given masks and hand sanitiser, and I wore gloves as well. We keep our distance on the doorstep from people we are delivering to, so I wasn't worried. I was more worried going to the supermarket!"

Tracey has enjoyed the experience so much that she has been volunteering ever since. "I volunteer one day a week - but I let the team know



if they need extra help and do more days. It's lovely for people to see a friendly face and have a two minute chat - It's also really nice to have a chance to go out and have some time for myself". Delivering to older people in the area has also brought back memories of caring for her nanna before she passed away.

Tracey is full of praise for the Holbeck Together staff team. "They're a really lovely group of people." When Tracey's son was ill with Covid, the team encouraged her to stay at home until he was well again. "I didn't want to let them down, but they didn't pressure me at all to come back until I was ready. They really do put everyone's safety first."

Hopefully one day, Tracey will be able to work alongside her fellow Holbeck Together volunteers, as she hasn't had the chance to meet properly. "I hope we can all get together one day soon and clients can enjoy lunch like they did in normal times. It would be really nice to see everyone all in one place, and have more of a proper chat."



6

Friends of Holbeck

Your Space and Your Community



Your Space is our collaborative project with Touchstone and Women's Health Matters, working with residents like you to share skills, interests and laughter through social activities.

Over December you may have seen the fabulous work of your neighbours who took part in the South Leeds Winter Wonderland project – creating beautiful seasonal window displays with craft packs supplied by the Your Space team. Across autumn they ran weekly walking groups in Middleton and Cross Flatts Park, and hope to run more groups like this when government guidance allows.

Over the winter months there's a variety of activities people can get involved with, such as the LS10 Community Kindness Project, South Leeds Winter

Bakes 'n' Brews and Elevate – a group for young women aged 16-25. Keep your eyes peeled for more craft projects, plant pals, wellbeing packs and social groups as we move towards spring.

If you'd like to learn more about wellbeing, check out our groups and events, or if you have an interest in setting up a group with our support, contact them on 0113 426 1141 or email yourspace@touchstonesupport.org.uk. You can also find them on Facebook, Instagram and Twitter by searching "Your Space Leeds".

"I am delighted that Touchstone and Holbeck Together are working in partnership to deliver the Your Space service. When we first thought about potential partners to work with across South and East Leeds, I immediately knew Holbeck Together were the perfect match. This is because of their established history of fantastic community engagement, the skill they demonstrated in community development and asset-based



approaches but also because of their credibility within the communities of South Leeds that they have so brilliantly served for decades. Touchstone could not deliver any contract without our partners but Your Space would have been impossible without the expertise, energy and passion of Holbeck Together. Elissa, thank you for saying yes."

*Alison Lowe,
Chief Executive, Touchstone*

Leeds United Pitch In



We were thrilled to welcome Leeds United's Chief Executive, Angus Kinnear, and Director of Football, Victor Orta to Holbeck to help kick off a month of Leeds United and Foundation staff volunteering their time to support local people during the winter months. Staff accompanied clients on 1-1 walking sessions, chatted to people via our telephone befriending service, packed and delivered Christmas goodies for our winter hamper

project, delivered hot meals to people's doors, and supported our crisis relief by preparing emergency winter packs. Check out the video on our website and Facebook.

We were also delighted to welcome 13 young players from the Leeds United Junior Academy, who volunteered their time to build a Christmas grotto at St. Matthews and to fill the planters outside with donated plants.

Victor Orta



"It's heartening to see young people giving up their time to support the community. They were so friendly and polite, and have enabled us to bring some festive cheer to Holbeck." Elissa



Keeping the Wheels Turning

We'd like to say a huge thank you to all of the funders who have helped us to continue our work in the community during these exceptional times.

We are proud to have secured support in the last 6 months from Leeds Community Foundation's Resilience Fund, Ideas That Change Lives Fund, Stay Well This Winter Fund, Healthy Holidays Winter Fund, and Lunch Club Fund; from The Leeds Benevolent Society for Single Ladies; from The Leeds Older People's Forum; from Leeds City Council, Get Set Leeds; from the Covid-19 Harm Minimisation Fund for Neighbourhood Networks Schemes; and from the Inner South Community Committee.



Pat Clapham

We want to say an extra special thank you to the wonderful Pat who worked tirelessly in the run-up to Christmas to ensure each of our families had a hand-knitted toy to open on Christmas Day. The gorgeous toys brought so much joy to homes across the community.

Lloyds Angels

Our friends at Lloyds worked as a team to fundraise and donate 8 tablets for our new digital programme. The devices will form part of a digital library for local people.



Thank you to our Christmas supporters!

We tried to go the extra mile to bring a smile to people's face in the run-up to Christmas and we were delighted to be supported by an army of elves who donated food, presents and funding, and rolled up their sleeves to lend a hand. We want to say a huge thank you to all of the Christmas supporters who helped bring some extra cheer.

We wanted to reach out to as many people as possible in December, at what can be a difficult time of the year, by sending Season's Greetings cards to all 5,300 households in Holbeck. It was a gesture of friendship during the festive season, but also included practical information about how people could access support should they need it. We couldn't have achieved this without the fantastic support of Printworks North, Northern

Monk Brewery, Westward Care, Pierre Angulaire, CEG, Fox Lloyd Jones, Paul Forbes and The Morgan Family, who sponsored the initiative.

It wouldn't have been Christmas without some luxury hampers to raffle: a huge thank you to our friends at Engie, M&S and MiD solutions for each donating a fabulous hamper. Home Sense donated all of their surplus Christmas stock on Christmas Eve, 10 big bags including food items and gift sets. British Gas donated 60 boxes of chocolate and Leeds United donated boxes of food and drink. TransUnion donated an incredible 120 delicious homemade flapjacks and 120 homemade mince pies, to give our Christmas Day Hampers that extra special touch and special thanks to Hedia for donating 65 cups to our lunch and café, for when in-person activities are back. Mone Bros donated stones for the planters outside St. Matthews and Riverside Plants donated two trays of flowers to brighten up the entrance to the local landmark.





Our People Claire



A day in the
life of Claire –
Operations and
Service Officer at
Holbeck Together

Claire is at the heart of the outreach support that Holbeck Together offers its clients, which builds on the organisation's 27 years of experience and expertise. Providing support and advice to isolated people and the wider community, Claire helps them to meet their physical health, mental health and cultural needs, as well as managing the staff team and other operations in the office.

Usually, Claire would spend most of her time on home visits, as well as supporting people who drop into the office, which is located in the centre of Holbeck. "I help people with a huge range of things, including benefits, housing, education and job skills, as well as signposting them to other specialist support where that's most appropriate."

Joining as an admin worker nine years ago, Claire progressed into her current role, and has been supported by the organisation to study, achieve a number of qualifications, and embark on a degree in Leadership and Management.

"Going through that process really helped me to get to know the role. It's changed a lot over the years, but I have built up relationships with lots of clients who have been there since the very beginning."

These connections, along with extensive networks of professional support, have been crucial to helping Holbeck Together support its community through the Covid pandemic. When the virus first emerged, Claire knew the team would still be there for its clients, just in a slightly different way. "There was no reason why we couldn't adapt our services. Delivering a hot nutritious meal became the anchor and we built our support and activity services around that."

The team was challenged with keeping in touch with clients virtually, in particular through a volunteer-operated befriending service which Claire oversees. **"We are in regular contact with people, but it's a big change for them from coming in 3 or 4 times a week. Many of our clients are isolated at the best of times, so to lose us as well would have been a big knockback for a lot of people."**

Despite a number of lockdowns, Claire and the team have continued to support clients from afar throughout. **"We're really lucky we've been able to stay open and support people as we have. It's a very hands-on job, especially at the moment, but we've made the office Covid-secure."**

So far, the outreach support Claire and the team has provided has resulted in an unbelievable **3,427** wellbeing calls; one-to-one outreach support **170** times; **110** walking group attendances; **33** one-to-one digital support sessions; and **1,472** wellbeing activity packs delivered to older clients and **579** to families.

Claire's favourite thing about her job is that **"no day is the same and we never know what's going to happen. I get great satisfaction from knowing that I've helped someone who needs some support. It's lovely to get positive feedback, and see people smile and be happy. You feel appreciated, and that you're doing it for a good reason."**

We know that our deliveries may be the only face-to-face interactions our clients have that day or week, so staff and volunteers always stop for a socially-distanced chat where they can.

Ensuring that our clients have the support and can access the services they need has become even more vital this year and we approach all service delivery from a health- and wellbeing-informed perspective.

We continue to deliver one-to-one support, making over 100 wellbeing calls a week and providing practical advice and advocacy services over the phone.

If you would like us to call you for a friendly chat, please contact Claire on 0113 245 5553, and she will be happy to arrange this for you.

Why should I get the flu jab every year?

The best way to help protect yourself and others from catching and spreading flu is to have the flu jab every year. Flu strains can change from year to year, which means last year's jab may not protect you from this year's strains. Over time, protection from the flu jab gradually decreases, so this is another reason to keep up to date and get your flu jab every year.

How effective is the flu vaccine? No vaccine is 100 percent effective but being vaccinated helps protect you against the strains of flu virus contained in the vaccination. This includes swine flu. After your jab, it usually takes around 14-21 days to be protected against flu.

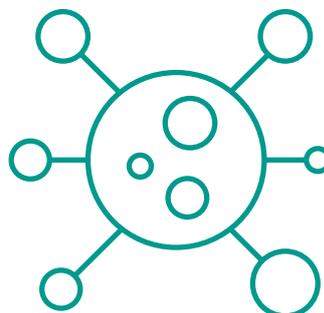
Contact your GP for more information.



With support from the Leeds Community Foundation Stay Well This Winter fund, we delivered 60 Winter Warmer Packs to our older community members.

The parcels were lovingly packed by a team of Leeds United volunteers and included winter health information, a flask, reusable face masks, tissues, hand sanitiser, hand crocheted blankets, hand warmers, hats and scarf and a torch.

One of our clients, June Nellan said thank you for her Winter Wellbeing pack, "as a crafter myself I thought the crochet blanket was fabulous."



Kick start your health

Healthy changes start with little changes. Whether you want to lose weight, get active or quit smoking, Better Health is here with lots of free tools and support. You can also find simple ways to lift your mood with Every Mind Matters.

Take care of your mind Looking after your mind is just as important as looking after your body, but can be easily overlooked.

Every Mind Matters has lots of expert advice and practical tips to help you stay on top of your mental wellbeing.

You can visit <https://www.nhs.uk/better-health/> for more information, or for information of any other organisations that support mental wellbeing please contact Claire on 0113 245 5553.

Coronavirus (COVID-19) Vaccine

Who can get the COVID-19 vaccine The NHS is currently offering the COVID-19 vaccine to people most at risk from coronavirus. It's being given to:

- people aged 80 and over
- some people aged 70 and over
- some people who are clinically extremely vulnerable

- people who live or work in care homes
- health and social care workers

You also need to be registered with a GP surgery in England. Wait to be contacted by the NHS, they will let you know when it's your turn. If you need assistance to attend your vaccine appointment please contact Holbeck Together and we may be able to support you to travel.

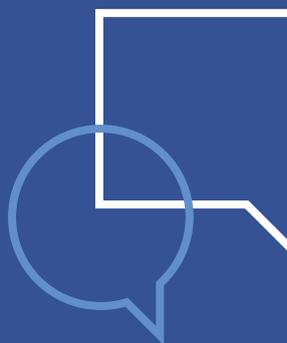


Prescription Collection & Transport to obtain your vaccine

Fully escorted door-to-door transport service to take you to your appointment, wait for you during your appointment and bring you home safely.

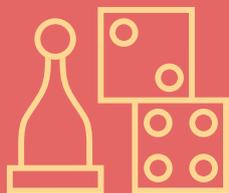
Telephone Befriending

We keep in regular contact with you so we can check on your well-being. Providing a friendly ear with support and guidance on anything you may require.



Activity Packs

We deliver regular wellbeing activity packs for all ages which include a variety of puzzles, craft activities, recipe cards and brain teaser quizzes.



Entertainment Library

Would you like to enjoy a new book, DVD or jigsaw to keep you entertained through lockdown? Then we have plenty in stock to choose from that we can deliver directly to your door. Simply call the office and enquire about our order form to view our selection. Accessibility Online with 100%

Support & Advice with Claire

If you need support with benefits, housing, food, or any other issues you may be facing because of Covid-19, Claire can assist over the phone between 10am-12pm on Monday Wednesday and Fridays.

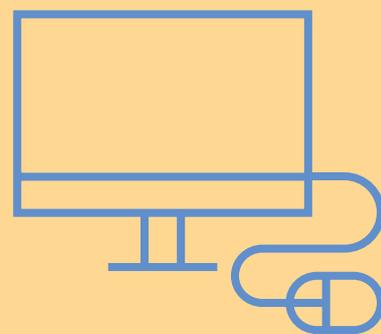
Call the office on **0113 245 5553** to arrange a telephone appointment.



Digital Inclusion

If you would like to join us online and take part in some of the new activities such as the **Stay Connected sessions** via Zoom but are unsure how to or would like some extra support, we are here to help. With the support of Leeds City Council and 100% Digital Inclusion, we are working towards having a device loan scheme, where you will be able to loan a device, free of charge, including data to search the internet. We will also guide

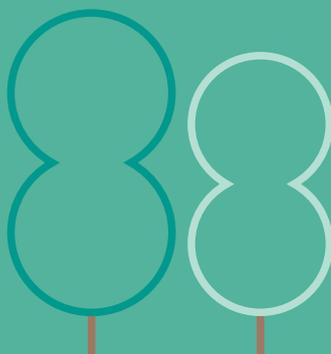
you with instructions and tips on how to use it. For further information on how to loan a device for yourself or someone else, please call the office for support.



1-2-1 Community Walks

Supported by Leeds City Council Active Leeds. Enjoy some fresh air and light hearted conversation and exercise with one of our volunteers who will accompany you for a short walk in the community.

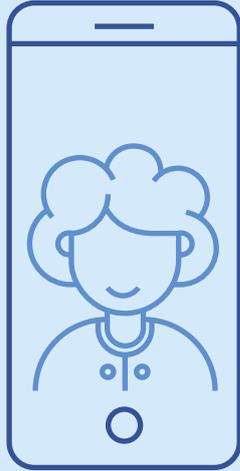
If you would like more information on these services or know someone who would benefit from our support, please give us a call on 0113 245 5553



Weekly Activities Schedule



Don't forget to BOOK with Matthew
0113 245 5553



Monday

Support & Advice with Claire
10am – 12pm
Please call 07925 361 476

Dinner Jackets
Collection & Delivery
Starting from 1st February a new service of hot jacket potatoes with a choice of hot or cold fillings.
12pm – 1pm
£2.50 (1 or 2 fillings)

Stay Connected
Learn how to use your tablet/device via Zoom
12pm – 1pm

Tuesday

Hot and nutritious 'Meals on Wheels'
Delivered to your door.
12pm – 2pm
£4 for 2 course meal
Evening supper of sandwich and snacks available for £2.00

Support & Advice with Claire
10am – 12pm
Please call 07925 361 476

Hot and nutritious 'Meals on Wheels'
Delivered to your door.
12pm – 2pm
£4 for 2 course meal
Evening supper of sandwich and snacks available for £2.00

Thursday

Social Supermarket
Food Collection from St Matthews
10am – 2pm.
By appointment only. Please call to book

Shopping Essentials
Delivered to your door
9.30am – 12pm
Please call by 4pm Wednesday with your requests

Hot and nutritious 'Meals on Wheels'
Delivered to your door.
12pm – 2pm
£4 for 2 course meal
Evening supper of sandwich and snacks available for £2.00

Friday

Shopping Essentials
Delivered to your door
9.30am – 12pm
Please call by 4pm Wednesday with your requests

Support & Advice with Claire
10am – 12pm
Please call 07925 361 476

Fish & Chips Friday
Delivered to your door
12am – 2pm. £3.50 small or £5.50 large.
Evening supper of sandwich and snacks available for £2.00

Sunday

Roast Dinner
(last Sunday of the month only)
Delivered to your door.
12am – 2pm
£4.00 per meal

Key dates for upcoming events

All events must be pre-booked in advance by calling 0113 2455 553

Tuesday 23rd March

Step Into Spring Lunch

Delivered to your door. Celebrate the beginning of the spring season and enjoy a freshly prepared two-course roast lamb dinner with all the seasonal trimmings including seasonal activity bundle with daffodils.

£4.00 per meals

Tuesday 6th April

Easter Lunch

Delivered to your door. Enjoy a freshly prepared seasonal 2 course spring chicken Easter lunch with all the trimmings including activity pack and Easter Egg. £4.00 per meal

Family Activities

Healthy Holidays in Holbeck – February Half-Term 2021

Monday 15th February

Lunch For The Family – On Us

Collect a delicious Dinner Jacket and quiz afternoon activity packs from St Matthew's Community Centre between 12:00pm – 1:00pm with a choice of delightful toppings to choose from.

Tuesday 16th February

Fruit & Vegetable Hamper Collection

Collect a freshly prepared healthy food hamper for the family fruit inc. milk, bread and a variety of fruit, salad and vegetables. Collection from St Matthews Community Centre between 9:30am – 11:00am

Flippin' Marvellous

Join us on Zoom at 2:00pm for a Shrove Tuesday get together. Recipe kits to be collected in the morning between 9:30am – 11:00am

Wednesday 17th February

Kids Together Family Quiz Afternoon

Join us on Zoom at 2:00pm for an interactive afternoon filled with fun for the whole family. Activity kits to be collected Monday 15th between 12:00pm – 1:00pm

Thursday 18th February

Spring Into Holbeck Scavenger Hunt

Enjoy a family walk around Holbeck and see if you can spot the shoots of spring in the community. Starting from 11:00am at St Matthews Community Centre

Lunch For The Family – On Us

Collect a delicious Dinner Jacket from St Matthew's Community Centre between 12:00pm – 1:00pm with a choice of delightful toppings to choose from

Friday 19th February

Roast Chicken Dinner Family Hamper

Collect a freshly prepared healthy roast chicken dinner hamper including tasty recipe card with instructions to feed the whole family. Collection from St Matthews Community Centre between 9:30am – 11:00am

Please contact 0113 245 5553 to book your place

Your Space Activity Schedule



Community Wellbeing + Outreach Service
Free activities in LS8, LS9, LS10, LS11 + online

Monday

10:45am-12:00pm - Food and Culture Group, Online.
6:00pm-7:00pm - Learning at Home – Parents Peer Support (starting 18th Jan for 6 weeks)

Tuesday

3:00pm-4.30pm – LS9 Chocolate, Chat n Chill, online

3.00pm-4.00pm – Wind Down – accessible walking group – Roundhay (existing members only until further notice)

6:00pm-7:00pm – Disco Tuesdays, online dance group

Wednesday

3.00pm-3.30pm Women's Couch to 5k, on WhatsApp

5:00pm-6.30pm The Puzzle Room, online (starting 3rd Feb)

6.30pm-7.30pm (until 3rd February) – Wellbeing in Pregnancy, online

Thursday

4:00pm-5:00pm – Afternoon Fun (on Facebook messenger)

5:00pm-6.30pm – Winter Brews 'n' Bakes (for 6 weeks starting 28th Jan)

5:00pm-6.30pm – 'Elevate' young women's wellbeing group for 6 weeks starting 11th Feb)

Saturday

11:00am-1:00pm - Women's walking group, Roundhay (currently on hold)

Sunday

2:00pm-4:00pm – Dave's Sunday Natters, online (On Facebook Messenger)