

Emerging from lockdown

Recently we were privileged to be chosen as one of a number of charities and community leaders invited to join a virtual meeting with the Earl of Wessex. I was extremely proud and honoured to share with His Royal Highness the Earl of Wessex the great spirit of the Holbeck Community coming together during the pandemic.

The community response has been phenomenal and I can't thank the Holbeck Together staff team and volunteers enough for their selflessness and commitment to supporting the community over the past year. Although the challenges have

been great, many opportunities have also arisen. Covid has given us the chance to form new relationships and partnerships and connect with more people in our community.

We have adapted our services to ensure that people in our community are looked after, able to access food and essential supplies and able to stay connected, and we will continue those services to ensure that we meet the needs of our clients. Expanding our meals on wheels service, for example, has meant that we have recently celebrated delivering 11,372 meals to people of Holbeck.

But the roadmap out of lockdown brings new opportunities and we are thrilled to be able to share details with

you of some of the activities we have planned to keep you connected and with lots to look forward to this summer. We've always been here to support you and this year is no different. In fact we are stronger and more resilient. We can look forward to outdoor coffee mornings in the near future, day trips and hopefully lots more to come over the following months. All of our activities will be designed with your safety in mind and we will be here to support you to return as soon as you are ready.

I greatly look forward to welcoming you back to Holbeck and being together again.

Elissa Newman
Chief Officer



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News and events



Get Smart with Your Very Own smart phone

Holbeck Together recently received a number of refurbished smartphones to redistribute amongst members of the community with the aim of helping people to become better connected. The phones were provided by environmental charity Hubbub via 100% Digital Leeds.

Phones were given to members of the community along with guides on how to use them produced by Hubbub. The phones were delivered in person on a one-to-one basis with support from Holbeck Together staff and volunteers.

There are still smartphones available free of charge. Don't miss out on this opportunity - each phone has unlimited calls, unlimited texts and a monthly data allowance. One of our clients said:

“My new phone is really useful when I'm out and about. I've bought myself a new case and it fits perfectly into my handbag. I can't wait to go out more, use the phone more often and learn new skills.”

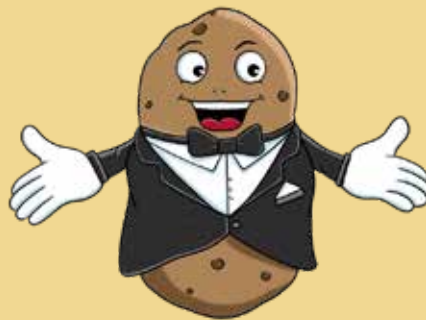
Visit holbecktogether.org



Hats off to our Chef and wonderful volunteers

Our catering department certainly hasn't stood still during the pandemic. We have delivered 10,621 meals during the last year and continue to develop our services.

We have successfully expanded our meal service to include Dinner Jackets on a Monday, providing a healthy lunch of baked potatoes with a range of delicious toppings. Please place your orders on the previous Friday by calling the office.



The baked potato machine was donated by Leeds Building Society and Beeston & Holbeck Ward members' area committee, Councillors Angela Gabriel, Gohar Almas and Andrew Scopes very generously supported the new initiative.

We continue to provide Sunday lunches each month and look forward to opening up our face-to-face lunch clubs as soon as we can.

This Easter, we couldn't get together so we did the next best thing. On Good Friday we delivered Fish & Chips to 40 members of the community courtesy of Park Fisheries. On Easter Tuesday, our team of volunteers and chef Julie cooked a seasonal roast dinner with all the trimmings for 42 of our clients. We delivered these to their door along with activity packs, accompanied by some tasty treats; a knitted chick with a creme egg inside and hot cross buns.



Delivering
11,372
meals



Always Open



St Matthews may not have been accessible in the usual way due to Covid-19 during the last year, but as a community space it has enabled Holbeck Together to stay open, just in a different way.

The space has served the community well. It has enabled us to expand our community shop which is supported by our partnership with FareShare and ReThink Food. Clients have the opportunity to browse our selection of fresh, frozen and ambient food, selecting up to 12 items for a weekly membership fee of just £2.50. The space has also enabled people to come along and collect books, DVDs and jigsaws from our entertainment library, enabling clients to celebrate the joy of cultural books and films.





Holbeck Together continues to develop an activity programme for families in Holbeck

Throughout the holidays, families collected delicious meals and fresh ingredients including brunch hampers, jacket potatoes, spring chicken dinner boxes and packed lunches. We rounded off the holidays with a live cooking demo with Fullcrumb kitchen. Our chef Julie joined forces with Fullcrumb Kitchen chef Chris to make a delicious homemade lasagne.

Huge thanks to our staff, volunteers and partners for making this possible, particularly Leeds Community Foundation for the funding to make this possible.

“The kids had a great time, thanks to everyone who arranged it.”

“It’s been a great two weeks, the kids have loved it.”

“Thank you all for the hard work you’ve put in. We absolutely loved it! It’s really broken up the holidays for us without having to spend an arm and a leg.”

Parents of children who took part in Healthy Holidays

You can read about the activities we have planned for the May half-term holiday later in the newsletter.



Although we have only been able to meet online or together safely within restrictions, we have provided a range of activities for our local families so far this year, thanks to the Leeds Community Foundation Healthy Holidays scheme.

During February half term, we gave out recipe kits and celebrated Pancake Day with a live cook-along on Zoom. Children also took part in an animal themed family quiz afternoon, a scavenger hunt, and enjoyed lots of nutritious, home-cooked meals.

To mark the Easter holidays, we organised lots of chances for children and families to keep busy with crafting, sports, dancing and cooking. We also spent lots of time outside in the fresh air thanks to the Spring sunshine, and of course – ate Easter eggs!



We encouraged children and their families to get creative over the holidays, with Easter themed activity packs to enable them to make Easter bonnets, their own Easter eggs, and grow their own vegetables.

In partnership with DAZL and Leeds United, families were able to get moving on Holbeck Moor and try out dancing and lots of different sports.

The Easter holidays wouldn’t be complete without an Easter Egg hunt! Our families joined us for a walk around the community where there were lots of eggs for them to find before they could enjoy the chocolate kind.

We also gave the entrance of St Matthews a Spring makeover for our clients, old and young, to enjoy when they visited the centre over the Easter period.



Sue and Geoff Middleton



Husband and wife Sue and Geoff have dedicated their time and skills to supporting Holbeck Together for over 13 years. Although Geoff was brought up in Holbeck, it wasn't until 2008, when his wife got involved with the organisation, that he was drawn back to the area. "I was a choir boy at St Matthews and went to Ingram Road Primary School so it was the association and reminiscing really that attracted me to Holbeck Together." Sue adds, "A lady I knew through work did the finances at Holbeck Together. They needed help in the office so I went along and my husband lent a hand at the luncheon club."

A few years later, they turned their attention to fundraising. Staff asked the couple to help with an event at the last minute as someone had let them down. Sue explains,

"It went from there really. We've fundraised with tabletop sales and sold everything from crafts to baubles and decorations. I make cards and have taken them to various events to sell - people loved them!"

The money the couple raises has always gone towards hosting free social events for the community. "People have bought the stuff, why not give it back. It's our contribution."

Geoff's passion for music is his inspiration for the events, which were happening regularly before the Covid pandemic. "I sit down with a list of records and come up with a quiz. We go along after lunch and everyone shouts the answers out - they love it!"

One of the couple's most successful ventures has been coordinating and emptying collection boxes around Holbeck. Sue explains, "We go to about 7 different places including supermarkets, the pharmacy and sandwich shops." They also deliver newsletters to locations around the community, including a tattoo parlour, dentist, barbers and even the carpet shop. "We go in and pick the newsletters up from the office, walk round Holbeck, and have a chat with people. We'll drop them in anywhere that anybody wants them."

Over the years, Sue and Geoff have dedicated their time, skills and passion to raising as much money as they can for Holbeck Together and providing high quality entertainment for its clients.

But why do they do it?

"We like to see people's faces - we get joy out of seeing them so excited, so everybody wins. We do our bit."

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.

6344 hrs

supporting the meal services

2272 hrs

delivering meals, food hampers and activity packs

648 hrs

shopping for the community

1141 hrs

keeping in touch with clients through telephone befriending

**TOTALLING
10,305
HOURS**

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Friends of Holbeck

A Credit to Holbeck



Hedia Merlin, Director – Facilities and Real Estate at Trans Union, has been volunteering alongside her team to support Holbeck Together throughout the pandemic. TransUnion is a large employer based in the centre of Leeds and part of a global information and insights company. It helps people to learn more about accessing their credit rating so they can make confident financial decisions.

Hedia and her team have very generously provided materials for our activity packs as part of the Healthy Holidays programme and cooked and provided delicious cakes and treats throughout the past year. We have also had the privilege of Hedia's son, Sebastien, coming along and dedicating his time and skills to videoing some of our activities.



The Leeds Benevolent Society for Single Ladies



We are extremely grateful to have received several generous donations from The Leeds Benevolent Society for Single Ladies over the past year. The Society has been extremely generous to Holbeck Together for many years, and their generosity during the pandemic in particular has enabled us to continue our vital work in the community.

A Family Affair

We want to say a huge thank you to the Morgan family for selflessly providing their time and skills to support Holbeck Together over the past year.

Like many people across our country, city centre entrepreneur, Jonathan Morgan, was unexpectedly furloughed from his day job in March 2020. With a lot of time suddenly on his hands, he wasn't sure where to turn. But instead of sitting back and putting his feet up, Jonathan chose to focus his attention and extraordinary energy on supporting us at Holbeck Together.

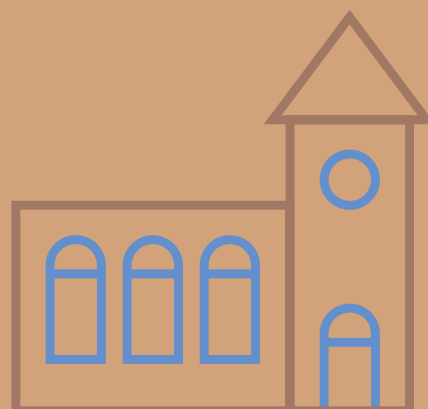
It wasn't long before his wife, sister and daughters joined him, and the enthusiasm of the whole family was bestowed upon us. Delivering hot meals and suppers on a daily basis to members of the community has enabled us to stay in touch and couldn't have been done without our volunteers, including Jonathan and his family. They have also supported with local food collection and distribution and even the odd bit of cooking! Jonathan, Rachel and Claire have most recently been helping us to get our charity shop project off the ground.

St Matthews – The Jewel in the Crown



Although it was required to close to the public as a result of the Covid pandemic, Leeds City Council has allowed us to use St Matthews as a community hub to provide vital support services including our meal delivery and community shop over the past year. With the anticipated changes to restrictions over the coming months, we've been working with regular users of the building to prepare the space for when it re-opens.

As we understand it at the moment, Leeds City Council won't be opening the building to the public or for lettings until after 21st June. Please contact Leeds City Council should you wish to book any space for after that date. In the meantime, we are very happy to support anyone in the community with their queries about St Matthews and we will keep you up to date with developments. We are greatly looking forward until we can all return to using and enjoying this precious jewel in our community.



Volunteer Gwyn's Elland Road dream



As part of our partnership with Leeds United, Director of Football Victor Orta treated our volunteer Gwyn to a very special tour of Elland Road.



Gwyn wrote to the Yorkshire Evening Post to tell them about why the work of the club and Holbeck Together has meant so much to her, and how lovely it was to meet Mr Orta. "What a lovely man he is to talk to – he put me at ease and it was like talking to an old friend.

He took me on the pitch, down the tunnel, the dressing rooms, past Mr Bielsa's office. He invited me to come to the suite to watch Leeds United when fans are allowed back in the ground.. I'll have to take some tablets before to calm down. I'm just over the moon.

Pennington Court Welcoming new residents safely

As the gradual easing of lockdown continues Pennington Court Nursing Home is welcoming new residents. A variety of care options are available for people needing extra support - including residential care, nursing care and independent living options in their Extra Care Apartments.

Rated as 'Outstanding' by the CQC (an independent assessor of care services) Pennington Court has robust infection control practices in place, safe visiting arrangements for families and friends and plenty of PPE for staff and visitors. They are offering video or physical viewings to people interested in having a look around.

Even during the challenges of the last 12 months, Pennington Court residents have enjoyed many benefits – not least companionship when they wanted time with others. Unlike many people isolating at home, residents celebrated birthdays in person, not online, and enjoyed get-togethers and celebrations with other residents. Exercise classes kept them in good spirits and health. Hair and nail care was provided by staff, who also shopped for residents if they wanted something specific.

Pennington Court
Hunslet Hall Road
Leeds LS11 6TT

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Make the choice to get back to living life with the support of Westward Care's Pennington Court care team.

Call 0113 228 4040 to find out more today.



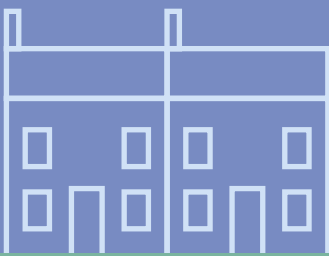
Proud sponsor of
Holbeck Together's newsletter

westwardcare.co.uk

Live Well Together

As lockdown begins to ease and there are opportunities to return to face-to-face activities again, we are keen to make sure that you feel comfortable and able to return when you would like to. All of our activities will be designed with your safety in mind and we will be here to support you to return as soon as you are ready.

To help with welcoming you back, we are excited to announce the launch of our new Live Well Together service. Over the course of the next five months, the project will help and encourage you to get out and about as we emerge from lockdown, and support you to be active and engaged in a safe and supported way.



We know from talking to many of you that although you are eager to 'get back to normal', there is a lot of anxiety associated with the risks and change of routine over the last year of leaving your homes. Live Well Together will support you both within your own home and out in the community when it's safe to do so.

We would be delighted if you would join us for informal get together's. We will be holding these twice a month. If you'd like to come along and give one a try, please contact Claire at the office to ensure you have a place.

Refreshments will be available and the chance to join in outdoor games such as chess, Jenga, skittles and lots more. These will cover a range of topics, to include: Anxiety control, Confidence and Resilience building, Stay safe this summer, Hydration and Nutrition and being active.

We will also be providing you with wellbeing packs featuring at-home activities, as well as practical items like water bottles, hats, and portable fans. There will also be advice and encouragement for going out and staying safe in the warmer weather.

We look forward to welcoming you back and what we hope will be a lovely, safe summer of fun.

Holbeck Together are grateful to Sir George Martins Trust for funding the Live Well Together project.

**FREE
EVENT**

Dates

Tues 11 May
1.30 – 3.30pm

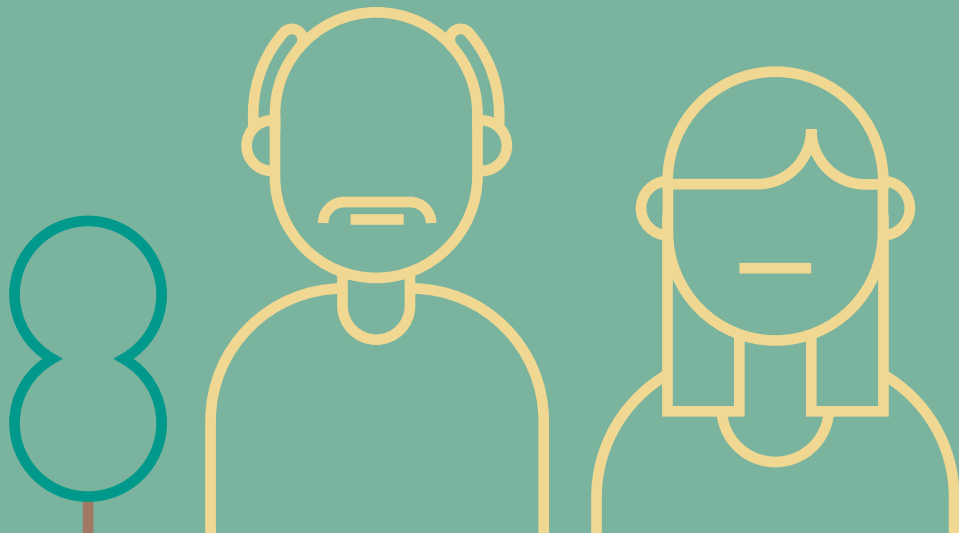
Thurs 20 May
1.30 – 3.30pm

Tues 8 June
1.30 – 3.30pm

Thurs 17 June
1.30 – 3.30pm

Location

Outside of
St Matthews
Community
Centre



COVID-19 UPDATE

From 8 March, people in England saw restrictions start to lift and the government's four-step roadmap offer a route back to a more normal life.

The success of the vaccination programme is one factor - so far over 17 million people have had their jabs - but by no means the whole story. The public have also risen to the challenge of suppressing COVID-19: by obeying the law; staying at home; getting tested when needed; isolating when required, and following the 'hands, face, space' and 'letting fresh air in' guidance.

Taken together, this means that even though absolute case numbers remain relatively high, we will be able to begin relaxing the current strict lockdown. While we must all remain vigilant - in particular against the threat from new COVID-19 variants - and continue to protect the NHS, a safe exit from lockdown can begin. It is taking place in four steps; we are currently at Step 3:

In implementing this plan it is guided by data, not dates, so that we do not risk a surge in infections that would put

unsustainable pressure on the NHS. For that reason, all the dates in the roadmap are indicative and subject to change. There is a minimum of five weeks between each step: four weeks for the scientific data to reflect the changes in restrictions and to be analysed; followed by one week's advance notice of the restrictions that will be eased.

Only when the government is sure that it is safe to move from one step to the next will the final decision be made. The decision will be based on four tests:

- the vaccine deployment programme continues successfully
- evidence shows vaccines are sufficiently effective in reducing hospitalisations and deaths in those vaccinated
- infection rates do not risk a surge in hospitalisations which would put unsustainable pressure on the NHS
- our assessment of the risks is not fundamentally changed by new Variants of Concern.



Step 3 Not before 17 May Social contact



As part of Step 3, no earlier than 17 May, the government will look to continue easing limits on seeing friends and family wherever possible, allowing people to decide on the appropriate level of risk for their circumstances.

Step 4 Not before 21 June Social contact

By Step 4 which will take place no earlier than 21 June, the government hopes to be in a position to remove all legal limits on social contact.

As we move through each of these phases in the roadmap, we must all remember that COVID-19 remains a part of our lives. We are going to have to keep living our lives differently to keep ourselves and others safe. We must carry on with 'hands, face, space'. Comply with the COVID-Secure measures that remain in place. Meet outdoors when we can and keep letting fresh air in. Get tested when needed. Get vaccinated when offered.

5 Easy Steps to Support



This last year has been unprecedented and as we emerge from the pandemic most of us have been effected in some way. It could be our wellbeing, finances, mental health. It could be family circumstances, bereavement, or loneliness. Holbeck Together are here for you, or any one you know who needs support. It is as easy as picking up the phone or calling into our office to engage in a confidential chat with us. Give us a call or book an appointment.

1. ENQUIRY

SELF
FAMILY / FRIENDS
PROFESSIONALS
OTHER

2. ASSESS

HOME VISIT
PHONE CALL
OFFICE VISIT

3. PLAN

SOCIAL
ENGAGEMENT
ONE / BOTH

MEDICAL
INTERVENTION

4. IMPLEMENT

HT AND CLIENT
TO PREPARE A
SUPPORT PLAN

OR
REFERRAL
TO EXTERNAL
SERVICES

5. ONGOING SUPPORT

REGULAR
REVIEW OF
SUPPORT

PLAN WITH
CLIENT AND/OR
OTHERS

Faced with the challenges of Covid -19 restrictions we have adapted our services

We have been unable to provide face to face activities during the last year, however it has been more important than ever to remain in contact with everyone so we have made up a range of activity packs that we could deliver to your home, hopefully to break up the monotony of self-isolation and not being able to get out. Please contact the office if you would like one.

We have also kept clients entertained through the use of our entertainment library where people have been able to access books, DVD's and jigsaws to take home. Also, supported by Leeds City Council Active Leeds.

Community members have enjoyed some fresh air, light hearted conversation and exercise with our volunteers who have been accompanying clients for a short walk in the community.

Become a member

During the last year, people have been faced with financial crisis, children have been home schooling, people have been furloughed or made redundant. Thousands of food parcels have been delivered within the community, however, moving forward Holbeck Together is looking to more sustainable solutions for the continued shortage of food and we have therefore launched our new initiative the Holbeck Community Shop.

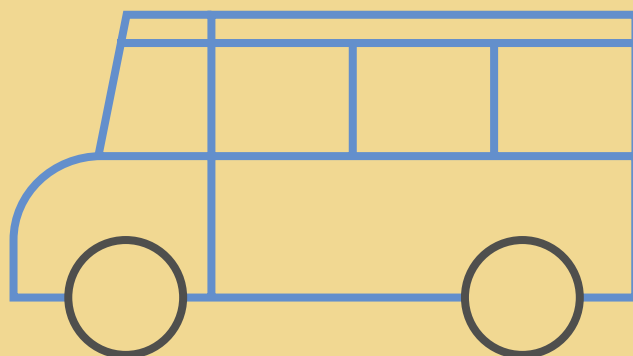
Become a member and enjoy the benefits of shopping locally. Membership is £2.50 per week and you will be able to choose 12 items from a variety of fresh, chilled, frozen and ambient foods.

Also, included in your first week's membership is a Holbeck Together cool bag, which must be used each time you shop with us.



The wheels on our buses have continued to keep in motion. We have been providing fully escorted door-to-door transport service to take you to your appointment, either to your GP or for your vaccine.

Please phone Roy to book this service on 0113 245 5553



All events are subject to the continued success of the UK's Covid-19 road map out of lockdown. Each event has limited availability and therefore have must be booked in advance to adhere with the latest Covid-19 guidance.



Weekly Activities Schedule



Don't forget to BOOK with Matthew 0113 245 5553

Monday

Coffee Morning Outdoors St Matthews
10am – 12pm

Dinner Jackets
Delivered to your door.
12pm – 1pm
£1.50

Tuesday

Socially Distanced Shopping to Morley Town Centre £2.00
9.30am collection – 12.30pm return

2 Course Lunch
delivered to your door
£4.00
12pm – 1pm

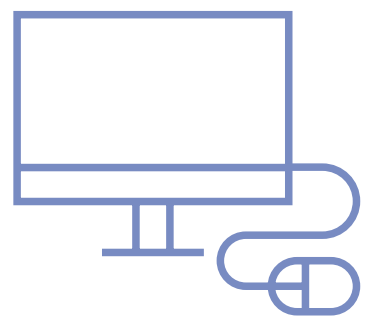
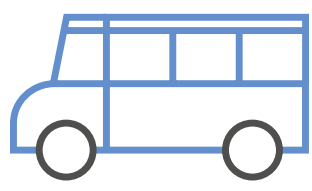
2 Course Lunch Club at St Matthews
(from 18th May)
12pm – 1:30pm
£4.00
Door-to-door transport available from 11:00am onwards £3.50

Digital Café at St Matthews
(from 18th May)
2pm – 4pm

Wednesday

Coffee Morning Outdoors St Matthews
10am – 12pm

2 Course Lunch
delivered to your door
£4.00
12pm – 1pm



Thursday

Socially Distanced Shopping to Morley Town Centre £2.00
9.30am collection – 12.30pm return

Holbeck Together Community Shop at St Matthews
10am – 2pm

2 Course Lunch
Delivered to your door
£4.00
12pm – 1pm

2 Course Lunch Club at St Matthews (from 18th May) 12pm – 1:30pm
£4.00
Door-to-door transport available from 11:00am onwards £3.50

Friday

Yorkshire Dance – Dance On St Matthews
10am – 11am

Coffee Morning Outdoors St Matthews
10am – 12pm

Fish & Chips delivered to your door Various prices available
12pm – 1pm

2 course Fish & Chip Lunch Club St Matthews
(from 21st May)
£4.50 standard or £6.50 large
12:00pm – 1:30pm
Door-to-door transport available from 11am onwards £3.50

Sunday 23rd May and 27th June

Sunday Lunch delivered to your door 12pm – 1pm

Key Dates/ Family Activities



All events are subject to the continued success of the UK's Covid-19 road map out of lockdown. Each event has limited availability and therefore have must be booked in advance to adhere with the latest Covid-19 guidance.

For further information please call 0113 245 5553 and speak to Matthew.

May

Tues 11th May

Live Well Together at St Matthews. Get togethers and outdoor activities, refreshments available 1.30pm – 3.30pm

Mon 17th May

Tong Garden Centre and Heathfield Farm £5.00 transport 9.30am collection – 2.00pm return

Wed 19th May

Group Outing – Crossgates Shopping Park 1.30pm collection – 4.00pm return £5.00 transport

Thurs 20th May

Live Well Together at St Matthews Get togethers and outdoor activities, refreshments available 1.30pm – 3.30pm

Mon 24th May

Junction 32 Retail Park & Meal Outing to Birchwood Farm £5.00 transport 9.30am collection – 2.00pm return

Wed 26th May

Group Outing – Golden Acre Park 1.30pm collection – 4.00pm return £5.00 transport

June

Wed 2nd June

Group Outing – Owlcotes Shopping Park 1.30pm collection – 4.00pm return £5.00 transport

Mon 7th June

Hampson's Garden Centre & Meal Outing to Wetherby Whaler £5.00 transport 9.30am collection – 2.00pm return

Tues 8th June

Live Well Together at St Matthews Get togethers and outdoor activities, refreshments available 1.30pm – 3.30pm

Wed 9th June

Group Outing – Roundhay Park 1.30pm collection – 4.00pm return £5.00 transport

Mon 14th June

Crossgates Shopping Centre & Meal Outing to The Devon £5.00 transport 9.30am collection – 2.00pm return

Wed 16th June

Group Outing – Crown Point Retail Park 1.30pm collection – 4.00pm return £5.00 transport

Thurs 17th June

Live Well Together at St Matthews Get togethers and outdoor activities, refreshments available 1.30pm – 3.30pm

Wed 23rd June

Group Outing – Temple Newsam 1.30pm collection – 4.00pm return £5.00 transport

Mon 28th June

Group Outing to Barnsley Market - £8.00 transport 10.00am collection – 2.00pm return

Wed 30th June

Group Outing – Pudsey Town Centre 1.30pm collection – 4.00pm return £5.00 transport

Families Activities – Healthy Holidays



Tuesday 1st June

Multi-Sport Session in Partnership with Leeds United, Holbeck Moor followed by a packed lunch 10.00am – 1.00pm Ages 4-14 – Please book in advance

Wednesday 2nd June

Garden Groovers Dance Session with Dazl Dance 11.00am – 12.00pm followed by an afternoon of arts, crafts and giant outdoor games with a packed lunch 11.00am – 2.00pm

Thursday 3rd June

Multi-Sport Session in Partnership with Leeds United, Holbeck Moor followed by a packed lunch 10.00am – 1.00pm Ages 4-14 – Please book in advance

