

Welcoming you back

It has been really great to be able to safely welcome members of the community back to Holbeck following the easing of Covid-19 restrictions. There has been no greater pleasure than seeing our clients back at St Matthews with huge smiles on their faces after the challenging year we've had.

Whether you're ready to return to face-to-face activities or prefer to stay at home, there's lots to look forward to over the coming months. We continue, during this transitional period as we emerge from lockdown, to provide home based activities and our door to door meals service five days a week. For those who are ready to return, there are lunch clubs, outdoor coffee mornings,

minibus outings, shopping trips and dance lessons to take part in. We know it is not going to be easy to jump into going out after over a year of restrictions, so we are here to support you to return at the right time for you.

It's been a long journey and whilst challenges remain, we are committed to restoring where we were before the pandemic began, and using the learnings we have gathered to better serve our community. I am thrilled that we can meet together again this summer, and look forward to seeing you soon.

Elissa Newman
Chief Officer



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News and events

We meet again

Since restrictions began to ease, the weather hasn't always been on our side. But come rain or shine, we've enjoyed meeting regularly outdoors at St Matthews and keeping dry thanks to our brand new gazebo.

We've been hosting regular outdoor coffee mornings. Clients have joined us for coffee, cakes and a good old chat, hosted outside due to ensure social distancing. It's been wonderful to see you enjoying yourselves, catching up with friends, and making the most of the good weather.



Dancing on

Our clients have been enjoying weekly outdoor dance sessions thanks to Yorkshire Dance. The sessions have been really popular and are a great chance to get moving, stretch off and learn a new skill in the fresh air.



I felt really down in the dumps this morning and wasn't sure if I should come and dance. Now I feel 100x better! Exercise really does help.



Out and about

Over the past few weeks, we've been delighted to be able to take our clients on our much-loved outings again. We have visited Tong Garden Centre and Junction 32 for shopping and enjoyed lunch at Heathfield Farm and Birchwood Farm.

"The weather didn't dampen our spirits.. it was absolutely wonderful to go out, see some new faces and enjoy a good meal. Bring on the next outing!"



Responding to Covid-19: 25,894 Total Engagements

Since March 2020

12,356

Holbeck Together Meals Delivered

1646 

Healthy Holidays Meals Delivered

756

Young Family Activity Packs



  324
1-2-1 Outreach Support



5377

Well-Being Phone Calls



2693

Individual Shopping Items

75 1-2-1 Digital Support Sessions



178

Walking Group Attendances

274

Shopping Requests

1796

Well-Being Activity Packs



2321

Food Parcels

180 Independent Shop Outings

323 Supermarket Attendances

274

Supermarket Attendances

7

Craft Afternoon Attendances

241

OP Coffee Morning Attendances

35

Danceabout Attendances

Half-term fun in the sun



The sun came out just in time for the half-term holidays in Holbeck. With sun cream and cold drinks at the ready, we enjoyed lots of outdoor fun which kept local children and families active and engaged throughout the week.

We hosted two multi-sport sessions in collaboration with Premier Education. Children took part in archery, dodgeball and football sessions. This was followed by a healthy packed lunch.

We also welcomed DAZL (Dance Action Leeds) back to Holbeck Moor for a Garden Groovers Dance session. The dance session was followed by an afternoon of arts, crafts and giant outdoor games, and a well deserved lunch too.

As ever, thank you to Leeds Community Foundation for the continued funding to allow us to support our children and families through the Healthy Holidays fund. Thank you to our partners Premier Education and DAZL for helping to deliver some wonderful activities.

“The kids have had a great time this holiday. They really enjoyed the Archery on Holbeck Moor and would even like to try this again when we go away for a short break later in the year.”



VOLUNTEER SPOTLIGHT



Gloria



Although Gloria was born and bred in Leeds, she lives about 7 miles from Holbeck, so isn't local to the area. But sometimes a twist of fate is needed to bring people together. Back in 2000, Gloria was interested in doing some volunteering so she signed up to a Government initiative designed to match people with charities and businesses in need of extra support. She was introduced to Holbeck Together and has volunteered with the organisation ever since.

At first Gloria lent her hand to befriending. "I went to people's houses who were elderly and disabled. I continued doing that until 2015 when my last client died - that was a gentleman that I'd visited since the start." When she retired in 2007, Gloria started helping out more in the office. 'I did anything they wanted me to. I ended up doing three days a week - cooking, washing pots, answering the telephone - the whole list! I like helping with the lunch clubs and getting to know the clients.'



As she is over 70, Gloria had to isolate at the start of the pandemic, but after a couple of months returned to St Matthews to help the team. "It was a bit scary but I wanted to go back. Having a purpose and trying to keep a routine has been really helpful."

Although she hadn't volunteered prior to 2000, Gloria says it is now part of her life. But what motivates her? "It's a two way process - you give away your time, but you take a huge amount from it in terms of friends and support from others. I live on my own so it helps me to avoid social isolation and improve my mental wellbeing. It's given me a purpose."

Looking to the future, Gloria isn't planning on slowing down anytime soon. "I will absolutely continue volunteering. You've got to have a plan, haven't you! I'm not planning on stopping yet - I'm very fortunate that I'm fit and well."

To someone who was thinking about volunteering, Gloria would say "try it out, give it a go, even if it's a couple of hours a week. It's so rewarding - not because you're being a 'do-gooder' but it's what you get from it. I get a lot from it, as I'm sure someone else would. Where would we be without volunteers?"

Translator wanted

Would anyone who speaks another language like to help Holbeck Together with translation to help us support the community?

If you are interested and would like to know more, please call the office for a chat on 0113 245 5553



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Support and advice

Live Well Together



We recently launched our new Live Well Together service to help and encourage you to get out and about and be active and engaged in a safe and supported way. It's been brilliant to see you enjoying our informal wellbeing workshops, catching up with friends and joining in games in the grounds of St Matthews.

The sessions take place twice a month and we would be delighted if you would join us. Refreshments are available as well as the chance to join in a range of games and learn more about topics such as how to stay safe and hydrated this summer.

If you'd like to come along and give one a try, please contact Claire at the office to ensure you have a place.

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

Dates

Tues 13th July
1.30 – 3.30

Tues 22nd July
1.30 – 3.30

Tues 14th Sep
1.30 – 3.30

Tues 23rd Sep
1.30 – 3.30

Location

Outside of
St Matthews
Community
Centre

**FREE
EVENT**



Nikki's Journey

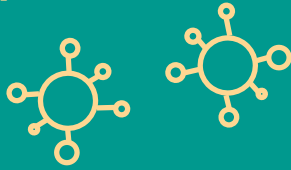


After volunteering with us for many years, we are thrilled that Nikki, a local mum of three, is joining the Holbeck Together team as a Community Engagement Worker.

Nikki initially began helping Roy on the minibus, and has gone on to support us with the Healthy Holidays project, coming up with great ideas and linking us in with local families. Whilst volunteering with us, she managed to juggle her roles as a busy mum as well as part-time job at a local school.

Volunteering has helped Nikki to build her confidence and at Holbeck Together, we are keen to support her to further her education and develop the skills she has learned. Holbeck Together is supporting Nikki to take on an apprenticeship in Adult Care Level 2 at Leeds City College, as well the role of Community Engagement Worker at the organisation. Nikki is looking forward to a new opportunity and has been getting up to speed by attending home visits with Claire and making calls to our clients.

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

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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Proud sponsor of
Holbeck Together's newsletter



Westward Care

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.



westwardcare.co.uk

Help from our friends



Holbeck Together was lucky to be approached by various volunteers during lockdown to help to make some of the spaces in St Matthews more suitable for the community.

We want to say a huge thanks to the people who have dedicated their time and resources to help us tidy up and decorate some of the community space:

A team from **Skill Mill**, a social enterprise which provides employment opportunities, who has been helping with painting and decorating

Managing Director of local flooring company **Fresco**, Ian Staines, who very kindly donated carpet and flooring.

Local shop **Johnson's** who supplied us with paint



Before

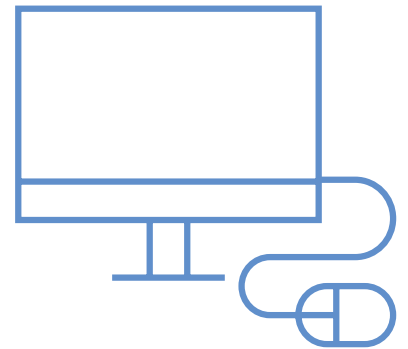


A group of volunteers from **Northern Monk** who kindly spent their team building day giving one of the rooms a good clear out



After

And Digital



We want to say a massive thank you to Holbeck-based tech company **AND Digital** who have been busy raising an amazing £1,081 for Holbeck Together through a fundraising challenge.

And they're not stopping there! Over the coming weeks, the team will be supporting the set up of the new Community Shop, leaflet distribution and community gardening at St Matthews.

Bringing Generations Together

WE HOPE YOU CAN JOIN US!

We are excited to be hosting a series of events across the summer for our older and younger clients to enjoy together. Thank you to the Time To Shine Intergenerational Small Fund.

The Fund is focused on bridging the intergenerational divide that has been widened by the Covid pandemic, and helping to build community cohesion across age groups.

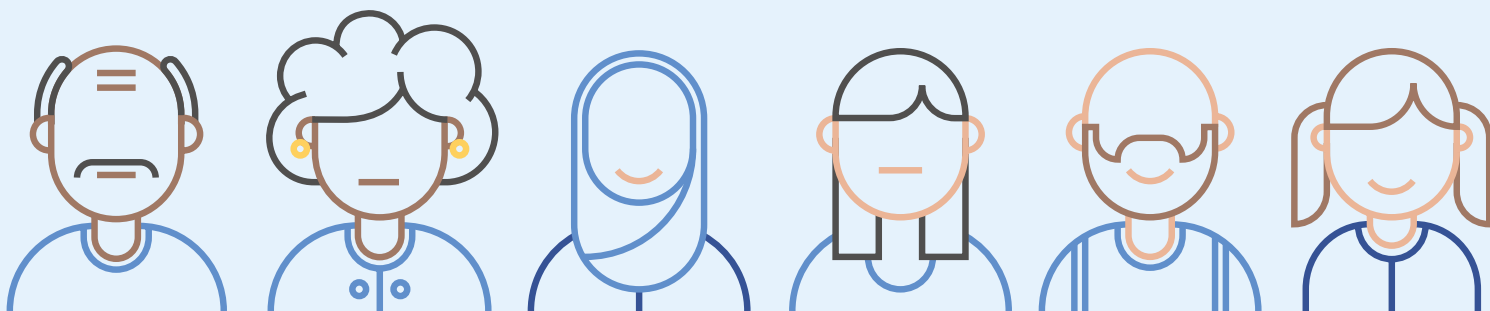
Sun 25 July (12 – 2pm) Intergenerational Picnic on Holbeck Moor featuring entertainment and large interactive games

Tues 10 August (11 – 12pm) Intergenerational Outing to Temple Newsam with picnic lunch, entry to Home Farm and fun outdoor games

Wed 18 August (1 – 12pm) Intergenerational Outing to Roundhay Park with picnic lunch, entry to Tropical World and fun outdoor games

Fri 3 September (12 – 1.30pm) The Big Afternoon Tea, in partnership with YourSpace

Fri 17 September (5 – 8pm) Intergenerational Storytelling Event - read books and share stories together



Save the Date for our Community Get Together

On Saturday 11th September we're hosting a get together at St Matthews. It will be a chance to come together to mark the resilience of the Holbeck community during the pandemic, and look ahead to the future.

From 11-3pm, you are invited to join us for refreshments, entertainment, music and stalls. There will be a chance to have your say about how we can support you and how you would like to use the space at St Matthews.

The past year has been a period of immense challenge and change but there is no doubt that it has strengthened us as an organisation and it has strengthened our community. We hope you can join us to reflect on how far we have come, and to look ahead to a brighter future.



SAVE THE DATE
SAT 11TH SEPT



Pop Into Our Clothes Shop

During the lockdown we have been gathering clothes for our soon to be revealed Community Charity Shop. Look out for more information and details of when it will be open to customers.



Please call the office on 0113 245 5553 for the restricted opening times.

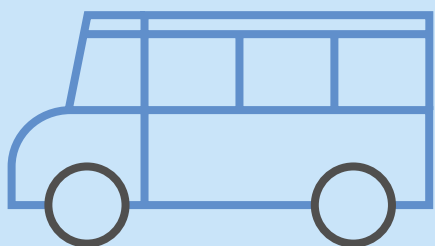


Weekend Outings

As restrictions have started to ease and we begin to resume face-to-face activities safely, we are delighted to be able to take our clients on weekend outings again.

From July, there will be a monthly Saturday shopping trip, including to Crossgates and Skirlington Market. We'll also be going for a pub lunch once a month on a Sunday.

Transport is available including pick up and return. Please see the schedule for more details and call the office to book a place.



Visit The Coast

To help our older clients celebrate the summer, with hopefully weather to match, we're going on an outing to Scarborough on Wednesday 25th August.

We will also be taking our children and families on a separate coach as part of the summer Healthy Holidays schedule of events. Following a summer of missed outings, we're looking forward to dipping our toes in the sea! Call the office if you'd like to join us.



Holbeck Moor Summer Events

Together with other organisations based in the area, we're hosting two community sports days over the summer. The events will be focused on celebrating sports and an active lifestyle, and showcase what is taking place locally for children, young people, families and adults in the local community.

It's a chance to build knowledge of what's on offer in the community, reconnect people to activities and organisations in the area, and most importantly try something new and have some fun.

→ Events take place on:
Sat 31st July 1-4pm
Fri 27th August 1 - 4pm



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 must be booked in advance to adhere with the latest Covid-19 guidance.

Weekly Activities Schedule

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Monday

**Coffee Morning
Outdoors
St Matthews**
10am – 12pm

**Dinner Jackets
Delivered to your door**
12pm – 1pm
£2.50



**Don't forget
to BOOK with
Matthew**
0113 245 5553



Tuesday

**Socially Distanced
Shopping to Morley
Town Centre**
9.30am collection –
12.30pm return
£4.50

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

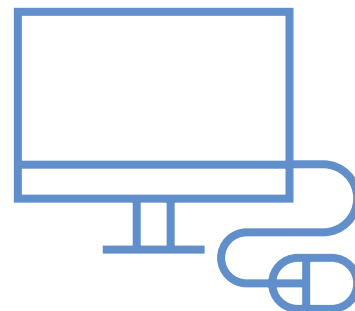
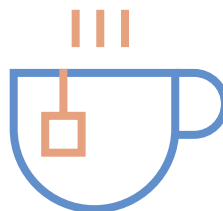
**2 Course Lunch Club
at St Matthews**
12pm – 1.30pm
£4.00
*Door-to-door transport
available from 11am
onwards £3.50*

**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**
12pm – 1pm
£4.00



Thursday

**Socially Distanced
Shopping to Morley
Town Centre**
9.30am collection –
12.30pm return
£4.50

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

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

**2 Course Lunch Club at
St Matthews**
12pm – 1.30pm
£4.00
*Door-to-door transport
available from 11am
onwards £3.50*

Craft Afternoon
St Matthews
1.30pm-3.00pm

Table Tennis Afternoon
St Matthews
1.30pm-3.00pm

Friday

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

**Coffee Morning
Outdoors
St Matthews**
10am – 12pm

**Fish & Chips
Delivered
to your door**
12pm – 1pm
£3.50 – £5.50

**2 course Fish & Chip
Lunch Club
St Matthews**
£4 standard or £6 large
12pm – 1.30pm
*Door-to-door transport
available from 11am
onwards £3.50*

Sunday 22 August & 26 September

2 Course Sunday Lunch at St Matthews 12pm – 1pm £4

Key Dates



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 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.

July

Saturday 3 July

Come and visit us at Holbeck Gala
12pm – 4pm

Sunday 4 July

Pub Meal Outing to The Bobbin Carrier in Cleckheaton.
£5 transport per person.
Collections from St Matthews 10.30am and home addresses from 10.45am.
Return around 3pm

Saturday 10 July

Shopping outing to Crossgates. £4.50 transport per person
Collections from home addresses from 9.30am.
Return around 1.30pm

Monday 12 July

Group Outing to Skipton Town Centre & Market.
£9.00 transport per person. Collections from St Matthews @ 9am and home addresses from 9.15am.
Return around 3pm

Tuesday 13 July

Live Well Together at St Matthews.
Well-Being workshops and outdoor activities, refreshments available 1.30pm – 3.30pm

Monday 19 July

Group Outing to Castleford J32 Shopping Outlet & The Harvester Meal Outing 1pm.
£5.00 transport per person. Collections from St Matthews @ 9.15am and home addresses from 9.30am.
Return around 4pm

Thursday 22 July

Live Well Together at St Matthews. Well-Being workshops and outdoor activities, refreshments available 1.30pm – 3.30pm

Sunday 25 July

Intergenerational Picnic on Holbeck Moor
12pm – 2pm

Monday 26 July

Group Outing to Bridlington.
£14.00 transport per person. Collections from St Matthews @ 9am and home addresses from 9.15am.
Return around 4pm.

Saturday 31 July

Sport and Active Lifestyle Celebration Event
Holbeck Moor 1pm – 4pm

August

Tuesday 3 August

Olympics 2021 Themed Lunch at St Matthews and available for home delivery. 12pm – 1.30pm
£4 per meal

Sunday 8 August

Group Outing to Skirlington Market.
£12 transport per person.
Collection 9:00am from home addresses
Return around 3pm

Monday 9 August

Group Outing to Eden Camp. £20 including entry and return transport.
Collection from St Matthews @ 9am and home addresses 9.15am
Return around 3pm

Tuesday 10 August

Intergenerational Outing to Temple Newsam with picnic lunch, entry to Home Farm and fun outdoor games. Collection from home addresses @ 10am. Return around 2pm

Saturday 14 August

Shopping outing to Crossgates. £4.50 transport per person.
Collections from home addresses from 9.30am.
Return around 1.30pm.

Monday 16 August

Group Outing to Otley Town Centre followed by Fish & Chips at Murgatroyds
£5 transport per person
Collections from St Matthews @ 9.15am and home addresses from 9.30am.
Return around 4pm.

Wednesday 18 August

Intergenerational Outing to Roundhay Park with picnic lunch, entry to Tropical World and fun outdoor games. Collection from home addresses at 10am. Return around 2pm.

Wednesday 25 August

Coach Outing to Scarborough.
£14 transport per person
Depart St Matthew's @ 9:30am. Return around 4pm approx. Should you require door-to-door transport please enquire by calling 0113 2455 553

Friday 27 August

Sport and Active Lifestyle Celebration Event
Holbeck Moor 1pm – 4pm

September

Friday 3 September

The Big Afternoon Tea at St Matthews 12 – 1.30pm

Sunday 5 September

Stanley Ferry Pub Meal, Wakefield. £5 transport per person. Collections from St Matthews @ 10.30am and home addresses from 10.45am.
Return around 3pm

Monday 6 September

Group Outing to Lytham St Anne's & Blackpool. £14 transport per person. Collections from St Matthews at 9am and home addresses from 9.15am
Return around 4pm

Saturday 11 September

Community Get Together at St Matthews 11 – 3pm

Monday 13 September

Group Outing to Bakewell Market.
£10 transport per person. Collections from St Matthews @ 9am and home addresses from 9.15am.
Return around 3pm

Tuesday 14 September

Live Well Together at St Matthews.
Well-Being workshops and outdoor activities, refreshments available 1.30 – 3.30pm

Friday 17 September

Intergeneration Story telling event at St Matthews 5 – 8pm

Monday 20 September

Group Outing to Monks Cross Shopping Park in York & Toby Carvery.
£5 transport.
Collections from St Matthews @ 9.15am and home addresses from 9.30am.
Return around 4pm.

Thursday 23 September

Live Well Together at St Matthews.
Well-Being workshops and outdoor activities, refreshments available 1.30 – 3.30pm

