

Autumn is here

What a summer it's been! Together we have enjoyed trips to the seaside, lunches out, shopping outings galore and four weeks of fun for children and families over the school holidays. It's incredible that we've arrived in Autumn and are looking to Winter - how the year has flown.

We're excited to share our schedule for the coming months. From the return of our line dancing and singing groups to a jam-packed month of Christmas festivities, we're confident that there is something that everyone can look forward to. Have a browse through our schedule and make sure you get the dates in your diary.

October Half-term is just around the corner and we're very much looking forward to welcoming children and families back for some Halloween-themed entertainment over the school break.

I am proud that we have continued to work with and develop our relationships with partners in Holbeck and across Leeds over the summer period. Thank you to all who have helped us to continue our vital work to support the people in our community, including, as always, our wonderful staff team and volunteers.

We know times are still challenging and as we look to winter, we want to remind you that we are here to support you in whatever way you need. Read more from Claire on our support and advice page about how we can support you over the coming months.

I continue to be inspired by what we can achieve when we come together as a community and I look forward to advancing our mission to make Holbeck the best place to thrive, work and play.

Stay well and don't forget, we are here if you need us.

Elissa Newman
Chief Officer





Return of the trips

Over the summer we've coordinated a busy schedule of trips for our older clients to enjoy. We've been on pub meal outings, shopping trips to the markets at Bakewell, Skipton and Skirlington, and taken ourselves back in time at the Eden Camp museum. We also enjoyed the sights and sea air at Bridlington, Lytham St Anne's and Blackpool.



Wish you were here!

To round off the summer, we gathered our sun cream, buckets and spades and drove across to Scarborough. We packed onto two coaches, with 47 older people and 57 children and families joining us for the day. With fish and chips, arcades, and a dip in the sea, it was a great big British day out.



"I don't drive so the trip helped us to go to the beach and we had an amazing day."

"My son really enjoyed playing on the beach and going to the arcades. It's given him other children to play with and kept him busy."



Sports Fairs come to Holbeck Moor

Together with local organisations and friends, we came together to bring some fun to Holbeck Moor and give residents an opportunity to see the wide range of activities happening in and around their local area.

Two Sport and Active Lifestyle Fairs took place over the summer with a great selection of sports and physical activities on offer including football, tennis; cricket, rugby, basketball and table tennis and much more with fun, introductory activities all available to try for free.



Table tennis returns to St Matthews

After a long pause, we have been thrilled that table tennis has returned to St Matthews. In spite of a lengthy break due to lockdown, our clients haven't lost their touch! Thank you to Peter Thompson from Ping Pong 4U who is delivering sessions **every Thursday afternoon from 1 – 2.30pm.** Call the office to book your place.

Our charity shop is open!

Our brand new charity shop is now open. Lots of quality men's, women's and children's clothes, Bric a Brac and much more are available.

The shop is open every Tuesday, Wednesday and Thursday from 10am-2pm at St Matthews Community Centre with access via St Matthews Street.

We will be hosting a pop-up shop on Sunday 31st October from 10am-2pm at St Matthews. There will be clothes, shoes, accessories and more - make sure you come along to get your hands on a bargain or two!



We are extremely grateful to accept any donations for the shop including clothes, shoes, accessories and Bric a Brac, provided they are clean and in good condition. Please call the office on 0113 245 5553 to arrange to drop off donations.

Social supermarket

We have recently opened our brand new Community Shop at St Matthews.

Clients can browse our selection of fresh, frozen and ambient food, selecting up to 12 items for a weekly membership fee of £2.50.

It is open every Thursday from 10am-2pm. Please make sure you contact the office to book your slot.

Thanks to our partners FareShare and ReThink Food for enabling us to keep the shop well stocked.



Holbeck Gala

We had a great day out at the Holbeck Gala in early July. The rain was relentless but it didn't stop us! We were visited by lots of people at our stall on Holbeck Moor. We held a tombola where the lucky winners took home a scooter and a Leeds United shirt.

Thank you to all who kindly donated prizes, and who came along to see us.



Healthy Holidays 2021: A summer of fun



“It has all been amazing - from finding new meals the whole family will eat to keeping the kids entertained.”

We provided weekly fun and interactive activity packs and celebrated the end of the holidays with a party on the Moor. The children and families that took part joined us for an fun-filled afternoon of inflatables, outdoor games and a party picnic.

Thank you as always to Leeds Community Foundation for the Healthy Holidays funding, and to our partners Premier Education and Addleshaw Goddard LLP for their help in delivering such a great programme.

We were thrilled to welcome lots of new families over the summer that hadn't joined us before. Thanks to the Healthy Holidays funding we have been able to expand the work that we do with our families and see new relationships flourish, with some mums volunteering with us or joining coffee mornings now that their children have returned to school.

“I'm a single parent and got involved with Healthy Holidays for the first time - it's benefitted my children but me as well. It's a lovely, welcoming group and great to communicate with other adults.”



We organised a four week programme of fun, food and activities this summer for children aged 4 to 12 as part of Healthy Holidays, thanks to funding from Leeds Community Foundation. Now that most places have opened up again, it was brilliant to spread our wings and enjoy sunny days out across Leeds and beyond.

60 energetic and happy children took part in regular Multi-Sport sessions on Holbeck Moor delivered by Premier Education. This included archery, football, dodgeball and lots more.

“My daughter has been able to try out different sport activities that she wouldn't normally try - the lads doing the sessions were really encouraging.”

Taking advantage of the fair weather and easing of restrictions, we were lucky to visit the farm at Temple Newsam, Tropical World and Roundhay Park. We even enjoyed a day at the seaside in Scarborough. A trip to York Maze proved to be the most popular outing – an amazing family day out with endless attractions, rides and shows to enjoy.

“The trips were fantastic and helped me financially. We have spent a lot of time together and have done more than I could have afforded to do with three children over the summer.”

Throughout the month we were able to provide wonderful packed lunches thanks to Addleshaw Goddard LLP. Each week we prepared healthy recipe kits for the family to enjoy, featuring a variety of cultural dishes from around the world. We took families to Mexico for beef tacos, Spain for chicken and chorizo paella and Italy for spaghetti carbonara.



95 children took part
47 families took part
671 portions of food were provided
622 activity attendances
136 activity packs were distributed
72 recipe packs were given out

SPOTLIGHT ON CHRIS



I'm Chris Bulmer, the new Volunteer Coordinator at Holbeck Together. I'm responsible for recruiting and managing our amazing team of volunteers. With our services growing, I'll be developing our volunteer recruitment and roles to meet our needs and enhance volunteers' skills.

St Matthews Community Centre is the focal point for many of the volunteering activities including lunch clubs, coffee mornings and social groups alongside other community-based roles such as food deliveries, shopping trips, group outings and befriending.

I enjoy meeting and speaking to volunteers from many different backgrounds and ages who want to give their time to help others and hopefully gain a lot from what they do. Holbeck Together could not exist and do what we do without volunteers so reaching new people and organisations that can offer help is a key part of my role.

Volunteering at Holbeck Together



Volunteering brings a wealth of benefits to communities and individuals and we aim to enhance the skills of all our volunteers whilst giving them a positive, enjoyable experience.

Time commitment is flexible - it can be as little as two hours per week. People don't need any formal qualifications - support and training is provided for all volunteers.

We are looking for volunteers across a range of our services including catering/ food provision, transport, befriending, social activities, retail and more. At the moment we are particularly interested in finding:

Charity Shop Volunteers to support the running of our brand new charity shop at St Matthews, including sorting, pricing and displaying stock, and operating the till

Minibus Drivers driving one of our 16-seater minibuses on regular outings with our clients, including collection and drop offs. This requires a D1 category on your driving license, aged 25-70, training provided, experience preferred

Passenger Assistants supporting the mini bus driver to ensure the safety and well being of our clients during regular outings and trips

Outings Support Volunteers providing individual assistance and companionship to clients on trips and outings, including people who may be travelling alone

Lunch Club and Community Cafe Volunteers preparing and service food to assist with lunch clubs and the community cafe at St Matthews

A full list of roles available including requirements can be found at www.holbecktogether.org/volunteering/ where you can apply by completing the application form or contacting us directly.

If you are interested in any of these roles or would like an informal chat about volunteering opportunities, please call the office on 0113 245 5553 to speak to Chris or email chris@holbecktogether.org

We encourage interest from applicants of all backgrounds, people who may or may not have volunteered before, would like to gain or develop their skills/experience, and want to use their time to help others in the local community.

Friends of Holbeck Together

THANK YOU

THANK YOU

Armstrong Priestley

We are extremely grateful to Armstrong Priestley who allow us to park our minibuses at their premises on an ongoing basis in Holbeck.



THANK YOU

Packed lunches

A huge thanks goes to Janet, Ian and the team at Addleshaw Goddard LLP who kindly donated packed lunches for the children and families taking part in Healthy Holidays.

An amazing total of 600 freshly prepared, delicious packed lunches were provided which were much needed during the action packed days we had. Tasty treats for the children's morning break were also provided by TransUnion.



THANK YOU

THANK YOU



Planting seeds

Thank you to Kevin Sharp LVO DL, Clerk to the West Yorkshire lieutenancy, who very kindly donated plants and fresh produce including tomatoes, courgettes, broccoli, cauliflower and lots more for the planters outside St Matthews. Our volunteer Gloria stepped in to help us with planting – we are enjoying watching them grow!

Anne Hopper

Thank you to our Trustee and friend Anne Hopper for her very kind donations of a shredder and constant supplies of biscuits and tea to keep us going in the office.

All hands on deck

The team at AND Digital have continued to lend their hands to help us with maintaining the space at St Matthews. An afternoon was well spent distributing over 200 activity packs to local residents, tidying up planters and the grounds at St Matthews, and preparing our Community Shop. Thank you to the team for their ongoing support and generosity.



Leeds School Uniform Exchange

Thank you to Tracy Morgan and the team from Leeds School Uniform Exchange at Zero Waste Leeds who kindly donated 50 pairs of school pumps which were given to local families.



THANK YOU

NCS Superstars

Young people from the National Citizen Service (NCS) team at Leeds United Foundation have been busy fundraising for Holbeck Together over the summer holidays.

The NCS experience gives young people the opportunity to develop the confidence and skills they need to become more engaged with their communities and become active and responsible citizens, whilst having an amazing, action-packed experience.

Students at Woodkirk Academy also donated much-needed tins for the shop through their 'tins for merits' initiative.

We welcomed a group of volunteers who supported our services by helping at our Live Well together afternoon, coffee morning, charity shop and community shop. We have been overwhelmed by everyone's generosity and all of the students should be incredibly proud of what they have achieved.

The group raised over £450 which was used to supply our Community Shop.



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.

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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Facebook 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.



Proud sponsor of Holbeck Together's newsletter



westwardcare.co.uk

Here for you



In the 29 years since we were established as a Neighbourhood Network, we have been able to build upon our reputation for supporting older people living in Holbeck.

As well as providing a variety of services and activities, we support people living locally with a range of issues including housing, welfare and benefits, financial concerns, mental and physical health and wellbeing.

We know times continue to be difficult and as we approach the winter months, we are here to help you stay healthy, warm, safe and connected whilst living independently.

We recognise that all of our clients are different so we work closely with them and their families to develop a holistic package of support that works for them. We can help you with:

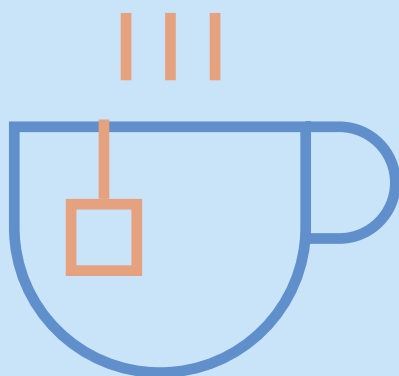
- **Shopping and delivery**
- **Meal services**
- **GP/hospital appointments**
- **Transport**
- **Cleaning**
- **Welfare checks**
- **Benefits support**
- **Befriending to reduce isolation**



Support is tailored to people's individual needs. Whether you need support for a short period of time on returning from hospital, or help in the longer term, we can help you through difficult times and beyond. We provide support over the phone and can visit you at home too. In either setting we take necessary infection control measures to keep you safe.

Contact us today to find out how we can support you by calling the office on **0113 245 5553** and speaking to Claire, our Operations and Service Officer.





Coffee & Connect

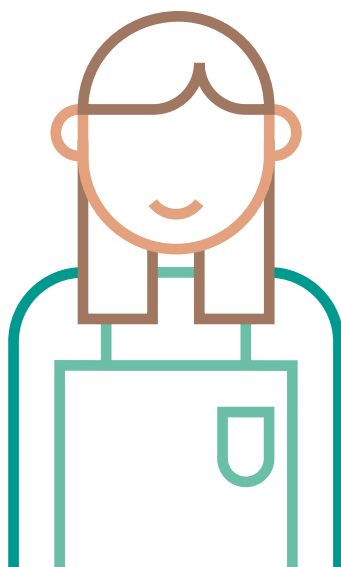
Parents living locally are invited to join us for a free coffee morning every Tuesday as part of the Starting Points project.

Coffee and Connect takes place on Tuesdays from 10:00-11:30am at St Matthews. It is a chance to meet other parents and their children in the area, as well as develop confidence, expand your horizons and gain new experiences.

This could be through training, education, IT access, CV workshops, or volunteering opportunities with our partner organisations. It's a great way to gain new skills with flexible time commitments and no previous experience is required.

To find out more please contact Angelika on: 07399078968 or Chris on 0113 245 5553

Starting Points is a partnership project across four different organisations tackling health inequalities in South Leeds: Health for All, Holbeck Together, St. Luke's Cares and Involve.



Join the Incredible Edible Holbeck Garden Growers Group

Are you already green-fingered or would like to learn a new skill in your local area? In Spring 2022, we will be starting the Incredible Edible Holbeck Garden Growers Group.

Thanks to a £500 grant from Leeds City Council's Inner South Housing Advisory Panel, we will be purchasing gardening equipment and materials and growing our own produce outside Meynell Heights in Holbeck.

Incredible Edible is a network of groups around the country which works to create kind, confident and connected communities through the power of food. The network was established to show how ordinary people can transform their own landscapes and turned disused space into sustainable sources of healthy food.

If you are interested in taking part in the Incredible Edible Garden Growers Group, call the office on 0113 245 5553 and speak to Matthew.



Singing and dancing

Parents living locally are invited to join us for a free coffee morning every Tuesday as part of the Starting Points project.

We're thrilled to welcome our much-loved line dancing and singing groups back to St Matthews. You can join us for line dancing on Thursdays from 11.30am – 12.30pm.

If you prefer a good sing-a-long, join us for the Singing Group from 2-3pm on Tuesdays. Both sessions cost £2.00.





Don't forget to BOOK
Call Matthew on 0113 245 5553

Weekly Activities Schedule



Monday

Coffee Morning. 10am – 12pm. £1
Dinner Jackets Lunch Delivery. 12 – 1pm. £2.50

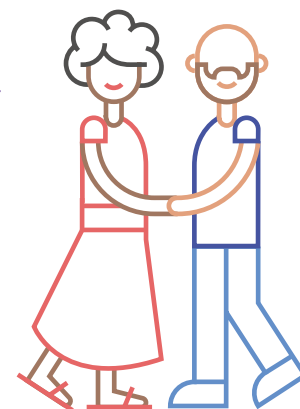
Tuesday

Shopping to Morley Town Centre. 9.30am pick-up. 1.30pm return. £4.50
Charity Shop at St Matthews. 10am – 2pm
Coffee & Connect. 10 – 11.30am
2 Course Lunch delivered to your door. 12 – 1pm. £4
3 Course Lunch Club at St Matthews. 12 – 1.30pm. £5.
(Door – to – door transport available from 11am onwards – £3.50)
Games Afternoon. 2 – 3pm.
Singing Group. 2 – 3pm. £2 per session



Wednesday

Coffee Morning at Ingram Court Community Room. 10am – 12pm. £1
Charity Shop at St Matthews. 10am – 2pm
2 Course Lunch Club at Ingram Court Community Room. 12 – 1.30pm. £4
(Door – to – door transport available from 11am onwards – £3.50)
2 Course Lunch delivered to your door. 12– 1pm. £4
Parent & Tots Coffee Afternoon at Ingram Gardens Community Centre. 1.30-2.30pm
Craft Afternoon. 1.30 – 3.30pm

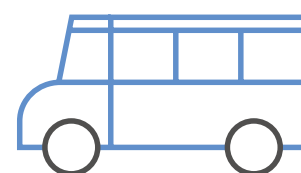


Thursday

Shopping to Morley Town Centre. 9.30am pick-up. 1.30pm return. £4.50
Charity Shop at St Matthews. 10am – 2pm
Holbeck Together Community Café. 10.30am – 2pm
Holbeck Together Community Shop. 10.30am – 2pm
2 Course Lunch delivered to your door. 12– 1pm. £4
Line Dancing. 11.30am – 12.30pm. £2 per session
Table Tennis Afternoon. 1 – 2.30pm. £2 per session

Friday

Yorkshire Dance – Dance On. 10am – 11am
Coffee Morning. 10am – 12pm. £1
Fish & Chips delivered to your door. 12pm – 1pm. £3.50 – £5.50
Fish & Chip Lunch Club at St Matthews . 12pm – 1.30pm – £4 – £6
(Door – to – door transport available from 11am onwards – £3.50)
Bingo Afternoon. 1.30 – 3pm



Sunday

2 course Sunday Lunch, 12 – 1pm – £4 per meal.
(24th October and 28th November ONLY)

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.

11

October

Friday 1 October

International Day of Older People - Fish & Chips Afternoon
12-1.30pm
St Matthews
£4 small £6 large

Friday 8 October

In the Waiting Room – A new project referencing Skippko's collaboration with the NHS in 1998
1.30-3pm

Saturday 9 October

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

Monday 11 October

Group Outing to Bella Italia & Junction 32
£5 transport per person
Pick-up from home addresses at 8.30am. Pick-up from St Matthews at 9am. Return around 3pm

Tuesday 12 October

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

Cookery Class Demo.
St Matthews. 6pm-7.30pm

Monday 18 October

Group Outing - Chester. £10 transport per person
Pick-up from home addresses at 8.30am. Pick-up from St Matthews at 9am. Return around 4pm

Friday 22 October

Get Connected Cake & Coffee Morning
10am-12pm St Matthews

Friday 22 October

In the Waiting Room - A new project referencing Skippko's collaboration with the NHS in 1998
1.30-3pm

Monday 25 October

Group Outing – Batley Town Centre & The Railway Inn...

£5 transport per person
Pick-up from home addresses at 8.30am
Pick-up from St Matthews at 9am.
Return around 3pm.

Tuesday 26 October

Halloween Themed Lunch at St Matthews
£4 for 3 Course Lunch
12pm-2pm, *Booking essential – limited spaces*

Cookery Class Demo.
St Matthews. 6pm-7.30pm

Sunday 31 October

Pop Up Clothes Shop at St Matthews
10am-2pm. Men's, women's and children's clothes plus lots more.

November

Friday 5 November

Pie & Peas Bonfire Lunch & Bingo
£4 per person
12pm-2pm, St Matthews

Monday 8 November

Group Outing - Cinema Morning. Pick up time and film to be confirmed. £5 transport per person.
Call the office for further information.

Tuesday 9 November

Cookery Class Demo.
St Matthews. 6pm-7.30pm

Saturday 13 November

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

Saturday 13 November

Intergenerational Cream Tea Afternoon. Be part of a series of intergenerational events this autumn and form new friendships.
12pm-2pm, St Matthews

Tuesday 16 November

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

Monday 22 November

Hollywood Bowl & Pub Meal Outing.
£5 transport per person
Pick-up from home addresses from 9.30am.
Pick-up from St Matthews at 10am. Return around 2.30pm.

Tuesday 23 November

Cookery Class Demo.
St Matthews. 6pm-7.30pm

Sunday 28 November

Intergenerational Well-Being Morning. Be part of a series of intergenerational events this autumn and form new friendships. 10am-12pm, Ingram Gardens C.C.

Monday 29 November -

Meal Outing - Chiquitos Mexican Restaurant.
£5 transport per person
Pick-up from home addresses at 10.30am.
Pick-up from St Matthews at 11am. Return around 2pm.

December

Monday 1 December

Outing to Bury Market. £10 transport per person.
Pick-up from home addresses at 8.30am. Pick-up from St Matthews at 9am. Return around 4pm.

Friday 3 December

Leeds United Lunch at Elland Road. 12-2pm
Booking essential – limited availability

Monday 6 December

Outing to Tong Garden Centre. £5 transport per person. Pick-up from home addresses at 9am. Pick-up from St Matthews at 9.30am. Return around 3pm.

Tuesday 7 December

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

Wednesday 8 December

Christmas Themed Craft Afternoon, 1.30-3.30pm. St Matthews.

Friday 10 December

Christmas Jumper Day Coffee Morning.
10am-12pm, St Matthews

Friday 10 December

Carriageworks Pantomime – Aladdin. 1.30pm-4pm. £13 ticket & £5 transport.

Monday 13 December

Christmas Lunch at the Commercial Inn. Pick-up from home addresses at 10.30am. Pick-up from St Matthews at 11am. Return around 3pm. £5 transport per person.

Tuesday 14th December

Christmas Lunch at St Matthews. 12-2pm. Booking essential - limited availability.

Friday 17 December

Christmas Community Day. 10am-6.30pm at St Matthews.

Tuesday 21 December

Christmas Social at St Matthews. 12-14pm
£4 per person. Booking essential - spaces limited.

Thursday 23 December

Intergenerational Christmas Film Afternoon. Be part of a series of intergenerational events this autumn and form new friendships. 2pm-5pm, St Matthews.

Saturday 25 December

Christmas Day Lunch at St Matthews. 12-14pm. Booking essential - spaces limited.

Friday 31st December

New Year's Eve Lunch at St Matthews. 11am-1pm. Booking essential - spaces limited. Outreach Lunch available 11.30am-1pm

Christmas Opening.

The Holbeck Together office will be closed from Saturday 25th December and reopen on Wednesday 29th December.



Holbeck Together

FREE

Healthy Holidays October Half Term

So much happening!

Multi-Sports including
Football, Tag Rugby, Cricket,
Basketball, Fencing, Archery,
Tchoukball and many more.
Crafts, Movie Afternoon,
Pumpkin Carving and
Halloween fun!



Ages
4-11

Monday
25th October
to Friday 29th
October
9am - 3pm

Where?

Lane End
Primary School
Beeston Road
Leeds
LS11 6AA



Packed
Lunch
Provided

Sign up Today!

Call Holbeck Together
0113 245 5553
Or Visit
<https://bit.ly/2XBYcod>



Healthy
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