

A Community Hub for Holbeck

What a busy couple of months it's been in Holbeck – it's been such a joy to continue to welcome people back into St Matthew's for our programme of events, get-togethers and clubs and to officially welcome the Mobile Community Hub and Story Bus to Holbeck.

We can't thank our partners Leeds City Council enough for working with us to bring these advice and support services to Holbeck. As a community anchor for the area being able to host services such as the advice bus further supports our mission of making Holbeck a great place to live, work and thrive.

The Mobile Community Hub can deliver the same services as a building-based community hub – and by parking the Mobile Hub outside St Matthew's Community Centre twice a week it means local residents can access advice and support without having to travel too far. You can pop by to speak with an advisor about council services such as council tax, housing, benefits and can also get assistance with job searches, job applications, interview skills, and CV writing. The Mobile Community Hub has computers and free WiFi too.

We've loved welcoming the community to both buses – and if you want to pop down, you don't need an appointment, just drop-in. If there is a short wait, then our community café is open for you to grab a hot drink and a bacon buttie too.

As Spring is, finally, on its way to our corner of Leeds, we'll be taking advantage of the warm weather where we can – so come and join us for some fun and socialising in the fresh air.

We can't wait to see you soon.

Elissa Newman
Chief Officer



Left – Right: Councillor Angela Gabriel; Elissa Newman Chief Officer, Holbeck Together; Councillor Harland (Executive Board member for communities at Leeds City Council); James Roger (Director of Communities, Housing and Environment) and Susan Murray (Head of Customer Contact, Leeds City Council) at the official launch of the Community Mobile Hub



MOBILE COMMUNITY HUB
TUESDAYS 10 – 3.30PM
THURSDAYS 9.30 – 3.30PM

STORY BUS
THURSDAYS 10 – 11.30AM



Preparing for rising costs

We know for many in our community the news about increased energy costs and wider living costs can create some worry. Many of you will be aware that if your Council Tax Band is A – D you may be eligible for a council tax rebate of £150 to help with rising energy costs.

The rebate is a one-off payment and does not have to be paid back. If you pay by direct debit the rebate will be processed automatically. If you want to check about your rebate or have any questions about your council tax pop down to the Community Hub bus and speak with the Leeds City Council team.

In addition, if you think you will be struggling with payments on the rising costs of your energy bills it is important to take advice now and see if you can either switch provider or change your payment plan.

If you're looking for advice or help, then drop into our office – or visit moneybuddies.org.uk for impartial, confidential and non-judgemental advice.

MONEY BUDDIES ADVISORS CAN ALSO BE SEEN FACE TO FACE AT DEWSBURY ROAD COMMUNITY HUB EVERY MONDAY BETWEEN 9AM – 12PM.



Time to Take a Seat!

We are one of the lucky recipients of a new bench for Holbeck which has been funded by Leeds Civic Trust and Time to Shine – an organisation supporting older people across Leeds.

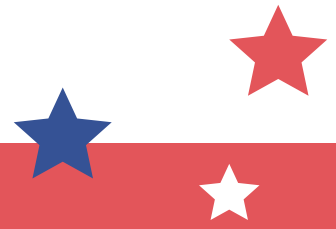
As part of installing the bench we will be looking to work with an artist and you, our wonderful community, to create a colourful design to brighten up the bench.



Library Exchange Box

We are also excited to announce that we will be installing a hand painted book box in the ground of St Matthew's where you can drop off books and pick up a new one for free!

Keep an eye out for further announcements about both projects and installation on our social media.



Elvis was in the building

We were all shook up when Elvis joined us in March for an afternoon of rock and roll and an amazing American lunch – thanks to our wonderful chef Ira and her catering team!

For more info about upcoming events in April, May and June – turn to page 11



Pay a visit to the Story Bus this Easter!

Come on down to the magical Story Bus in Holbeck every Thursday 10am – 11.30am.

Perfect for little ones under 5, inside the Story Bus is a free treasure trove of lovely books, fun activities and terrific toys – and the friendly storytellers inside can help you choose books to borrow that will tickle every taste and reading ability.

And if your bookworm is ready to take the next step in their reading, they can start their Ready, Steady Readers journey aboard the Story Bus too. Ready, Steady Readers is the perfect way to introduce children under 5 to fun activities relating to books, reading and language activities which will help them develop their communication skills.



**STORY BUS
THURSDAYS
10 – 11.30AM**



Charity Shop – Buy or donate

Thank you for all of the donations we have received since our Charity Shop opened earlier this year. This has helped us to keep our shop well stocked and raise crucial funds to support our work in the community.

We have got a steady stream of amazing stock – from brand new / second hand clothes (men's, women's and children) through to homeware, toys, books and PAT tested electrical items so if you are looking for something new for your home, a new outfit or an affordable present for someone pop down and take a look.

**THANK
YOU**

OPENING TIMES

**Tuesday, Wednesday
and Thursday from
10am-2pm at
St Matthew's**

(extended opening times
coming soon)





Meet Eva



Developing You: How Eva Kick-started Her Creative Career

In October 2021 I started attending a ten-week Developing You course run by Leeds Employment Hub at St. Matthew's Community Centre. It was recommended to me by a friend, as I was looking for support with my mental health as well as the chance to meet new people.

I am a trained Civil Engineer and have an MA in Civil Engineering and Water Management. I took a career break to look after my two children, who are at primary school. I have also trained as a volunteer peer supporter for new families, advising on breastfeeding and lactation, and I still actively volunteer for Health for All in Leeds.

In addition to all this, my hobby has always been sewing, knitting and crochet, and I am also very passionate about repurposing, upcycling and mending clothes.

As the course at St Matthew's progressed, I became aware of the charity shop at the back of the hall and went to say hello to the wonderful volunteers working there. As I got chatting to Claire, Rachel and Jonathan I realised that there was an exciting opportunity to utilise my sewing skills to help in the shop!

I decided to apply for a position as a volunteer for the charity shop, received training and from November 2021 I have been sewing and mending the stock which has been generously donated by the community. I've also supported them in expanding the repurposing side of the shop and started producing various items from surplus stock – so far the tote bags have become very popular!

Since the Developing You course finished and having such a great reaction from shoppers in the charity shop, I have gone on to complete another course concentrating on how to set up a small business and self-employment.

So, I now have fully functional website ez-stitch-studio.square.site and a small sewing business, EZ Stitch Studio which I am really proud to be developing.





Looking for a new challenge or for some employment support this Spring?

Developing You

Inspired by Eva's story? Join us on the next 10 week course starting in May (date TBC). Taking place at St Matthew's Community Centre it will help you become happier, healthier and move closer to employment, featuring mindful exercises, job search tips and tricks and one-to-one support.

Mental Health Support

If you're aged between 15 – 24 and stress, anxiety or depression is making it difficult for you to find a job or begin a course, Leeds Employment Hub can support you for free.

Job Search Support

Leeds Employment Hub can help you with your job, apprenticeship or course search with free and individual support.

To find out more or book your free place on the Developing You course email the Employment Support Leeds team on esleeds@leeds.gov.uk or call 0113 378 4576.



Could You Be Our Newest Volunteer?

We are lucky to have a fantastic team of volunteers at Holbeck Together, but we are always looking for more people to help us with our expanding service offer.

At the moment we are particularly keen to find Befrienders, Passenger Assistants and Shopping Assistants. Each role represents an excellent opportunity to gain social care related skills and experience.

Befriender

Support local residents via weekly visits or phone calls that enhance the social wellbeing of often isolated people living alone or with limited social contact.

Passenger Assistant

Support our minibus drivers to ensure the safety and wellbeing of our clients during regular outings and trips.

Shopping Assistant

Support our clients who are unable to shop independently by shopping and delivering weekly essential items.

These roles involve flexible time commitments ranging from a few hours per week, although reliability is essential.

We provide training and ongoing support for all of our volunteers.

Find out more about these roles and others that are available on our website at holbecktogether.org/volunteering or contact Chris on 0113 245 5553.

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Introducing Krystal Veira – our new Outreach Worker

I have recently joined Holbeck Together as an Outreach Worker and my role will involve health and wellbeing support, reducing social isolation and supporting physical and social activities.

I have worked in the Healthcare sector for many years, mainly with the NHS. More recently I have been supporting Younger People with Dementia to access meaningful activity whilst preventing social isolation and supporting them to live well with Dementia.

I have worked with Palliative care patients providing care, assessing and responding to their changing needs

and ensuring they are as comfortable and pain free as possible whilst providing emotional support and relief to carers overnight.

I have studied various courses over the years including Health & Social Care and Counselling. I have a keen interest in holistic approaches to care, empowering people and respecting their individuality, physical, mental and emotional circumstances. Person centred care has always been the main focus of my previous working roles - treating people with dignity, compassion and respect, whilst enabling people to recognise and develop their strengths and abilities for an independent and fulfilling life.

JOIN US AT

ONE OF KRYSTAL'S GROUPS

Wellness Space

Wed 20th April
1.30 – 3.30pm
Ingram Gardens

Wed 18th May
1.30 – 3.30pm
Ingram Gardens

Wed 15th June
1.30 – 3.30pm
Ingram Gardens

Carers Group

Wed 4th May
1.30 – 3.30pm
Ingram Gardens

Wed 1st June
1.30 – 3.30pm
Ingram Gardens

Wed 29th June
1.30 – 3.30pm
Ingram Gardens

I am looking forward to working with Holbeck Together to support the local community and develop my role.

I will be running a group for carers and the Wellness Space Wednesday Group and I'd love to see you there so please make a note of these dates in your diary. It's a time to come together with other people, enjoy some of the activities and have a chat. If you have any questions about the groups, please just ring the office and ask to speak to me.



Introducing Bella – Your Space co-ordinator



In 2019, Touchstone, Women's Health Matters and Holbeck Together united with their common interest to improve health and wellbeing to create Your Space.

Your Space is a project which aims to support communities to support themselves and each other – and is very much led by the members of the group, their ideas, their needs and (key to the success) their strengths. We are delighted to welcome Bella to our team as the new Your Space Co-ordinator.

Hi I'm Bella Stirrup; a full time Community Wellbeing Development worker for Holbeck, Hunslet and Beeston, mum of two and lover of cheesecake.

I was previously the co-ordinator of a Recovery College and also worked as a Health and Wellbeing coach during the start of the pandemic. I've been producing various events for nearly 20 years and love to see people coming together to enjoy themselves!

The groups I run are friendly, welcoming and always have something for people to take away with them - whether it be learning how to cook a new recipe or creating a hand-made piece of jewellery!

If you would like to know more about the groups on offer you can call the office on 0113 245 5553, keep an eye on announcements on our social media channels or drop me an email: bellas@touchstonesupport.org.uk

Join Bella's Women's Wellbeing Classes

Dewsbury Road Community Hub & Library
Wednesday's 4.30pm – 6.30pm
Free to join / Free to park
Book in advance, Call Bella on 07867 268 934

Looking for a new role?

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Beeston, Leeds LS11 6TT
0113 228 4040



Southlands

Wetherby Road,
Roundhay, Leeds LS8 2JU
0113 265 5876



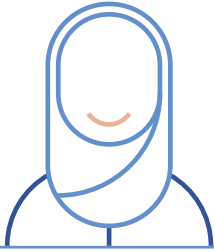
Headingley Hall

5 Shire Oak Road,
Headingley, Leeds LS6 2DD
0113 275 9950

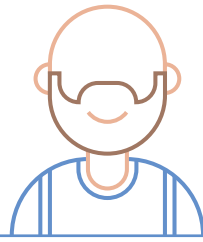
westwardcare.co.uk

Support and advice

How we're supporting the people in our community...



IRENE had been feeling quite lonely for a while and was struggling to motivate herself to get out and about. She gave us a call and we chatted to her about how she was feeling and ways we could support her. We discussed how we could schedule in a weekly chat with one of our befriending volunteers, so she had someone to talk to – a listening ear to share her news with. We also suggested when she was feeling up to it, we could introduce her to some of our weekly lunch clubs or other group activities. The weekly chats are really helping Irene to feel connected again and she is building up to coming along to a group soon.



HARRY had just come out of hospital and was living on his own. He contacted us and booked our meal delivery service whilst he was recuperating which meant he was getting a health dinner everyday.



SAM, a single mother of three has been worried about the rising energy prices and contacted us when she got an alert from her energy company about her payments needing to increase. We sat with Sam and contacted the energy company for her and moved her tariff to a cheaper deal. We also spoke about energy saving ideas she could consider around the home.



Don't like cooking?



Don't forget that you can also access affordable food items in our Social Supermarket on a weekly basis. For a small cost of £3.50 you can choose up to 12 items every week.

We're here for everyone



We know that everyone is different, and people are all dealing with different circumstances in their life so we just encourage you to pick up the phone, give us a call and see if we can help. Claire and Nikki can meet with you in the office, or in your home if you prefer.

The best way to do this is to make an appointment by calling the office on 0113 245 5553.

Meet your friends and grab a bite to eat

Our Community Café at St Matthew's is currently open every Thursday from 9.30am-1.00pm. We have a range of hot sandwiches available including bacon, sausage, and egg from as little as £1, including tea, coffee or juice too.



Latest Covid Guidance for Elderly or Vulnerable Adults



We know that despite the lifting of restrictions, and as we enter a new phase of living with the virus, Covid is still a concern for many in our community – especially those who are elderly or vulnerable. Covid will continue to be a feature of our lives, so this next phase is about learning to live with the virus and managing the risk to ourselves and our community.

We also know that the advice can change depending on new variants, new boosters and new regulations and we're here for advice and signposting.

FOR MORE INFORMATION YOU CAN VISIT
[LEEDS.GOV.UK/CORONAVIRUS](https://leeds.gov.uk/coronavirus)

CALL OUR OFFICE
0113 245 5553



1

OUR TIPS:

If you have not yet had your vaccine, we are here to support you whenever you are ready.

You are no longer legally required to wear a mask, social distance or self-isolate, but our advice is to continue to wear a mask in enclosed and crowded spaces such as public transport and health and care settings.

Public Health advice still recommends self-isolation if you test positive for COVID-19.

Please get both doses of the vaccine and the COVID-19 booster if you are eligible to make sure you have the highest level of protection.

It is also important to reduce the risk of spreading the virus by washing hands, getting tested if you have symptoms, and isolating if advised to do so.

2

STAYING SAFE:

If you wish to wear one, keep a mask handy – in a purse, pocket, the car or your bag.

Do keep washing your hands for 20 seconds or more and carry some hand sanitiser and use it regularly.

Avoid busy, indoor spaces and meet outside if you wish and try to keep some distance from others where you can. And let the fresh air in – open more windows or sit near a door.

Ask friends and family to take a lateral flow test before they visit you. Ask family members to take extra care and follow the hands, face, space guidance if you are helping out with childcare or going on trips.



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PLEASE CALL TO FIND OUT MORE OR BOOK
0113 245 5553



FREE
SUPPORT

MEET SEAN

Our new
Digital Inclusion
Officer!

Hi, My name is Sean and I am delighted to be joining the Holbeck Together team.

I was a personal trainer for over 15 years and decided on a change of career in 2018. I have always had an interest in IT, digital skills and technology so decided to make that my focus.

My role here at Holbeck Together's Digital Health Hub is to support people with getting online, and getting the most out of their devices, whether that is a phone, a laptop or tablet and finding out which services might benefit them.

You can come and chat to me about anything to do with your device, how it works, using the internet or any other questions you might have.

- Not sure how to 'google it'?
- At a loss as to how to send photos to friends and relatives
- Want to learn how to back up your data?
- What are `apps` and where do I get them from?

From Facebook, Twitter, eBay and online shopping come to St Matthew's Community on Tuesdays or Thursdays and have a friendly informal chat with me and peek into the digital world!

SPRING
OFFER

FREE TRANSPORT TO OUR WEEKLY LUNCH CLUBS

Would you love to come to our Lunch Clubs but struggle with getting to St Matthew's?

Throughout April – June we are offering a FREE door-to-door transport service with pick-ups from 11:00am each day. Our friendly driver and passenger assistants will accompany you on your journey and support you with any needs.

To book your transport please call the office:
0113 245 5553



PLATINUM JUBILEE AFTERNOON TEA

Celebrate H.M Queen Elizabeth II Platinum Jubilee by joining us for a right royal afternoon tea

Outside St Matthew's
1.00pm – 3.30pm

OPEN TO ALL AGES
LIMITED AVAILABILITY
BOOK TO AVOID DISAPPOINTMENT

FREE EVENT



Weekly Activities Schedule



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. **All events are at St Matthew's Community Centre unless stated otherwise.**



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

Monday

Coffee Shop at St Matthew's. 10:00am-12:00pm. Various Prices
Dinner Jackets Lunch Delivery. 12:00pm-1:00pm. £2.50
Parents & Tots Coffee Afternoon at Ingram Gardens Community Centre. 1:30pm-2:30pm. FREE

Tuesday

Coffee Shop at St Matthew's. 10:00am-11:30am. Various Prices
Shopping to Morley Town Centre. 9:30am pick-up. 1:30pm return. £5
Charity Shop at St Matthew's. 10:00am-2:00pm
Coffee & Connect. 10:00am-11:30am. FREE
2 course lunch delivered to your door. 12:00pm-1:00pm. £4.00
3 course lunch at St Matthew's. 12:00pm-1:30pm. £5.00
(Door-to-door transport available from 11:00am onwards – free of charge)
Friendship Group Afternoon. 2:00pm-3:00pm. £1.00 per session



Wednesday

Shopping to Morley Town Centre. 9:30am pick-up. 1:30pm return. £5
Coffee Morning at Ingram Court Community Room 10:00am-12:00pm. £1.00
Charity Shop at St Matthew's. 10:00am-2:00pm.
2 Course Lunch at Ingram Court Community Room. 12:00pm-1:30pm. £4.00
(Door-to-door transport available from 11:00am onwards – free of charge)
2 Course Lunch Delivered to your door. 12:00pm-1:00pm. £4.00
Craft Afternoon at Ingram Court Community Room. 1:30pm-3:30pm. £1.00 per session

Thursday

Coffee Shop at St Matthew's. 9:30am-11:30am. Various Prices
Charity Shop at St Matthew's. 10:00am-2:00pm
Holbeck Together Community Shop. 10:30am -2:00pm.
2 course lunch delivered to your door. 12:00pm-1:00pm. £4.00
Line Dancing. 11:30am-12:30pm. £2.00 per session
Table Tennis Afternoon. 1:00pm-2:30pm. £2.00 per session



Friday

Coffee Shop at St Matthew's. 10:00am-11:30am. Various Prices
Yorkshire Dance – Dance On. 10:00am-11:00am. FREE (over 55's only)
Fish & Chips delivered to your door. 12:00pm-1:00pm. £3.50-£5.00
Fish & Chip Lunch at St Matthew's. 12:00pm-1:30pm. £4.00-£6.00
(Door-to-door transport available from 11:00am onwards – free of charge)
Bingo Afternoon. 1:30pm-3:00pm



Sunday (April 24th, May 29th & June 26th)

2 course Sunday Lunch. 12:00pm-1:30pm. £4.00 per meal
(Door-to-door transport available from 11:00am onwards - £3.50)
2 course Sunday Lunch delivered to your door. 12:00pm-1:00pm. £4.00 per meal

Key Dates for Over-55s activities



All events have limited availability and therefore must be booked in advance. We politely ask that you please pay for trips 2 weeks in advance and give a minimum of one week's notice of cancellation.

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

April

Sat 9th April

Crossgates Shopping, Pick-ups from 9:30am. Return approx. 1:00pm, £5.00 return transport

Mon 11th April

The Railway Inn, Gildersome. Pick-ups from 11:00am. Return approx. 2:30pm, £6.00 return transport

Tues 19th April

3 Course Easter Lunch at St Matthew's Community Centre, 12:00pm – 2:00pm, £5.00

Tues 19th April & Thur 21st April

10 Week Digital Workshops with Sean, St Matthew's Community Centre. 10:00am – 11:30am FREE

Mon 25th April

Pickering Market, Pick-ups from 9:00am. Return approx. 3:00pm. £9.00 return transport

Wed 27th April

Have your say! Client consultation morning, Ingram Gardens C.C. 10:00am-11:30am.

Thurs 28th April

Junction 32 Shopping Park & The Winding Wheel Meal Outing, Pick-ups from 9:00am. Return approx. 3:00pm. £7.00 return transport

May

Sun 8th May

Skirlington Market, Pick-ups from 9:00am. Return approx. 3:00pm. £9.00 return transport

Mon 16th May

Murgatroyds Fish & Chips Restaurant, Yeadon, Pick-ups from 10:30am. Return approx. 2:00pm, £6.00

Thurs 19th May

Trip to the coast – Southport, Pick-ups from 8:30am. Return approx. 4:00pm, £12.00 return transport

Mon 23rd May

Skipton Market, Pick-ups from 9:00am. Return approx. 3:00pm. £9.00 return transport

Wed 25th May

Have your say! Client consultation morning, Ingram Gardens C.C. 10:00am-11:30am.

June

Wed 1st June

Platinum Jubilee Afternoon Tea, Outdoors at St Matthew's Community Centre, 1:00pm – 3:00pm. FREE

Wed 8th June

Candle Making Craft Afternoon, 1:30pm-3:30pm, Ingram Court Community Room, £3.00 per person

Mon 20th June

Yorkshire Creamery, Hawes Pick-ups from 10:00am. Return approx. 2:00pm. £15.00 including entrance and transport

Thurs 23rd June

Knowsley Safari Park, Pick-ups from 9:00am. Return approx. 2:00pm. £25.00 including entrance and transport

Mon 27th June

Heathfield Farm, Birkenshaw. Pick-ups from 10:30am. Return approx. 2:30pm, £6.00 return transport

Wed 29th June

Have your say! Client consultation morning, Ingram Gardens C.C. 10:00am-11:30am.

Thurs 30th June

Trip to Whitby, Pick-ups from 8:30am. Return approx. 4:00pm, £12.00 return transport

July

Sat 2nd July

Come and see us at Holbeck Gala on Holbeck Moor! 12:00pm-4:00pm

Thur 7th July

Nottingham River Cruise. £33 including cruise, meal and transport. 3hr cruise along the River Trent in Nottingham with a traditional 2-course roast dinner included.

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