

## Here for everyone

**Bunting, afternoon tea, music, comedy, friends – we had it all at our Queen’s Platinum Jubilee party and I want to extend a huge thank you to everyone that joined us to be part of the event. It was especially wonderful to welcome the Deputy Lord Lieutenant of West Yorkshire, Mr Kevin Sharp who joined us with his wife, Sue, to welcome people and declare the celebrations open.**

What was particularly special was the mix of people from the community coming together – truly living up to our ambition to be here for all generations of people in Holbeck. Our youngest party-goer was nine-week old Emmie alongside some of our 90+ year old Holbeck residents.

In addition to co-ordinating the celebrations we have also been busy supporting Leeds City Council on the development of plans for

a potential multi-million pound investment for the area. It has involved significant work on shaping ideas and aspirations in order to submit a bid to the National Government’s Levelling Up Fund. The proposals will be submitted in early July and we will be up against a number of other ‘priority areas’ bidding for funding across the country.

Announcements about the successful areas will be made in the Autumn so we will of course keep you up to date with any news on this opportunity. See p5 for more information on these proposals.

**We have got lots of wonderful events and activities planned for the summer (all outlined in this newsletter) so I hope to see you at something very soon.**

Elissa Newman  
Chief Officer



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## News and events

### Dinner around the world

We had so much fun welcoming over 60 people to our three-week food trip around the world.

The events were part of Leeds' 'Time to Shine Intergenerational Evenings' encouraging people of all ages to come together and enjoy a meal. We had attendance from people ranging from age one right up to 88. We served traditional Mexican, Chinese and Italian food over the three weeks and they proved hugely popular.

A huge thank you to all the Leeds United Foundation National Citizen Service volunteers who supported each week with meal prep and service.



### Getting crafty

Our wonderful craft group have been working on creating decorations over the past few months.

They not only produced a flag to commemorate Commonwealth Day earlier this year they also turned their hands to making our British themed bunting and a special flag to commemorate the Queens Platinum Jubilee for our event.

Thank you for all your wonderful work!



## Schools out for the summer



Over the past few years many of our younger residents have enjoyed lots of fun activities and events over the school holidays.

During Easter we supported 65 young people during the holidays by providing an Easter Egg Hunt and a week-long activity camp at Lane End Primary School.

At the time of going to print we are still finalising details of what will be on offer during the Summer Holidays but we are hoping to provide an activity camp at Lane End Primary School and a variety of group outings across the weeks of 1st August, 8th August, 15th August and 29th August.

Follow us on social media for announcements as details are confirmed or for further details and booking information please contact the Holbeck Together office.



# BUILDING YOUR STRENGTH AND BALANCE

Our Strength & Balance Class has proved to be very popular and we are looking to continue these classes in partnership with Leeds City Council's Active Leeds team.

Open to all ages the classes are designed to improve strength, balance and co-ordination for people with low mobility.



Chair based and standing exercises to with every day tasks – walking, bending, and going up stairs.



**“SINCE STARTING THE PROGRAMME, I CAN CLIMB THE STAIRS MORE EASILY.”**

## TIMES

**Tuesdays 10am  
St Matthew's  
1 hour class, includes  
a free cuppa**

**Contact the office  
if you would like  
to continue to  
attend – or attend  
for the first time.**

**FREE**



## LOVE READING? POP BY THE STORYBUS DURING THE SCHOOL HOLIDAYS

Don't forget to pop by with your children to the Storybus each week for fun stories and the chance to get a library book to read over the Summer.

**THE BUS IS OUTSIDE  
ST MATTHEWS COMMUNITY  
CENTRE EVERY THURSDAY  
10AM – 11.30AM**

# Looking for a new role?

We're looking for caring and passionate people to join our amazing team.

**CURRENT VACANCIES AT PENNINGTON COURT, BEESTON:**

Registered Nurse (nights)  
Care Assistant

Plus additional roles at our other locations across Leeds.

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health and social care  
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## Apply Today

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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**



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FOR YOU  
SAFELY**



All staff must be prepared to take Covid tests 3 x week and wear masks and PPE whilst in work.

**westwardcare.co.uk**

# Coping with the Rising Cost of Living



**Millions of people across the UK are struggling to cover their essential household costs nowadays. The 'cost of living crisis' means we're all paying a lot more for energy and food, and things like rent and fuel.**

Some people are cutting back on how much they spend on food, or eating less, so they can pay for heating. Many people are falling into arrears, or using credit to pay for essentials, making the problem worse.

Sadly, the situation isn't going to get easier, even as temporary support measures are announced, further challenges are ahead.

Energy bills have increased by an average of £700 a year and council tax payments are on the rise. If you have a job, what you pay in National Insurance contributions has gone up.

A lot of people are finding that wages and benefit payment increases aren't keeping track with these price rises.

**The important message from Holbeck Together at this time is YOU ARE NOT ALONE.**

We are here to help and provide support, advice and guidance. Our advice workers have extensive experience and contacts across the city with a variety of support networks and can sign post you to what help is available.



## GOVERNMENT SUPPORT IS AVAILABLE

### Money back if paying council tax

You can get £150 back from the council to help with the rising cost of living – this is called a 'rebate'. You'll get the rebate if you pay council tax and your home is in council tax bands A to D. You can find your band on your council tax bill or check your council tax band on [GOV.UK](https://www.gov.uk)

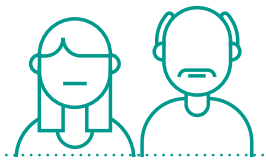
### One off 'energy support' payment from government

The government will give every household in Great Britain £400 off their electricity bill. The £400 will be automatically added to your energy account over 6 months starting from October 2022 and you won't have to pay it back. If you have a prepayment meter, the £400 will be added to your meter or you'll be given vouchers.

### Extra 'cost of living grant' for lowest-income households

Eight million of the UK's lowest-income households will also be eligible for a one off £650 Cost of Living grant. The grant will be received by those households who receive means-tested benefits. You cannot apply for this grant - if you are eligible to receive the grant, you will automatically be paid the £650 across two payments.

For more information on any of these grants visit [GOV.UK](https://www.gov.uk)



# Help from Holbeck Together



## SOCIAL SUPERMARKET

You can become a Supermarket member for free and then access a selection of up to **12 items** each week for **£3.00** in total.

**Thursday**  
10.30am – 2pm



## CRISIS FOOD PARCELS

If you need a food parcel in an emergency call the office and we can try and arrange a crisis food parcel for you as an interim measure.

**CALL**  
**0113 245 5553**



## COMMUNITY HUB BUS SUPPORT SESSIONS

Speak directly to Council employees about benefit support, housing support, employment support and council tax queries.

**St Matthews**  
Tuesday 10am – 3.30pm  
Thursdays 9.30am – 3.30pm  
(no need to book)



## Help from South Leeds Community Hubs

**Dewsbury Road Community Hub (Beeston Hub)** 190 Dewsbury Road, Beeston, LS11 6PF

**Hunslet Hub (Library)**  
Waterloo Street, Hunslet, LS10 2NS

**Morley Hub** Queen Street, Morley, LS27 9DY

**Rothwell Hub** Marsh Street, Rothwell, LS26 0AE

**St George's Centre (Middleton Hub)**  
St Georges Road, LS10 4UZ



★  
**QUEENS  
PLATINUM  
JUBILEE**

**EVERYONE - TOGETHER**





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All generations of Holbeck came together to celebrate Her Majesty's Platinum Jubilee with tea, cake and live music at St Matthews.

Lots of wonderful community events took place in Holbeck to celebrate this special occasion and it was great for us to part of these.



The Ruth Gorse Academy invited some of our Holbeck residents to join them for Afternoon Tea served by young people from the college, followed by an afternoon of bingo and musical acts from students and teachers.

Slung Low and The Holbeck also held a 'Golden Ticket' event for invited local residents. Guests were treated to a day packed full of entertainment, including a brass band and acts playing tribute to the different generations of the Queen's reign.



# Holbeck in the running for a potential 'game-changing' investment in the area



We are supporting Leeds City Council to develop a multi-million-pound proposal for regeneration of the centre of Holbeck. The proposals will be submitted to the Government's Levelling Up Fund – which is available for investing in local communities. Competition will be tough but we are hopeful that our ideas and proposals are strong.

The bid will include significant investment into improving buildings and outdoor spaces in and around St Matthews Community Centre and Domestic Street.

The 'Heart of Holbeck' proposals could include funding to enable:

- Physical repair and improvement works to St Matthews Community Centre.
- Renovation of the interior of Holbeck Together's current office space – The Old Box Office – to extend the space available for the community to use and repurpose its existing use.

The rest of the bid will be asking for investment from the Levelling Up Fund to support:

- Major environmental improvements to Holbeck Moor such as new play equipment and skate park, better pedestrian links and routes, a community event space, and major new planting.

- Improvements on many of the local streets to add more street greenery and pocket parks and create a better pedestrian environment.
- Revitalisation of the local centre along Domestic Street to create more space for pedestrians.
- Potentially extending previous successful group repair projects to back-to-back housing streets to improve their energy efficiency.

These projects have been specifically identified through ongoing consultation with the community.

The plans are being backed by Hilary Benn MP and local Councillors.

Although there is no guarantee that the area will be successful in securing the funding a proposal will be submitted to the Government at the start of July. We are hoping to hear whether the proposals are successful later in the year.

**Elissa Newman, our Chief Officer, Holbeck Together** has called the ideas for regeneration being explored in this bid as a potential 'game-changer' for people living and working in the local area.

"Holbeck has a rich history shaped by the people who have lived and worked in the area. It's a history brimming with pride, entrepreneurship and success. The Levelling Up agenda set out by the Government is about creating equality of opportunity across communities in the UK. It's about giving everyone the chance to flourish. It means people everywhere living longer and more fulfilling lives, and benefitting from sustained rises in living standards and well-being.

We've been a part of the community for 30 years. We are proud to be a community anchor – responding to and supporting the changing needs and situations that our community experience. We feel fortunate to have been approached to work in partnership with the Council to contribute to and build the ideas for the area and we want to make sure the communities' opinions are captured and included.

This bid could make a significant visible difference to the Holbeck area – restoring spaces and creating wider opportunities and we will keep everyone up to date with developments as we find out more."





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## Congratulations Roy!

Many of you know our wonderful Roy who has been co-ordinating transport for Holbeck Together for a number of years now. We are delighted to announce that Roy recently received a promotion to Community Transport Co-Ordinator.

Roy is an exceptional member of the team who makes sure everyone gets to the right place at the right time, our minibus hire runs smoothly, and essential meals are delivered to those that need it. This is a well-deserved recognition of Roy's contribution and continued importance to the Holbeck Together team and clients.

Don't forget to book on **ROY'S MYSTERY TOUR** Thursday 29th September Pick-ups from St Matthew's at 8.30am. Return approx. 4pm, £14.00 return transport.

Call the office to book **0113 245 5553**



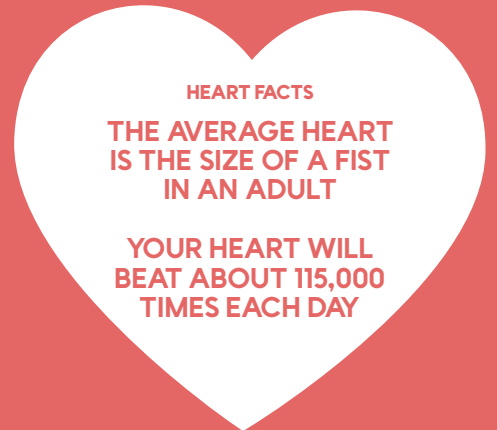
## THE BRITISH HEART FOUNDATION FUNDRAISING COFFEE MORNING – 22ND JULY

Matthew, our Service Development Officer, will be completing the Yorkshire 3 Peaks in support of The British Heart Foundation on 23 July. The challenge involves taking on the 3 highest peaks in Yorkshire: Pen-y-ghent (694m), Whernside (736m) and Ingleborough (723m)

He is on a mission to raise as much as possible so has organised a coffee morning on Friday 22 July, 10am – 12pm at St Matthews as a final push for his fundraising.

Matthew will cover **24 miles** and **5,000** feet of climbing. The Yorkshire Three Peaks average time is 10 to 12 hours.

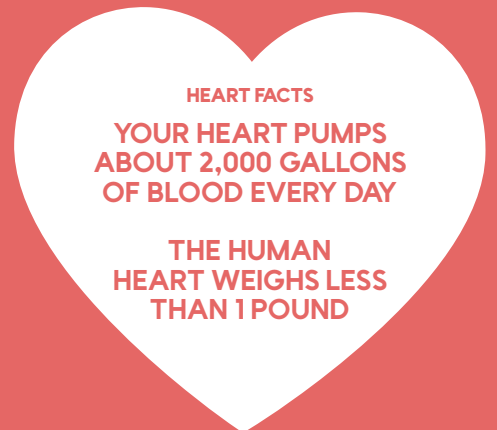
*Donations welcome*



HEART FACTS

**THE AVERAGE HEART IS THE SIZE OF A FIST IN AN ADULT**

**YOUR HEART WILL BEAT ABOUT 115,000 TIMES EACH DAY**



HEART FACTS

**YOUR HEART PUMPS ABOUT 2,000 GALLONS OF BLOOD EVERY DAY**

**THE HUMAN HEART WEIGHS LESS THAN 1 POUND**

## Admin and Communications Assistant

**Are you an exceptional organiser? Do you love the idea of being at the heart of a busy office?**

We are looking for someone to join our team and help to ensure everything runs smoothly. You will be passionate about engaging with people, have a compassionate approach whilst also bringing your excellent administration skills to the role. You will be the first point of contact for clients and other stakeholders of the charity and support on financial administration.

Salary: Up to £20,444 (dependent on experience), 25 days holiday pro rata, plus 8 bank holidays. Hours: 37 per week Contract: One Year

*Closing Date for applications: 22 July 2022*

**For further information regarding the role email [claire@holbecktogether.org](mailto:claire@holbecktogether.org), for a full job description and application form or call the office on 0113 245 5553.**



**Holbeck Together**



FREE

## Wellbeing Breakfast Mornings – making a return

Start the morning the right way with a lovely **FREE** breakfast at our Wellbeing morning.

Everyone is welcome and we will also be inviting other support groups and organisations working in the area to come along and tell you about what they offer in the way of health and wellbeing support.

Pop it in your diary - you might discover a new hobby, a new friend – or just have a lovely morning out.

**When:**  
Last Thursday  
of every month.

**Starting:**  
Thursday 28th July  
9.30am – 11.30am  
St Matthew's

## Carers Group

If you're a Carer in Holbeck, join Krystal for a friendly and informal gathering at Ingram Gardens. It's a time to give yourself a break from caring, come together with other people who also have caring responsibilities, have a chat and a cuppa and enjoy some relaxing activities.

The next session is on Wednesday 13 July (1.30-3.30pm) and then on the 2nd Wednesday of the month after that.

To reserve your **FREE** slot, just call us on 0113 245 5553



FREE

## Holbeck Ramblers

Do you enjoy getting out and about for a walk? Our Holbeck Ramblers group are looking for new walkers to join them on a schedule of walks planned for the summer months.

The walk take place every Thursday starting on **28th July from 1.30pm–3pm** leaving from a variety of local locations. Tea and coffee will be served at St Matthews at the end of the walk.

The first walk will take place around Holbeck Moor which is graded as easy access, being easily accessible for wheelchairs and walking aids. Comfortable shoes and trainers can be worn and the route is relatively flat.

Evidence shows that walking can improve your mood and sleep and reduce anxiety and social isolation. So, get your walking shoes on and come and join us!

Once the group has started we'd love to get your ideas about other locations you'd like to explore.

To find out more and book onto the next walk contact Krystal on 0113 245 5553 or email [krystal@holbecktogether.org](mailto:krystal@holbecktogether.org)

## Marks and Spencer – Exploring the History

FREE

Holbeck Together will be offering the opportunity for people to join them for series of sessions discussing the history of Marks and Spencer and reminiscing about this shopping institution. There will be four free sessions in total including a visit to the Company's archive of objects which is based in Leeds.

The M&S Company collection contains over 71,000 items, dating from 1884 to the present day including not only written, photographic and digital records of the Company's development, but also old items from the Marks and Spencer of yesteryear.

Join Krystal at the opening session at Ingram Gardens where she will tell you a little bit about the history and share some of the items from the collection.

The sessions take place on Monday morning's 9.30-11am at Ingram Gardens.

**Monday 5th September**  
**Monday 12th September**  
*(Visit to the archive)*  
**Monday 19th September**  
**Monday 27th September**

The visit to the actual archive space in Leeds is planned for the afternoon on Monday 12th September (time tbc). This will include a guided tour of the items in the collection, a chance to handle some of the original archive objects and find out about their history.

Transport available from St Matthews from 1pm. Starts at 1.30pm. Lasts for approximately 1-1.5 hours Includes tea and coffee.

If you would like to book your space on these sessions, please call 0113 245 5553 or drop into the office and put your name down with Krystal.

Each event has limited availability and therefore must be booked in advance. For further information please call 0113 245 5553 and speak to Matthew. **All events are at St Matthews Community Centre unless stated otherwise.**

# Weekly Activities Schedule



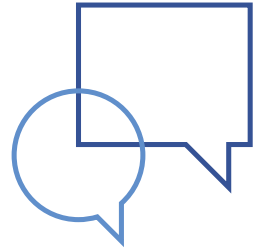
 **Don't forget to BOOK**  
Call Matthew on 0113 245 5553

## Monday

Coffee Shop at St Matthew's C.C. 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.

## Tuesday

Coffee Shop at St Matthew's C.C. 10:00am-11:30am. Various Prices  
Shopping to Morley Town Centre. 9:30am pick-up. 1:30pm return. £4.50  
Charity Shop at St Matthews. 10:00am-2:00pm  
Coffee & Connect – a space for young adults. 10:00am-11:30am  
2-course lunch delivered to your door. 12:00pm-1:00pm. £4.00  
3 course lunch at St Matthews. 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. £4.50  
Coffee Morning at Ingram Court Community Room 10:00am-12:00pm. £1.00  
Charity Shop at St Matthews. 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  
NEW ACTIVITY! Carers Group. Ingram Gardens C.C. 1:30pm-3:30pm. (2nd Wednesday of the month). Free of Charge

## Thursday

Coffee Shop at St Matthew's C.C. 9:30am-11:30am. Various Prices  
Charity Shop at St Matthews. 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  
NEW ACTIVITY! Holbeck Ramblers Well-Being Walk. 1:30pm onwards from various local locations. Free of Charge



## Friday

Coffee Shop at St Matthew's C.C. 10:00am-11:30am. Various Prices  
Yorkshire Dance – Dance On (age 55+). 10:00am-11:00am.  
Fish & Chips delivered to your door. 12:00pm-1:00pm. £3.50-£5.00  
Fish & Chip Lunch at St Matthews. 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 (July 31st, Aug 21st & Sep 25th)

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 secure your place by paying a non-refundable £5 deposit when booking and pay the remaining balance two weeks prior to the outing and give a minimum of one week's notice of cancellation where possible.

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

## July

FREE

**Saturday 2nd July**  
Come and see us at Holbeck Gala on Holbeck Moor! 12pm – 4pm  
**FREE**

**Thursday 7th July**  
Nottingham River Cruise, Pick-ups from St Matthew's at 8.30am. Return approx. 4pm. £33 including 3 – hour cruise, 2 – course meal and transport

**Saturday 9th July**  
Northallerton Market, Pick-ups from 9.30am. Return approx. 3pm, £13 return transport

**Monday 11th July**  
Meal Outing – Hawthorne Farm, Yeadon. Pick-ups from 11am. Return approx. 2.30pm, £9 return transport

**Tuesday 19th July**  
Day at the Seaside  
Themed Lunch at St Matthew's C.C. 12pm – 2pm, £5 per meal

**Friday 22nd July**  
Yorkshire 3 Peaks British Heart Foundation Fundraising Coffee Morning. St Matthew's 10am – 12pm. Donations welcome

**Monday 25th July**  
Junction 32 & The Winding Wheel, Pick-ups from 9am. Return approx. 3pm. £9 return transport

**Wednesday 27th July**  
Have your say! Client consultation morning, Ingram Gardens C.C. 10am – 11.30am

**Thursday 28th July**  
Llandudno Outing, Pick-ups from St Matthew's at 8.30am. Return approx. 4pm. £18 return transport

## August

**Tuesday 2nd August**  
Yorkshire Day Themed Lunch at St Matthew's Community Centre, 12pm – 2pm, £5 per meal

**Thursday 4th August**  
Scarborough, Pick-ups from St Matthews C.C at 8.30am. Return approx. 4pm, £15 return transport

**Monday 8th August**  
Barnsley Market, Pick-ups from St Matthews C.C at 8.30am. Return approx. 3pm, £11 return transport

**Thursday 11th August**  
East Lancashire Railway (Rawtenstall to Bury) Pick-ups from St Matthew's at 8.30am. Return approx. 4pm, £28 inc ticket and return transport

**Saturday 13th August**  
Saturday Shopping to Crossgates. Pick-ups from 9.30am. Return approx. 1.30pm £5 return transport

**Tuesday 16th August**  
Golden Acre Park  
Afternoon Outing. Pick-ups from St Matthew's at 1.30pm. Return approx. 5pm. £5 return transport

**Monday 22nd August**  
Skegness, Pick-ups from St Matthew's at 8.30am. Return approx. 4pm. £18 return transport

**Wednesday 31st August**  
Have your say! Client consultation morning, Ingram Gardens C.C. 10am – 11.30am

## September

**Monday 5th September**  
Group Outing; Guided Tour of Marks & Spencer Archive Leeds, Pick-ups from St Matthew's at 10am. Return approx. 3pm

**Monday 12th September**  
Marking Moments Reminiscence Activity. Ingram Gardens C.C. 9.30am – 11am.  
**FREE**

**Thursday 15th September**  
Lytham St Anne's & Blackpool, Pick-ups from St Matthew's at 8.30am. Return approx. 4pm. £16 return transport

**Monday 19th September**  
Marking Moments Reminiscence Activity. Ingram Gardens C.C. 9.30am. 11am.  
**FREE**

**Monday 19th September**  
Meal Outing – Stanley Ferry, Wakefield. Pick-ups from St Matthew's at 10.30am. Return approx. 3pm. £8 return transport

**Wednesday 21st September**  
Bury Market, Pick-ups from St Matthew's at 8.30am. Return approx. 3pm. £12 return transport

**Monday 26th September**  
Marking Moments Reminiscence Activity. Ingram Gardens C.C. 9.30am – 11am  
**FREE**

**Tuesday 27th September**  
Harvest Festival Themed Lunch, St Matthew's 12pm – 2pm. £5 per meal

**Wednesday 28th September**  
Have your say! Client consultation morning, Ingram Gardens C.C. 10am – 11.30am

**Thursday 29th September**  
Roy's Mystery Tour, Pick-ups from St Matthew's at 8.30am. Return approx. 4pm, £14 return transport

**Friday 30th September**  
Macmillan Coffee Morning. St Matthew's 10am – 12pm.  
Donations welcome

