

## Keeping warm together

As many of you will be aware we had a very busy end to 2022. Alongside delivering all of our usual services and activities we had an invite to meet His Majesty King Charles III on his visit to Leeds (see p.2), a full month of Christmas celebrations and events (p.3), and a chance to set up our wonderful charity shop 'reloved' in the centre of Leeds as a 'pop up' shop in Victoria Gate (p.4).

It was a joy to also see our Holbeck community coming together to celebrate 30 years of Holbeck Together supporting people in the area. As I noted at that event we couldn't operate and do what we do without the support of the Holbeck community, our volunteers and our wonderful staff team. So, thank you once again to everyone for your continued support.

Amongst these moments of celebration, we know from our daily conversations with people living in Holbeck that our community still faces a lot of challenges. Across the city demand for the council's local welfare support has increased as food and energy price hikes take their toll. We know that people are making daily choices about whether they should have food or put the heating on. Food banks, fuel banks, bed banks and warm spaces



are now unfortunately becoming more and more common ways to try and alleviate the dire straits that people are experiencing.

**During the pandemic we kept our doors open and supplied 13,000 meals into the community. And now we commit to using the resources we have to provide services that practically help people during this cost-of-living crisis.**

Services such as our Social Supermarket or the safe, warm space of St Matthews are here for that purpose. We encourage and welcome people to use these community resources over the coming months.

We also want people to know that St Matthews is more than just a space to keep warm. It's a hub of activities and classes; it now has a designated café space for you to meet your friends over a cup of coffee; a Social Supermarket and a charity shop – so plenty to browse after your cup of coffee. (See p.10 for more info).

We can guarantee that whether you are someone who regularly pops in or has never visited St Matthews you will be met by a smile and welcome.

If you are a business based in Leeds or someone inspired by our community work please do consider supporting us as an organisation – through donations, volunteering or other fundraising activities. We continue to balance the demand for services with ways in which we can subsidise access to our activities, food and transport for the people who need it the most. Funding these services so we can keep costs down, and free where we can, remains our priority for the coming year.

**Together we know we can continue to make a difference to people's lives.**

**Wishing everyone a Happy and Healthy New Year.**

Elissa Newman  
Chief Officer

# A MEETING WITH HIS MAJESTY KING CHARLES III



**Many people will have seen the wonderful coverage of His Majesty King Charles III and Queen Consort's visit to Yorkshire which took place in November 2022.**

Our Chief Officer Elissa Newman had the absolute honour of being invited to meet King Charles III at a closed round table meeting on his visit. The invite was extended to us by the Chief Executive of Leeds City Council Tom Riordan. It was hosted by one of our key supporters, Leeds Building Society and Holbeck Together was joined by five other local charities. This was an opportunity for us to share with The King, some direct insights into what the current situation is like for our community in Holbeck.

The meeting was linked with financial services representation in the city and our presence was a living example of how businesses such as Leeds Building Society commit and support local communities.

Since 2017 Leeds Building Society have supported our charity by providing office space at The Old Box Office from which we can provide our services. They have also annually supported us with food collections, Christmas present drives and other fundraising initiatives. Their support of our work, services and activities needs to be applauded and we further thank them for giving us the opportunity to speak directly to The King about our work.

As Elissa reflected: **"This was an important opportunity for our organisation and the community we serve as it coincided with us marking the fact that we have been based as a charity in the community for 30 years. We are acutely aware of the challenges that face many people in the UK at the moment due to the cost-of-living crisis.**

**In meeting His Majesty King Charles III, I gave an insight of what it is like for people living in areas such as Holbeck – the choices people have to make between basics such as food, clothing, heating. The health, employment and housing challenges many face on a day-to-day basis. He was very**

**interested to hear about our Social Supermarket initiative and the way in which organisations like ours are responding to the need for warm spaces.**

**November 2022 marked a significant milestone for Holbeck Together – one of representation to the country's most significant leader, followed by an opportunity to come together, at St Matthews as a community and acknowledge our activity in the area over the last 30 years.**

**As we move forward, we'd like to re-iterate our commitment to being the community hub for all generations of Holbeck – a safe and warm space as well as a space for people to connect, grow and thrive."**

**"HE WAS VERY INTERESTED TO HEAR ABOUT OUR SOCIAL SUPERMARKET INITIATIVE."**

# 30 years of Holbeck Together



A huge thank you to everyone who came along to celebrate 30 years of us supporting the Holbeck community at St Matthews towards the end of last year. A special thank you to Hilary Benn MP and Patron of Holbeck Together for his kind words.



“There’s a huge amount to celebrate. The thing I remember more than anything else is that every single time I come into St Matthews, and I’ve been coming into St Matthews for 23 years, is the warmth. Not just the warmth (the heat) but the warmth of the welcome and that’s what I associate above all else with Holbeck Together.

“People come in here in all sorts of frames of mind: happy, sad, worried, troubled and what you do is provide support and laughter and tears sometimes, a shoulder to cry on, a helping hand. And whatever the troubles we may have come in with, we feel better when we leave.

“Given the cost-of-living crisis, the work that you do is even more important now than it has ever been. Because when times are even tougher, the support and friendship and warm welcome you receive when you walk in here really, really matters. That’s why I’m so proud to be the Patron of Holbeck Together.”



# Christmas Activity Round Up



December is always a busy time for our local community. We love being part of making this time of year special for all generations and we’ve loved welcoming you all to a variety of events and activities that we’ve organised.



From our Christmas Lunch (supported by staff from Irwin Mitchell Solicitors based in Leeds) to our annual Christmas lunch hosted by Leeds United at Elland Road it’s been an opportunity to forget about the challenges facing many of us this Winter and spend time having an enjoyable afternoon.



We also had a lovely Christmas Carol singing morning and people popping by to make digital Christmas cards with support from Sean – our Digital Inclusion Officer.

A further thank you to Leeds United who donated a signed LUFC shirt for us to raffle. Christine was the lucky winner and we raised £300.

And remember if you are looking to develop your digital skills in 2023 Sean is here to show you everything you need to know.



Whether you are stumped about how to make the most out of your phone, or fancy learning how to search for things on the Internet he can help. We even have computers available now in our IT Suite at St Matthews for people interested in learning more. And it’s all free!

Just pop into the office or call 0113 245 5553 to find out more and book a time to meet Sean.



## reloved by Holbeck Together 'pops' up in Leeds City Centre



## Thank you to Lloyds Banking Group

Staff at Lloyds Banking Group provided 130 Christmas presents for children across Beeston & Holbeck and supported the packaging of the Winter Warmer Hampers mentioned across pages 4-5. This support from local businesses continues to be vital so we extend our heartfelt thanks for the staff's generosity and time spent supporting our work.

### DATES FOR YOUR DIARY!

Start planning your **Jan – March** fun and activities – check out our detailed schedule of events and activities on **p10**.

## Support from the Leeds community

A huge thank you to the Morgan family who held their annual fundraising event at Harvey Nichols in support of our work, and Re-establish who also work in the Holbeck community with young people.

Over £8,000 was raised for each charity – a much needed cash injection to enable us to practically help people facing day-to-day choices about basic needs such as heating or eating.

“Over the past few years, supporting these small but powerful charities has become a big part of our lives. Together, we can do more. Our guests, who have been coming along to the party for years to enjoy our hospitality, have embraced the new fundraising ambition of the ‘Morgans Christmas Party’ without hesitation and we are delighted that we are now able to raise around £16,000 each year to support our friends in Holbeck. It is our intention to cement this event in the annual calendar and we very much look forward to nurturing many new relationships along the way.”

Additional thanks to everyone who attended that event and donated towards both chosen charities that evening. Your support is vital and makes a big difference to people's lives.



**We are delighted to share that we raised just over £5,000 from our charity shop relocating to Victoria Gate for one week before Christmas for a festive pop up!**

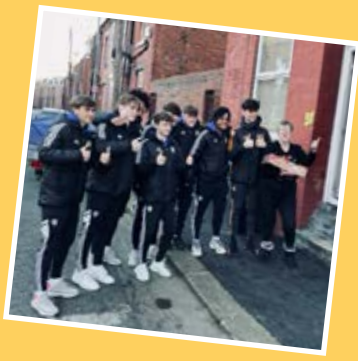
All of this was made possible by the continued and vital support of Leeds Building Society who not only funded the cost of the space but encouraged staff to come down and help run the shop in a volunteer capacity.

Further thanks to Sook, who manage the space, for the reduced rate on rental for the week and Victoria Gate and Leeds BID for helping us to promote the initiative.

We even had Look North pop by to interview our Chief Officer Elissa Newman and spread the word about the pre-loved clothes and handmade bags for sale. The greatest compliments came from the customers themselves who were delighted with the quality of their bargains and the fact their purchases were helping support a local charity!



# LUFC Academy stars help to deliver our Winter Warmer Hampers



The LUFC Academy team popped by on 15 December to help us deliver our Winter Warmer Hampers to older people living in Holbeck. The boys (all aged 16-18) really brightened people's day as they dropped off the hampers and some of the players even sang Christmas songs to our clients on their doorstep!



The Hampers were funded by Leeds Community Foundation as part of their Stay Well This Winter project. The hampers included a handmade knitted scarf or blanket; soup; a soup bowl; hand warmers; hot chocolate; a hat and a pair of gloves. The blankets and some hats were kindly donated to us by HM Prison and Community Payback Service.



## COST OF LIVING CRISIS

We are all feeling the effects in some way of the current cost of living crisis. The experienced outreach team at Holbeck Together are here to support you.

Get help with housing, finances, benefits, health issues

Either call the office or pop by to book an appointment or home visit. All enquiries and situations are treated confidentially.  
CALL 0113 245 5553



## SOCIAL SUPERMARKET IS NOW OPEN MONDAY AFTERNOONS

For convenience and to support current demand – the Social Supermarket will now open Monday afternoons. 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.

Monday 1pm – 4pm  
(from the 30th January)  
Thursday 9.30am – 2pm

## Volunteering

# An update from Laura Walton



**Our team of 36 volunteers have supported us with over 1224 hours of volunteering in December.**

**A huge thank you to all our amazing volunteers who continue to give up their time to help us. Their support and help is invaluable, and we are so grateful to have them as a part of the Holbeck together team.**

Every hour they are here to help means we can continue to provide the wide range of services and activities we have available to our clients. We would also like to thank National Citizen Service, Leeds Building Society, Irwin Mitchell, British Gas, S.C Johnson and TransUnion staff for volunteering with us and their continued support.

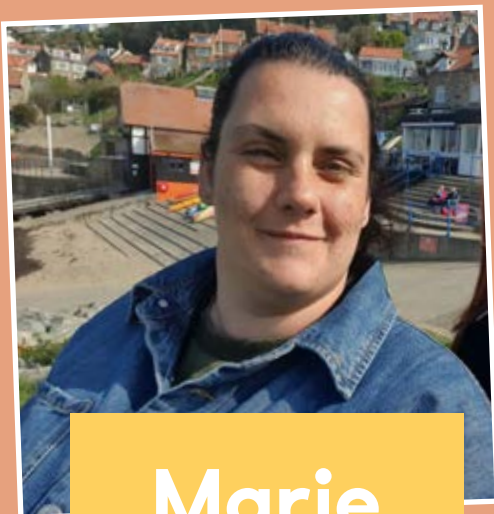
## Interested in volunteering in 2023?

Looking forward to 2023 we would love to hear from anyone who would like to volunteer with us. We are on the lookout for:

- Delivery drivers
- Passenger assistants on our trips and outings
- Sunday lunch volunteers
- Charity shop assistants
- Coffee morning helpers
- Lunch club assistants

**If you have some spare time and would like some more information, please contact our Volunteer co-ordinator Laura. You can email [laura@holbecktogether.org](mailto:laura@holbecktogether.org) or call into St Matthews to find out more. We look forward to hearing from you.**

## VOLUNTEER SPOTLIGHT



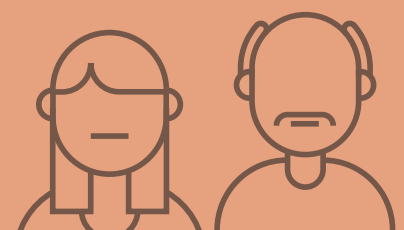
**Marie Bloom**

**Marie Bloom began volunteering with us in 2022 in the Social Supermarket and now also helps at our coffee mornings and in the kitchen for our lunch clubs.**

"I am a mum of 4 and my children attended the Healthy holidays programme. My children had a great time and went on some brilliant trips. We went to Sundown last Christmas, and we really enjoyed it. The children loved the adventure playground and seeing Santa.

I have seen the good work Holbeck together do and wanted to give something back. That's why I became a volunteer – to help people. I started off by helping at the Social Supermarket on a Thursday and I really enjoyed it.

I then helped in the kitchen and at coffee mornings. I have gained a lot of confidence by helping out and now I help with other activities when I am needed. I have made some good friends and met so many new people. For anyone thinking of volunteering, I really recommend it. Everyone is super friendly and I feel as though I'm making such a difference."



# You are welcome into St Matthews this winter



St Matthews is the community hub for Holbeck. We are delighted to be a designated Warm Space and welcome everyone to use it for keeping warm this Winter. It's a hive of activity alongside staff members on hand to provide support with a smile, in a dedicated space providing hot drinks, soups and snacks.

- Check out the activities, events and classes – see Pages 10–11 for the full weekly schedule.

- It now has a designated café space for you to meet your friends over a cup of coffee and cake.

- You can grab a bite to eat for free on Monday and Wednesday afternoons.

- It has access to computers and our Digital Inclusion Worker Sean ready to show you how to make the most of a working on a computer or accessing the Internet.

- It hosts our Social Supermarket (open Mon and Thurs).

- The wonderful beloved by Holbeck Together charity shop selling pre-loved goods is also open for browsing Monday to Thursday (see p.10).

- You can even book a session to speak to one of our team about getting support for fuel and food or advice around finance or housing issues.

## Tips to keep out the cold.

Living in a cold home is bad for our physical and mental health. It can raise blood pressure, and lead to serious conditions such as strokes, heart attacks and pneumonia, as well as social isolation, sleep deprivation, depression and anxiety.

Those with an existing health condition are especially vulnerable, particularly those with physical conditions such as asthma, circulatory problems, diabetes and arthritis, and mental health issues.

You can read the full factsheet online at [cse.org.uk/resources/category:advice-leaflets](http://cse.org.uk/resources/category:advice-leaflets) – look for the 'How to stay warm for less' guide.

You can also see a full map of local warm spaces across Leeds open to people to use to keep warm online here [leeds.gov.uk/campaign/warm-spaces](http://leeds.gov.uk/campaign/warm-spaces)

It is recommended that you heat the rooms that you are spending most of your time in to between 18 and 21°C.

This should help you to avoid damp and should ensure you stay warm enough. A handy factsheet put together by the Centre for Sustainability will walk you through the best ways to save money on energy bills while staying warm.

Ideas include:

1

Heating just one room in the house.

2

Draught-proofing your windows, doors and floors including closing your curtains to keep the heat in.

3

Wrapping up warm in layers.

4

Staying active to warm yourself up.

7

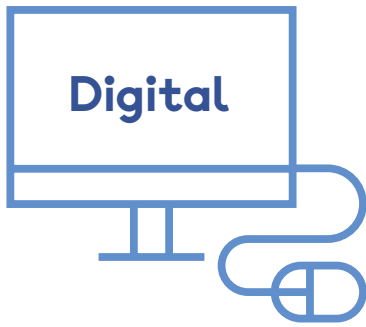
Using a heated throw, or a blanket or sleeping bag.

6

Finding warm places to go near your home.

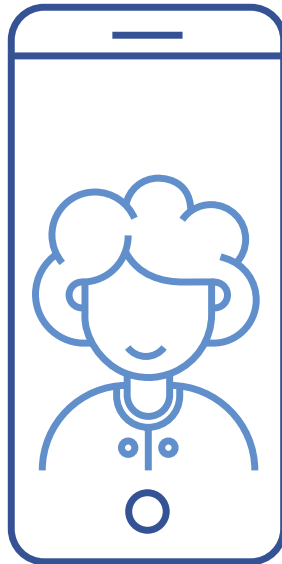
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Having hot food and drink throughout the day.



We are currently developing our vision for the future of our digital health hub which will provide everyone in Holbeck with the opportunity to improve their skills in using computers, phones and technology to access information and connect with friends and family.

- Developing the skills and confidence of Digital Buddies in the appropriate use of digital technology to promote effective teaching and learning across all areas of the service and increasing our peer-support offer.
- Improving access to digital technology in St Matthews by opening a permanent onsite space and putting users' needs at the centre of its design.
- Continuing to work alongside partners through the Digital Inclusion Network and Beeston and Middleton Digital Health Hub Network to share best practice and improve ways to identify and ensure effective approaches to digital learning and access.
- Continuing to empower users to enhance their levels of digital literacy, enabling them to thrive in a digital society and reach their full potential in relation to learning, life and work.



## New Computer Room at St Matthews

Sean has been busy setting up a suite of computers with Internet access in St Matthews. The computers are based in a room just off the café area and we'd love you to pop by and use these when you need them.

Sean is also on hand to give you FREE 1-2-1 support to help improve your digital knowledge.

You can book an appointment with Sean our Digital Inclusion Officer this quarter and receive support on:

- Managing your energy bills online/ checking your energy usage
- Ordering prescriptions online
- Online shopping
- Data/SIM Cards with Free data

Contact Sean on Tuesdays and Thursdays on 0113 245 5553 or by emailing [sean@holbecktogether.org](mailto:sean@holbecktogether.org)



**Holbeck Together** are always striving to provide the best services. For the Winter months only, due to specific additional funding from numerous supporters, we are able to offer many of our services at a reduced cost / free of charge. We hope this helps during the current financial squeeze.

# EAT WELL STAY WELL THIS WINTER

The months of January, February and March can be the most challenging. With potential for severe weather and bills to pay it can make it hard to get motivated and get out and about.

**Leeds Community Foundation** are very generously providing **Holbeck Together** with funding to support people in the community to mitigate these challenges.

We are delighted to launch the **Holbeck Together** 'Stay Well This Winter' project. We will be providing a hot, nutritious free lunch alongside great entertainment from our Tribute acts.



JOIN US FOR  
3 COURSE LUNCH &  
GREAT TRIBUTE ACTS

## TRIBUTE TUESDAYS

31 JANUARY  
ELVIS TRIBUTE

28 FEBRUARY  
STEP BACK  
INTO THE 60'S

14 MARCH  
ELTON JOHN

28 MARCH  
NEIL DIAMOND

TO BOOK AND SECURE  
YOUR PLACE  
CALL 0113 245 5553



### Sunday lunch

Have a break from cooking at the weekend. Meet friends and join us for Sunday lunch.

For 3 months only, these lunches will be free of charge due to additional funding.



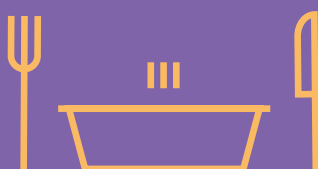
### Need Transport? We can help.

To help with costs at the moment **Holbeck Together** is providing free transport to activities and events where possible.



### Further support for our Dining In services.

Further subsidised meal service for those dining in at **St Matthews/Ingram Court** on Wednesday – cost reduction from £5 for 3-courses to £4 for 3-courses. For 3 months only.

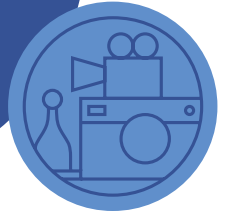


### Join us at our Warm Spaces for a hot lunch.

Come along to **St Matthews** on Monday and Wednesday afternoons to enjoy a hot lunch free of charge.



# Activities Schedule



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.**

## MONDAY

## TUESDAY

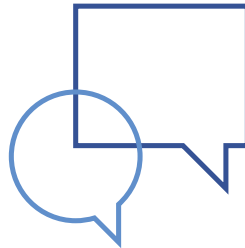
## WEDNESDAY

## THURSDAY

## FRIDAY

### MORNING

<p><b>9:15 – 11:15</b> Parents &amp; Tots Morning St Matthews</p> <p>FREE</p>	<p><b>10:00–12:00</b> Coffee Shop St Matthews</p>	<p><b>10:00-12:00</b> Coffee Morning Ingram Court</p>	<p><b>9:30–2:00</b> Holbeck Community Shop St Matthews</p> <p>£3 for 12 Food Items <b>PLUS FRESH PRODUCE</b></p>	<p><b>10:00–12:00</b> Coffee Shop St Matthews</p>
<p><b>10:00 – 12:00</b> Coffee Shop St Matthews</p>	<p><b>10:00–11:00</b> Joints in Motion Wellness Activity St Matthews</p> <p>FREE</p>	<p><b>11:30 – 3:00</b> Charity Shop St Matthews</p>	<p><b>9:30</b> Pick-up from home Shopping to Morley Town Centre. Return 1:30</p> <p>FREE</p>	<p><b>10:00 – 11:00</b> Dance On – Yorkshire Dance St Matthews</p> <p>FREE</p>
<p><b>11:30 – 3:00</b> Charity Shop St Matthews</p>	<p><b>10:00–2:00</b> Charity Shop St Matthews</p>		<p><b>10:00 – 12:00</b> Coffee Shop St Matthews</p>	<p><b>11:30–1:00</b> 2-Course Fish &amp; Chip Lunch St Matthews</p> <p>From £4</p>
			<p><b>10:00 – 2:00</b> Charity Shop St Matthews</p>	



### AFTERNOON

<p><b>12:00 – 1:00</b> Lunch Delivery Dinner Jacket</p> <p>£2.50</p>	<p><b>12:00–1:00</b> Lunch Delivery 2-Course</p> <p>£4</p>	<p><b>12:00–1:00</b> Lunch Delivery 2-Course</p> <p>£4</p>	<p><b>12:00–1:00</b> Lunch Delivery 2-Course</p> <p>£4</p>	<p><b>12:00–1:30</b> Lunch Delivery Fish &amp; Chips</p> <p>From £4</p>
<p><b>12:00 – 1:30</b> Lunch St Matthews Dinner Jacket</p> <p>£2.50</p>	<p><b>12:00–1:30</b> Lunch St Matthews 3-Course</p> <p>£4</p>	<p><b>12:00–1:30</b> Lunch St Matthews 3-Course</p> <p>£4</p>	<p><b>11:30–12:30</b> Line Dancing St Matthews</p> <p>£2</p>	<p><b>1:00–2:00</b> Prize Bingo Afternoon! St Matthews</p> <p>FREE</p>
<p><b>1:00 – 4:00</b> (FROM 30th JAN) Holbeck Community Shop St Matthews</p> <p>£3 for 12 Food Items <b>PLUS FRESH PRODUCE</b></p>	<p><b>1:30–3:30</b> Well-Being Movie Afternoon St Matthews</p> <p>£1</p>	<p><b>1:30–3:30</b> Craft Afternoon Ingram Court</p> <p>£2</p>	<p><b>1:00–2:30</b> Learn to Play Table Tennis St Matthews</p> <p>£2</p>	
<p><b>1:30 – 3:30</b> Warm Space St Matthews</p> <p>FREE HOT LUNCH</p>		<p><b>1:30 – 3:30</b> Warm Space St Matthews</p> <p>FREE SOUP &amp; ROLL</p>		

NEW DATE

## JANUARY ACTIVITIES

Call Mathew on 0113 245 5553 for further info

Tues 24th	Trivia Quiz Afternoon with Sue & Geoff. St Matthews 2:00pm-3:30pm	FREE
Wed 25th	Have your say! Client feedback morning. Ingram Gardens 10:00am-11:30am	FREE
Thur 26th	Well-Being Breakfast Morning. St Matthews 10:00am-11:30am	FREE
Sun 29th	2 Course Sunday Lunch. St Matthews 12:00pm-2:00pm – Home delivery also available	FREE
Mon 30th	Showcase Cinema Outing. Film and Showtime TBC. Call for further details.	£5 Return Transport
Tues 31st	THE KING! Elvis Presley Social Lunch! St Matthews 12:00pm-2:00pm	FREE
Tues 31st	Cinderella Pantomime. St Andrews Church, Beeston. Pick-ups from 5:30pm. Return Approx. 9:30pm	£6 Ticket £5 Transport

## FEBRUARY ACTIVITIES

Sat 11th	Saturday Shopping to Crossgates. Pick-ups from 9:30am. Return Approx. 1:30pm	£5 Return Transport
Mon 13th	Pub Meal Outing –The Commercial Inn, Churwell. Pick-ups from 10:30am. Return Approx. 2:30pm	£6 Return Transport
Tues 14th	Love is in the air! 3 Course Valentines Lunch. St Matthews 12:00pm-2:00pm	FREE
Tues 21st	Trivia Quiz Afternoon with Sue & Geoff. St Matthews 2:00pm-3:30pm	FREE
Wed 22nd	Have your say! Client feedback morning. Ingram Gardens 10:00am-11:30am	FREE
Thur 23rd	Well-Being Breakfast Morning. St Matthews 10:00am-11:30am	FREE
Sun 26th	2 Course Sunday Lunch. St Matthews 12:00pm-2:00pm Home delivery also available	FREE
Mon 27th	Showcase Cinema Outing. Film and Showtime TBC. Call for further details.	£5 Return Transport
Tues 28th	Swinging 60's Social inc 3-course Lunch. St Matthews 2:00pm-2:00pm.	FREE

## MARCH ACTIVITIES

Sat 11th	Shopping to Crossgates. Pick-ups from 9:30am. Return Approx. 1:30pm	£5 Return transport
Mon 13th	Hollywood Bowl, Kirkstall & Pub Meal Outing. Pick-ups from 10:30am. Return Approx. 4:00pm	£6 Return transport
Tues 14th	An Afternoon with Elton John inc 3-Course Lunch. St Matthews 12:00pm-2:00pm	FREE
Mon 20th	Showcase Cinema Outing. Film and Showtime TBC. Call for further details.	£5 Return transport
Tues 21st	Trivia Quiz Afternoon with Sue & Geoff. St Matthews 2:00pm-3:30pm	FREE
Thurs 23rd	Hampson's Garden Centre, Wakefield & Wetherby Whaler. Pick-ups from 9:00am. Return Approx. 3:30pm	£10 Return Transport
Sun 26th	2 Course Sunday Lunch. St Matthews 12:00pm-2:00pm – Home delivery also available	FREE
Tues 28th	An Afternoon with Neil Diamond inc 3-course Lunch. St Matthews 12:00pm-2:00pm	FREE
Wed 29th	Have your say! Client feedback morning. Ingram Gardens 10:00am-11:30am	FREE
Thur 30th	Well-Being Breakfast Morning. St Matthews 10:00am-11:30am	FREE

# A care home is not your only option



## Extra Care Plus Apartments for Rent

Are you still relatively independent but looking for some extra care and support? Our Assisted Living Apartments at Pennington Court are the perfect option.

Offering an affordable alternative to a care home you can rent your accommodation and have a package of services tailored to your life and social care needs.

### Services included:

- 2 hours plus of daily care (in line with support plan)
- 24-hour emergency call system with on-site response
- Accommodation cleaning and laundry services
- Dining options available
- Social & leisure programme

### Book a visit today!

Call us on 0113 228 4040  
or email [info@westwardcare.co.uk](mailto:info@westwardcare.co.uk)

Hunslet Hall Road,  
Beeston, Leeds LS11 6TT

[westwardcare.co.uk](http://westwardcare.co.uk)

  
**Pennington Court**  
BEESTON

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