

## It's Summertime!

**We are halfway through the year... how quickly has the time flown by as we look forward to a busy summer schedule... Our wonderful trips out to the coast are on the horizon, a jam-packed Healthy Holidays children's holiday club is ready to roll during the school holidays and we continue to develop services at St. Matthews Community Centre that include our café and community meals.**

In our role as a community anchor partnership, engagement is key to developing our work alongside delivering services and activities for all age groups.

It is not always apparent that these collaborations are taking place behind the scenes in addition to our service delivery. Key issues on the agenda include making improvements to the environment; making people feel safer and providing opportunities for learning new skills leading to employment. It is all part of our longer-term strategy for the area of Holbeck to make it one of the best places to thrive, work and play.

The Holbeck Together team work alongside Public Health Officers, Local Care Partnerships, the Leeds City Council Safer and Stronger Communities team, and their locality Officers for Beeston and Holbeck and local Councillors all with the same aims.

Recently, Alison Lowe OBE, West Yorkshire's Deputy Mayor for Policing and Crime visited us with Chloe Spencer from

West Yorkshire Police and her team to discuss how we can work together to build a safer environment.

The benefits of our networking and partnerships with groups and charities in South Leeds and City-wide initiatives has enabled us, at critical times, to be able to proactively support the community with rising utility and food costs. For example, being part of the Leeds Community Anchor Network has introduced funding to support our food services and supermarket through the Household Support Fund during the cost-of-living crisis.

We are also delighted to be part of the new project Being You Leeds that launches in July in partnership with Touchstone, Barca, Hamara, Health for All, LS14 Trust, and Women's Health Matters bringing more expertise and additional resource to Holbeck to meet the needs of the community. See page 4 for more details.

I must add that partnerships with Leeds City Council, The National Lottery, Henry Smith Foundation, Leeds Community Fund, Leeds Building Society and many more – enable us to provide and develop services in Holbeck.

We are advocates here for you – a voice for the community.

Elissa Newman  
Chief Officer



## Crowning glory at St Matthews Community Centre



We were delighted to host 70 members of our community together to celebrate the coronation of King Charles III and Queen Camilla.

We marked the day with a traditional afternoon tea, with cream scones and jam, followed by a coronation quiz, bingo and music. And if people couldn't make it to the event we did a door-stop delivery!



Thank you so much to Equans, provider of low-carbon energy solutions, for the donation of our prize hamper!



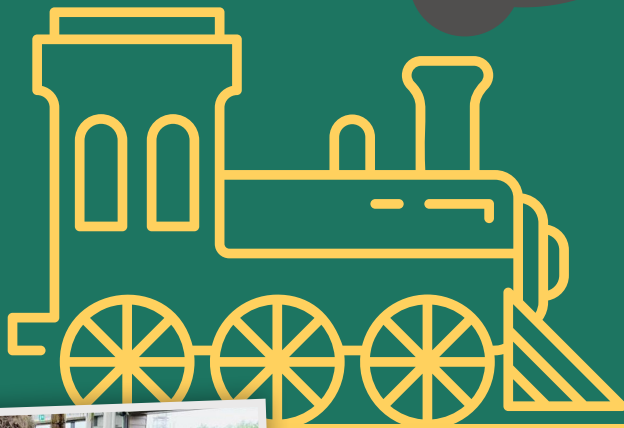
# RIDING THE LEGEND!



As the sun came out in May, we took a trip to Keighley and Worth Valley Railway to celebrate 100 years of The Flying Scotsman, the world's most famous steam locomotive.

20 of our clients were onboard – and we also caught a glimpse of HRH The Duke of Kent who was paying a visit too.

Thank you to the Morgan family for subsidising this outing for our clients.



## Spring has Sprung at Tingley Garden Centre

Now that the warmer weather is here, we took a trip to Tingley Garden Centre to pick out some new plants and flowers for summer.

This outing was supported through WADE's Charitable Trust.

## Fighting Fit at St Matthews!

There is now a free Body Combat fitness class on Tuesday morning at 9am at St Matthews Community Centre!

Combining a complete body work out including boxing drills and aerobic fitness, the class is suitable for all ages and abilities so feel free to come along and give it a go.

The maximum number of places is 12, and it is done first come first served. Just call us in the office to book your place: 0113 245 5553.

This new activity has been supported by Active Leeds and their Get Set Leeds Local programme.



## Struggling to afford your weekly shop?



**We are all feeling the affect in some way of the current cost of living crisis.**

**Can we help you at this difficult time with your utility costs and accessing affordable essential food.**

**Are you in between benefit claims and d you need support during this period?**

Our experienced and friendly team at Holbeck Together are here to support you.

Call in and speak to a member of our team or visit [helpforhouseholds.campaign.gov.uk](https://helpforhouseholds.campaign.gov.uk) for more details and get help with housing, finance, benefits, health issues and more.

Due to increased demand for community support, we are currently recruiting additional Community Engagement Workers. They will commence working with us over the summer and we look forward to increasing our capacity and providing additional groups and/or services.



## Staying hydrated this summer

As the weather heats up, it's important to stay safe and hydrated with fluids such as water, diluted squash and fruit juice – the key is to drink regularly throughout the day.

Older people are more vulnerable to dehydration because it leads to dizziness which could lead to a fall or hospital admissions.

### Warning Signs of Dehydration:

- Feeling thirsty.
- Feeling lightheaded.
- A dry mouth.
- Tiredness.
- Having dark coloured urine.
- Needing to go to the toilet less often than normal.

### Warning Signs of Dehydration in Babies:

- Having a sunken soft spot on the top of their heads.
- Little or no tears when they cry.
- Fewer wet nappies than normal.
- They're drowsy.

## Staying safe in the sun

**As we head into the warmer weather, a reminder to stay safe in the sun.**

### Make sure you:

1. Spend time in the shade between 11am and 3pm.
2. Never burn.
3. Cover up with suitable clothing and sunglasses.
4. Take extra care with children.
5. Use at least factor 30 sunscreen.

# FOCUS ON FINANCIAL ABUSE



Unfortunately, it's very easy for some people to become victims of abuse at the hands of those who seek to either take advantage of their lack of capacity or manipulate them for their own personal gain.

If you feel at risk or are worried about the financial security of someone you love, taking immediate action to protect yourself or them should be your first step.

Financial abuse can vary which can make it difficult to detect and identify.

## Financial abuse might look like:

- Borrowing money and not giving it back.
- Stealing money or belongings.
- Taking pension payments or other benefit away from someone.
- Taking money as payment for coming to visit or spending time together.
- Forcing someone to sell their home or assets without consent.
- Tricking someone into bad investments.
- Forcing someone to make changes in wills, property or inheritance.



## Signs of financial abuse:

If you suspect that you, or someone you know might be a victim of financial abuse, here are some of the behaviours and signs that might suggest financial abuse could be happening:

- Unexplained money loss.
- Lack of money to pay for essentials such as rent, bills and food.
- Inability to access or check bank accounts and bank balance.
- Changes or deterioration in standards of living e.g. not having items or things they would usually have.
- Unusual or inappropriate purchases in bank statements.
- Isolation and withdrawal from friends and family.
- Lack of things you'd expect someone to be able to afford e.g. TV, grooming items, clothing.

## Who commits financial abuse?

Financial abuse can be committed by anyone anywhere, even people employed to provide care.

This might include:

- Spouses, friends, family and neighbours.
- People employed to provide care.
- Volunteers.
- Strangers.

## Who is at risk of financial abuse?

Financial abuse can affect anyone.

It often takes place where there is an unequal balance of power. This can happen when:

- Someone is a victim of another form of abuse such as domestic abuse or violence.
- Someone has a learning disability.
- Someone has a medical condition.
- Someone takes medication.

Holbeck Together are here to help. If you feel your finances are unsafe under someone's care or are worried about the financial security of a loved one, please do not hesitate to get in touch. We can advise and support you in the strictest confidence.

**We know it's a tough subject to talk about, but we are here to help, or can signpost you to someone who can give legal advice where needed.**

**Call us in the office:  
0113 245 5553**

## BEING YOU LEEDS LAUNCHES THIS SUMMER

Following the recent competition on social media, our new community health service will be called 'Being You Leeds'!

Thank you to everyone who entered names in this competition – there were lots of

brilliant contenders! The final name voted for by the public really reflects Being You Leeds's aims to support the people of our city to be comfortable as themselves, whoever they may be. Being You Leeds will be a city-wide preventative mental

health service, running well-being groups and activities 7 days a week, including evenings and weekends.

The service will be delivered by an experienced and well-established range of third sector partners,

including Touchstone, Barca, Hamara, Health for All, Holbeck Together, LS14 Trust, and Women's Health Matters.

**Keep an eye on our social media channels for more details.**

## Volunteering Update from Laura, our Volunteer Co-Ordinator

It's been a busy few months for our volunteers! They have been supporting us to run our coffee shop and social supermarket, delivering meals to our clients in their homes and

serving lunch at St Matthews and Ingram Court, providing a fantastic service for our community.

As always, I want to thank all our fantastic volunteers – we wouldn't be here without you.

I want to welcome our new volunteers: Jeanne Newby, Ann Scotter, Angela Jenkins, Annette Kershaw and Helen Flannigan.



## NATIONAL VOLUNTEERING WEEK

We celebrated Volunteer Week in June, which was the perfect moment to say a huge thank you to our brilliant group of volunteers for all their efforts.

Our volunteers were presented with a certificate to mark their achievements and the difference they're making to our local community – and we shared some cake together.

## Can you spare a couple of hours to support Holbeck Together?

Do you want to make a difference for the people of Holbeck? Can you or your employees spare a couple of hours during the week to support Holbeck Together? Or maybe you want to build your CV or just get out and about for a few hours.

If you would like to volunteer your time with us, we have many opportunities available, including meal delivery, drivers, passenger assistants, befrienders, and customer service in our coffee shop, social supermarket and charity shop.

We offer full training – and you will be joining our warm, friendly and passionate group of volunteers.

If you would like more information, please email Laura Walton: [Laura@holbecktogether.org](mailto:Laura@holbecktogether.org)



# A Day in the Life of Holbeck Together Volunteer



Tracy started volunteering with us last year - and is really enjoying her time with us! Tracy helps out with our social supermarket, coffee shop and lunch service. Here, Tracy talks us through a day volunteering at the social supermarket.

"I come in on a Wednesday to help get the social supermarket ready for our clients on a Thursday. My day begins with unloading the first food delivery that arrives in the morning. I stock the fridge and freezer with the food that has arrives and then pack some of the food to get it ready for Thursday. We are then ready for the next order to arrive!

We usually have three deliveries to unpack – as well as unpacking fruit and vegetables. I like to make sure the supermarket is well stocked and looks nice for our clients when we open.

I really enjoy volunteering at Holbeck Together and take pride in the supermarket. Volunteering has also built my confidence – it gets me out of the house and I've met lots of great new people, too."

## Celebrating Our Stories

Holbeck Together took part in the 1001 Stories at Leeds Playhouse on 24 April – 6 May.

1001 Stories was a celebration of older people's vast creativity, shared through passionate and unexpected performances, exhibitions, music, dance and more across Leeds Playhouse.

Working alongside 100% Digital Leeds, Holbeck Together delivered a drop-in digital workshop to help people get the most from their devices, ask questions, and find out more about being online and the benefits it can bring.



## Continuation of the Transport Connections Project

The Digital Transport Connections Project at Holbeck Together was set up to raise awareness of the possibilities available to people via digital tools which would aid their travel around the city.

The Transport Connections Project will be continuing throughout June and July with visits planned further afield as client confidence increases. Several groups will travel throughout the Yorkshire area on both leisure and fact-finding activities incorporating digital map reading skills and photography.

## Update from our Digital Hub

**ST MATTHEWS NOW HAS FREE WIFI**

The digital hub is open every Tuesday (10am – 4pm) and Thursday (9.30am – 4pm) and there are several portals available for people to use to get online.

There is dedicated help available from our Digital Champion Sean when the hub is open. Sean can assist with any aspect of getting online or using devices.

You can book an appointment or just drop in for an informal chat. To book an appointment, please call us in the office: 0113 245 5553.



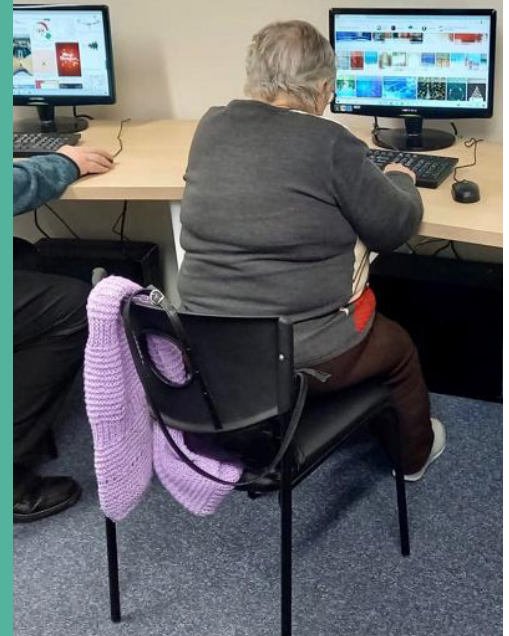
## WANT TO HAVE YOUR SAY?

**Free**

Have an idea for an activity you'd like to see at St Matthews Community Centre?

Join us at Ingram Court Community Centre for a cuppa and a biscuit and have a chat with us about your ideas for Holbeck.

Wed 26 July 10 – 11.30am  
Wed 23 Aug 10 – 11.30am  
Wed 27 Sep 10 – 11.30am





## Healthy Holidays at Holbeck Together

The Easter holidays saw another fantastic Healthy Holidays activity camp being enjoyed by many children from Holbeck. Coming up this summer holidays, we have a schedule jam-packed with activities as part of our Healthy Holidays programme.

During the day, young people can expect to take part in a variety of fun sports games, summer craft activities and health and well-being educational activities.

Healthy Holidays is so popular that our Summer 2023 is already booked up, but there are other Healthy Holidays happening all over Leeds which still have places available.

If you want guidance on accessing Healthy Holidays in Leeds for your little ones, please call Matthew in the office: 0113 245 5553.

### .....

## WANT TO HELP OUT AT HEALTHY HOLIDAYS?

We're looking for volunteers to support Healthy Holidays activities in Holbeck! You'll be helping out with pizza-making, craft activities and sports fun, alongside the Healthy Holidays schedule.

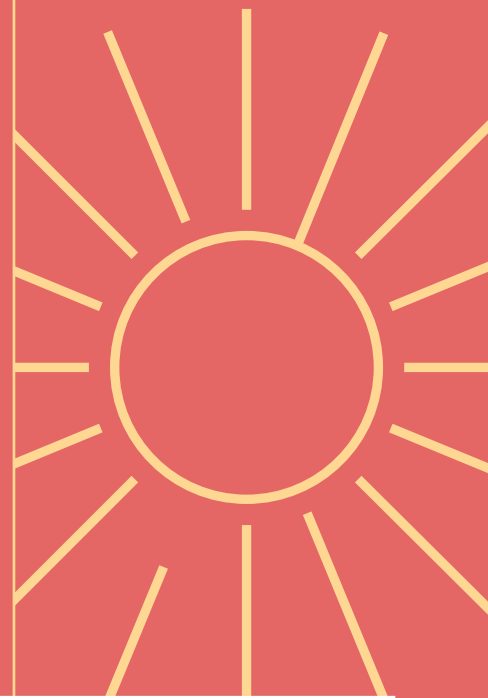
If you're interested in volunteering your time to make the summer holidays extra special for Holbeck's little ones, give us a call in the office: 0113 245 5553

## Summer Fun at Holbeck Together

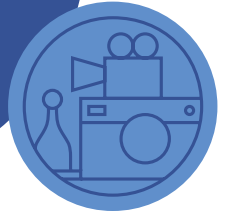
Our famous group outings are one of our favourite things about summer at Holbeck Together!

This year, we're taking trips to Bridlington (Monday 17 July), Southport (Monday 31 August), Blackpool (Thursday 3 August), Scarborough (Monday 7 August) and Whitby (Monday 21 August). All our trips are £14 each for return transport.

These trips tend to fill up very quickly, so reserve your place by calling Matthew in the office: 0113 245 5553.



# Activities Schedule



Each activity and event has limited availability and therefore must be booked in advance. For further information please call 0113 2455553 and speak to Matthew. **All events are at St Matthews Community Centre unless otherwise stated.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Parents &amp; Tots Morning</b> St Matthews 9:15-11:15 Free of Charge	<b>Coffee Shop St Matthews</b> 10:00-12:00 Various Prices	<b>Coffee Morning Ingram Court</b> 10:00-12:00 Various Prices	<b>Holbeck Community Shop</b> St Matthews 9:30-2:00 £3.00 for 12 Food Items	<b>Coffee Shop St Matthews</b> 10:00-12:00 Various Prices
<b>Coffee Shop</b> St Matthews 10:00-12:00 Various Prices	<b>Boxercise Wellness Activity</b> From 18 <sup>th</sup> April St Matthews 9:00-9:45 Free of Charge		<b>Shopping to Morley Town Centre</b> 9:30 collect 1:30 return £5.00 return transport	<b>Dance On – Yorkshire Dance</b> St Matthews 10:00-11:00 Free of Charge
	<b>Chair Based Exercise Wellness Activity</b> St Matthews 10:00-11:00 Free of Charge			
<b>Charity Shop</b> St Matthews 11:30-3:00	<b>Charity Shop</b> St Matthews 10:00-2:00	<b>Charity Shop</b> St Matthews 11:30-3:00	<b>Coffee Shop</b> St Matthews 9:45-11:30 Various Prices	
<b>Dinner Jacket Lunch</b> Delivery 12:00-1:00 £2.50	<b>2-Course Lunch</b> Delivery 12:00-1:00 £4.00	<b>2-Course Lunch</b> Delivery 12:00-1:00 £4.00	<b>Charity Shop</b> St Matthews 10:00-2:00	<b>Fish &amp; Chip Lunch</b> Delivery 12:00-1:30 From £4.50
<b>Dinner Jacket Lunch</b> St Matthews 12:00-1:30 £2.50	<b>3-Course Lunch</b> St Matthews 12:00-1:30 £5.00	<b>3-Course Lunch</b> Ingram Court 12:00-1:30 £5.00	<b>2-Course Lunch</b> Delivery 12:00-1:00 £4.00	<b>2-Course Fish &amp; Chip Lunch</b> St Matthews 11:30-1:00 From £5.50
<b>Holbeck Community Shop</b> St Matthews 1:30-4:00 £3.00 for 12 Food Items	<b>Well-Being Movie Afternoon</b> St Matthews 1:30-3:30 £1.00 per session	<b>Craft Afternoon Ingram Court</b> 1:30-3:30 £1.00 per session	<b>Line Dancing</b> St Matthews 11:30-12:30 £2.00 per session	<b>Prize Bingo Afternoon!</b> St Matthews 1:00-2:00 £1.00 per session
			<b>Table Tennis Afternoon</b> St Matthews 1:00-2:30 £1.00 per session	

**Return Transport Available to all Weekly Activities for £3.50 wherever possible**

Date	Event Information	Charge
Sat 1 <sup>st</sup> July	Come and see us at Holbeck Gala! Holbeck Moor. 12:00pm – 4:00pm	Free of Charge
Sat 8 <sup>th</sup> July	Saturday Shopping to Crossgates. Pick-ups from 9:30am. Return Approx. 1:30pm	£5.00 Return Transport
Mon 10 <sup>th</sup> July	Group Outing – Junction 32 Shopping & Meal Outing at The Winding Wheel, Castleford. Pick-ups 9:00am. Return Approx. 3:30pm.	£9.00 Return Transport
Tues 11 <sup>th</sup> July	Wimbledon Strawberries & Cream Afternoon St Matthews 1:30pm – 4:00pm	£2.00 per person
Mon 17 <sup>th</sup> July	Group Outing – Bridlington Pick-ups from 8:30am at St Matthews Return Approx. 4:00pm	£14.00 Return Transport
Tues 18 <sup>th</sup> July	Trivia Quiz Afternoon with Sue & Geoff. St Matthews 1:30pm-3:00pm	Free of Charge
Weds 19 <sup>th</sup> July	Group Outing – Yorkshire Cricket Club vs Sussex @ Headingley Stadium. Pick-ups from 9:30am. Return approx. 3:00pm	£5.00 Return Transport
Wed 26 <sup>th</sup> July	Have your say! Client feedback morning. Ingram Court. 10:00am-11:30am	Free of Charge
Thur 27 <sup>th</sup> July	Well-Being Breakfast Morning. St Matthews 10:00am-11:00am	Free of Charge
Sun 30 <sup>th</sup> July	2-Course Sunday Lunch. St Matthews 12:00pm-2:00pm – Home delivery also available	£5.00 meal £3.50 transport
Mon 31 <sup>st</sup> July	Group Outing – Southport Pick-ups from 8:30am at St Matthews Return Approx. 4:00pm	£14.00 Return Transport
Tues 1 <sup>st</sup> August	Yorkshire Day Lunch – 3-course lunch St Matthews 12:00pm – 1:30pm	£5.00 meal £3.50 transport
Thurs 3 <sup>rd</sup> August	Group Outing – Blackpool Pick-ups from 8:30am at St Matthews Return Approx. 4:00pm	£14.00 Return Transport
Mon 7 <sup>th</sup> August	Group Outing – Scarborough Pick-ups from 8:30am at St Matthews Return Approx. 4:00pm	£14.00 Return Transport
Sat 12 <sup>th</sup> August	Saturday Shopping to Crossgates. Pick-ups from 9:30am. Return Approx. 1:30pm	£5.00 Return Transport
Mon 14 <sup>th</sup> August	Group Outing – York & The National Railway Museum Pick-ups from 9:00am at St Matthews Return Approx. 4:00pm	£10.00 Return Transport
Tues 15 <sup>th</sup> August	Trivia Quiz Afternoon with Sue & Geoff. St Matthews 1:30pm-3:00pm	Free of Charge
Sun 20 <sup>th</sup> August	2-Course Sunday Lunch. St Matthews 12:00pm-2:00pm – Home delivery also available	£5.00 meal £3.50 transport
Mon 21 <sup>st</sup> August	Group Outing – Whitby Pick-ups from 8:30am at St Matthews Return Approx. 4:00pm	£14.00 Return Transport
Wed 23 <sup>rd</sup> August	Have your say! Client feedback morning. Ingram Court. 10:00am-11:30am	Free of Charge
Thur 31 <sup>st</sup> August	Well-Being Breakfast Morning. St Matthews 10:00am-11:00am	Free of Charge
Thurs 7 <sup>th</sup> September	Safe Anchor Trust – Canal Cruise at Shepley Bridge Marina Pick-ups from 9:00am. Return Approx. 4:00pm	£15.00 Return Transport
Sat 9 <sup>th</sup> September	Saturday Shopping to Crossgates. Pick-ups from 9:30am. Return Approx. 1:30pm	£5.00 Return Transport
Mon 11 <sup>th</sup> September	Group Outing – Murgatroyds & Yeadon Pick-ups from 10:00am. Return Approx. 3:30pm	£9.00 Return Transport
Mon 18 <sup>th</sup> September	Group Outing – Roy's Magical Mystery Tour Pick-ups from 8:30am at St Matthews Return Approx. 4:00pm	£14.00 Return Transport
Tue 19 <sup>th</sup> September	Trivia Quiz Afternoon with Sue & Geoff. St Matthews 1:30pm-3:00pm	Free of Charge
Sun 24 <sup>th</sup> September	2-Course Sunday Lunch. St Matthews 12:00pm-2:00pm – Home delivery also available	£5.00 meal £3.50 transport
Wed 27 <sup>th</sup> September	Have your say! Client feedback morning. Ingram Court. 10:00am-11:30am	Free of Charge
Thur 28 <sup>th</sup> September	Macmillan Well-Being Breakfast Morning. St Matthews 10:00am-11:00am	Donations welcome

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Beeston, Leeds LS11 6TT

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

“The ‘feel’ of the nursing home was both professional and friendly. Mum really enjoyed her stay and we have booked Mum in for another two weeks from mid-June.”

Glen  
Son of Respite client  
June 2023



Pennington Court

BEESTON