

Holbeck Together

Issue 14 Autumn Newsletter

October –
December
2023

SCAN TO DONATE



BREWERY BRAVES THREE PEAKS TO SUPPORT HOLBECK TOGETHER

Northern Monk Brewery based in South Leeds has raised £5,000 to support Holbeck Together's community supermarket.

Donning their very best walking gear the team successfully conquered the towering heights of the Yorkshire Three Peaks and showed their commitment to supporting community initiatives in the area where they have put down roots.

What began as a lifeline for families in Holbeck, offering people a source of affordable sustenance during the Pandemic has now evolved into a steadfast pillar of support, as families continue to grapple with the financial repercussions of rising food prices and mounting bills.

The numbers benefiting from this affordable supermarket speak for themselves and show the continued need for such provision:

- Over 3,000 attendances since opening with an average of 60 community members using the shop each week.
- 36,000 food items placed onto the plates of families across LS11.
- Where needed most, food parcels including fresh fruit and vegetables have been distributed free of charge.

Russell Bisset, representing Northern Monk Brewery highlighted why the team chose to support Holbeck Together's Community Supermarket, **"Community is one of our core values and Holbeck**

Together are at the heart of our local community. It's been great to combine two of our biggest passions, the great outdoors and Holbeck by walking the Three Peaks to raise funds for the community and charity. Thanks to the Holbeck Together team for the half time refreshments!"

Well done to the members of the Holbeck Together team who joined Northern Monk showing collective support on the last Peak.



"Northern Monk demonstrate how local businesses can make a massive difference – we can now sustain our social supermarket over the winter months."

Elissa Newman, Chief Officer, Holbeck Together



OUT & ABOUT

We've travelled far and wide this summer visiting some of Yorkshire's best attractions.

Trips have included Headingley Stadium to watch Yorkshire County Cricket Club vs Sussex. A huge thanks to Yorkshire Cricket Foundation for supporting this.

And no summer would be complete without a trip to the seaside! We had great days out in Scarborough, Blackpool, Southport and Whitby plus a trip to the National Railway Museum in York.



Cheering on The Lionesses



Football Fever took over during the Women's World Cup as we came together to cheer on the England Women's Team in their amazing effort. Unfortunately they were beaten by Spain in the final but we are sure they will have inspired a new generation of female footballers to get involved in the sport!



Holbeck Gala

At the beginning of the summer, Holbeck Together were at Holbeck Gala undertaking consultation on services and activities that the community would like to see at St Matthews. Listening to you is important.

Thank you to everyone who took part in the survey on this day. We are currently reviewing our findings with a view to introducing a wider range of services for the community.

There is still time to complete the survey – call into the office Monday-Friday between the hours of 10-4pm, or pop along to one of our 'Have Your Say' events (see schedule of events at the back of this newsletter).



Making the most of your free bus pass!

Roads and Local Transport Minister Richard Holden MP visited Holbeck Together in July along with the Chief Officer of First Leeds to chat to some of our clients about how they use concessionary travel to get out and about. It was great to be able to tell them more about how Sean, our Digital Inclusion Worker had been supporting older people in our community use their bus pass effectively.

Baby Massage



Free 5 week course for babies (0-12 months) and their caregiver(s). Meet other caregivers in an informal and relaxing environment to learn about the healthy benefits infant massage has for you and your baby.

Thurs 28 Sep – 26 Oct
10:30am–11:30am
Jamyang Buddhist Centre,
Ingram Road, LS11 9R

Call Leanne for more info
0113 245 5553
admin@holbecktogether.org

This group is funded via our Better Together Partnership

Being Inclusive

It's really important for us that everyone living in Holbeck feels that Holbeck Together is accessible and supportive whatever their situation or background.



Do you have a few minutes to help us better understand how we are doing at the moment in connecting across our diverse communities?



If you have a smart phone, scan this QR code with your camera to fill out a short survey.

COFFEE & CONNECT



A group for parents looking to meet other parents, looking for support into volunteering or employment and training.

Every Tuesday during term-time (starting 6th Nov)
St Matthews, 9:30 – 10:30am
for Coffee and Connect.

This group is funded via our Better Together Partnership

Updates from our Digital Hub

WITH SEAN



We are looking to gradually move to sending out a digital copy of the newsletter to everyone with an e-mail. Sign-up at St Matthews or at our office with your name and email address.

Online Shopping

With Christmas approaching online shopping can provide a quick and convenient way to get all those Christmas essentials ticked off the list.

We will be running workshops on how to use Amazon, Ebay and online shopping generally over the coming months.

Free to attend
7 & 14 November
1:00pm–3:00pm
Please book by calling
0113 245 5553

Get creative with digital

We are running a 'Make your own digital Christmas cards or Advent calendar' workshop for anyone who would like to have a go at this.

Children and adults are welcome.

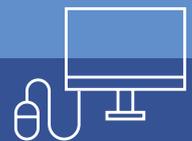
Free to attend
16 & 23 November
2:00pm–4:00pm
Please book by calling
0113 245 5553

Connected Transport

In line with the Transport Connected project and promoting the senior bus pass scheme to get more people out and about and using their digital pass we will be running more workshops to help people build confidence on using their pass.

We will be visiting Leeds City Museum on 24 October from 11:00am – 3:00pm
Meet at St Matthews at 9:45am

How to book?



There are as always one to one appointments, and drop in sessions available. Pop into the office to book your slot, or call 0113 245 5553 and ask to speak to Sean. Or email any digital questions: sean@holbecktogether.org

OPPORTUNITY TO SHARE YOUR IDEAS

It is really important to us that the support, events and activities we develop are informed by what you need as our local community.

We have got a number of informal events lined up to give you all a chance to feed in your ideas about what you would like to see us developing.

All the events are taking place at St Matthews and include a light lunch.

If you would like to attend any of the following events, please contact the office and register so we can manage numbers.

Please contact **Sue** at the office to book a place on the **0113 245 5553**

Calling all men living in Holbeck! Men's Group Consultation

Mon 6 Nov
11am-1pm with a light lunch
at St Matthews

We are keen to expand and develop our existing Men's Group and would love to hear from you about what activities, events and support you might be interested in Holbeck Together providing. You don't have to be a current member of the group to pop along and share your ideas.

Walking Group Consultation

Thurs 9 Nov
11am-1pm with a light lunch
at St Matthews

Join us to share your ideas for new routes and ways to encourage more people to join us on our walks!



Chronic Illness & or Pain Consultation

Tues 7 Nov
11am-1pm with a light lunch
at St Matthews

Do you experience chronic illness and pain?

Join us for a small informal discussion to explore ways that we can support people living in Holbeck who are managing chronic illness and pain.

'Chronic' illness / pain simply means 'on-going' and many people live with chronic pain on a daily basis. The uncertainty associated with managing incurable pain and/or fatigue often triggers mental health issues including anxiety and depression.

We are keen to understand if a regular support group could help increase confidence, share skills and knowledge, improve physical and mental health and improve emotional resilience.

Carers Group Consultation

Fri 10 Nov
11am-1pm with a light lunch
at St Matthews

Are you a carer for a family member or friend?

We would love you to join us for a light lunch at St Matthews Community Centre in Holbeck to share your ideas about how we can support you as a carer. If you have not joined us before, this is also an opportunity to meet other people who are also caring for loved ones.



10,554

VOLUNTEERING
HOURS PER YEAR

It's been a fantastic summer for our volunteers who support us each day across our wide range of activities.

In addition to the services we provide they have also supported us to deliver our Healthy Holidays programme of activities for local children and themed lunches.

In July alone our volunteers did over 1000 hours of volunteering with us.

If you are interested in joining our team or would like some more information please contact Laura Walton on Laura@holbecktogether.org or call 0113 245 5553.

A huge thank you goes out to them all as their continued support enables us to provide the fantastic services and activities we have at Holbeck Together.

We are always looking for new volunteers that would like to join us at Holbeck Together and have a wide range of roles available including:

Meal delivery drivers
Charity shop assistants
Passenger assistants
Lunch club assistants
Coffee shop assistants

Welcome to the team...

We are delighted to introduce readers to three new team members who have recently joined the Holbeck Together team.

Over the past year, our community in Holbeck has faced unprecedented challenges with the cost-of-living crisis and we have seen an increased demand for our services and support. With our new team members, Leanne, Sue and Nicole we are able to respond to that increased demand and continue to extend the activities and advice we can provide to people of all ages.

SPOTLIGHT ON LINDA



Linda Carroll is a volunteer at Holbeck together and has been supporting us for nine years!

Linda volunteers in our coffee shop and also helps to co-ordinate our lunch club, wellbeing breakfast, coffee morning and meal deliveries.

Linda gives her all to any role that she does and always goes above and beyond to make sure that our clients are happy and have a great experience with us.

Linda is always thinking of ways to improve the services and has great ideas and puts them into action. She also helps new volunteers by supporting them as they learn a new role, welcoming them to our team.

"I started at Holbeck Together eight years ago after being in an accident which had left me with a severe brain injury. Volunteering for Holbeck Together was the best thing I ever did.

I have met some lovely clients who I now class as friends. My role involves many different things. I welcome newcomers into the Cafe and I sit with them and talk and find out if they need any help. I also do table service and run the bingo when it's on.

I also deliver outreach meals to clients who can't get out. It's nice to have a little chat and check if they are well.

All the office staff and volunteers are wonderful. I go home happy knowing we have helped our clients.

Holbeck Together has given me a purpose to go on."



Leanne Elliott

Better Together
Community
Development Worker

With over 15 years' experience working in the third sector for local and national charities, Leanne offers a great understanding of the importance of bringing communities together to create positive change.

As Community Development Worker Leanne is working as part of the Better Together Service which is delivered in partnership with four local charities, Health For All, St Luke's Cares, and Asha Neighbourhood Project within South Leeds.

The Better Together Service offers community-based health and wellbeing activities funded by Leeds City Council Public Health. In consultation with local people the service can offer positive wellbeing sessions, groups for fun and friendship, cultural activities and family fun events.

Along with Holbeck Together Leanne is excited to set up and support new and existing groups based on the needs identified by you – our local residents of Holbeck. She will support groups to make informed choices regarding their futures and always encourage progression. Leanne will also offer support to families in the community with advocacy, benefits, housing advice, fuel and food support.



Nicole Peterson

Equality, Diversity,
and Inclusion Officer

As part of Holbeck Together's commitment to supporting everyone in our community we are delighted to welcome Nicole who will be looking at ways to extend the reach of our services.

Nicole brings worldwide professional experience in the field of diversity and inclusion, having worked with various organisations across multiple sectors to foster an equal and welcoming culture.

Previous collaborations include designing and delivering training for various NHS Trusts, Local Councils, and Universities. Nicole is also a Windrush community ambassador as part of a Cross-Government Working Group led by the Home Office.

Nicole will lead Holbeck Together's equality, diversity and inclusion action plan, ensuring that we are representative and engaging with everyone across our community in Holbeck. Nicole will actively engage in community-driven initiatives and volunteering efforts to champion marginalised voices.



Sue Bowden

Community
Engagement Worker

Sue started community engagement in 1996 as a newly qualified teacher and artist when she chose to work in spaces all over Leeds to make learning accessible for all, something which is very close to her heart!

Since then, she has used arts and crafts to engage with groups of people of all ages and backgrounds in Middleton, Belle Isle, Cottingley as well as in Hyde Park, Headingley, Burley, Gipton, Chapeltown and Swarcliffe.

Sue will be out and about in the community and able to visit you at home to provide advice on benefits, housing, fuel and food support.

Sue will also be creating a programme of social activities, incorporating health and wellbeing information and advice, alongside intensive individual encouragement and support to engage with the Holbeck Together services and other organisations.



One hour = £10 funding

We are excited to announce that we can benefit from a new scheme being run by Leeds Community Anchor Network.

The Neighbourhood Matching Project means that for every volunteer hour completed by people supporting Holbeck Together we can claim £10.

Our volunteers are keen to see this money re-invested back into improving the area round St Mathews. Sign-up to volunteer via the office and donate your time to help us raise funds.

Healthy Holidays

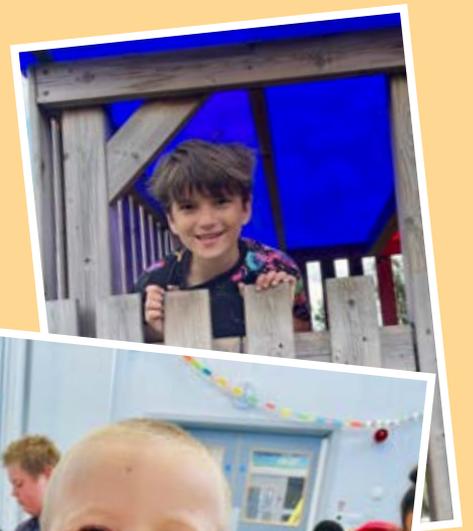


Healthy Holidays is a funded programme of activity that takes place across Leeds during school holidays. The programme funds free engaging and enriching activities with a hot and healthy meal for children and young people.

68 young people attended across the summer holidays as Holbeck Together hosted a Healthy Holidays camp in partnership with Leeds Community Foundation, Premier Education and Lane End Primary School.

Children enjoyed taking part in lots of fun filled activities including Dodgeball, Football and Cricket as well as learning about healthy eating through nutrition activities. Each young person in attendance also enjoyed a nutritious 2-course meal everyday provided by Ira B Catering – 800 meals in total, thanks to Ira!

Special thanks to the volunteer team – Nikki, who attended everyday and Terry who collected and delivered the meals.



We do have another Healthy Holidays Activity week being delivered Tuesday 2nd January – Friday 5th January – please enquire for further details.

Good time had by all at Holbeck Together's Family Fun Morning!

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Our new Community Worker's Sue and Leanne kicked off their activity in August with a wonderful Family day at St Matthews.

Numerous families attended with their children ranging from babies to 11 years. They got stuck into sand art, creating suncatchers, decorating gingerbread people, and painting rocks for #holbeckrocks.

Cupcakes and fruit were chomped, Mirabel and Bruno from Encanto made a special visit and the happy glittery faces at the end of the morning said it all!

Upon leaving each child got a bag of chalk to continue the fun and take part in Leeds City Council's Chalk Your Walk project.

Sue and Leanne would like to say thank you to all the lovely families that came along.

Follow us on social media (Facebook/ Instagram and Twitter) to hear about more family fun events.



Kids Together Pumpkin Carving Activity Afternoon

Mon 30 Oct
1:00pm-3:00pm
St Matthews



£3.00 per child
Please book in advance
by calling 0113 245 5553

Holbeck Christmas Market & Holbeck Christmas Light Switch On 2023



Saturday 25th November 2023
at St Matthews
Market: 12:00pm - 4:30pm
Light Switch-On: 5:00pm - Holbeck Moor

Action packed day of festive entertainment:



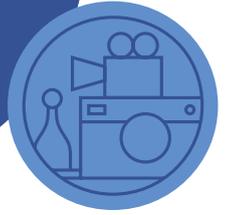
- Face painting
- Tombola
- Festive food
- Community market stalls



Interested in having a stall at this event? Space available for a small fee. Contact admin@holbecktogether.org to enquire about booking a stall for the day.



Weekly Schedule



Each meal service, shopping outing and event has limited availability and therefore must be booked in advance. All other services on the weekly schedule are available on a drop-in basis. For further information please call **0113 245 5553** and speak to Matthew.

All events are at St Matthews Community Centre unless otherwise stated.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Parents & Tots St Matthews (Beginning 6 Nov) 9:30am-11:00am	Coffee Shop St Matthews 10am-12pm Various Prices	Coffee Morning Ingram Court 10am-12pm Various Prices	Holbeck Community Shop St Matthews 9:30am-2pm £3.00 for 12 Food Items	Coffee Shop St Matthews 10am-12pm Various Prices
Coffee Shop St Matthews 10am-12pm Various Prices	Boxercise Wellness Activity St Matthews 9am-9:45am Free of Charge		Shopping to Morley Town Centre. 9:30am collect 1:30pm return £5.00 Transport 12 Oct, 24 Oct, 9 Nov, 23 Nov, 7 Dec, 21 Dec	Dance On – Yorkshire Dance St Matthews 10am-11am Free of Charge 55+
	Chair Based Exercise Wellness Activity St Matthews 10am-11am Free of Charge		Shopping to Crossgates. 9:30am collect 1:30pm return £5.00 Transport 5 Oct, 19 Oct, 2 Nov, 16 Nov, 30 Nov, 14 Dec, 28 Dec	
	Coffee & Connect St Matthews 10am-11am Free of Charge			
Charity Shop St Matthews 11:30am-3pm	Charity Shop St Matthews 10am-2pm	Charity Shop St Matthews 11:30am-3pm	Coffee Shop St Matthews 9:45am-11:30pm Various Prices	
Dinner Jacket Lunch Delivery 12-1pm £2.50 55+	2-Course Lunch Delivery 12-1pm £4.00 55+	2-Course Lunch Delivery 12-1pm £4.00 55+	Charity Shop St Matthews 10am-2pm	Fish & Chip Lunch Delivery 12-1:30pm From £4.50 55+
Dinner Jacket Lunch St Matthews 12-1:30pm £2.50 55+	3-Course Lunch St Matthews 12-1:30pm £5.00 55+	3-Course Lunch Ingram Court 12-1:30pm £5.00 55+	Baby Massage Jamyang Buddhist Centre 10:30am-11:30am 28 Sep, 05 Oct, 12 Oct, 19 Oct, 26 Oct	
	Well-Being Movie Afternoon St Matthews 1:30-3:30pm £1.00 per session	Craft Afternoon Ingram Court 1:30-3:30pm £1.00 per session	Line Dancing St Matthews 11:30am-12:30pm £2.00 per session	2-Course Lunch Delivery 12-1pm £4.00 55+
			Table Tennis Afternoon St Matthews 1-2:30pm £1.00 per session	Prize Bingo Afternoon! St Matthews 1-2pm £1.00 per session

Return Transport Available to all meal services for £3.50 wherever possible

Date	Event Information	Charge
Tues 3 Oct	Afternoon Outing – Golden Acre Park. Pick-ups from 1pm at St Matthews Return approx. 4pm	£5.00 transport
Mon 9 Oct	Group Outing – Hollywood Bowl & Meal at Bridgewater Arms. Pick-ups at 10am from St Matthews Return approx. 3pm	£5.00 transport
Wed 11 Oct	Have your say! Client feedback morning. Ingram Court. 10am-11:30am	Free of Charge
Thur 12 Oct	Well-Being Breakfast Morning. St Matthews 10am-11am	Free of Charge
Tues 17 Oct	Afternoon Entertainment with The Beatles . Light refreshments available. St Matthews 1:30pm-3:30pm	Free of Charge
Wed 25 Oct	Music Quiz Morning with Sue & Geoff. Ingram Court Community Room. 10am – 11:30am	Free of Charge
Sun 29 Oct	2 Course Sunday Lunch. St Matthews 12pm-2pm – Home delivery also available	£5.00 per meal
Mon 30 Oct	Kids Together Halloween Pumpkin Carving Afternoon. St Matthews 1pm-3pm. Lunch included	£3.00 per child
Tues 31 Oct	The BIG Intergenerational Halloween Lunch. St Matthews 12:00pm-2:00pm.	£5.00 Adults £2.50 Children
Fri 3 Nov	Pie & Peas Bonfire Lunch. St Matthews 12pm-1:30pm	£4.00 per meal
Mon 6 Nov	NEW GROUP! Men's Group Consultation Session. St Matthews 11am-1pm. Light Lunch Included.	Free of Charge
Tues 7 Nov	NEW GROUP! Chronic Illness or Pain Support Consultation Session. St Matthews 11am-1pm. Light Lunch Included.	Free of Charge
Wed 8 Nov	Group Outing – Bury Market. Pick-ups from 9am at St Matthews Return approx. 4pm	£10.00 transport
Thur 9 Nov	NEW GROUP! Walking Group Consultation Session. St Matthews 11am-1pm. Light Lunch Included.	Free of Charge
Fri 10 Nov	NEW GROUP! Carers Group Consultation Session. St Matthews 11am-1pm. Light Lunch Included.	Free of Charge
Thur 16 Nov	Well-Being Breakfast Morning. St Matthews 10am-11am	Free of Charge
Mon 13 Nov	Group Outing – Liverpool Albert Docks & The Beatles Story. Pick-ups from 8:30am at St Matthews Return approx. 4pm.	£12.00 transport £15.00 entrance
Tues 21 Nov	Afternoon Entertainment with The Jersey Boy – Frankie Valli Light refreshments available. St Matthews 1:30pm-3:30pm	Free of Charge
Wed 22 Nov	Music Quiz Morning with Sue & Geoff. Ingram Court Community Room. 10am – 11:30am	Free of Charge
Sat 25 Nov	Holbeck Together Christmas Market & Christmas Light Switch On. St Matthews 12pm – 5:30pm	Free of Charge
Mon 27 Nov	Group Outing – Otley Town Centre & Wetherby Whaler, Guiseley. Pick-ups from 9am at St Matthews Return approx. 4pm	£10.00 transport
Wed 29 Nov	Have your say! Client feedback morning. Ingram Court. 10am-11:30am	Free of Charge
Mon 4 Dec	Group Outing – Nottingham Christmas Market. Pick-ups from 8:30am at St Matthews Return Approx. 4pm	£12.00 Transport
Tues 5 Dec	Afternoon Group Outing – White Rose Shopping Centre. Pick-ups from 1:30pm. Return approx. 5pm	£5.00 per person
Tues 12 Dec	3-Course Christmas Lunch. St Matthews 12pm-3pm	Free of Charge
Thur 14 Dec	Well-Being Breakfast Morning. St Matthews 10am-11am	Free of Charge
Mon 18 Dec	3-Course Christmas Pub Meal Outing at The Commercial Inn, Churwell. Pick-ups from 11am.	£24 per meal £5 transport
Tues 19 Dec	Christmas Social Buffet Afternoon with Entertainment! St Matthews 12pm-3pm	Free of Charge
Wed 20 Dec	Music Quiz Morning with Sue & Geoff. Ingram Court Community Room. 10am – 11:30am	Free of Charge
Thur 21 Dec	Robin Hood Pantomime, City Varieties, Leeds 1:30pm performance. Pick-ups from 12pm. Return Approx. 5pm. Payment due by – Friday 10 Nov	£23.00 Ticket £5.00 Transport
Fri 22 Dec	Christmas Carol Morning with festive refreshments. St Matthews 10am-11:30am	£2.00 per person
Tues 2 Jan	Welcome 2024! 2-Course New Year's Lunch! St Matthews 12pm-2pm	£5.00 per meal

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