

# Holbeck Together

## Issue 15 Winter Newsletter

January –  
March  
2024

As we look forward to 2024, it marks a time for us to reflect on the year that has gone by. In recent months we were delighted to hear the exciting funding announcement from Government that will see £16 million allocated to improvements in our neighbourhood. We will share more detailed plans as they emerge.

We are but one part of a wonderful community here in Holbeck. We've been a part of the community for 30 years and we are proud to be an anchor for everyone –

responding to and supporting the changing needs and situations that our community experience. The snapshot below gives a little insight to how Holbeck Together have supported people across 2023.

In this New Year we can't emphasize enough that the team are here to support with an open door, an ear to listen and a bucketful of events and activities to provide joy and entertainment along the way.

**Wishing the whole community a Happy New Year from the team at Holbeck Together.**



### MAKING AN IMPACT IN 2023

3,324

Outreach meals delivered

3,952

Meals served at St Matthews

641

Activity attendances

456

Healthy Holidays Winter attendances

336

Independent shopping outing attendances

871

Accessed transport service for events

238

1-2-1 Digital support sessions



280GB

Gifted to people to help get online

263

Food parcels distributed

12,500

Number of people who visited St Matthews

51

People per week visit the supermarket

3000

People attended our Wellbeing Breakfasts

325

People are registered with the supermarket

162

People given one-to-one support

We kicked off the festive season by reintroducing the tradition of holding a Christmas Market at St Matthews on Saturday 25 November. Over 500 people from the community attended the event. A huge thank you to all stallholders and the community for their support.



## Christmas Present Appeal

Olivia Valentine, has partnered with us for the last 3 years to organise and deliver a Christmas Present Drive for families across South Leeds.

Over the past 3 years, Olivia and her colleagues provided over £8,000 worth of Christmas presents, built up over 200 hampers, and wrapped almost 1,000 toys, gifts, and treats! So thank you once again for your support.

The support from private sector organisations and businesses this year has been amazing. They have match funded to spread the joy even further. Thank you to Leeds Building Society and Design Tonic for their continued generosity.





THANK YOU



We are overwhelmed with the continued thoughtfulness and generosity of time and resource that has been given to Holbeck Together to enable us to make a difference during 2023 – it's a real community effort!



THANK YOU



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## News and Events

**Christmas Lunch at Leeds United Gary Speed Banqueting Suite** has become a permanent fixture for our clients.

Everyone was treated to 5-star service and a delicious meal. It was great to see Angus Kinnear, Managing Director voice his commitment to the charitable sector and South Leeds. Thanks again for your wonderful hospitality.



**Jonathan Morgan and his family** joined Holbeck Together as volunteers during the pandemic and have since held an annual fundraising event that has raised funds for Holbeck Together and Re-Establish.

**Thank you so much for your generosity of time and commitment to Holbeck Together.**

## South Leeds life reaches 100 editions!

Many of our readers will also be local readers of South Leeds Life – either online or in its monthly printed edition.

Towards the end of last year South Leeds Life celebrated its 100th printed edition.

We just wanted to mark this milestone by saying a huge thank you to Jeremy Morton, the Editor of South Leeds Life, for all the work and effort he puts into sharing and promoting news about our community in South Leeds. It's a great resource and a wonderful showcase of all the amazing things happening in South Leeds.

Here's to the next 100 editions!



## Every month approximately 100 people attend our Wellbeing breakfasts.

It was great to have **The Green Doctors** (giving advice on how to stay warm and advice on utility bills); **Linking Leeds** (social prescribing service) and **Dogs Trust Leeds** at one of our recent breakfasts sharing more about their services and providing free advice.

The breakfasts really are a 'wellbeing experience' where everyone gets a chance to have a cooked breakfast and a chat. Check out our activities schedule and join us in 2024.

**A huge thanks to NHS Charities for supporting this project.**

**RG Construction Company based in Leeds** made a wonderful donation of food to our affordable supermarket – thanks for popping in with these supplies! They have also made some fantastic toy donations to Olivia's toy appeal which made some children very happy on Christmas Day.





## Meet Nikki

### Activities and Client Relations Co-Ordinator

Some regular clients at Holbeck Together might know Nikki and we are delighted to announce she has a new role with the organisation! Nikki is now your go-to person for client welfare.

#### What does this mean?

Nikki will be available to listen to any concerns or feedback about Holbeck Together and our services that you'd like to make.

If you would like to attend activities in the week or in the upcoming schedule you can contact Nikki to find out more.

Nikki is also leading a range of weekly groups with an activity schedule that has something for everyone.

If there is a group or activity that you would like to see on the schedule, you can make your suggestions to Nikki by emailing her: [nikki@holbecktogether.org](mailto:nikki@holbecktogether.org) or calling the office to meet for a coffee and chat **0113 245 5553**.

## Meet Sebastian

### New Being You worker

Hi, my name is Sebastian. I live in the Holbeck area of Leeds after moving from Burnley.

I am the new Community Development Worker for Holbeck Together in partnership with Being You Leeds. Being You Leeds provides groups, activities, training and awareness sessions for community wellbeing across Leeds.

My new role in Holbeck will involve helping to set up new groups in the LS11 area and supporting people to build partnerships to help the groups thrive. You may be interested in setting up a group to support your wellbeing, or perhaps you have identified a need for a support group for families who have children with special needs? I'm interested in talking to anyone who has ideas and supporting you to make it happen.

If you have any ideas you'd like to share or explore please drop me an email: [sebastiane@beingyouleeds.org.uk](mailto:sebastiane@beingyouleeds.org.uk) or call the office for a chat on **0113 245 5553**.



# Outward Bound with Thea

We were delighted to support local girl Thea who lives in Holbeck to complete her Outward Bound course in Wales. Outward Bound courses support young people to challenge themselves by taking on outdoor challenges in some of the UK's wildest mountains and landscapes and encourage them to realise they can achieve anything.

With some additional sponsorship from Holbeck Together Thea was able to attend the course and live to tell the tale! Here is a little part of the letter she sent to us on her return...

"Firstly, I would like to thank Holbeck Together for sponsoring me to go on this once in a lifetime opportunity.

The only way I could describe going on this 19-day adventure is to say it was an 'experience'. It has opened my eyes to lots of things that I was closed off to before - the people I met there have changed my way of thinking about the world around me.

I did gain a few injuries along the way as we did cover 120k of mountain ranges, but it is an achievement I'm really proud of.

Growing up in a deprived, disadvantaged area, I hadn't had the opportunity to get deep into nature and really see the mountains, lakes and real beauty of the Welsh countryside.



I have come back a different person and it has encouraged me to think for myself. I know I need to take every life experience I can grab, and I encourage others to do this as well, the memories and friends will last a lifetime.

I will be forever grateful to the team at Holbeck Together for allowing me this opportunity to learn so much about myself. I have more confidence, and I feel it has opened doors for me that without Outward Bound I would never have even thought about."

## Equality Monitoring Form



Many of our funders are keen to know a bit more about the profile of people who we support with their donations. This helps them to make choices about which activities they fund and where they fund them.

We've included a paper version of this form

as an insert with this newsletter but if you don't have it for any reason you can also complete the form online by scanning this QR code.



Once it is completed you can pop it back to our office or call us and we'll happily come by and collect it if you are unable to get out and about - just give us a call on **0113 245 5553** to organise collection.

## Take a proactive approach to looking after yourself this winter

Cold temperatures in winter have an impact on our health, including increased risk of heart attack, stroke, flu, falls, and hypothermia.

Winter weather also affects our wellbeing. As well as things like snow and ice possibly causing disruption to access to services, our mental health may also be affected, and some people will go out less during winter and feel more isolated. This can impact the food we eat and the physical activity we do.

So, what can you do to be proactive and stay well this Winter?

2

Check your medicines – if you are on repeat prescriptions make sure you order them in time.

1

Get your winter vaccines – chat to your local GP or pharmacy for advice on flu, shingles or Covid vaccinations.

3

Keep active and seek support if worried about a fall.

4

Ask for help – our advice workers can help answer any questions you are worried about. Just call the office to book an appointment or telephone chat.

5

Connect to us at Holbeck Together to find out what activities or support we can provide over the Winter months.



## Imagine a world where antibiotics don't work...

You have probably heard in the news about the issues around antibiotics potentially becoming less effective in treating some of the bacterial infections they are used for at the moment.

If we don't take care in how we use antibiotics now, in 30 years' time they may not work. Simple infections that we can treat right now could become deadly. Antibiotic resistance is a real health emergency and is becoming the biggest threat to health worldwide.

### What can we do about it?

Here are four things we can all do to help stop antibiotic resistance:

- Never store or save antibiotics for another time
- Never share antibiotics with others
- Take antibiotics as prescribed by a healthcare professional
- Never demand antibiotics – follow the advice of a healthcare professional





# Need advice from Leeds City Council?

Pop by the Mobile Community Hub bus parked outside Holbeck Moor every Tuesdays and Thursday 10–3pm.

You can speak to an advisor about council services such as:

- council tax
- housing
- benefits

You can also get assistance with:

- job searches,
- job applications,
- interview skills,
- and CV writing.

No appointment needed.



# Holbeck Together support across Winter



## Stay Well Support Phone Calls

Are you an older person living in Holbeck? Would you like to receive a **FREE** well-being call from either ourselves or another community support organisation? In the call we will share what's on offer to help you stay warm and well this Winter – and it's nice to have friendly chat sometimes as well.

If you would like to book a regular wellbeing call contact us on **0113 245 5553** or pop by the office to arrange a convenient time.

## Soup & Social Warm Spaces

**Every Wednesday  
1:00pm – 3:00pm,  
St Matthews**

Join us for a 2-hour weekly warm space where older people can come together and enjoy a range of social activities.

Hot food will be served at each Soup and Social event.

**FREE EVENT**



## Welcoming Spaces

Staying warm this Winter may be a challenge for some with rising utility bills.

Four community partners across Holbeck and Beeston have joined together to provide welcoming and warm spaces over winter.

You can join us at St Matthews every weekday between 1-3pm for a warm drink and some social activities, such as reading, or table top games. Other spaces opening up for free include:

**Joanna's Project**  
Monday to Friday (all day)

**The Gambia Welfare Society**  
Open to drop in every Friday afternoon and Saturday evenings

**Kidz Club**  
Drop in every Tuesday Evening.

*Supported by Leeds Community Anchor Network*

## We listened – now what's next...

A huge thank you to everyone who attended our consultation events for our Walking Group and Chronic Illness and Pain support group – here's an update on how we are taking forward your suggestions.

### Walking Group Feedback



People who came along said that they were happy to get on several buses to get to a walking location. They also wanted to go to new places, meet new people, increase fitness levels, get fresh air and in some instances manage their arthritis. We also got a great list of potential locations to explore next year!

#### Sign up for the Walking Group's next adventure

- The group will go walking every alternate Wednesday starting on 3 January 2023.
- We will set off from St Matthews Community Centre at from 9:30am
- The walks will be approx. 3-5 miles long and walkers will be encouraged to bring their own packed lunch.

To book please contact Sue on 0113 245 5553 or pop by the office to find out more.

### Chronic Illness & Pain Support Group Feedback



Chronic pain is a long standing pain that persists beyond the usual recovery period or occurs along with a chronic health condition, such as arthritis. Chronic pain may be 'on' and 'off' or continuous. It may affect people to the point that they can't work, eat properly, take part in physical activity, or enjoy life. We are keen to start a support group for people experiencing chronic pain and captured this feedback from people who came to our consultation event.

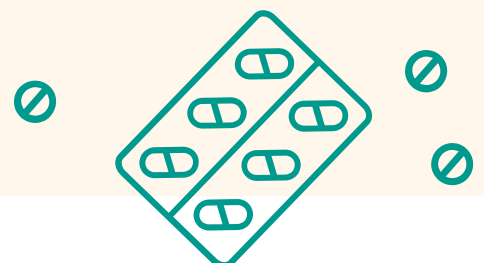
People who attended the consultation want the group to help them:

- Get information
- Explore stress management techniques
- Share experiences and learn from each other
- Support each other
- Get advocacy support when trying to access medical support in GP surgeries and hospitals
- Overall have their voice heard.

The next group session will be held at St Matthews Community Centre in January – starting back on Monday 8 January 2023

A light lunch will be provided.

A huge thanks to NHS – West Yorkshire and Harrogate Charities Fund for funding both of these groups.

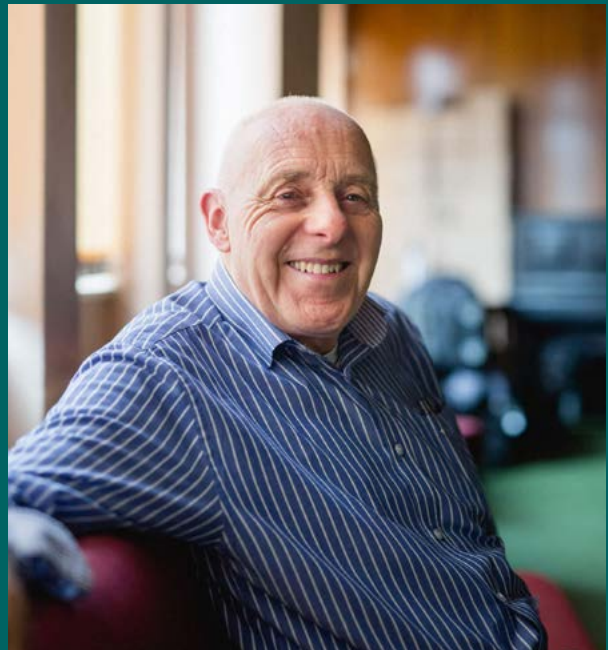


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# Dennis Kitchen

## Obituary

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We would like to extend our sympathies to the family and friends of Dennis Kitchen who passed away at the end of last year following a heart attack.

Dennis was part of our True North project a few years ago which captured images of local people alongside their stories of being part of the Holbeck community. We thought it a fitting tribute to share Dennis' reflections in his own words about what it meant to be part of Holbeck.

"I moved into Holbeck in 1986 from Beeston – Ian, my partner and I were downsizing and found somewhere nearby. There was a resident's group and we got conned into joining that!

We became involved with the Holbeck Forum which was at St Matthews originally and then moved across the road. It was a place for people to air their concerns and generally work to improve the area. We set up Holbeck in Bloom to brighten the area, and at one stage we tried to move into the old conservative club for the community – to keep a historic building in use and create a working base for community services.

I got involved with the Holbeck Working Men's Club in 2013. I'd been involved with setting up the Neighbourhood Plan for

Holbeck and a goal was to help to redevelop Holbeck. We felt that there was no point looking to the future without also looking at the past and looking after what we've got already.

My favourite thing about working there has been meeting the people – the people are very diverse, with different backgrounds and experiences but they've all got a story to tell and it's always great to chat to them. I enjoy building those social connections – I'm a people person and that's what it's all about for me.

Holbeck Christian Fellowship have been very much involved at The Holbeck, giving me and Ian support behind the bar. People you'd never expect to be working behind a bar to be honest! They still support us now.

We link with the local school and take the kids on a history walk in the area each year. Ian and I do it through Holbeck in Bloom with three classes – we do a treasure hunt and look at local historical buildings.

The history and the community are my favourite things about Holbeck...A lot of people in Holbeck don't realise what the history of the place is. I think that knowing that history can really be an anchor for local people."

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## VOLUNTEER SPOTLIGHT

# Meet Angela Jenkins



Angela lives locally and already volunteers at St Lukes Cares and Kidz Club. She also has a cleaning job at Lextra. She enjoys helping people and likes to keep busy.

### Why did you want to volunteer with us?

I had a spare day and wanted to use it to help people. I like to meet new people and wanted to make friends. I want to gain more confidence and I like to learn new skills.

### What do you like about volunteering?

I enjoy meeting people and you get such a warm welcome. Everyone is friendly and helpful. It can be stressful sometimes but we all help each other out.

### What do you get from volunteering?

Enjoyment, doing something good. I have made some new friends. It beats been stuck at home on my own. I would rather keep busy.

## I'm interested in volunteering – what do I do next?



1) Email or call Laura who is our Volunteer Co-ordinator 0113 245 5553

2) Discuss with Laura what you'd like to support on and your availability – you don't have to be regular – you could just join our bank of volunteers who help on specific occasions.

3) Fill in a form to apply.

4) Once you have been accepted you will be invited to attend your induction with Laura. This includes a tour of St Matthews Community Centre and working through your induction booklet with Laura. You will also receive a copy of your role description.

5) On your first day you will receive your Holbeck Together t-shirt and tabard (if needed). You will also receive a volunteer ID badge. You will then shadow a staff member or volunteer doing your new role.

6) Our volunteer co-ordinator will check in with you regularly to see how you are finding your new role and to help with any issues you may have.

7) When you feel confident enough in your role you can begin to take on more responsibility and deliver activity by yourself.

8) Laura, our Volunteer co-ordinator will arrange any training you may need whilst doing your role.

# A day in life of a volunteer meal delivery driver

**11:30am:** arrive at St Matthews community centre to collect the meals and driver's sheet.

**11:45am:** begin your meal deliveries. A friendly face and polite manner is just what you need. You'll deliver a meal and pudding to each address on your sheet and have a little chat with our clients. You may be the only person they see that day.

**1:30pm or possibly before:** return your driver's sheet and meal bags to St Matthews Community Centre.

Full training is given which includes an induction programme and shadowing one of our meal delivery drivers. You can also claim mileage back for your deliveries so you are never out of pocket.

**What you need:** A full drivers' licence, use of own vehicle and DBS check (criminal record check) which we will pay for if you don't have one.

If this is something you would like to find out more about, please email Laura: [laura@holbecktogether.org](mailto:laura@holbecktogether.org)



## Thank you to our volunteers

It's been a great Christmas packed full of activities plus our Holbeck Christmas Market and Community lights switch on. Our volunteers have been amazing throughout the very busy Christmas period.

**OVER THIS YEAR WE HAVE BEEN SUPPORTED WITH 8,774 VOLUNTEER HOURS.**

Thank you all so much for your continued support.

In addition to our Holbeck Together volunteers we have been joined this year by corporate support from:

- British Gas
- Irwin Mitchell Solicitors
- Transunion
- SG Johnson
- Leeds Social Value.

We would like to thank them all for their continued support.



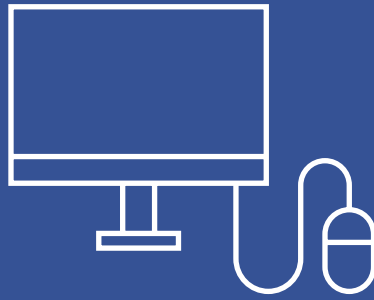
## Green volunteering

Our team of volunteers have been busy trying to make Holbeck a Cleaner, Greener place to live so thanks to everyone who has been taking care of the planters outside of Ingram Court, and improving the area at the top of the Tilbury's. We also joined forces with Holbeck Football Club to go litter picking on Holbeck Moor in November.



## New Year, New You, New Skills

Take advantage of our Digital Hub based at St Matthews over the coming months and build your skills.



### Timetable for courses

Contact the main office on 0113 245 5553 or email [sean@holbecktogether.org](mailto:sean@holbecktogether.org) to book. Places are limited.

### January

**11 Jan** – Introduction to getting online and using the Internet and safety tips

**18 Jan** – Setting up an email account

**25 Jan** – Using the NHS App – benefits of registering and using the application

### February

**1 Feb** – How to set up WhatsApp, texting and messaging & pictures on your phone

**8 Feb** – Online shopping covering Amazon, Ebay, and PayPal

**15 Feb** – Apps and programs that can be useful and helpful

**29 Feb** – Digital photographs and saving pictures

### March

Thursday afternoons  
1:30pm – 4:00pm

The month of March sees us partnering with Ancestry.com and learning to use the website to find out about family histories and building a family tree.

*All sessions in Jan and Feb are on a Monday 1:30pm to 4:00pm in the digital hub*

## DIGITAL SUPPORT

**Drop in support sessions**  
Every weekday mornings  
(booking recommended)

**Wi-Fi**  
Free throughout the building at all times for everyone to use. Please ask if you are unsure how to log on.

**Data Gifting Support**  
If you are struggling to meet the cost of using a smartphone then Holbeck Together also offers a data gifting referral service. Please contact Sean by popping into the Digital Hub at St Matthews or via e-mail [sean@holbecktogether.org](mailto:sean@holbecktogether.org)



## Sean's Digital Tips



DIGITAL HUB

**Did you know** you can talk to Google instead of typing? In the search box look for a small microphone symbol and tap it. You can now speak to Google and give your fingers a rest! You can also do this on YouTube as well.

We love getting all generations of Holbeck together for events and activities. The Halloween lunch towards the end of last year was a huge hit. We had 36 children, and their adults join us for the Pumpkin carving.

**“Brilliant. Lovely spooky meal. As a single parent it is nice, I can make new friends and meet new people. We will definitely come to another event.”**



We also ran a special lunch for all generations in November with over 50 attendees.

**“Very relaxed approach and environment with mixed ages, it was nice. Adult meal was lovely and children enjoyed burgers and chocolate brownie. Activities were lovely and relaxed. Thank you for a lovely mixed ages event.”**



## Parent and Tots Get Together

### FREE GROUP

**Mondays (term-time only)  
9:30am – 11am  
St Matthews**

Our friendly and fun group welcomes children aged 0-5 years and their grown-ups to engage in free play with a range of toys, singing, story time, arts and crafts and a yummy snack time.

**No booking required just turn up. For more information please contact Leanne 0113 245 5553.**



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## Baby massage class proves a hit

Our **FREE** friendly and welcoming baby massage course has many benefits for both caregiver and baby including promoting bonding and attachment, relief from wind, colic, constipation and teething discomfort. It helps caregivers to have a deeper understanding of their baby's behaviour, crying and body language.

Our classes are suitable for babies aged 6 weeks to pre-crawling.

**“It was a very gentle and calm atmosphere, considering our needs and going at our pace.”**

**Next course:**  
22nd February - 21st March  
10:30am – 11:30am @  
Jamyang Buddhist Centre,  
LS11 9RQ

All attendees will receive a **FREE** hot drink courtesy of Jamyang Buddhist Centre – thank you!

**To register your interest, find out more or book a place, please contact Leanne on 0113 245 5553**

## St Matthews Community Centre – shop, chat, eat

Alongside the wide range of events and activities programme at St Matthews, the Community Centre also has a Charity Shop called 'reloved' where you can find some great bargains; an affordable supermarket for some of those weekly necessities and a café where you can meet your friends and have a coffee and a catch up. Why not pop by?



## Café

Monday, Tuesdays & Fridays 10-12pm serving tea, coffee, cake, with prices starting from £1.20 drinks 50p cakes

Thursdays 9:30-11:30am various hot sandwiches starting from £1.50



## SUPERMARKET

THURSDAYS 9.30AM-2PM  
£3.50 FOR 14 ITEMS



## RELOVED CHARITY SHOP

OPEN MON 12PM-2PM  
TUES – FRI 10AM-2PM



## Securing funding for our community

Everything we do to make Holbeck one of the best places to live, work and play needs funding. Over the last year we have been working tirelessly to secure investment from charitable trusts and foundations and run events to raise money to help us continue to deliver our services to you, our community.

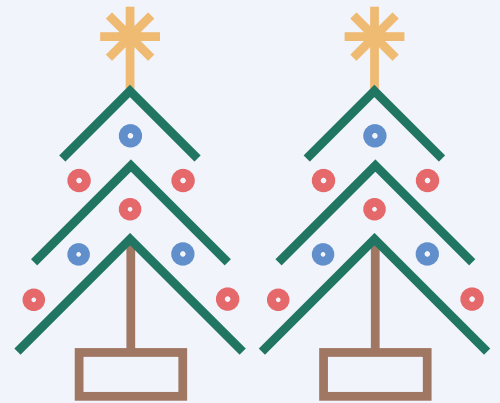
As we start the New Year we would like to say a huge thank you to our funders and sponsors for their continued support.



## Working with the wider community

We are delighted to have received money for our Lunch Club from Leeds Community Foundation which enabled us to deliver a meal on Christmas Eve to some of our more vulnerable clients.

It's a wonderful initiative which enables us to reach out to people who are alone and isolated this Christmas. It's much more than just delivery of a meal – it's about checking in with people, having a chat and making them feel special.



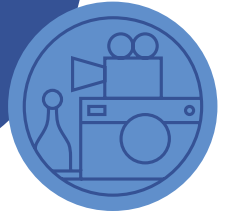
With continued thanks to our sponsors, funders and supporters:



100% Digital Leeds



# 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
<b>Parents &amp; Tots</b> St Matthews 9:30am-11:00am	<b>Coffee Shop</b> St Matthews 10am-12pm Various Prices	<b>Coffee Morning</b> Ingram Court 10am-12pm Various Prices	<b>Holbeck Community Shop</b> St Matthews 9:30am-2pm £3.50 for 14 Food Items	<b>Coffee Shop</b> St Matthews 10am-12pm Various Prices
<b>Coffee Shop</b> St Matthews 10am-12pm Various Prices	<b>Boxercise Wellness Activity</b> St Matthews 9am-9:45am Free of Charge		<b>Shopping to Morley Town Centre.</b> 9:30am collect 1:30pm return £5.00 Transport 4 Jan, 18 Jan, 1 Feb, 15 Feb, 29 Feb, 14 March, 28 March	<b>Dance On – Yorkshire Dance</b> St Matthews 10am-11am Free of Charge 55+
	<b>Chair Based Exercise Wellness Activity</b> St Matthews 10am-11am Free of Charge		<b>Shopping to Crossgates</b> 9:30am collect 1:30pm return £5.00 Transport 11 Jan, 25 Jan, 8 Feb, 22 Feb, 7 March, 21 March	
			<b>Coffee Shop</b> St Matthews 9:45am-11:30pm Various Prices	
<b>Charity Shop</b> St Matthews 12-2pm	<b>Charity Shop</b> St Matthews 10am-2pm	<b>Charity Shop</b> St Matthews 10am-2pm	<b>Charity Shop</b> St Matthews 10am-2pm	<b>Charity Shop</b> St Matthews 10am-2pm
<b>Social Welcoming Spaces</b> St Matthews 1-3pm Hot Drinks & Activities FREE	<b>Social Welcoming Spaces</b> St Matthews 1-3pm Hot Drinks & Activities FREE	<b>Social Welcoming Spaces</b> St Matthews 1-3pm Hot Drinks & Activities FREE	<b>Social Welcoming Spaces</b> St Matthews 1-3pm Hot Drinks & Activities FREE	<b>Social Welcoming Spaces</b> St Matthews 1-3pm Hot Drinks & Activities FREE
	<b>Activities with Nikki</b> St Matthews 1.30-3pm Have fun and make new friends along the way!	<b>Soup and Social Afternoons</b> St Matthews 1-3pm FREE	<b>Baby Massage</b> Jamyang Buddhist Centre 10:30am-11:30am 22 Feb – 21 March	
<b>Dinner Jacket Lunch</b> Delivery 12-1pm £2.50 55+	<b>2-Course Lunch</b> Delivery 12-1pm £4.00 55+	<b>2-Course Lunch</b> Delivery 12-1pm £4.00 55+	<b>2-Course Lunch</b> Delivery 12-1pm £4.00 55+	<b>Fish &amp; Chip Lunch</b> Delivery 12-1:30pm From £4.50 55+

Return transport to all meals available for £3.50 wherever possible



**Friendship Group**

£1 Per Session – Ask for Nikki at the office for a friendship group quarterly schedule of activities

Date	Event Information	Charge
Tue 9 <sup>th</sup> Jan	Music Quiz Afternoon with Sue & Geoff – please book, Overs 55's Refreshments available. St Matthews C.C. 1:30pm-3:00pm	Free of Charge
Thur 11 <sup>th</sup> Jan	Well-Being Breakfast Morning. No booking required, everyone welcome St Matthews C.C. 10am-11am	Free of Charge
Mon 15 <sup>th</sup> Jan	Group Outing – Pub Meal Outing, The Railway, Gildersome – please book, Over 55's Pick-ups from 10:30am at St Matthews C.C. Return approx. 3pm.	£5.00 Return Transport
Mon 22 <sup>nd</sup> Jan	Group Outing – Showcase Cinema or Birstall Shopping Park. Film and Showtime TBC – please book, Over 55's Pick-ups from 9:30am at St Matthews C.C. Return approx. 2pm.	£5.00 Return Transport
Tue 23 <sup>rd</sup> Jan	Afternoon Entertainment with Freddie Mercury please book, Over 55's Light refreshments available. St Matthews C.C. 1:30pm-3:00pm	Free of Charge
Sun 28 <sup>th</sup> Jan	2-Course Sunday Lunch. please book, everyone welcome St Matthews C.C. 12pm-2pm – Home delivery also available	£5.00 per meal
Mon 29 <sup>th</sup> Jan	Group Outing – Crazy Golf & Retail Shopping at The Springs, Colton – please book, Over 55's Pick-ups from 10am at St Matthews C.C. Return approx. 3pm	£7.00 Return Transport
Tue 30 <sup>th</sup> Jan	Herbal Tea Tasting – taste teas from around the world – please book, Over 55's St Matthews C.C. 1:30pm-3:00pm	£2.00 Activity Charge
Wed 31 <sup>st</sup> Jan	Have your say! Client feedback morning – free cuppa and cake! No booking required everyone welcome. Ingram Court. 10am-11:30am	Free of Charge
Tue 6 <sup>th</sup> Feb	Chinese New Year 3-Course Lunch. please book, everyone welcome St Matthews C.C. 12pm-1:30pm	£5.00 per meal
Tues 6 <sup>th</sup> Feb	Music Quiz Afternoon with Sue & Geoff – please book, Over 55's Refreshments available. St Matthews C.C. 1:30pm-3:00pm	Free of Charge
Thur 8 <sup>th</sup> Feb	Well-Being Breakfast Morning. No booking required, everyone welcome St Matthews C.C. 10am-11am	Free of Charge
Fri 9 <sup>th</sup> Feb	National Pizza Day! Create your own Pizza – please book and suggest your favourite toppings St Matthews C.C. 1pm-3pm	£3.00 per person
Mon 12 <sup>th</sup> Feb	Group Outing – Pub Meal Outing. Heathfield Farm, Birkenshaw – please book, Over 55's Pick-ups from 10:30am at St Matthews C.C. Return approx. 3pm.	£5.00 Return Transport
Tue 13 <sup>th</sup> Feb	Love is in the air! 3-Course Valentines Lunch – please book, everyone welcome St Matthews C.C. 12pm-2pm – Home delivery also available	£5.00 per meal
Sun 25 <sup>th</sup> Feb	2-Course Sunday Lunch – please book, everyone welcome St Matthews C.C. 12pm-2pm – Home delivery also available	£5.00 per meal
Mon 26 <sup>th</sup> Feb	Group Outing – Showcase Cinema or Birstall Shopping Park. Film & Showtime TBC – please book, Over 55's Pick-ups from 9:30am at St Matthews C.C. Return approx. 2pm.	£5.00 Return Transport
Wed 28 <sup>th</sup> Feb	Have your say! Client feedback morning – free cuppa and cake! No booking required everyone welcome. Ingram Court. 10am-11:30am	Free of Charge
Mon 4 <sup>th</sup> Mar	Group Outing – Hollywood Bowl & Meal at Bridgewater Arms. please book, Over 55's Pick-ups from 10am at St Matthews C.C. Return approx. 4pm.	£5.00 Return Transport
Tue 5 <sup>th</sup> Mar	Music Quiz Afternoon with Sue & Geoff – please book, Over 55's Refreshments available. St Matthews C.C. 1:30pm-3:00pm	Free of Charge
Fri 8 <sup>th</sup> Mar	National Pie Week! Gourmet pie tasting afternoon – please book, everyone welcome St Matthews C.C. 1:30pm-3pm	£3.00 per person
Thur 14 <sup>th</sup> Mar	Well-Being Breakfast Morning. No booking required, everyone welcome St Matthews C.C. 10am-11am	Free of Charge
Mon 18 <sup>th</sup> Mar	Group Outing – Showcase Cinema or Birstall Shopping Park. Film & Showtime TBC – please book, Over 55's Pick-ups from 9:30am at St Matthews C.C. Return approx. 2pm	£5.00 Return Transport
Sun 24 <sup>th</sup> Mar	2-Course Sunday Lunch – please book, everyone welcome St Matthews C.C. 12pm-2pm – Home delivery also available	£5.00 per meal
Mon 25 <sup>th</sup> Mar	Group Outing – Batley Mill Outlet – please book, Over 55's Pick-ups from 9:30am at St Matthews C.C. Return approx. 3pm.	£10 Return Transport
Tue 19 <sup>th</sup> Mar	Step into Spring social! – Ploughman's Lunch and afternoon entertainment – please book, Over 55's St Matthews C.C. 12pm-2:30pm	Free of Charge
Tue 26 <sup>th</sup> Mar	3-Course Easter Lunch – please book, everyone welcome St Matthews C.C. 12pm-2pm – Home delivery also available	£5.00 per meal
Wed 27 <sup>th</sup> Mar	Have your say! Client feedback morning – free cuppa and cake! No booking required everyone welcome. Ingram Court. 10am-11:30am	Free of Charge

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