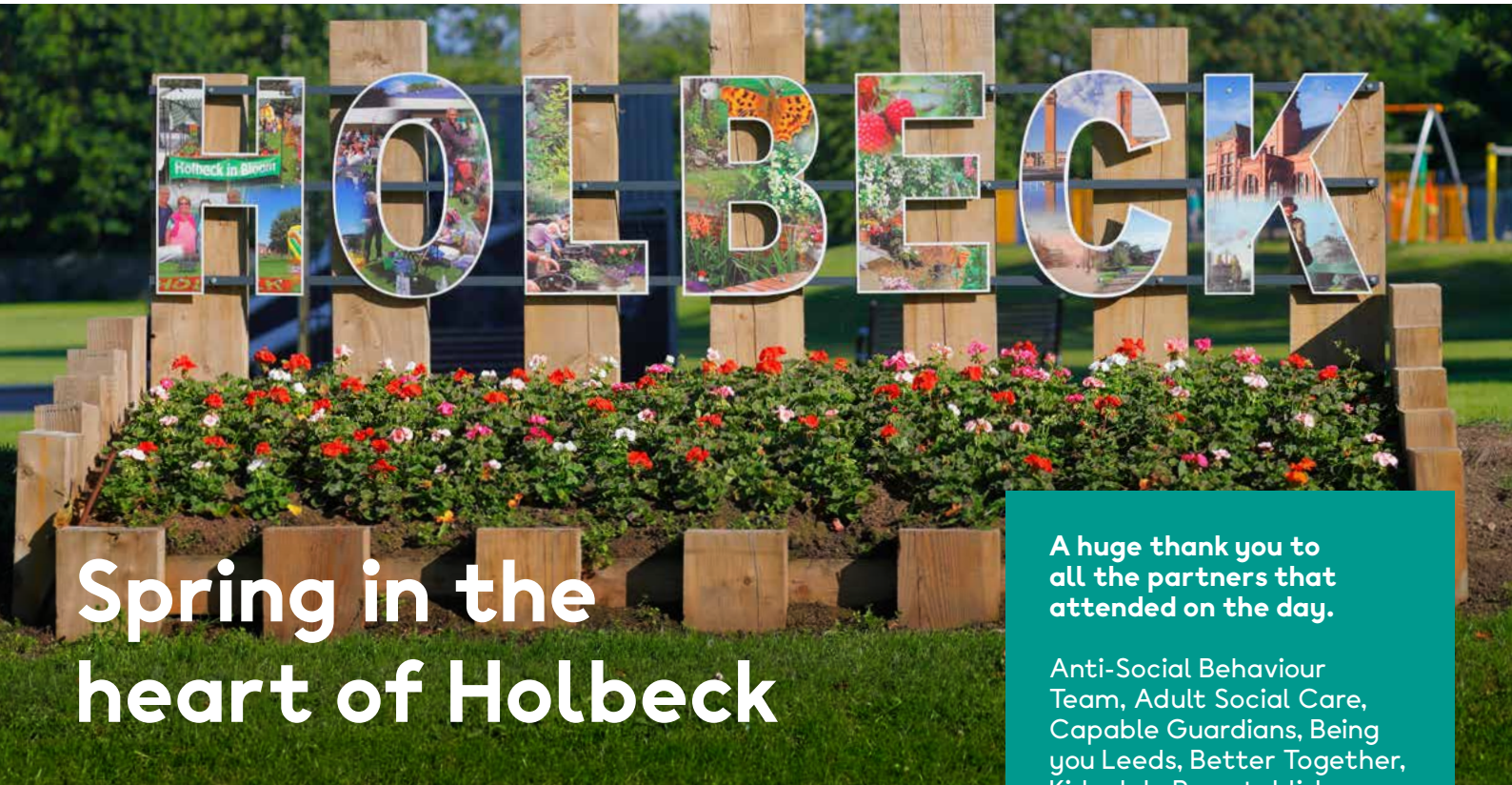


# Holbeck Together

## Issue 16 Spring Newsletter

April – June  
2024



## Spring in the heart of Holbeck

**Spring is all about new beginnings and transformations; it's a season that symbolises starting fresh and starting over. And we were delighted at the end of March to kick start the Spring activity in Holbeck with a fantastic Community Roadshow at St Matthews Community Centre.**

Working in partnership with Leeds City Council Mobile Community Hub Bus we facilitated 28 local partners to come to the heart of Holbeck to share details of the activity they deliver and how their services can support the people of Holbeck. From housing to recycling, employment and skills opportunities to making connections through activity on Leeds canal it truly was an exceptional morning.

Over 100 people came along to the roadshow picking up

information and connections to help them look forward to the Spring months – finding out about activities they can get involved in, wider support services available to them and direct face to face conversations to explore solutions to challenges they may be facing. It was a great opportunity for Holbeck Together as a community anchor to work jointly with Leeds City Council to facilitate so many partners coming together as a network.

A special thank you to Councillor Andrew Scopes and Councillor Annie Maloney for coming along to the event. The Councillors also secured funding from the Community Committee Fund which supported the cost of our Holbeck Café to cook up a free fantastic hot and continental breakfast for the 100 local people attending the event.

**A huge thank you to all the partners that attended on the day.**

Anti-Social Behaviour Team, Adult Social Care, Capable Guardians, Being you Leeds, Better Together, Kids club, Re-establish, Basis, Women's Therapy Leeds, Canal Connections, Ear to Hear, Library service, CAP Budgeting, Pennington Court Care Home, Hamara, People Matters, Green Doctor, Linking Leeds, Leeds City Council Localities, MHA, Getting Clean, Leeds Wood Recycling, Saviours Trust, Leeds Housing, Forward Leeds, Mosaic Church, Leeds City Council Employment Skills and Training





# Group Activities



Friendship Group Afternoon



Craft Afternoon



Boxercise



Group Outings – Crazy Golf

Interested in attending our events?  
Full schedule for April – June on Page 10



It's been a busy few months over winter with our weekly activities programme plus a host of one-off events and activities. Nikki, our Activities and Client Relations Co-ordinator, has been working hard to ensure that there is always something for everyone to get involved with and keep active!



### Coming together to celebrate

Thanks to support from the Francis Winham Fund, we continued to bring a variety of great themed events to our clients all through the winter months.

Our rocking Freddie Mercury tribute act wowed clients with classic Queen hits like Bohemian Rhapsody and Don't Stop Me Now; love was in the air as we celebrated Valentine's Day with Valentines baking and a raffle to win a beautiful bunch of roses; and in February we celebrated Chinese New Year by welcoming the Year of the Dragon in style with a Chinese buffet lunch at St Matthews.

### Welcome Spaces

Following the success of the Warm Spaces programme active across Leeds in 2023, winter 2024 saw the project revamped as Welcome Spaces.

This winter, a number of organisations all across the city opened their doors and welcomed individuals offering a warm cuppa or simply providing a space for people to meet friends and enjoy activities.

Welcome Spaces has been a real success across Leeds. In Beeston and Holbeck, Holbeck Together, The Hamara Centre, Kidz Klub, the Gambia Society and the Joanna Project have all been working to alleviate loneliness, isolation and support people struggling to heat their homes.



### Group Outings

With short and dreary days making it tempting to hibernate through the winter months, it becomes more important than ever to make an effort to stay active, get out and socialise with friends.

This winter, we've tackled isolation with crazy golf trip to PuttStars at The Springs in Thorpe Park, enjoyed the magic of the silver screen at Birstall's Showcase Cinema, socialised at meal outings and made shopping trips to various retail parks.

### Shopping Outings

This quarter, we remodelled our weekly shopping outings: we now go shopping on alternating fortnights to Crossgates and to the larger shopping centres at Seacroft and Morley town centres.

Check out the dates for the next shopping trips in our schedule on page 10.



## Walk this way...

We now have two walking groups running for people at different stages of fitness. Check out the details below and get in touch if you'd like to take part.



"I feel more refreshed because it helps my pain..., it seems to help it. I can be down when I start the walk and when I'm finished, I feel more relaxed."

### 3 – 5 Miles Walking Group

Our informal walking group for Over 55's travels by bus to Leeds green spaces for walks of 3-5 miles and ends with a well-deserved rest and socialising time in a cafe afterwards.

We pay for the bus fares and a hot drink, but do bring your own packed lunch and water, and don't forget to wear warm clothes and walking shoes! You must complete a Physical Activity Readiness Questionnaire before joining this group.

**Date:** Alternate Wednesdays (10th April, 24th April, 8 May, 22 May, 5 June, 19 June)

**Meet:** 9.30am at St Matthews  
**Return:** Around 2pm

### Get Active Together Walking Group

Join our gentle Get Active Together walking group to improve your health and wellbeing and meet others in and around Holbeck.

All ages welcome, including babies in prams or carriers and pre-schoolers accompanied by adults 18+, as well as those using mobility and walking aids.

*All adults are required to complete a Physical Activity Readiness Questionnaire beforehand. Please ring Sue on 0113 245 5553 for more information on either of these groups.*

**Date:** Starting 22nd March, the group will meet every Friday (term-time only)

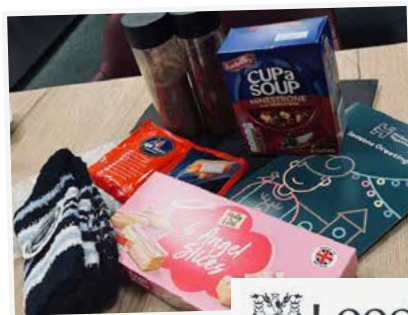
**Meet:** 9.30am – 10.30am at St Matthews  
**Return:** 10.30am

## Chronic illness and pain support group

Our chronic illness and pain group is an informal, structured group that offers support and information and shares ideas to reduce social isolation.

We meet on alternate Mondays 1-3pm at St Matthew's Community Centre, with a light lunch on offer during the session.

**FREE TO ATTEND**  
Contact Sue on 0113 2455553



## Stay Well This Winter

A huge thank you to Leeds City Council who funded our 'Stay Well This Winter' support. The funding enabled us at Holbeck Together to enhance our health and wellbeing support for vulnerable older people in the community over the recent colder months.

**With the funding support we were able to:**

- Host a weekly warm space where older people could come together and enjoy a range of social activities, with soup and a roll or a hot beverage provided.
- Make direct wellbeing calls to notify clients about the support that both we, and other organisations had on offer in winter, ensuring clients had wrap-around support that enabled them to stay warm and well during the chilly season.
- Provide Stay Warm hampers that contained a number of winter-themed items, including both practical and recreational items for older people.





# Holbeck Community Roadshow

The first ever Holbeck Community Roadshow took place in March and we wanted to thank all of the organisations who came along to provide information, guidance and support with cost of living, wellbeing and local services.

We had a huge turnout on the morning, plus local councillor Andrew Scopes popped by.

Co-ordinated in partnership between ourselves and Leeds Mobile Community Hubs and Libraries.



# Heating on Prescription (HOP)



- Are you struggling to stay warm at home?
- Are you eligible for the free NHS flu vaccine due to a health condition, age or medical treatment?

You could be eligible for help with practical solutions to reduce energy costs and tackle the causes of heat loss, damp and mould in your home.

Contact our Support team on 0113 245 5553 today to find out if you can benefit from this.

# Have you recently been diagnosed with cancer?



## Ask your GP surgery for a Cancer Care Review:

A cancer care review is a conversation about the impact having cancer has had on your life.

Research has shown that the period after cancer treatment has finished can be a difficult time for people.

### A Cancer Care Review can:

- Help you to talk about your experience of cancer and any worries you may have.
- Signpost you to the right support.
- Improve your health and wellbeing.

## Please see below for cancer support services in Leeds:

### NHS services (St James's Hospital):

Leeds Cancer Centre  
[www.leedsth.nhs.uk/a-z-of-services](http://www.leedsth.nhs.uk/a-z-of-services)



Leeds Cancer Support Information Centre  
 ☎ 0113 206 6498  
 ✉ leedsth-tr.cancersupport@nhs.net  
[www.leedsth.nhs.uk/a-z-of-services](http://www.leedsth.nhs.uk/a-z-of-services)



### Local authority service:



Leeds City Council  
 Macmillan Welfare Rights  
 ☎ 0113 376 0452  
 ✉ welfare.rights@leeds.gov.uk  
[www.leeds.gov.uk](http://www.leeds.gov.uk)

### Cancer support charities:

Macmillan Support Line  
 ☎ 0808 808 00 00 [www.macmillan.org.uk](http://www.macmillan.org.uk)



Maggie's Centre - Yorkshire  
 ☎ 0113 457 8364 ✉ leeds@maggies.org  
[www.maggies.org](http://www.maggies.org)



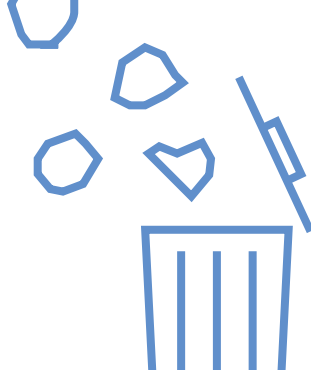
Yorkshire Cancer Community  
 ☎ 01924 787 379  
 ✉ info@yorkshirecancercommunity.co.uk  
[www.yorkshirecancercommunity.co.uk](http://www.yorkshirecancercommunity.co.uk)



### Social prescribing service:



**Linking Leeds**  
 Linking Leeds  
 ☎ 0113 336 7612  
 ✉ linking.leeds@nhs.net  
[www.linkingleeds.com](http://www.linkingleeds.com)



## Business Support

We want to say thank you to architectural design firm **Corstorphine & Wright**, who this March donated 100 Easter eggs for our Easter Lunch and Healthy Holidays activities.



Also a shout out to information and insights firm **TransUnion** for volunteering to help out at our Valentine's Day lunch. The extra support on the day made all the difference.



## Recruiting new volunteers

In February, we visited Leeds Beckett University Volunteering Fair to recruit volunteers and share information about our organisation.

As a result we recruited 4 new volunteers who will be supporting Digital Services, Befriending and developing a Nutritional Awareness workshop in the coming months.

If you are interested in finding out more about our opportunities, Laura our Volunteer Co-Ordinator will be at the Volunteer Centre, Kirkgate Market on Wednesday 3rd April so pop by and say hi!

## Keeping our Community Tidy

One of our aims at Holbeck Together is to make Holbeck one of the best places to live, work and play – so keeping our local area tidy is really important to us.

We were delighted to get 11 people involved in the recent litter pick which took place in March where we collected 12 bags of litter.

We'd love to be able to support a monthly litter pick – if you are interested in getting involved please contact Laura at [laura@holbecktogether.org](mailto:laura@holbecktogether.org).



## Sowing Seeds across Holbeck

In February some of our clients went to New Wortley Community Centre to participate in a Seed Workshop.

Victoria Kortekaas from New Wortley Community Centre showed us how to make seed parcels from unwanted shredded paper and wildflower seeds. We have since planted these seeds on communal land near The Tilbury's in Hobeck so watch out for them to start flowering over the Spring!



# Digital



In what is an increasingly digital world, it's become impossible to escape the influence of digital technology on everyday life. Over the coming months, Holbeck Digital Hub is inviting everyone to participate in a new digital wellbeing survey.

The survey aims to find out more about your views and experiences on using modern technology - it only takes a few minutes!

In particular the survey will help us explore how your digital experiences, access to technology and online activities may impact your wellbeing.

Your responses will contribute to a better understanding of how we can support digital inclusion and develop projects and ideas about how to enhance the overall digital wellbeing of people in Holbeck.

Scan the QR code on this page with your phone or tablet and you'll gain access to our online survey, where you can record your responses via your chosen device.

You can also pop into the Digital Hub at St Matthews (9.30am – 4pm Tuesdays and Thursdays) and chat with Sean, our Digital Inclusion Officer, who will be happy to show you how to do this.

Another way to participate in the digital wellbeing survey is to visit the Hub and complete the survey on one of our devices.

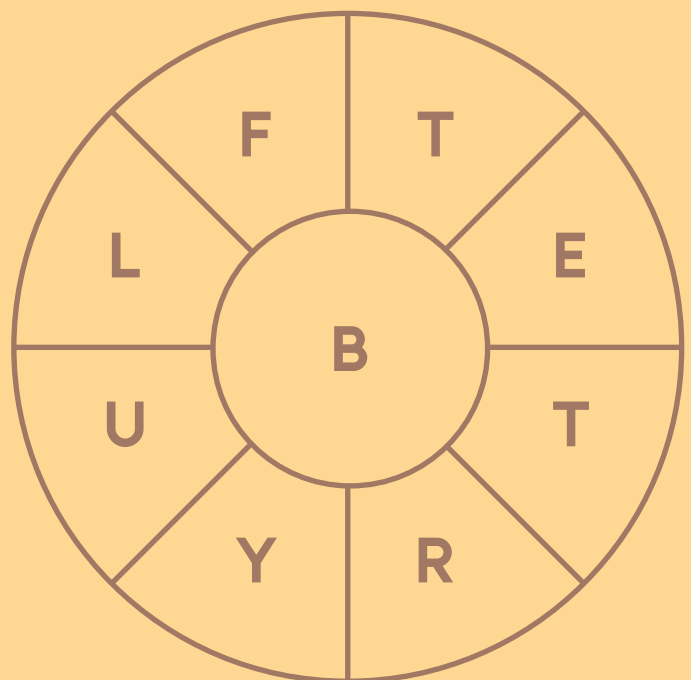
Sean will also be around St Matthews encouraging people to join in and offering access to a device, so anyone who wishes to participate in the survey can do so that way.

## Spring Word Wheel

Here is our Spring themed word wheel. The word wheel is made from a 9 letter Spring themed word, and the challenge is to find the 9 letter word, and then to see how many more words you can make from the letters.

There are two rules - you can only use each letter once, and each word must include the letter in the centre of the circle.

**Good Luck**



1 2 3 4 5 6 7 8 9



## Bringing generations together in Holbeck

### Being You Leeds

Seb from the Being You Leeds project has been busy setting up some new groups for everyone to enjoy.

Got an idea for a new group? Seb is keen to hear from anyone living in Holbeck that has an idea for a group. He will help explore the idea, think about what is needed to get it started and support the set up.

### Arts and Crafts Group

Wednesdays  
4.30-6.30pm  
St Matthews

For ages 16+ (younger children can attend if childcare is not available but this is an adults arts and crafts group)

**FREE TO ATTEND**

### Games Night

Every Friday  
5-7pm  
St Matthews

Fun for all the Family and a warm welcome if you want to come along on your own

**FREE TO ATTEND**

Contact Seb via email or on 0113 245 5553 to discuss your idea

## Healthy Holidays 2024

Holbeck Together are continuing to support local families and young people through the delivery of our Healthy Holidays programme, in collaboration with Lane End Primary School and Premier Education.



### School Holiday Camps

#### Easter Holidays

Mon 8th April –  
Thurs 11th April

*excludes weekends*

#### Summer Holidays

Mon 29th July –  
Fri 30th August

*excludes weekends*

For further information and to sign up, please contact Matthew on [matthew@holbecktogether.org](mailto:matthew@holbecktogether.org)

## Tribute Afternoons

Tuesday 23rd April – ELVIS  
Tuesday 21st May – Scar (80s)  
Tuesday 18th June – Buddy Holly

1.30-3.30pm at St Matthew's Community Centre

£2.00 per person, with light refreshments included.

Please call 0113 245 5553 to book with at least one week's prior notice.

## National Fish & Chip Day

Friday 7th June 11.30am - 1.00pm  
Get that fish Friday feeling and join us at St Matthew's Community Centre on National Fish and Chip Day.

We have a live pianist providing traditional entertainment, alongside quizzes and trivia challenges to help create a nostalgic feeling as you enjoy the UK's best-loved dish.

**£2.50 per meal**

Please call 0113 245 5553 to find out about our menu options and book your place.

**Places must be booked by 31st May.**



## Parent and Tots Together

**Mondays  
(term-time only)**

**9:30-11am  
St Matthew**

Parents and Tots Together is a weekly group for parents and/or carers and their children aged 0-5 to meet, socialise and have fun.

We offer structured free play with a range of toys and equipment, arts and crafts, while the session includes a healthy snack time and finishes with singing, dancing and stories.

We also hold monthly themed sessions celebrating calendar events such as Chinese New Year, Mother's Day and much more.

**For more information, please contact Leanne on 0113 245 5553.**



**FREE**

## Monthly Wellbeing Breakfast

ALL AGES WELCOME

**FREE**

### WORLD FOODS 'TASTE AND TRY' INVITE

In our ongoing celebration of diversity and pursuit of new experiences, we're thrilled to share that the monthly wellbeing breakfast has now introduced a world foods 'taste and try' feature table.

Wellbeing breakfast attendees have already had the opportunity to try an array of exotic fruits

and world teas, while also learning more about their health benefits.

From the vibrant hue of the mango to the unique tang of kiwi, each fruit has offered a journey into different cultures and flavours.

The 'taste and try' showcase serves as a platform for learning about the health benefits of fruits and teas from around the world. With

the help of information cards, attendees have had the opportunity to discover the nutritional value and medicinal properties of each sample, gaining insights into how diverse diets contribute to overall wellbeing.

**When: Every second Thursday of the month (11 April, 9 May, 13 June)**

**Time: 10-11am**

**Where: St Matthews**

## Baby massage class proves a hit

Our 5-week baby massage course is the perfect way for you and your baby to spend time together, and for you to learn a new skill and make memories. It can help your baby to feel securely attached and provide them with relief from wind, colic, constipation and teething discomfort.

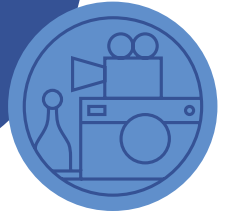
Baby massage also helps parents to reach a deeper understanding of their baby's behaviour, crying and body language.

We facilitate regular courses throughout the year and our next course will run from 18 April – 16 May 2024.

**To register your interest or to find out more, please contact Leanne on 0113 245 5553.**



# 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 (Term time only)</b> St Matthews 9:30-11am	<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 £3.00 for 12 Food Items	<b>Coffee Shop</b> St Matthews 10am-12pm Various Prices
			<b>Line Dancing</b> St Matthews 11:30am-12:30pm	
<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  11 Apr, 25 Apr, 9 May, 23 May, 6 Jun, 20 Jun	<b>Dance On – Yorkshire Dance</b> St Matthews 10am-11am Free of Charge  <b>55+</b>
	<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  4 Apr, 18 Apr, 2 May, 16 May, 30 May, 13 Jun, 27 Jun	
<b>Charity Shop</b> St Matthews 11:30am-3pm	<b>Charity Shop</b> St Matthews 10am-2pm	<b>Walking Group</b> St Matthews 9:15am meet 10 Apr, 24 Apr, 8 May, 29 May, 12 Jun, 26 Jun	<b>Coffee Shop</b> St Matthews 9:45am-11:30pm Various Prices	
<b>Chronic Illness &amp; Pain Group</b> St Matthews 1pm-3pm 15 Apr, 29 Apr, 10 Jun, 24 Jun		<b>Charity Shop</b> St Matthews 11:30am-3pm		
<b>Dinner Jacket Lunch</b> Delivery 11:45am-1pm £2.50  <b>55+</b>	<b>2-Course Lunch</b> Delivery 11:45am-1pm £4.00  <b>55+</b>	<b>2-Course Lunch</b> Delivery 12-1pm £4.00  <b>55+</b>	<b>Charity Shop</b> St Matthews 10am-2pm	<b>Fish &amp; Chip Lunch</b> Delivery 12-1:30pm From £4.50  <b>55+</b>
<b>Dinner Jacket Lunch</b> St Matthews 12-1pm £2.50  <b>55+</b>	<b>3-Course Lunch</b> St Matthews 12-1:15pm £5.00  <b>55+</b>	<b>3-Course Lunch</b> Ingram Court 12-1:15pm £5.00  <b>55+</b>	<b>Baby Massage</b> Jamyang Buddhist Centre 10:30am-11:30am  18 Apr, 25 Apr, 2 May, 9 May, 16 May	<b>3-Course Fish &amp; Chips</b> St Matthews 11:30am-1:15pm From £5.50  <b>55+</b>
	<b>Friendship Group Afternoon</b> St Matthews 1:15-2:45pm Various Prices	<b>Craft Group Afternoon</b> Ingram Court 1:15pm-3:15pm £1.00 per person		<b>Bingo Afternoon</b> St Matthews 1:15pm-2:15pm £1.00 per person

Return transport to all meals available for £3.50 wherever possible



# Events and Outings

Date	Event Information	Charge
Tue 2 <sup>nd</sup> April	Music Quiz Afternoon with Sue & Geoff – please book, Overs 55's Refreshments available. St Matthews C.C. 1:30pm-3:00pm	Free of Charge
Tue 9 <sup>th</sup> April	Afternoon Group Outing – Tingley Garden Centre – please book, Over 55's Pick-ups from 1:15pm at St Matthews C.C. Return approx. 3:30pm.	£5.00 Return Transport
Mon 15 <sup>th</sup> April	Group Outing – Barnsley Market, Over 55's Pick-ups from 9:00am at St Matthews C.C. Return approx. 3:00pm	£10.00 transport per person
Thur 18 <sup>th</sup> April	Well-Being Breakfast Morning. No booking required, everyone welcome. St Matthews C.C. 10am-11am	Free of Charge
Mon 22 <sup>nd</sup> April	Group Outing – Hollywood Bowl & Meal at The Bridgewater Arms, Kirkstall. please book, Over 55's Pick-ups from 10am at St Matthews C.C. Return approx. 4pm.	£5.00 Return Transport
Tue 23 <sup>rd</sup> April	Afternoon Entertainment with Elvis Presley Tribute please book, Over 55's Light refreshments available. St Matthews C.C. 1:30pm-3:30pm	£2.00 per person
Wed 24 <sup>th</sup> April	Have your say! Client feedback morning – free cuppa and cake! No booking required everyone welcome. Ingram Court. 10am-11:30am	Free of Charge
Sun 28 <sup>th</sup> April	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> April	Group Outing – Murgatroyds, Yeadon. Over 55's Pick-ups from 10:30am at St Matthews C.C. Return approx. 2:30pm	£7.00 transport per person
Tues 7 <sup>th</sup> May	Music Quiz Afternoon with Sue & Geoff – please book, Over 55's Refreshments available. St Matthews C.C. 1:30pm-3:00pm	Free of Charge
Wed 8 <sup>th</sup> May	Group Outing – Bury Market, Over 55's Pick-ups from 9:00am at St Matthews C.C. Return approx. 3:30pm	£12.00 transport per person
Thur 9 <sup>th</sup> May	Well-Being Breakfast Morning. No booking required, everyone welcome. St Matthews C.C. 10am-11am	Free of Charge
Mon 13 <sup>th</sup> May	Group Outing – Junction 32 Shopping Park, Castleford and Meal out at The Winding Wheel. Over 55's Pick-ups from 9:30am at St Matthews C.C. Return approx. 3:00pm.	£7.00 transport per person
Sun 19 <sup>th</sup> May	2-Course Sunday Lunch – please book, everyone welcome St Matthews C.C. 12pm-2pm – Home delivery also available	£5.00 per meal
Mon 20 <sup>th</sup> May	Group Outing – Skipton Town Centre & Market. Over 55's Pick-ups from 9:00am at St Matthews C.C. Return approx. 3:00pm	£10.00 transport per person
Tue 21 <sup>st</sup> May	Afternoon Entertainment with Scar 80's Tribute please book, Over 55's Light refreshments available. St Matthews C.C. 1:30pm-3:30pm	£2.00 per person
Tues 28 <sup>th</sup> May	Grow your own herbs and vegetables afternoon activity. Over 55's St Matthews C.C 1:15pm – 2:45pm. Please book by 21 <sup>st</sup> May	£1.00 per person
Wed 29 <sup>th</sup> May	Have your say! Client feedback morning – free cuppa and cake! No booking required everyone welcome. Ingram Court. 10am-11:30am	Free of Charge
Mon 3 <sup>rd</sup> June	Group Outing – Chester. Over 55's Pick-ups from 9:00am at St Matthews C.C. Return approx. 3:30pm	£12.00 transport per person
Tue 5 <sup>th</sup> June	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 7 <sup>th</sup> June	National Fish & Chip Day Event at St Matthews C.C. – inc. quizzes, activities and traditional LIVE entertainment. St Matthews C.C. 11:30am – 1:00pm. Please book by 31 <sup>st</sup> May	£2.50 per meal at St Matthews C.C.
Tue 11 <sup>th</sup> June	Pamper Afternoon – Nail Painting & Hand Massage Therapy Afternoon. Over 55's St Matthews C.C. 1:15pm- 2:45pm – Please book by 5 <sup>th</sup> June	£2.00 per person
Thur 13 <sup>th</sup> June	Well-Being Breakfast Morning. No booking required, everyone welcome. St Matthews C.C. 10am-11am	Free of Charge
Mon 17 <sup>th</sup> June	Group Outing – Meal Outing to Silkwood Farm, Ossett. Over 55's Pick-ups from 10:30am at St Matthews C.C. Return approx. 2:30pm	£7.00 transport per person
Tue 18 <sup>th</sup> June	Afternoon Entertainment with Buddy Holly Tribute please book, Over 55's Light refreshments available. St Matthews C.C. 1:30pm-3:30pm	£2.00 per person
Mon 24 <sup>th</sup> June	Group Outing – John Bull Rock Factory Tour & Seaside outing to Bridlington. Over 55's Pick-ups from 8:30am at St Matthews C.C. Return approx. 4:00pm	£20.00 per person inc transport & tour
Wed 26 <sup>th</sup> June	Have your say! Client feedback morning – free cuppa and cake! No booking required everyone welcome. Ingram Court. 10am-11:30am	Free of Charge
Sun 30 <sup>th</sup> June	2-Course Sunday Lunch – please book, everyone welcome St Matthews C.C. 12pm-2pm – Home delivery also available	£5.00 per meal

# Looking for a new role?

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Beeston, Leeds LS11 6TT  
0113 228 4040



Headingley Hall

5 Shire Oak Road,  
Headingley, Leeds LS6 2DD  
0113 275 9950

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



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Companionship, Personal Care, Dementia Care & much more

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- We aim not just to maintain Clients' quality of life, but to improve it
- All Clients are introduced to their CareGivers in advance
- Our care calls are never rushed, so you get the most out of every moment
- One hour minimum up to 24 hour and live-in care



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[www.rightathome.co.uk/leeds-east](http://www.rightathome.co.uk/leeds-east)

Call now for a  
**FREE**  
care assessment

