

It is with great sadness that we share the news that Anne Hopper, the Vice Chair of Holbeck Together and a much-loved and active local resident, has passed away. We remember Anne with great fondness. A larger than life character, she was a loyal friend as well as an advocate for her home and neighbourhood of Holbeck.

Anne was a dedicated Trustee whose local knowledge and frequent use of Holbeck Together's services provided a unique insight into what we do and how we do it. Elissa Newman our Chief Officer reflects, "I shall never forget how Anne supported me when I first came to Holbeck Together and her guidance and advice was invaluable. In latter days, when Anne could not get out as

much, her constant phone calls of 'What can I get you all?' – whether baking Christmas cakes or buying our Christmas tree or biscuits, tea and coffee – Anne had a heart of gold."

Anne's daughter has shared some words that Anne wrote about her life before she passed away:

"I was born on 18 May 1941, during the war. My dad was a police officer in Nottingham, and therefore he was drafted onto security at Liverpool Docks, where all food supplies for the North of England were stored. He must have had at least one period of leave, hence me!

Dad came home in 1946, having taken several severe beatings from the black marketeers who regularly broke into the Liverpool warehouses. Because of spinal and rib injuries, his lungs were damaged, and he died at 42,

leaving my mother, me and my brother – who by then was in the Royal Navy. Because she was not 40 when she was widowed, my mum did not have a widow's pension. She had three jobs: cleaning offices early morning and evening; making made-to-measure corsetry mid-week and afternoons; and working at Cooks Delicatessen on North Street on Saturday afternoons and all-day Sunday. We never had much ready cash, but we always had a clean, comfy house, clothes, and the odd holiday.

I went first to Victoria Primary School and then to West Leeds Grammar School, and finally to a civil service school two days a week. I was a civil servant for a few years before moving to customised accounting systems. I married then - unsuccessfully, shall we say? I had my girls, Sarah and Joanne, and I worked two jobs for 28 years.

I retired at 69, after a serious illness, having worked in financial services and health care for many years. I have done community work for many years. I have lectured on housing and other local issues at Sheffield and Huddersfield universities, been vice chair of a local charity and treasurer for several organisations.

I was disabled in 2012 but was still able to look after myself, thankfully. I've always had a strong faith in God and in him I trust to care for me now."

Anne will be sadly missed by us all and her contribution to the Holbeck community will always be remembered.

May she rest in peace.



The power of volunteering

We are delighted to announce that we have secured a £20,000 investment from the Irwin Mitchell Charities Foundation.

Elissa Newman, Chief Officer, Holbeck Together, says that the grant “is testament to the power of building relationships between local communities and local businesses. From the seed of volunteering at one of our lunch clubs, the Irwin Mitchell staff have gone on to support us in making the case for additional funding to support our volunteer programme. With this £20,000 investment from the Irwin Mitchell Charities Foundation (IMCF), we can recruit and train new volunteers to expand our services and support existing users and volunteers.”

Adrian Budgen, a partner and founding IMCF trustee at Irwin Mitchell, said: “Given the current cost-of-living crisis, these community grants have never been more important. We remain absolutely committed to playing our part in ensuring these charities receive the support and recognition they deserve.”



Listening Well – LCAN

This summer, Holbeck Together and other community organisations will be consulting local people through the Leeds Community Anchor Networks Listening Well Project.

This project aims to develop a new approach to community engagement which collects, analyses and distributes resident feedback, which can then be used to improve services and deliver better outcomes for local people.

Residents will be asked to complete light touch feedback (such as sharing an idea on a post-it note) at local events, followed by completing a postcard with three simple questions and potentially attending a short focus group to discuss ideas and themes that emerge.

For further information on how to get involved, please contact Matthew at Holbeck Together.

Yorkshire Children's Charity

The Yorkshire Children's Charity has been developing their partnership with us, to further support the children of Holbeck through our work.

This has led to the successful development of a summer schedule of group outings for families this summer (see page 9 for more information), new equipment for our Parents and Tots mornings, and the donation of over 100 Easter eggs for local young people!



Northern Monk – Faith in Futures

Holbeck Together has been chosen as one of three long-term beneficiaries of Northern Monk's Faith in Futures campaign. Faith in Futures enables Northern Monk to support Holbeck Together's projects and goals and ultimately benefit residents in the local community.





80th Anniversary of D-Day Commemoration

On 6 June, we commemorated the 80th Anniversary of the Allied forces landing at Normandy on D-Day, and remembered the thousands of soldiers' lives lost on 6 June 1944 and in the days afterwards in WWII.

Holbeck Together remembered them by reminiscing and reflecting on stories of relatives from that era. Accompanied by warm cuppas and cake, we enjoyed hearty conversation with support from a team of volunteers from HSBC. Our patron, The Rt. Hon Hilary Benn, delivered an impromptu heartfelt speech about what marking this significant moment in time meant to so many.

Impact of new groups!

Everyone seems to be really enjoying and benefitting from the new groups that we have introduced in 2024. From our Carers Group to Chronic Illness and Pain Support Group, weekly Walking Group and weekly Tea Time Club for local families there is something for everyone.

"I like the group, there's lots of things going on. I feel better in myself and enjoy taking part with people. I feel more confident, and my self-esteem has gone up. Nice to share with other people."

"My family have all said how much better I've been since coming. I haven't been for four weeks, and I had a telling off from my family. It's given me much more confidence."

"Made me feel more confident and you get to spend time with nice people. The group is calming, it helps me to feel better, it lifts my mood."



Capable Guardians

In the future at Holbeck Together's bi-monthly Thursday Wellbeing breakfasts, you'll be seeing Billy and Rebekah, the local 'Capable Guardians' who represent the Capable Guardian Project in our area.

A dedicated Leeds City Council team, the Capable Guardian Project provides guardianship in key areas in Leeds to reduce crime and anti-social behaviour (ASB).

Through intelligence-led patrols, and through working with members of the community and community centres, the team will help liaise and report information to partners in the West Yorkshire Police, Council ASB teams and other council bodies. The goal is to increase confidence in the community and to reduce serious crimes such as shoplifting and theft.

Be Prepared for Summer!

With temperatures on average on the rise each year, it's important to keep in mind your health and wellbeing as the summer months (hopefully!) heat up. Here are a few things you can do to keep yourself protected this summer.

Plan ahead

The unpredictability of British summers means we're never quite sure how the weather will be from one moment to the next in the UK. Check ahead by keeping an eye on the weather forecast, and plan your days accordingly. Why not pop in and ask Sean, our Digital Inclusion Worker to download an app onto your phone so you can check the weather at any time?

Save activities for cooler days, and keep a lighter schedule on days where it's set to be hot (or save more strenuous activities for cooler times of the day).

Use plenty of sun cream

Sunlight provides Vitamin D, but in summer, sun cream is essential to prevent skin damage and reduce cancer risk.

Apply at least factor 30 sun cream to all exposed areas before going out. An adult needs about six to eight teaspoons to cover their entire body. Reapply every two hours and after swimming and drying off.

Wear the right clothing

When in the sun, cover up with cream and choose appropriate clothing.

- Wear a hat to protect your head, especially if you have thin or no hair.
- Wear long-sleeved tops and trousers or a long skirt, ensuring the clothing is loose and light to stay cool.
- Protect your eyes with proper eyewear, such as sunglasses.

Stay hydrated

One great way to stay cool in summer is to drink plenty of fluids. You should aim to consume at least eight drinks per day, with water, tea, milk and fruit juices all helping to keep you hydrated. As tempting as it might be to enjoy a Pimm's or two while the sun's out, moderation is key – drinking alcohol to excess in summer only makes dehydration worse.



Keep cool

There are plenty of obvious ways to keep cool in summer: move outside when indoors becomes too hot (or vice versa); remove excess clothing; apply cold water to the skin. But there are other, less obvious methods for cooling off, such as closing windows and curtains that are in direct sunlight; placing a cold pack under your arms and on your neck; and keeping stocked up on cool food to eat like salads and ice cream.

In the UK, the sun is the strongest in summer between 11am and 3pm, so it's also advisable to stay in the shade between those hours if you want to avoid the worst of the heat.

Be extra mindful of children's welfare in summer

Though everyone is at risk from the effects of summer, children are particularly vulnerable. If you have children in your care, keep extra mindful of their wellbeing on days where the sun and heat are set to be especially strong. Children's skin is much more sensitive than that of adults, so applying sun cream and dressing them in the correct clothing is doubly important. Children aged under six months, meanwhile, should be kept out of direct strong sunlight altogether.



Meet Sue

Our Community Engagement Worker



Sue is here to assist you access services that might help you on a day to day basis. Sometimes the very services out there to help us can feel complex and overwhelming to navigate – but now you have Sue to support you!

Sue can have an informal chat with you to find out more about any challenges or issues you are facing and then identify the right service for you. She will help you contact other organisations if required – or may encourage you to join one of our groups to build your confidence and friendships.

Sue also arranges group activities, covering varying topics around health and wellbeing.

Sue's role extends beyond the provision of direct services to individuals. She is integral in building stronger, more resilient communities through their efforts in empowering individuals, enhancing social welfare, promoting social justice, and fostering community development.

If you need some support, please contact our office on 0113 245 5553 to arrange an appointment with Sue.

NEW GROUP

Memories Café

A group for older people to reminisce about the past.

Thursdays 2–3.30pm
fortnightly St Matthew's
Coffee Shop

FREE TO ATTEND

August 8th, 29th
September 12th, 26th

Looking for Outstanding Care? Choose Pennington Court

Moving to a care home can be a big decision. You might be living alone or worried about an elderly relative who needs extra care and support.

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BEESTON

Neighbourhood Matching Project

Our volunteers recently took part in the Neighbourhood Matching Project. Every hour someone volunteers £10 goes into the project. Volunteers got together and decided what they wanted to use their volunteer hours to achieve.

The volunteers decided their overall aim was to make Holbeck a cleaner, greener place to live.

The first activity was a community litter pick to help tidy up Holbeck Moor. This was a great success, with over ten bags of litter collected, and it was great to see people helping to make the area they live in a cleaner place. Litter picks are now a regular occurrence around Holbeck, and are carried out by individuals who have taken ownership of the area



around where they live. This is in addition to carrying out larger litter picks on Holbeck Moor and at the graveyard around St Matthews' Community Centre. Our volunteers have been able to purchase their own litter picking equipment.

One group of volunteers took part in a planter workshop, in which volunteers made their own wooden planter. They then had a trip to the garden centre, where they chose their own plants to go in their planters. This was so successful that we will host another workshop shortly.

Our volunteers also had the chance to take part in a seed parcel workshop at St Matthew's Community Centre, which was run by Victoria from New Wortley. Everyone had lots of fun learning how to make seed parcels which they could take home and plant. They also purchased some planters and plants for St Matthew's Community Centre, to bring a bit of greenery indoors.



Volunteers Week

To celebrate Volunteers Week, we held an afternoon tea at St Matthews' Community Centre to thank our volunteers for their continued support. A lovely afternoon was had by all as we enjoyed a beautiful afternoon tea.

Our volunteers said "it was special to get some time to chat with other volunteers, and at the same time, to relax and have some fun."

Everyone was presented with a volunteer appreciation certificate.

Thank you to Nigella's for the beautiful food!



International Community Support Group: A Helping Hand for Holbeck's Global Residents

Since its launch in January 2024, the International Community Support Group has been a beacon of support for 13 families from more than ten different nations residing in Holbeck.

Holbeck Together is committed to fostering a supportive and inclusive community, and the International Community Support Group is a shining example of this mission in action.

This initiative, designed to assist international residents in the area, has made significant strides

in addressing employment, education, and immigration needs, among other issues.

The Support Group proudly boasts a diverse array of participants from countries including Ghana, Italy, Nigeria, Iraq, Kenya, Iran and more. This multicultural assembly is a testament to Holbeck's rich and vibrant community fabric.

One of the standout success stories since the group's inception involves a dedicated volunteer who, through regular attendance at the weekly drop-ins, successfully completed her EU settlement application. She has now obtained her status as an EU settled resident - showcasing just one of the many ways the group supports its attendees.

The weekly drop-in sessions, which are held every Monday from 1-3 pm at St. Matthew's Community Centre, provide a welcoming space for international residents looking for guidance and support. Whether you need help with paperwork, navigating local services, or simply adjusting to life in the UK, the group is here to help.

If you live in Holbeck and are looking for assistance in adapting to your new home, we encourage you to join us at our next drop-in session. Together, we can make your transition smoother and your experience in the UK more enriching.

For those requiring more intensive support, appointments can be made with Nicole by calling the office or emailing nicole@holbecktogether.org.

Improve your digital skills this Summer

This summer, Holbeck Together is continuing to provide opportunities for people to improve their digital skills - or even learn new ones! - by offering a variety of digital support services.

These services include:

- FREE Access to digital devices (tablets, PCs) at our Digital Hub every Tuesday and Thursday 9:00am-3:00pm at St Matthew's Community Centre
- FREE Wi-Fi connectivity at St Matthew's Community Centre, open Monday-Friday 9:00am-4:00pm, should you wish to bring your own device and use the foyer as a workspace

- FREE 1-2-1 appointments (30mins) with Sean, our Digital Inclusion worker, who offers digital advice and support each Tuesday from 9:00am-1:00pm

Alongside these services, Sean is continuing to complete surveys with local people to find out more about your views and experiences in using modern technology. This survey will help Holbeck Together explore how your digital experiences, access to technology and online activities may impact your wellbeing. For each successfully completed survey there is a £5 shopping voucher (limited availability, max 1 per person).

Please email Sean for further information: sean@holbecktogether.org

Bringing generations together in Holbeck



Parent and Tots Together

Our weekly (term-time only) Parents and Tots Together group in each session welcomes up to 30 children, who enjoy a range of free play activities, sensory and art play, healthy snack time, singing and much more.

Our sessions provide a safe space for under 5s to play, learn and develop, and gives the grown-ups time to socialise and make new friends.

We are excited to have recently received funding from Yorkshire Children's Charity to purchase some new equipment for the Parents and Tots group, and we're also looking forward to introducing a pop-up monthly soft play session from September.

Baby Massage

We've now run three courses of Baby Massage and are looking forward to holding a reunion for babies who have completed the course already in the summer.

The next course starts in September (12th September – 10th October). It's free to attend but places are limited so please contact leanne@holbecktogether.org for more information and to book your place.

In addition to helping relieve wind and constipation and teething discomfort for the child, Baby Massage is hugely beneficial for the parent, with the course helping to give you a deeper understanding of your baby's cues, crying and body language. Anyone interested in coming along to the next session will find they deepen their bond with their child while learning a new, life-long parenting skill.



Walking Group

Start your weekend the right way! Our Get Active Together Walking Group, leaves every Friday from St Matthew's Community Centre at 9:30am.

With the route already taken care of, and the walking pace at a relaxed level, (we do some gentle exercises and stretching), all you need to do is simply come along and enjoy the surrounding nature and chat along with other group members. We provide free juice and biscuits at the beginning of the walk, and we even give out conversation starter cards to help people get chatting!

Healthy Holidays

Dates for our Summer Holiday Camp fun at Lane End Primary School. Each camp runs from Monday to Thursday.

Week 1: 2 July – 25 July
Week 2: 29 July – 1 Aug
Week 3: 5 Aug – 8 Aug
Week 4: 12 Aug – 15 Aug
Week 5: 19 Aug – 22 Aug

Book with Nikki at Holbeck Together on 0113 245 5553 or nikki@holbecktogether.org

Family Group Outing Dates

To support families this summer, Holbeck Together has collaborated with the Yorkshire Children's Charity to fund FREE group outings for families in 2024. Each group outing includes activities/entry and a free packed lunch.

Please note that places on the trips to Bridlington, Temple Newsam and Lotherton Hall are for existing Holbeck Together group attendees as noted in the list.

For booking information, please contact Leanne on 0113 245 5553 or via email at leanne@holbecktogether.org

Limited availability.

York Maze
26 July
Open to all families

Bridlington
2 August
Parents & Tots Group

Temple Newsam
9 August
Healthy Holidays

Lotherton Hall
23 August
Healthy Holidays

Scarborough
16 August
Open to all families



TEATIME CLUB

Thanks to funding from Connect Together, we are so excited to have launched our new Holbeck Together Family Teatime Club, a safe and fun place for families to meet each week to enjoy a meal together.

After school can be often a time that parents find they are juggling lots of things to do and the Teatime Club offers an opportunity to make space for some special time together.

Family Teatime Club starts each week at 3:30pm with unusual fruit tasting, followed by half an hour of family fun activities and then, best of all, the food!

We have space to feed 35 people every Thursday, with our wonderful Teatime Club chef Steph so far having cooked up delicious meals including chicken fajitas, spag bol and - for dessert - sponge pudding and apple crumble. We can cater for all dietary requirements with prior notice.

Teatime Club is open to Holbeck children and their grown-ups for just £1, or 50p for under 5s. (All children must be accompanied by a guardian over the age of 18).

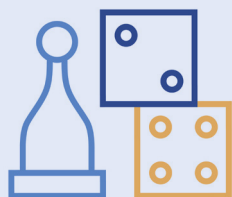
Contact 0113 245 5553 to register your interest.



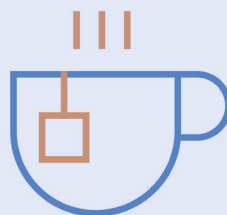
NEW CLIENTS EVENT!

Holbeck Together Taster Afternoon

If you haven't tried Holbeck Together services and events before, or if you haven't dropped by to us in a while, why not come along to our Afternoon Tea for tea, cake, and activities?



Free of charge
St Matthews
Thurs 19 Sep 2024
1:00pm-3:00pm



Can we tempt you to come along and enjoy a delightful afternoon with us!

Call to book: 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
Parents & Tots (Term time only) St Matthews 9:30am-11:00am	Coffee Shop St Matthews 10:00am-12:00pm Various Prices	Coffee Morning Ingram Court 10:00am-12:00pm Various Prices	Holbeck Community Shop St Matthews 9:30am-2:00pm £3.00 for 12 Food Items	Coffee Shop St Matthews 10:00am-12:00pm Various Prices
Coffee Shop St Matthews 10:00am-12:00pm Various Prices	Chair Based Exercise Wellness Activity St Matthews 10:00am-11:00am £3.00 per person	Shopping to Morley Town Centre. 9:30am collect 1:30pm return £5.00 Transport 3 July, 17 July, 31 July, Fri 16 Aug, 28 Aug, 11 Sept, 25 Sept Shopping to Crossgates 9:30am collect 1:30pm return £5.00 Transport 10 July, Fri 26 July, 7 Aug, 21 Aug, 4 Sept, 18 Sept	Line Dancing St Matthews 11:30am-12:30pm £2.00 per person	Dance On Yorkshire Dance St Matthews 10:00am-11:00am Free of Charge 55+
Charity Shop St Matthews 11:30am-3:00pm	Charity Shop St Matthews 10:00am-2:00pm	Walking Group (3-5 Miles) St Matthews 9:15am meet – 2:00pm Every week July-September	Coffee Shop St Matthews 9:45am-11:30pm Various Prices	Get Active Together Walking Group (Short Walk) St Matthews 9:30am-10:30am 5 July, 12 July, 19 July, 6 Sept, 13 Sept, 20 Sept, 27 Sept
Chronic Illness & Pain Support Group St Matthews 1:00pm-3:00pm 8 July, 29 July, 12 Aug, 9 Sept, 23 Sept			Charity Shop St Matthews 10:00am-2:00pm	Charity Shop St Matthews 10:00am-2:00pm
2-Course Lunch Delivery 11:45am-1:00pm £5.00 55+	2-Course Lunch Delivery 11:45am-1:00pm £5.00 55+	2-Course Lunch Delivery 11:45am-1:00pm £5.00 55+	2-Course Lunch Delivery 11:45am-1:00pm £5.00 55+	Fish & Chip Lunch Delivery 12:00pm-1:30pm From £5.50 55+
2-Course Lunch St Matthews 12:00pm-1:00pm £5.00 55+	3-Course Lunch St Matthews 12:00pm-1:15pm £6.00 55+	3-Course Lunch Ingram Court 12:00pm-1:15pm £6.00 55+	Baby Massage Jamyang Buddhist Centre 10:30am-11:30am 12 Sept – 10 Oct 5-week programme	3-Course Fish & Chips St Matthews 11:30am-1:15pm From £6.50 55+
Community Support St Matthews 1:00pm-3:00pm Please book with Nicole on 0113 245 5553	Friendship Group Afternoon St Matthews 1:15pm-2:45pm Various Prices	Craft Group Afternoon Ingram Court 1:15pm-3:15pm £1.00 per person	Memories Café St Matthews 2:00pm-3:30pm Fortnightly - 8 Aug, 29 Aug, 12 Sep, 26 Sep	Bingo Afternoon St Matthews 1:15pm-2:15pm £1.00 per person

Events and Outings

Date	Event Information	Charge
Tue 2 nd July	Music Quiz Afternoon with Sue & Geoff – please book, Over 55's Refreshments available. St Matthews. 1:30pm-3:00pm	Free of Charge
Tue 9 th July	Friendship Group Afternoon Activity – Bake your own 'No-Bake' Cheesecake St Matthews. 1:30pm - 3:00pm.	£2.00 per person
Thur 11 th July	Well-Being Breakfast Morning. No booking required, everyone welcome St Matthews. 10am-11am	Free of Charge
Tue 16 th July	Afternoon Social – Tribute Entertainment. please book, Over 55's Light refreshments available. St Matthews. 1:30pm-3:30pm	£2.00 per person
Mon 15 th July	Group Outing – Hampsons Garden Centre & The Wetherby Whaler, Wakefield. Pick-ups from 9:30am at St Matthews. Return approx. 2:00pm.	Return Transport £12.50 per person
Mon 22 nd July	Group Outing – Southport Pick-ups from 9:00am at St Matthews. Return approx. 4:00pm	Return Transport £26.00 per person
Tue 23 rd July	Friendship Group Afternoon Activity – Mini Olympics Afternoon St Matthews. 1:30pm-3:00pm	£2.00 per person
Sun 28 th July	2-Course Sunday Lunch. please book, everyone welcome St Matthews. 12pm-2pm – Home delivery also available	£6.00 per meal
Mon 29 th July	Group Outing – Chester Zoo Pick-ups from 9:00am at St Matthews. Return approx. 4:00pm	£30.00 Ticket £23.00 Transport
Wed 31 st July	Have your say! Client feedback morning – free cuppa and cake! No booking required everyone welcome. Ingram Court. 10am-11:30am	Free of Charge
Mon 5 th Aug	Group Outing – Meal Out & Afternoon Racing at Ripon Racecourse Pick-ups from 9:30am at St Matthews. Last race at Ripon 5:10pm. Return approx. 5:30pm	£12.50 Ticket £17.00 Transport
Tues 6 th Aug	Music Quiz Afternoon with Sue & Geoff – please book, Over 55's Refreshments available. St Matthews. 1:30pm-3:00pm	Free of Charge
Mon 12 th Aug	Group Outing – Scarborough Pick-ups from 9:00am at St Matthews. Return approx. 4:00pm	Return Transport £23.00 per person
Thur 15 th Aug	Breast Cancer Awareness Coffee Morning. No booking required, everyone welcome St Matthews. 10am-11am	Donations welcome
Sun 18 th Aug	2-Course Sunday Lunch – please book, everyone welcome St Matthews. 12pm-2pm – Home delivery also available	£6.00 per meal
Mon 19 th Aug	Group Outing – Lytham St Annes OR Blackpool Pick-ups from 9:00am at St Matthews. Return approx. 4:00pm	Return Transport £25.00 per person
Tue 20 th Aug	Afternoon Social – Tribute Entertainment. Please book, Over 55's Light refreshments available. St Matthews. 1:30pm-3:30pm	£2.00 per person
Tue 27 th Aug	Friendship Group Afternoon Activity – Giant Games Afternoon Indoor/ Outdoor St Matthews. 1:30pm-3:00pm	£2.00 per person
Wed 28 th Aug	Have your say! Client feedback morning – free cuppa and cake! No booking required everyone welcome. Ingram Court. 10am-11:30am	Free of Charge
Tue 3 rd Sep	Music Quiz Afternoon with Sue & Geoff – please book, Over 55's Refreshments available. St Matthews. 1:30pm-3:00pm	Free of Charge
Mon 9 th Sep	Group Outing – Whitby Pick-ups from 8:30am at St Matthews. Return approx. 4:00pm	Return Transport £25.00 per person
Thur 12 th Sep	Well-Being Breakfast Morning. No booking required, everyone welcome St Matthews. 10am-11am	Free of Charge
Mon 16 th Sep	Group Outing – Shopping at Boundary Mill, Colne. Pick-ups from 9:00am at St Matthews. Return approx. 3:00pm	Return Transport £21.00 per person
Thur 19 th Sep	<u>NEW CLIENT EVENT</u> – Holbeck Together Taster Afternoon. – please book, Over 55's Light afternoon tea refreshments available. St Matthews. 1:00pm-3:00pm	Free of Charge
Tue 17 th Sep	Afternoon Social – Tribute Entertainment. please book, Over 55's Light refreshments available. St Matthews. 1:30pm-3:30pm	£2.00 per person
Tue 24 th Sep	Macmillan Coffee Morning Activity Morning St Matthews. 9:30am-11:30am	Donations Welcome
Wed 25 th Sep	Have your say! Client feedback morning – free cuppa and cake! No booking required everyone welcome. Ingram Court. 10am-11:30am	Free of Charge
Sun 29 th Sep	2-Course Sunday Lunch – please book, everyone welcome St Matthews. 12pm-2pm – Home delivery also available	£6.00 per meal
Mon 30 th Sep	Group Outing – Bettys Tea Room at RHS Harlow Carr, Harrogate Pick-ups from 10:00am. Return approx. 3:00pm	Return Transport £13.00 per person

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