Holbeck Together Spring Newsletter 2025

April – June

Leeds United Hosts Fundraising Event for Holbeck Together's Community Work...

...and we also celebrated a 7-0 win!

In February we were delighted to be given the opportunity to raise funds for our community work at Leeds United's stadium.

Our relationship with Leeds United, as our local football club, has a profound impact on the work that we carry out: it is a football club with its heart in the community. The team and management at LUFC have always shown an open door to us and supported in a number of ways through their Leeds United Community Foundation.

Being able to speak to the wider fanbase on match day was a huge opportunity to raise funds and raise the profile amongst potential donors about the activity we deliver. As a charity, funding our busy schedule of community support services and health and wellbeing activities for people is an ongoing challenge so fundraising in new places and amongst our wider community is vital.

Ahead of the dedicated fixture, Leeds United club legend Eddie Gray also stopped by to one of our wellbeing breakfast events, chatting with staff, volunteers and the people the organisation supports, to hear their stories and more about the charity.



Eddie was quick to praise the important work being delivered by the charity: "It is just about the people," Eddie explained. "That is what life is all about to me. It is great they can come here, meet up and get something to eat. I like coming here. Elland Road is within walking distance, and it is a focal point.

"It is nice to come down and see how they are doing. I think it is a great thing that they do here. They put this on and it is for the community and the people that live local. They can come in here and meet people, talk to them and probably make new friends here, which is good."

We want to thank everyone involved in making this happen the fans who donated to us; the supporters who listened; the club staff who made us welcome; our partners who supported the event (Printworks North in Wetherby and We are Boutique UK), and our volunteers who gave up their Saturday to help us with collections and everyone who stopped by to say hello.

A true team effort which shows we are 'Stronger Together'.

Elissa Newman Chief Officer A true team effort which shows we are 'Stronger Together'.







## News & Events

## VIPs visit Holbeck



We were delighted to welcome Alex Norris MP from the Ministry of Housing, Communities and Local Government, Tracy Brabin, Mayor of West Yorkshire and Leader of Leeds City Council, Cllr James Lewis to Holbeck in February and share more about the work we deliver as a community anchor for Holbeck.

It was part of their ministerial visit to discuss how funding by the Ministry of Housing, Communities and Local Government will be benefiting Leeds and Holbeck. It was also an opportunity to hear about, and discuss, the Mayor's plan to boost growth, build houses and create jobs across West Yorkshire.

#### Holbeck Supper Club Brings Warmth and Community to Older Residents

As temperatures dropped this winter, older residents in Holbeck found warmth and companionship at the Stay Well This Winter Supper Club. A heartwarming initiative aimed at supporting the wellbeing of elderly community members, the Supper Club provided a welcoming space where older people could enjoy a hot, nutritious meal whilst engaging in conversation and social activities.

### Safer Internet Day: Helping Older Adults Stay Safer Online

On Safer Internet Day, Holbeck Together took steps to ensure that older adults in the local community feel more confident and secure when using the Internet. With services such as shopping and general communication increasingly moving online, it's more important than ever for older people to develop digital skills while staying alert to online scams and security threats. To mark the occasion, Holbeck Together took some of our clients to a free workshop. The workshop helped older residents learn how to recognise and avoid online scams; create strong passwords and stay secure; spot fake emails and messages; and use social media safely.



(6) f X (in) Follow for latest news and events

With loneliness and isolation increasing for many people through the colder months, the Stay Well This Winter initiative served as a vital lifeline to many in Holbeck. One Supper Club attendee commented:

"Coming to the suppers has been a blessing. It's not just about the food - it's the company, the laughter, and knowing that people care, especially during the colder months. I look forward to it every time."

### Friendship Club Hosts Afternoon Activities for Over 55s

Holbeck Together's Friendship Club has been creating heartwarming experiences on Tuesday afternoons, offering a variety of engaging activities designed to foster connection, creativity and fun.

Recently, members have participated in a pancakemaking session, where they enjoyed flipping and decorating their own delicious creations; a creative crafting afternoon on Valentine's Day, for which members designed cards and decorations; and the newly-introduced music quiz and karaoke afternoons, which have seen members take to the microphone with their singing talents.

For more information on upcoming Friendship Club events, please see the activity schedule on pages 10 and 11 of this newsletter.







### Community Café Relaunches with Fresh Look and New Offerings

Our wonderful community café at St Matthews Community Centre has relaunched, with an exciting new menu featuring speciality drinks and a wider selection of cakes and light snacks.

Drop by on Monday, Tuesday, Thursday and Friday from 9am-12.30pm, or order in advance for collections by calling 0113 245 5553 and support your local charity.







### Moana Film Afternoon for Families

Local families gathered for an afternoon of excitement and adventure at a special screening of Disney's Moana in the February half-term holidays.

Held at St Matthews Community Centre, the event aimed to provide an entertaining experience for children and parents alike, with cinema-style refreshments provided by the Holbeck Together catering team.

### NEXT UP

Keep an eye on our activity schedule for upcoming family film screenings in future school holiday periods.

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## Support & Advice

#### Welcome Spring with a Helping Hand from Holbeck Together!

At Holbeck Together, we believe no one should feel alone. Whether you need practical support or simply a friendly chat, we're just a call away. Let's make this spring a season of connection, care, and community.

As the days grow longer and the sunshine returns, it's the perfect time to enjoy your outdoor space. If you need help tidying up your garden whether it's mowing the lawn, trimming hedges, or general upkeep our friendly team is here for you.

#### Here for You: Support & Advice When You Need It

At Holbeck Together, we know that life can bring unexpected challenges—but you don't have to face them alone. Whether you need advice on housing, benefits, food and fuel support, or just someone to talk to, our team is here to help.

We offer friendly, confidential support to guide you through whatever you're dealing with. No matter your situation, we'll work with you to find solutions and connect you with the right resources.

If you need a helping hand, don't hesitate to reach out we're here for you.

### WELLBEING WEDNESDAY

Join us for one of our Wednesday Wellbeing sessions, and enjoy a healthy discussion over a cuppa about improving your wellbeing and where you can access any support you may need.

Every two weeks.

For more information, contact:

Chris 07731 033 770 chris@holbecktogether.org OR

Marie 07484 911 171 marie@holbecktogether.org

#### Days and times

Join us at Ingram Gardens Community Room

**2nd April** 10:30-11:30am Let's Talk About: How you are feeling

**23rd April** 10:30-11:30am Let's Talk About: Anxiety and worry

14th May 10:30-11:30am Let's Talk About: Dealing with stress

**4th June** 10:30-11:30am Let's Talk About: Pain management

**25th June** 10:30-11:30am Let's Talk About: Challenging negative thoughts

**23rd July** 10:30-11:30am Let's Talk About: Five ways to wellbeing



### Blood Pressure Checks

As part of our monthly Wellbeing Breakfasts, we've been running a project designed to raise awareness of blood pressure health. Many people are unaware that they have high blood pressure and how it can affect their health. Recently, we've been offering blood pressure readings in a friendly, relaxed space and signposting to pharmacies and GPs where needed. We've had a brilliant response, with many people now aware of the benefits of regularly having their blood pressure checked.

If you'd like to have your blood pressure taken, simply pop along to one of our Wellbeing Breakfast mornings.

### Leeds City Council Community Hub Bus

The Leeds Community Hub bus is a mobile point of contact for local residents, offering help with various Leeds City Council and Library services, including housing, council tax, benefits, and job search assistance, as well as library services like borrowing books.

Michelle and the team are outside Holbeck Together/ Holbeck Moor Park every Tuesday 10am-3:30pm and every Thursday 9:30am-3:30pm.

Come and have a chat.



### – Volunteering

#### Volunteer Spotlight





Meet Annette Kershaw

Annette, who has lived in Holbeck all of her life, has been part of the volunteer team at Holbeck Together for three years now.

Annette's current focus as a volunteer involves leading on managing the Hobeck Together Market Stall. This 'pop-up' stall is open Thursday mornings at St Matthews Community Centre in the main hall 10am-1:30pm.

The stall is reliant solely on donations from local companies and has a variety of clothing items, bric-abrac and children's toys.

Annette has a rich history of trading in the local area dating back to the 1980s. She used to own three shoe stores, a butcher's and a couple of scrap merchants on Domestic Street and across the Holbeck area. Due to health complications, Annette began volunteering, and for ten years lent her support to the British Heart Foundation in their charity shop in Leeds.

As well as organising the stall on Thursday mornings, Annette works tirelessly throughout the week engaging with local people and organisations, in order to gain support for the stall. Recently, she has secured donations from Morrisons and Fox's Biscuits.

Volunteering for Holbeck Together is something that Annette feels extremely passionate about. While the volunteering aligns with Annette's family roots of trading in the local area, it also allows her to mix with people whom she would never have the opportunity to meet - all in support of local people and providing quality goods for an affordable price.

**Pop along** and see Annette on Thursday mornings at St Matthews Community Centre in the main hall 10am-1:30pm.

#### Company support – thank you!

A huge thank you to Louise Larking, Director at Fox Lloyd Jones; Craig Burrow, **Group Property Director** at Town Centre Securities: and their fellow trustees at the Yorkshire Charitable Trust for their generous donation of £5,000, which will go to supporting Holbeck Together and the services that we provide for the community. We look forward to welcoming Louise and Craig later this month to see first-hand the service provision that Holbeck Together provides.

Additional thanks to **Sally Seniori** and her team at **Fox's Biscuits FBC-UK**, for their kind donation of a variety of biscuits, to support our coffee morning, groups and events.

A big thank you also goes out to **Seagulls Paint** and **GME Painting Contractors** for their support in decorating the café at St Matthews Community Centre.



## Digital



#### Digital Advice and Support

Tuesdays, Thursdays and Fridays, 9am-1pm, 99 Domestic Street, LS11 9NS

Holbeck Together provides access to its Digital Hub during these hours for internet use, drop-ins and appointments.

Support is available for essential digital skills including getting online, using email, browsing safely, housing bidding, eVisa applications and accessing online services. Whether you are looking to build confidence using technology or simply need help with specific tasks, all visitors can receive quidance in a welcoming environment.

For more information about digital support email sean@ holbecktogether.org

### Pension Credit Application – applying online

Holbeck Together is partnering with the Department of Works and Pensions to develop research into how people apply for Pension Credit online. Research is expected to begin within the next few months: if you are interested in contributing to the research or if you have struggled with the application process online, then drop into the hub or send us an email and let us know!

### The NHS App

Holbeck Together is partnering with the NHS to support the development and roll-out of the NHS app. The NHS are particularly keen to hear about any barriers that exist that prevent people from using the app.

If you are interested in contributing to the research or simply require some help with the NHS app, then please contact sean@ holbecktogether.org

## - Culture

Events that Celebrate Inclusivity

April – Eid Al-Fitr & Autism Awareness Month

Eid Al-Fitr (April 9-10, subject to Moon sighting) – Marking the end of Ramadan, Eid Al-Fitr is a joyous occasion for our Muslim community members. We encourage everyone to wish their neighbours 'Eid Mubarak' which is an Arabic phrase that means "blessed feast or festival".

Autism Awareness Month Highlighting the importance of understanding autism and fostering inclusivity. Look out for community discussions and resources.

May – Mental Healt Awareness Week & Jewish Heritage Month

Mental Health

Awareness Week (May 13-19) – This year's theme is 'Movement: Moving more for our mental health'. Join us for a community walk and coffee morning to connect and share ways to support mental wellbeing.



<mark>Jewish Heritage</mark> Month A time

to recognise the contributions of Jewish communities in the UK and beyond. We'll be sharing both educational resources and personal stories from local Jewish residents.

June – Pride Month, Windrush Day & Refugee Week

Pride Month A time to celebrate the LGBTQ+ community and advocate for equality. Keep an eye out for inclusive social events and opportunities.

Windrush Day

(June 22) – Honouring the contributions of the Windrush generation and their descendants to British society. We'll be hosting a storytelling session to hear firsthand experiences.

**Refugee Week** (June 16-22) – A celebration of the resilience and contributions of refugees. Join us for a cultural foodsharing event, where we'll also hear stories from our refugee community. **Dates to be confirmed.** 

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## Bringing Generations Together in Holbeck



Our latest walking group has been out and about since January. Delivered by the Better Together Project team the group is free to join and open to all with preschool children. It's a great opportunity for families to get together and stay active together in a supportive environment.

The route is all taken care of, we make sure everyone has plenty to chat about and we even provide a free hot drink and child-friendly snacks.

**Join us:** Every Friday 9:30-10:30am (term-time only)

Meet at St Matthews and walk on Holbeck Moor.

Pace: Walking at a relaxed pace, stopping on route for gentle exercises and stretches.

#### What you need:

Pushchairs or baby carriers (if needed), bottle of water to stay hydrated and weatherappropriate clothes and footwear.

No need to book. Just turn up and register with us by completing a short form.

Any questions, please contact Leanne on 0113 245 5553.



#### Baby Donations Making a Difference In the Holbeck Community

We are so grateful to Rethink Food for their kind donation of baby items and food.

We've been able to support multiple families in Holbeck with the donated items, which include jars of baby food, formula, nappies, wipes and so much more.

"It's really helped me out a lot, to know I have extra nappies and food in on the days that I'm struggling financially." (Parent of three children)

If you think you might benefit from these donations, follow us on Facebook to find out when we receive further donations to distribute.





#### Parents and Tots Together X Pudsey Community Project

We are proud to be working with Pudsey Community Project, who host kids' clothing pop-up events as part of their Reduce Reuse programme. The project aims to save people money and help the planet by reducing fabric waste.

Families attending our Parents and Tots Together group were able to shop for pre-loved children's clothing (for age 0-5 years) and winter coats. Everything is free, but the project does accept cash/card charity donations.

Pudsey Community Project is open to everyone during term-time every Monday to Saturday 10am-12pm and Wednesday 6-8pm.

If you'd like to know more about the Reduce Reuse project, please contact them via their Facebook page www.facebook.com/ reducereusekidsclothes or email clothes@ pudseycommunity.org.uk

We can't wait to welcome the project back around Easter, with lots of summer clothing for children aged O-5. Keep checking Holbeck Together's Facebook page for up-and-coming dates.

### Get Involved

### Ingram Gardens Community Centre

Are you 55+ and looking for a welcoming space to meet new friends?

Join us for a fun and friendly gathering at our social events at Ingram Gardens Community Centre.

Events take place every Wednesday. Booking is required for lunch – other events are drop-in.

To book lunch call 0113 245 5553 Wellbeing Coffee Morning 10am-12pm Enjoy a warm cuppa and a chat!

3 Course Lunch 12-1:15pm Delicious homemade meals in great company.

Craft Group 1:15-3pm Get creative and have fun making something new! Being you Leeds hosts:

### KNIT AND STITCH CLUB

Can you knit, crochet or sew or would you like to learn?

For ages 16+ Come and join our friendly group and get creative!

Ingram Gardens Community Centre LS11 9SA

Bookings and enquiries Contact Marie on 07484 911 171

REFRESHMENTS AVAILABLE ATTEND MONDAYS 4:30PM-6:30PM

FREE TO



### VE DAY 80TH ANNIVERSARY CELEBRATION

Afternoon cream tea with live entertainment. Tuesday 6th May 12–2:30pm St Matthews Community Centre Booking Essential Event for over 55s Do you love the outdoors? Have a passion for gardening?

Keep an eye out for our new Allotment Group coming soon



### FREE

GIRLS AGED 5-11

### LEEDS UNITED FOUNDATION WILDCATS GIRLS FOOTBALL

STARTS TUESDAY 6TH MAY EVERY WEEK 3:30 – 4:30PM

#### BOOK NOW



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MONDAY 9am-12:30pm TUESDAY 9am-12:30pm THURSDAY 9am-12:30pm FRIDAY 9am-12:30pm

St.Matthews Community Centre St.Matthews Street Holbeck LS11 9NR (10)

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.

## ACTIVITIES & EVENTS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Parents & Tots (Term time only)	Community Café St Matthews	Coffee Morning Ingram Gardens	Community Café St Matthews	Community Café St Matthews
(Term time only) St Matthews 9:30am-11:00am	9:00am-12:30pm Various Prices	10:00am-12:00pm Various Prices	9:00am-12:30pm Various Prices	9:00am-12:30pm Various Prices
			Holbeck Community Shop St Matthews 9:30am-2:00pm	
<b>Community Café</b> St Matthews 9:00am-12:30pm Various Prices	Chair Based Exercise Wellness Activity St Matthews 10:45am-11:30am £3.00 per person	Shopping to Pudsey, Owlcoates9:30am collect1:30pm return ₤7.00 Transport2 Apr, 23 Apr, 14 May, 4 Jun, 25 JunShopping to Crossgates	£4.00 for 14 Food Items	Baby Steps: Parents and Buggies Walking Group St Matthews 9:30am onwards
		9:30am collect 1:30pm return £7.00 Transport 9 Apr, 30 Apr, 21 May, 11 Jun		
<b>Charity Shop</b> St Matthews 11:30am-3:00pm	Charity Shop St Matthews 10:00am-12:00pm and 1:00pm-2:00pm	Shopping to Morley Town Centre 9:30am collect 1:30pm return £7.00 Transport 16 Apr, 7 May, 28 May, 18 Jun	Line Dancing St Matthews 11:30am-12:30pm £2.50 per person	Dance On Yorkshire Dance St Matthews 10:00am-11:00am Free of Charge
		Charity Shop St Matthews 11:30am-3:00pm	Charity Shop St Matthews 10:00am-2:00pm	
<b>2-Course Lunch Delivery</b> 11:45am-1:00pm £6.00	<mark>2-Course Lunch</mark> Delivery 11:45am-1:00pm £6.00	<b>2-Course Lunch</b> Delivery 11:45am-1:00pm £6.00	2-Course Lunch Delivery 11:45am-1:00pm £6.00	<b>Fish &amp; Chip Lunch</b> Delivery 12:00pm-1:30pm From £6.50
Supper Sandwich Meal Deal available for additional £3.50	Supper Sandwich Meal Deal available for additional £3.50	Supper Sandwich Meal Deal available for additional £3.50	Supper Sandwich Meal Deal available for additional £3.50	Supper Sandwich Meal Deal available for additional £3.50
55+	55+	(55+)	55+	55+
2-Course Lunch St Matthews 12:00pm-1:00pm £5.00	<b>3-Course Lunch</b> St Matthews 12:00pm-1:15pm €6.00	3-Course Lunch Ingram Gardens 12:00pm-1:15pm €6.00	Baby Massage Jamyang Buddhist Centre 10:30am-11:30am 5-week programme	<b>3-Course Fish &amp; Chips</b> St Matthews 11:30am-1:15pm From £6.50
(55+)	(55+)	(55+)	beginning in May 2025 Call Leanne on 0113 245 5553 for further details	(55+)
Community Support St Matthews 1:00pm-3:00pm Please book with Nicole on 0113 245 5553	Friendship Club Afternoon St Matthews 1:15pm-2:45pm £2.50 per person	Craft Group Afternoon Ingram Gardens 1:15pm-2:45pm £2.50 per person	Memories Café St Matthews 2:00pm-3:30pm Fortnightly	Bingo Afternoon St Matthews 1:15pm-2:15pm £2.50 per person

Return transport to and from your home is available for £5 per person

Weds 2 <sup>nd</sup> April	Wellbeing Wednesday - Let's Talk About: How you are feeling St Matthews C.C. 10:30am- 11.30am	Free of Charge
Tues 8 <sup>th</sup> April	Music Quiz and Karaoke Afternoon with Sue & Geoff – please book, over 55's Refreshments available. St Matthews C.C. 1:30pm-3:00pm	Free of Charge
Mon 14 <sup>th</sup> April	Group Outing – Monks Cross Shopping Park and Meal at The Pear Tree Farm, York Pick-ups from 9:00am at St Matthews C.C. Return approx. 3:00pm	Return Transport £17.00 per person
Tues 15 <sup>th</sup> April	Afternoon Activity – Easter Egg Hunt on Holbeck Moor, over 55's Meet at St Matthews C.C. 1:15pm-2:45pm. Refreshments available	£2.50 per person
Thurs 17 <sup>th</sup> April	Well-Being Breakfast Morning. No booking required, everyone welcome St Matthews C.C. 10am-11am	£2.00 per person 'Kids Eat Free'
Tues 22 <sup>nd</sup> April	Afternoon Outing – Tingley Garden Centre Pick-ups from 1:00pm at St Matthews C.C. Return Approx. 3:30pm	Return Transport £8.00 per person
Weds 23 <sup>rd</sup> April	Wellbeing Wednesday - Let's Talk About: Anxiety and worry St Matthews C.C. 10:30am- 11.30am	Free of Charge
Sun 27 <sup>th</sup> April	2-Course Sunday Lunch. please book, everyone welcome St Matthews C.C. 12pm-2pm – Home delivery also available	Adult £6.00 Children £3.00
Tues 29 <sup>th</sup> April	Friendship Group Afternoon Activity – Bake your own 'No-Bake' Cheesecake St Matthews C.C. 1:30pm - 3:00pm.	£2.50 per person
Wed 30 <sup>th</sup> April	Have your say! Client feedback morning – free cuppa and cake! No booking required everyone welcome. Ingram Gardens. 10am-11:30am	Free of Charge
Thurs 1 <sup>st</sup> May	Group Outing – The Northern Market Cinema, Leeds City Centre – please book, over 55's Film Free of Charge – Food Vouchers Available – Pick-ups from 12:00pm. Return approx. 4:00pm	Return Transport £6.00 per person
Tues 6 <sup>th</sup> May	VE Day 80 <sup>th</sup> Anniversary Celebration – Traditional Cream Tea with Live Entertainment – Over 55's Booking Essential. St Matthews C.C. 12:00pm-2:30pm	£6.00 per person
Thurs 8 <sup>th</sup> May	Well-Being Breakfast Morning. No booking required, everyone welcome St Matthews C.C. 10am-11am	£2.00 per person 'Kids Eat Free'
Mon 12 <sup>th</sup> May	Group Outing – Garforth Garden Centre and Meal Outing at Lord Gascoigne, Garforth Pick-ups from 9:30am at St Matthews C.C. Return approx. 3:00pm	Return Transport £14.00 per person
Tues 13 <sup>th</sup> May	Music Quiz and Karaoke Afternoon with Sue & Geoff – please book, over 55's Refreshments available. St Matthews C.C. 1:30pm-3:00pm	Free of Charge
Weds 14 <sup>th</sup> May	Wellbeing Wednesday - Let's Talk About: Dealing with Stress St Matthews C.C. 10:30am- 11.30am	Free of Charge
Thur 15 <sup>th</sup> May	Mental Health Awareness Week - Breakfast Roadshow St Matthews C.C. 10:00am-11:00am	Variable Prices
Thur 15 <sup>th</sup> May	Group Outing – Boundary Mill, Colne Pick-ups from 9:00am at St Matthews C.C. Return approx. 3:30pm	Return Transport £22.00 per person
Sun 18 <sup>th</sup> May	2-Course Sunday Lunch – please book, everyone welcome St Matthews C.C. 12pm-2pm – Home delivery also available	Adult £6.00 Children £3.00
Mon 19 <sup>th</sup> May	Group Outing – Barnsley Market Pick-ups from 9:00am at St Matthews C.C. Return approx. 3:00pm	Return Transport £16.00 per person
Wed 21 <sup>st</sup> May	Have your say! Client feedback morning – free cuppa and cake! No booking required. Everyone welcome. Ingram Gardens. 10am-11:30am	Free of Charge
Fri 30 <sup>th</sup> May	National Biscuit Day Activity Afternoon – Guess the biscuit blindfold quiz and trivia afternoon St Matthews C.C. 1:15pm-2:30pm	£2.50 per person
Mon 2 <sup>nd</sup> June	Group Outing – Fish & Chips at Murgatroyd's and Visit to Yeadon Town Centre Pick-ups from 10:30am at St Matthews C.C. Return approx. 3:30pm	Return Transport £13.00 per person
Tues 3 <sup>rd</sup> June	Lunch with Live Entertainment – Booking Essential St Matthews C.C. 12pm-2:30pm	£6.00 per person
Weds 4 <sup>th</sup> June	Wellbeing Wednesday - Let's Talk About: Pain Management St Matthews C.C. 10:30am- 11.30am	Free of Charge
Fri 6 <sup>th</sup> June	National Fish & Chips Day 2025 – Booking Essential St Matthews C.C. 11:30am-1:00pm	Various Prices
Tues 10 <sup>th</sup> June	Music Quiz and Karaoke Afternoon with Sue & Geoff – please book, over 55's Refreshments available. St Matthews C.C. 1:30pm-3:00pm	Free of Charge
Thurs 12 <sup>th</sup> June	Well-Being Breakfast Morning. No booking required, everyone welcome St Matthews C.C. 10am-11am	£2.00 per person 'Kids Eat Free'
Mon 16 <sup>th</sup> June	Group Outing – Skipton Market Pick-ups from 9:00am at St Matthews C.C. Return approx. 3:30pm	Return Transport £17.00 per person
Weds 25 <sup>th</sup> June	Wellbeing Wednesday - Let's Talk About: Challenging negative thoughts St Matthews C.C. 10:30am- 11.30am	Free of Charge
Wed 25 <sup>th</sup> June	Have your say! Client feedback morning – free cuppa and cake! No booking required everyone welcome. Ingram Gardens. 10am-11:30am	Free of Charge
Sun 29 <sup>th</sup> June	2-Course Sunday Lunch – please book, everyone welcome St Matthews C.C. 12pm-2pm – Home delivery also available	Adult £6.00 Child £3.00
Mon 30 <sup>th</sup> June	Group Outing – Flamborough Head Lighthouse and Bridlington Pick-ups from 9:00am at St Matthews C.C. Return approx. 4:00pm	Return Transport £26.00 per person

### 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.

At Pennington Court Care Home we are here to support you every step of the way in making the right choice for you.

We offer a flexible range of care services, from long-term residential care to short respite stays.

**Extra Care Plus Apartments** Still quite independent but needing extra care and support? Our Extra Care Plus Apartments may be the perfect option.

Contact us today 0113 228 4040 pennington@westwardcare.co.uk www.westwardcare.co.uk

# **TRUSTED CARE &** COMPANIONSHIP IN YOUR OWN HOME

### **Right at Home Leeds East**

Covering: Leeds East, Chapel Allerton, Headingley, Moortown, Roundhay, Oulton, Rothwell and surrounding areas

#### Our services include:

Companionship, Personal Care, Dementia Care & much more

- Our care is person-centred: every care plan is bespoke and personalised
- 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

## Contact us today: 0113 833 1950 www.rightathome.co.uk/leeds-east

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Pennington Court

BEESTON