



health for all
Changing Lives. Transforming Communities

Annual Review 2018

Calendar 2019



Welcome to Health for All

Welcome to the Health for All Annual Review 2018. In this calendar, we celebrate the crucial role peer support and community groups play in achieving our charity's key aims:

- Helping people live healthier, happier lives
- Creating better outcomes for children and families
- Reducing social isolation and building stronger communities

Health for All's innovative, responsive services are significantly enhanced by independent groups offering activities which help people feel valued, learn new skills, discover talents, build friendships, achieve aspirations, have fun, be happy and healthy!

Run by skilled, dedicated staff and volunteers, the groups find a warm welcome in our seven Family, Community, Enterprise and Skills Hubs located in the hearts of communities. Read on and celebrate with us.



I really enjoy Blossom Kinship Carers group. Lewis meets other children in the same situation. We'd be isolated if it wasn't for groups like this."

Yvonne

“

I am pleased to present the achievements of the charity highlighted in this Annual Review.

I know from my personal experience as a GP in Hunslet for 34 years, the many challenges and barriers people face to living healthy, happy fulfilling lives. Our charity's success in raising young people's aspirations, supporting families to best care for their children, helping people live healthy, active lives is indeed a cause for celebration. In 2018 we helped over 11,000 people improve their wellbeing. We look forward to even greater achievements in the year ahead.”

Chair of Trustees, Dr Raj Menon

Our Trustees

Raj Menon (Chair)

Audrey Dickinson (Treasurer)

Paul Truswell

Ambia Khatun

Tim McSharry

Maggie Dawkins

Lynn Bailey

Tim Snell

Martin Bartholomew



Kushy Nannas/Kushy Dil

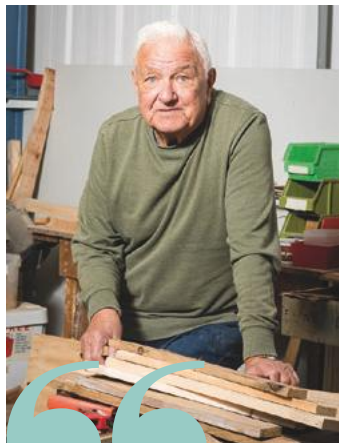
Rediscovering skills



Menspace@Cockburn Skills Hub boasts extensive learning, horticultural and construction facilities generously provided by Cockburn School. It is a safe, welcoming environment for local people to learn new skills including gardening, woodwork, confidence building, IT, stimulating interests, widening horizons, improving wellbeing.



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I've never done
woodwork before.
I'm thoroughly
enjoying it, look
forward to coming
every week,
learning new skills."

Peter

01

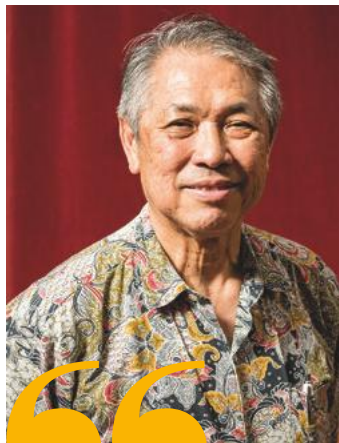
January 2019

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Celebrating our cultures



Chinese elders from across Leeds enjoy weekly social activities, singing, games, exercise, meals, activities, celebrations, building strong friendships at Lychee Red. The group addresses the social isolation Chinese elders experience due to language barriers, lack of status, recognition, low income.



Welcoming fun group, important for making friends, keeping connected as Chinese community. I help with cooking, activities, fundraising"

Mr Chiu

02

February 2019

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Nurturing new life



For 12 years, Middleton Bosom Buddies volunteers, alongside professionals, have supported 80 breastfeeding mums and their babies annually. One of ten weekly peer support groups across Leeds, Middleton Family Centre provides welcoming space for a feed, cuppa and a chat.



This group has been so important in helping me breastfeed both my children. Lovely people and expert advice."

Ruth and Elijah

03

March 2019

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Improving health



Little Chefs, Mini Chefs and Teen Chefs are interactive cooking courses for toddlers, children and teenagers, some of the groups HFA runs to support families. Children and parents prepare, cook and enjoy healthy meals, trying new foods, building confidence, independence.



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We love coming to Little Chefs every week. Such a special bonding time for me and my son Oliver."

Emma

04

April 2019

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Being creative



Views from the Bridge exhibition, on display at Tenants Hall, is the latest project of which the Bridge Artists are very proud. Art, pottery, music, drama, health walks, cooking, gardening, singing, activities which together make the HFA Bridge so special.



Love working at
The Bridge Café in
Cross Flatts Park,
serving customers,
making cakes and
puddings, giving
the dogs treats!"

Daniel

05

May 2019

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Enjoying family time



Peer support group
Men Behaving Dadly
enables dads and male
carers to spend valuable
time with their children,
bonding together,
building confidence and
strong relationships
through fun activities
including cooking,
DIY, arts and crafts,
gardening, music, men's
and children's health.



Dads' group is absolutely fantastic, great staff. We really look forward to coming, making new friends, supporting each other"

David & John

06
June 2019

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Achieving aspirations



Care Leavers' group/ café provides a safe space for care experienced young people to build friendships, healthy relationships and peer support networks, have a voice, get support through transition to independence, learning budgeting and home skills, be accepted, have fun!



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Group's our chosen family, helping us cope with stresses of the week through talking to like minded young people"

Brandon & Tara

07
July 2019

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Health for All services and groups



Active Clubs Experience

Richard Weaver 0113 2762720

Adult Learning

Rachel Vernelle 0113 2706903

Better Together

Toshali Bhatia 0113 2706903

Boys' CSE Project

Alison Reynolds 07956 078078

Better Start Bradford

Breastfeeding Support

Rachel Duxbury 01274 287968

BME Seniors Network

Balwinder Kaur 0113 2725186

Bridge Learning Disabilities

Carol-Ann Reed 0113 2762720

Care Leavers

Libby Tinworth 07951 525541

Change 4 Life

Richard Weaver 0113 2762720

Chief Executive

Pat McGeever 0113 2706903

Childcare/Children Making Choices

Kamaljit Benton 0113 2762386

Chinese Elders

Hua Liu 0113 2706903

Community Transport

Norman Mann 0113 2725151



Henry – Leeds Health Walks



Family Support

Vikrant Bhatia 0113 2762386

Head of Support Services

Rachel Koivunen 0113 2706903

Holbeck Community Centre

Carol-Ann Reed 0113 2762720

Kinship Carers

Kamaljit Benton 0113 2762386

Leeds Breastfeeding Peer Support

Cath Stone/ Suzanne Tobin
0113 2706903

Leeds Health Walks

Ian McNichol 07941 985725

Little Chefs

Amy/Leanne 0113 2762386

Menspace/Skills Hub

Martin Brennan 07432 702911

Middleton Family/Home Skills Centre

Reception 0113 2762386

Pathways Youth

Sharon Bottomley/Tayler Smyth
0113 2762386

Stronger Families

Paula Henshall 0113 2762386

Teen Arts/TeenSpirit

Sharon Bottomley 0113 2762386

Tenants Hall

Reception 0113 2706903

Time to Shine Wellbeing

Yasmin Khan 0113 2706903

Time to Shine Bee Together

Anna-Marie Garbutt 0113 2762720

Time to Shine Connections

Martin Brennan 07432 702911

Time to Shine Sunshine in Leeds

Balwinder Kaur 0113 2725186

Young Dads/Dads' Group

Paula Henshall 0113 2762386

Young People's Mental Health

Jill Bottomley 0113 2762386

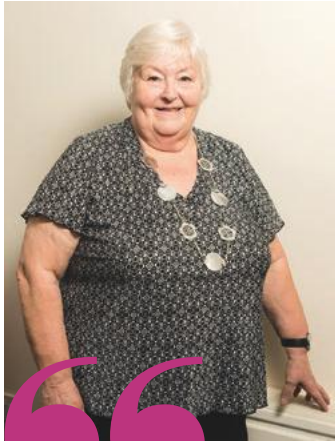


Parkash – Time to Shine Wellbeing

Building friendships



HFA's Middleton Family Centre provides a warm, welcoming space for the Women's Wellbeing group. As group members say "It's lovely, happy, friendly, the best local women's group in Leeds! We enjoy each other's company, there to support each other when needed."



We have fun, play games, do crafts. I've been going for 8 years. Living alone, I appreciate the company"

Josie

08

August 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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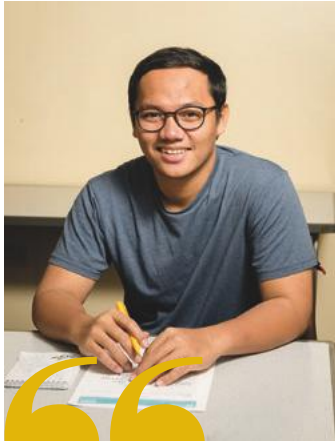
Learning for life



Woodsley Community Centre hosts one of HFA's extensive Community Learning programmes, improving English conversation skills of local people new to the country. The multi ethnic group builds confidence to speak with GPs, teachers, potential employers. Crèche helps young parents participate.



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Changing Lives



Enjoyable local weekly class, learning, conversing together, much more confident speaking and listening in English."

*Budiarto Muji Sukur
(Budi)*

09
September 2019

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Keeping active

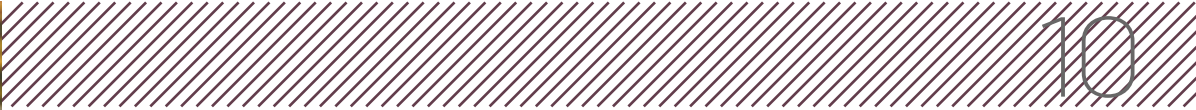


Not just about health and fitness, Leeds Health Walks is about friends, conversation, laughter, being outdoors, simple pleasures, a warm welcome, sense of purpose in life. 15 years on, our Walk Leaders are still finding new routes, views, stories.



A back injury left me in a wheelchair, wondering if I'd walk again. The group's improved my health, stamina, confidence."

Julie



10

October 2019

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Having fun



Meeting since 2013, Banglasquare supports Bangladeshi young people by improving physical, mental and emotional wellbeing, providing new, exciting opportunities including Ice Skating, theatre, Go karting, residential. There are boys, girls and teen groups, supported by nine trained young adult leaders.



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Changing Lives, Improving Communities



I feel accepted,
that I belong, safe,
spending time
wisely, gaining
social skills, having
fun experiencing
new things!"

Shanaz

11 November 2019

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Growing in confidence



Teenspirit Girls builds confidence and self esteem, improving physical and mental health through sport, art, cooking, music, computers, trips out and most importantly provides peer support and friendship. Weekly sessions tackle topics including relationships, developing resilience, raised aspirations, positive futures.





Lots of fun, learning new skills, making new friends at the residential, enjoyed volunteering at Summer events. Thank you!"

Carla

12 December 2019

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The year in numbers

People reached



Adults
5,544

**Children and
young people**
4,975

Older people
557

Families
620

Total number of people reached 11,076



Funding for small groups:

total £355,750 **raised for small groups during the year**

A taster of the groups and sessions run



Groups supported to become independent from Health for All



Creches to support access to groups and learning



Community Learning courses



Active Clubs Experience (ACE) sports coaching sessions per week across **70** schools

Transport



Journeys



Passengers



Miles driven. That's the equivalent of 4 round the world trips, all starting and ending in Middleton!

Looking towards 2019

**Produce
comprehensive
community and
support groups
directory**



**Build and
launch new
Beeston Village
Community
Centre**



**Support
boys and young
men to make
healthy life
choices**



**Expand
network of local
Friendship Groups
reducing social
isolation**



**Expand HFA
Community
Transport to secure
additional accessible
vehicles**



**Create
environment
for community
based social
enterprises to
thrive**



**Support
Breastfeeding
mums/families
in Better Start
Bradford area**



**Welcome
new, diverse
communities
through groups
support**



**Establish
further support
groups for Kinship
carers and
grandparents**



**Support
families
and disabled
people seeking
employment and
enterprise**



**Refurbish
and relaunch
Cranmore
and Raylands
Community
Centre**



**Support
families
to overcome
the multiple
challenges they
face**



Thanks to our funders



Calendar for the year 2020

January

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February

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July

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August

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September

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December

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