

# Health for All Diary 2013

annual review 2012  
directory of services



**health** for all  
*changing Lives, Transforming Communities*

## Introduction

Healthy, happy, fulfilled people and safe, thriving children, families and communities – that’s what Health for All has worked hard to achieve over the past 21 years.

People, their needs and aspirations are at the heart of everything we do. Supporting people through the significant hardship, poverty and insecurity many are currently facing posed significant challenges with reducing budgets. Yet we have achieved remarkable success through our diverse range of flexible, innovative, people centred projects and services.

Health for All provides:

- Support for vulnerable children and adults
- Healthy living advice and training
- Access to learning, employment, volunteering and enterprise
- Capacity building for small groups

Our 16 projects and services respond to the real needs of children, families and communities and reflect the charity’s five key objectives:

- Promoting and protecting good health
- Advancing citizenship and community development
- Promoting social inclusion
- Promoting community capacity building
- Providing relief to those in need

Excellent relationships, positive change and consistent high quality are the hallmark of Health for All’s delivery. Such quality has resulted in commissioners entrusting us with crucial services, from specialist family support to community health services, from priority neighbourhoods to learning disability provision and from enterprise support to employability schemes.

This Report records both the achievements and highlights of the past year. Read on and be inspired ...

*“People,  
their  
needs and  
aspirations  
are at the  
heart of  
everything  
we do.”*

A turnover of £2.2m ...  
with 140 staff and 30 volunteers  
delivering 16 projects and services ...  
in six centres within communities  
engaging more than 5000 people each year.

## Chair's Foreword: A Review of 2012

Welcome to the Health for All Annual Review which shows that 2012 has been another challenging yet productive year for the charity.

Success stories include the Middleton Life Project, funded by Heritage Lottery Fund. Local community reporters captured the changes in health, family life and enterprise in Middleton through the ages.

BME elders benefited from bespoke training designed to equip older people to run their own groups and clubs, delivered by the new Shakti project funded by Comic Relief.

The Bridge Learning Disability service was expanded and the Family Intervention team achieved significant success in its work to help parents face multiple challenges. New projects Menspace, Skilled Up Rothwell and South Leeds Life flourished and HFA health services motivated thousands of people to lead happier, healthier lives.

The Investors in People standard was achieved once again with the assessor reporting that 'Staff and trustees felt appreciated and valued and were proud of the organisation, their work and the difference they made'.

I would like to thank the staff, volunteers and trustees for their energy, enthusiasm, hard work and commitment towards ensuring that local residents and communities continue to reap the benefits of Health for All Leeds.

**Christine Thornton** BA RN RM RHV

*“Staff and trustees felt appreciated and valued and were proud of the organisation, their work and the difference they made.”*



More than 2,000 people engaged in physical activity, diet and lifestyle changes.  
ACE worked in 60 venues getting 1500 children active.  
Health Trainers helped 700 clients improve health through 4000 sessions.

## Healthy Lifestyles

Health for All runs a wide range of proactive projects aimed at improving the health of adults, children and young people.

The Healthy Communities team delivers community based healthy lifestyle, cooking and exercise classes and programmes to priority communities. The city wide Health Trainers based in GP surgeries provide individuals with intensive support and guidance to enable healthy lifestyle choices. The ACE physical activity instructors encourage inactive children to take part in sport and fitness in schools and communities. The Cupboard youth workers support young people to reduce risk and build resilience in all aspects of their lives including sexual health.

The Change for Life service supported 30 families to help their children lead healthier lives and over 500 pledges were achieved through the Smoke Free Homes scheme. Bosom Buddies trains peer supporters and educators to help first time mums meet the challenge of breastfeeding their babies.

***“The Change for Life service supported 30 families to help their children lead healthier lives and over 500 pledges were achieved through the Smoke Free homes scheme.”***







## HEALTH TRAINERS LOCAL STORY

CLIENT: South Asian Female, Aged 35

### What she did

Pervin came for support as she was struggling to lose weight and her children were concerned that being overweight would compromise her health. There was limited understanding about what constituted a healthy diet, and Pervin did not eat much fruit and veg. She had little time to prepare food after a busy day of work. The Health Trainer discussed portion size, eat well plate, Pervin and her family discussed food labelling and how to recognise saturated fat levels.

### What difference was made

Pervin began to consume regular meals, started to cook meals at home and introduced fruit and vegetables to her diet. As Pervin started to see a decrease in body weight, she was further inspired to lose weight and took up walking. By the end of the intervention, Pervin was enjoying a daily 30 min walk, joined by a friend. She has been encouraged and supported mostly by her children and close friends, which has helped her to maintain her weight loss. She lost a total of 25lbs over a period of 3 months.

**The Health Trainer who worked with me was excellent. She helped me look at my lifestyle and explained how making small changes to my diet could improve my health. These changes could also improve my children's health as they are young now so it is important for me to make these changes now and help give them a better...**

## HEALTH TRAINERS LOCAL STORY

Client: P, aged 60

P had recently been diagnosed with Type 2 diabetes and had been advised to lose weight. She was struggling to lose weight and was concerned about her health. The Health Trainer discussed the importance of a healthy diet and the importance of regular exercise. The Health Trainer also discussed the importance of regular exercise and the importance of regular exercise. The Health Trainer also discussed the importance of regular exercise and the importance of regular exercise.

### What difference was made

The Health Trainer discussed the importance of regular exercise and the importance of regular exercise. The Health Trainer also discussed the importance of regular exercise and the importance of regular exercise. The Health Trainer also discussed the importance of regular exercise and the importance of regular exercise.

The Health Trainer also discussed the importance of regular exercise and the importance of regular exercise. The Health Trainer also discussed the importance of regular exercise and the importance of regular exercise.

### What did the practice nurse say

The practice nurse said that P had been advised to lose weight and was concerned about her health. The practice nurse also discussed the importance of regular exercise and the importance of regular exercise.

### What were the challenges?

The Health Trainer discussed the importance of regular exercise and the importance of regular exercise. The Health Trainer also discussed the importance of regular exercise and the importance of regular exercise.

**I recommended the Health Trainer to my niece after she had worked with me because she was great. She really boosted my confidence and helped me believe I could do it. She was very patient and understanding, and really listened to me... she told me not to do it all at once, taking small steps was the key... she was great.**



“City wide Health Trainers based in GP surgeries provide individuals with intensive support and guidance to enable healthy lifestyle choices.”

## Addressing Health Inequalities

All Health for All projects are centred in communities where health outcomes are relatively poor and in areas affected by high levels of deprivation. The Family Intervention service runs courses to improve parents and children's mental health and self esteem. The Bridge and Menspace run weekly health walks for people with learning disabilities, as well as boccia and rugby. Awaaz and Shakti projects run courses and clubs promoting healthy eating and lifestyles for carers and elders respectively and Belle Isle Family Centre delivers healthy, home cooked food to six older people's luncheon clubs.



The Bridge staff and service users





## Supporting children and young people

Cupboard youth groups gave teenagers the chance to take an active part in positive activities and peer support as well as an innovative Sharp Solutions project addressing gun, knife and gang crime.

1500 children benefited each week from physical activity classes run by the ACE team.

43 children learned to cook at the Little Chefs cookery programme at Belle Isle Family Centre run by Family Intervention service. Children Making Choices weekly groups helped children cope with domestic violence.

Menspace supported three teenage boys excluded from mainstream education back into meaningful activities. Eduplay mobile crèche provided play and learning opportunities for more than 3,000 children. However, a steep reduction in contracts for the coming year forced its closure after ten years.

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**Eduplay provided childcare for 3000 children during the year.**

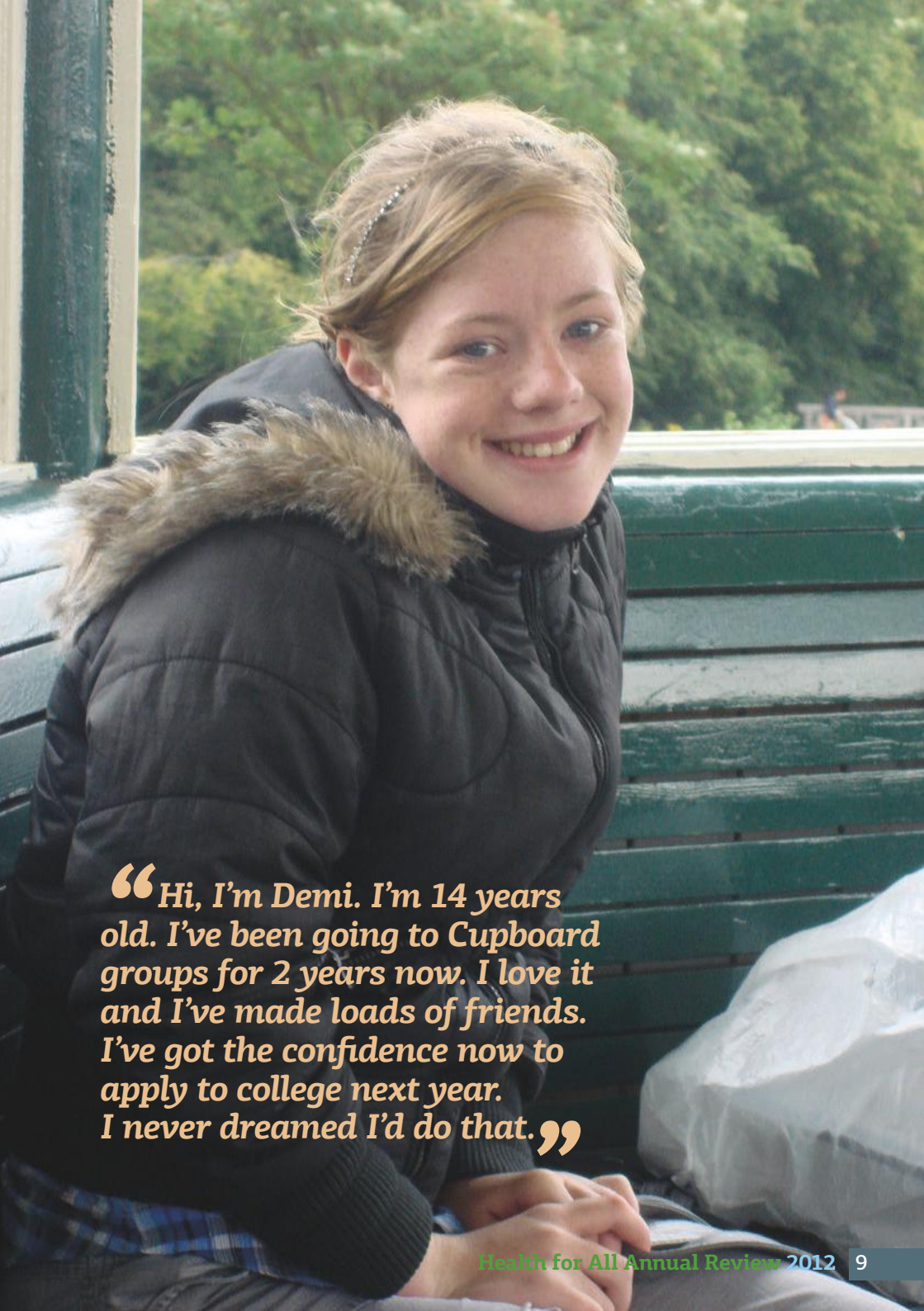
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**The Cupboard engages over 70 young people in 7 weekly groups.**

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**Weekly programmes supported 200 children at risk of obesity, domestic violence and low self esteem.**





**“Hi, I’m Demi. I’m 14 years old. I’ve been going to Cupboard groups for 2 years now. I love it and I’ve made loads of friends. I’ve got the confidence now to apply to college next year. I never dreamed I’d do that.”**

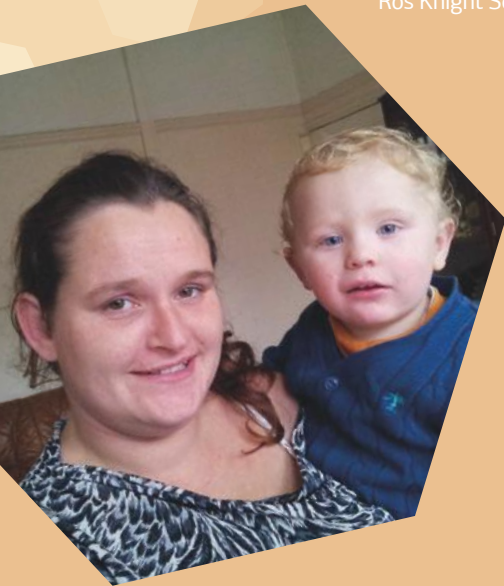
## Supporting Families

Working closely with Social Care, Family Intervention staff provided intensive support to 87 families with children at risk of becoming looked after, enabling them to face multiple challenges. In addition to frequent home visits, families access activities in the two Family Centres. The new Middleton Home Skills Centre will provide space designed to help parents learn home skills as well as feeding and sleep routines. 90 families benefited from 17 specialist parenting and training programmes and 200 children enjoyed the holiday schemes and events.

The new Menspace project ran two weekend dads groups as well as a monthly Pizza Night alongside Healthy Communities staff and a monthly Movie Night alongside Family Intervention workers.

*“I would highly recommend the Health for All Family Intervention service to others. It has been a very positive working relationship. The work achieved a big step forward for the family.”*

Ros Knight Social worker



*“I’ve definitely learned new parenting skills at the Mellow parenting course. I’m better at setting boundaries and saying No when I need to. Really nice centre, staff great and loved the dinners!”*

Nadine

# Linking Communities to Employment, Volunteering and Enterprise

Youth Inspire helped 100 young people gain employability skills with 40% offered jobs or training.

35 Volunteers accessed 52 training sessions through the Skilled Up Rothwell project, learning first aid, food hygiene, volunteering and confidence skills and ten men volunteered through Menspace. Five Work Clubs based in the community and family centres provided 50 job seekers with advice and help with CVs, job applications, Internet access and support.

Connexions personal advisors work intensively with 140 young people each week to move them into employment, education or training.

Tenants Hall Enterprise Centre provides hot desk space and business advice for local entrepreneurs.

***“Youth Inspire helped 100 young people gain employability skills with 40% offered jobs or training.”***



## Engaging black and ethnic communities

AWAAZ (meaning Voice) networks four support and self-help groups serving 60 Asian women and carers. Confidence building sessions resulted in 35 women organising a Meet your local Councillor event to question them, voice concerns and call for improved services.

SHAKTI (meaning Strength) was awarded a three year grant from Comic Relief to build the capacity and independence of BME elder groups run by older people involved in the SANGAM Forum. Ten predominantly Sikh and Hindu groups benefited from a training course equipping participants with skills in running groups, fundraising and committee skills. Healthy Communities staff support weekly health and language groups engaging Bangladeshi women, Sikh elders, Kurdish community as well as others new to the country including African and eastern European migrants.

***“I really enjoyed our visit to the Houses of Parliament in London. We discussed issues that affected our lives with MPs. It was awesome!”***

Member Kushy Dil, Bangladeshi women's group



Asian Women's Group with assertiveness certificates



## Supporting Communities

The popular Bridge project, Health for All's day service for people with learning disabilities, expanded to welcome up to 16 people each day to enjoy arts and crafts, drama, music, sports, health walks, cooking and baking..

Menspace engaged men and boys in a variety of positive activities in addition to the dads groups including horticulture, organising community festivals, growing vegetables on the allotment and fishing.

South Leeds Life supported a daily blog about life in south Leeds and the quarterly publication of an attractive, glossy, informative community magazine delivered to a wide range of community and other centres. Read by up to 10,000 people, it celebrates local people's achievements such as ACE project worker, Rocky, carrying the Olympic torch in Beeston. It aims to train local people as community reporters.

Health for All supports the five south Leeds Community First grants panels as Panel Partner and hosts two community organisers in their role as active listeners to local people and their needs.

- Community Transport service carried 18,500 passengers on 1,500 journeys.
- 93 small groups received £152,000 in Community First grants to support volunteering.



*“Menspace engaged men and boys in a variety of positive activities in addition to the dads groups including horticulture, organising community festivals, growing vegetables on the allotment and fishing.”*



ACE worker Rocky carried the Olympic torch in Beeston



## Future Plans

### Priority neighbourhoods

The priority neighbourhood worker, funded by Leeds City Council Area Management, encourages residents to become actively involved in projects addressing housing issues, crime, community safety and their environment, implementing Neighbourhood Improvement Plans. In addition to outer south areas, Cottingley estate is now the focus of intensive development work with residents.

Cottingley is also the site of an exciting Health Champions pilot, aimed at supporting enthusiastic volunteers to champion healthy lifestyles within their own neighbourhood.

### Engaging men and boys

Expansion of Menspace is planned to engage more men, including older men, BME men and young fathers. Dads who have benefited from existing work are keen to support and mentor others.



*“I’ve been attending the dads group for the last year with my two sons. It’s a great way to spend time with my children and meet other dads. I’ve been able to help dads with younger children benefit from my own experience.”*

Martin

# Future Plans

## Supporting families

Middleton Family Centre will host the new Home Skills Centre, to be opened in December 2012 by local MP Rt Hon Hilary Benn. Family support staff and social workers will use the facilities to equip parents with crucial parenting and housekeeping skills.

Health for All Family Intervention service are also launching their Specialist Programme Brochure highlighting their varied menu of training courses in parenting, self esteem, anger management and domestic violence.

## Improving health

Additional funding for the Smoke Free Homes initiative will enable Healthy Communities staff to gain pledges from an increased number of parents to protect their children from the hazards of smoking.

## Supporting communities and enterprise

Tenants Hall Enterprise Centre celebrated its first birthday. Bookings for groups, meetings, sports and conferences have been steady but action is planned to ensure that many more budding entrepreneurs and local people will benefit from its state of the art facilities.



# Health for All

## Directory of Services

### A to Z

#### Active Clubs Experience (ACE)

Richard Weaver • 0113 276 2720

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#### AWAAZ Network

Shabana Mohammed • 0113 271 7231

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#### Belle Isle Family Centre/ Community Catering

Pat Boden • 0113 277 4819

---

#### Breastfeeding Support/Bosom Buddies

Cath Stone • 07843 339574

---

#### Change for Life

Amy Clelland • 07534 064249

---

#### Community First Grants

Andy Picken • 0113 270 6903

---

#### Community Transport

Jill Newton • 0113 270 6903

---

#### Connexions/Cupboard Project

Alison Chandler • 0113 270 6903

---

#### Enterprise and Community Centre (Bookings)

Shereen Smith • 0113 270 6903

---

#### Facilities Management

Brian Pine Tel • 0113 270 6903

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#### Family Intervention Service

Vikrant Bhatia • 0113 277 4819

---

#### Health and Safety

Richard Lancaster • 0113 276 2720

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## Healthy Communities

Toshali Bhatia • 0113 271 7231

---

## Health Trainers

Alia Nessa • 0113 827 2201

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## Learning Disabilities Service (The Bridge)

Carol-Ann Reed • 0113 276 2 720

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## Menspace

Richard Lancaster • 0113 276 2720

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## Middleton Family Centre/Home Skills Centre

Inbal Dickinson • 0113 276 2386

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## Priority Neighbourhoods

Ellie Rogers • 0113 395 1658

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## Shakti Project

Gurpreet Gill • 0113 270 6903

---

## Skilled Up Rothwell

Emily Godfrey • 0113 270 6903

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## South Leeds Life

John Baron • 0113 270 6903

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## Senior Management Team

### Chief Executive

Pat McGeever • 0113 270 6903

---

### Operations Manager (Enterprise Services)

Judith Hickman • 0113 270 6903

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### Service Manager (Family Support)

Vikrant Bhatia • 0113 277 4819

---

### PA to Senior Managers

Rachel Irwin • 0113 270 6903

---

A to Z

# Health for All Directors 2012

Christine Thornton

Judith Blake

Angela Gabriel

Al Henry

Amanda Ashe

Wyn Kidger

Tim McSharry

Afia Khattun

Lindsey Fraser

Dennis Kitchen

Valerie McGregor

Martin Bartholomew



INVESTORS  
IN PEOPLE

## Acknowledgements

The innovative and responsive work carried out by Health for All would not be possible without the professional and financial support of our funders and partners. Many thanks to all who have supported our work during the year and in particular our funders:





# **Health for All Diary** 2013

# Calendar 2013

## January

M	T	W	T	F	S	S
.	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
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## February

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## March

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## April

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## May

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## June

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## July

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## August

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## September

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23	24	25	26	27	28	29
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## October

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28	29	30	31	.	.	.
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## November

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## December

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30	31	.	.	.	.	.

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[illegible][illegible]

..... Saturday 29 .....

# Sunday 30

Monday 31

Tuesday 1

NEW YEAR'S DAY

Wednesday 2

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[illegible][illegible][illegible]

# Sunday 6



Monday 7

Tuesday 8

Wednesday 9

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[illegible][illegible]

..... Saturday 12

# Sunday 13

Monday 14

Tuesday 15

Wednesday 16

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[illegible][illegible]

Saturday 19

# Sunday 20

Monday 21

Tuesday 22

Wednesday 23

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[illegible][illegible]

..... Saturday 26

Sunday 27

Monday 28

Tuesday 29

Wednesday 30



WEEK 5

## 2013 January/February

Thursday 31

## Friday 1

## Saturday 2

## Sunday 3

Monday 4

Tuesday 5

Wednesday 6

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[illegible][illegible]

# Saturday 9

# Sunday 10

Monday 11

Tuesday 12

Wednesday 13

WEEK 7

# 2013 February

Thursday 14

Friday 15

# Saturday 16

# Sunday 17

Monday 18

Tuesday 19

Wednesday 20

WEEK 8

# 2013 February

Thursday 21

Friday 22

Saturday 23

## Sunday 24



Monday 25

Tuesday 26

Wednesday 27

WEEK 9 2013 February/ March

WEEK 9 2013 February/ March

..... Thursday 28

..... Friday 1

..... Saturday 2

..... Sunday 3

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[illegible][illegible]

This image shows a full page of primary-ruled notebook paper. It features ten horizontal dashed lines spaced evenly down the page. On each side, there are two vertical dotted lines that serve as margins, creating a central area for writing. The paper is otherwise blank, with no handwriting or other markings.

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[illegible][illegible]

# Saturday 9

# Sunday 10

WEEK 11

Wednesday 13

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[illegible][illegible]

Saturday 16

# Sunday 17

Monday 18

Tuesday 19

Wednesday 20



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[illegible][illegible]

..... Saturday 23

# Sunday 24

Monday 25

Tuesday 26

Wednesday 27

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This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

GOOD FRIDAY

[illegible]

# Sunday 31

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WEEK 14

EASTER MONDAY

## Tuesday 2

## Wednesday 3

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[illegible][illegible]

# Saturday 6

# Sunday 7

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[illegible]

This image shows a full page of white paper with horizontal blue dashed lines spaced evenly apart, typical of notebook or primary writing paper. The lines extend across the entire width of the page from left to right. There are no margins, text, or other markings present.

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[illegible][illegible]

Saturday 13

# Sunday 14

Monday 15

Tuesday 16

Wednesday 17



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[illegible][illegible]

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# Sunday 21

Monday 22

Tuesday 23

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[illegible][illegible]

..... Saturday 27

[illegible]

Monday 29

Tuesday 30

Wednesday 1

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[illegible]

A series of horizontal dotted lines for writing.

# Saturday 4

# Sunday 5



Monday 6

EARLY MAY BANK HOLIDAY

Handwriting practice lines for Monday 6.

Tuesday 7

Handwriting practice lines for Tuesday 7.

Wednesday 8

Handwriting practice lines for Wednesday 8.

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This image shows a full page of primary-ruled notebook paper. It features ten sets of horizontal lines across the page. Each set consists of a solid top blue line, a dashed midline, and a solid bottom blue line, providing a guide for letter height and placement. The paper is otherwise blank, with no margins or additional markings.

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Saturday 11

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Monday 13

Tuesday 14

Wednesday 15



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[illegible][illegible]

..... Saturday 18

# Sunday 19

Monday 20

Tuesday 21

Wednesday 22

WEEK 21

2013 May

Thursday 23

Friday 24

Saturday 25

## Sunday 26

Monday 27

SPRING BANK HOLIDAY

Tuesday 28

Wednesday 29

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[illegible][illegible]

# Saturday 1

# Sunday 2

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[illegible][illegible][illegible]

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[illegible][illegible]

# Saturday 8

# Sunday 9

Monday 10

Tuesday 11

Wednesday 12



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[illegible][illegible]

Saturday 15

# Sunday 16

2013 June

WEEK 25

Monday 17

Tuesday 18

Wednesday 19

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Saturday 22

# Sunday 23

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[illegible]

This image shows a full page of primary-ruled notebook paper. It features ten horizontal dashed lines spaced evenly down the page. On each side, there are two vertical dotted lines that serve as margins, creating a central area for writing. The entire page is white and contains no other markings or text.

..... Saturday 29

# Sunday 30

Monday 1

Tuesday 2

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[illegible][illegible]

# Saturday 6

# Sunday 7

Monday 8

Tuesday 9

Wednesday 10



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This image shows a full page of blank primary-ruled notebook paper. It features ten sets of horizontal lines across the page. Each set consists of a solid top blue line, a dashed middle blue line, and a solid bottom blue line, providing a guide for letter height and placement. The paper is otherwise completely blank, with no handwriting or other markings.

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..... Saturday 13

# Sunday 14

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Tuesday 16

Wednesday 17

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[illegible][illegible]

Saturday 20

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Wednesday 24

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[illegible][illegible]

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Saturday 10

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This image shows a full page of blank primary-ruled paper. It features ten sets of horizontal lines, each consisting of a solid top line, a dashed midline, and a solid bottom line, providing a guide for letter height and placement. The paper is otherwise empty, with no text or markings.

[illegible]

Saturday 17

# Sunday 18

Monday 19

Tuesday 20

Wednesday 21

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This image shows a full page of primary-ruled notebook paper. It features ten sets of horizontal lines across the page. Each set consists of a solid top blue line, a dashed midline, and a solid bottom blue line, providing a guide for letter height and placement. The paper is otherwise blank, with no margins or additional markings.

[illegible]

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# Sunday 25

Monday 26

SUMMER BANK HOLIDAY

Tuesday 27

Wednesday 28

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Monday 2

Tuesday 3

Wednesday 4



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[illegible][illegible]

# Saturday 7

# Sunday 8

Monday 9

Tuesday 10

Wednesday 11

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Monday 16

Tuesday 17

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..... Saturday 21 ..... ..... ..... ..... ..... ..... ..... ..... ..... ..... ..... ..... ..... .....	..... Sunday 22 ..... ..... ..... ..... ..... ..... ..... ..... ..... ..... ..... ..... ..... .....
---	---

Monday 23

Tuesday 24

Wednesday 25

.....

[illegible][illegible]

..... Saturday 28

# Sunday 29

Monday 30

Tuesday 1

Wednesday 2



.....

[illegible][illegible][illegible]

# Sunday 6

Monday /

Tuesday 8

Wednesday 9

Thursday 10

Friday 11

Saturday 12

Sunday 13

Monday 14

Tuesday 15

Wednesday 16

.....

This image shows a full page of blank primary-ruled paper. It features ten horizontal dashed lines spaced evenly down the page. On each side, there are two vertical dotted lines that serve as margins, creating a central area for writing. The paper is otherwise completely blank, with no text or markings.

[illegible]

Saturday 19

# Sunday 20

Monday 21

Tuesday 22

Wednesday 23

.....

[illegible][illegible]

..... Saturday 26

# Sunday 27

Monday 28

Tuesday 29

Wednesday 30



WEEK 44

# 2013 October/November

Thursday 31

## Friday 1

## Saturday 2

## Sunday 3

.....

[illegible][illegible][illegible]

.....

[illegible][illegible]

# Saturday 9

# Sunday 10

.....

[illegible][illegible][illegible]

Wednesday 13

---

.....

[illegible]

A series of horizontal dotted lines for writing.

# Saturday 16

# Sunday 17

Monday 18

Tuesday 19

Wednesday 20

.....

[illegible][illegible]

Saturday 23

# Sunday 24

Monday 25

Tuesday 26

Wednesday 27



WEEK 48

2013 November/December

Thursday 28

## Friday 29

Saturday 30

# Sunday 1

Monday 2

Tuesday 3

Wednesday 4

.....

[illegible][illegible]

# Saturday 7

# Sunday 8

WEEK 50

Monday 9

Tuesday 10

Wednesday 11

.....

[illegible][illegible]

Saturday 14

# Sunday 15

Monday 16

Tuesday 17

Wednesday 18

.....

[illegible][illegible]

Saturday 21

# Sunday 22

Monday 23

Tuesday 24

Wednesday 25

CHRISTMAS DAY



.....

[illegible]

BOXING DAY

[illegible]

..... Saturday 28 .....

[illegible]

Sunday 29

WEEK 1

Monday 30

Tuesday 31

# Wednesday 1

NEW YEAR'S DAY

# Calendar 2014

## January

M	T	W	T	F	S	S
.	.	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	.	.
.	.	.	.	.	.	.

## February

M	T	W	T	F	S	S
.	.	.	.	.	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	.	.
.	.	.	.	.	.	.

## March

M	T	W	T	F	S	S
.	.	.	.	.	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	.	.	.	.	.	.

## April

M	T	W	T	F	S	S
.	.	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	.	.	.
.	.	.	.	.	.	.

## May

M	T	W	T	F	S	S
.	.	.	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	.
.	.	.	.	.	.	.

## June

M	T	W	T	F	S	S
.	.	.	.	.	.	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	.	.	.	.	.	.

## July

M	T	W	T	F	S	S
.	.	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	.	.
.	.	.	.	.	.	.

## August

M	T	W	T	F	S	S
.	.	.	.	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
.	.	.	.	.	.	.

## September

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	.	.	.	.	.
.	.	.	.	.	.	.

## October

M	T	W	T	F	S	S
.	.	.	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	.
.	.	.	.	.	.	.

## November

M	T	W	T	F	S	S
.	.	.	.	.	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
.	.	.	.	.	.	.

## December

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	.	.	.	.
.	.	.	.	.	.	.



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**Health for All  
Tenants Hall  
Acre Close  
Middleton  
Leeds LS10 4HX**

**t 0113 2706903**

**f 0113 2776868**

**e [info@healthforall.org.uk](mailto:info@healthforall.org.uk)**

**[www.healthforall.org.uk](http://www.healthforall.org.uk)**

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