

HEALTH FOR ALL DIARY 2015

Annual Review 2014
Directory of services



health for all
changing Lives, Transforming Communities



Welcome to Health for All

We hope you enjoy reading this snapshot of our charity's work and find the 2015 diary useful.

We're privileged to work with some of our city's poorest and most vulnerable people, some facing hunger, loneliness, poor health, others coping with frailty, disability and others struggling with the challenges of parenting and caring.

Our dedicated staff and welcoming centres offer a place to go, people to meet and things to do. We listen respectfully, inform, guide and train, helping people discover often latent talents, skills and resilience deep within themselves.

The following pages chart a typical week in the life of the charity and capture some of the impact our work has on those who benefit. Read on and be inspired...

Facts and figures

In 2014 Health for All supported:

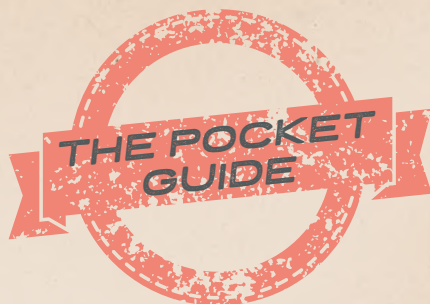
- More than 160 families and helped over 7,000 adults and children adopt healthier lifestyles.
- Trained over 500 people in parenting, cooking, job search, language and other skills.
- Enabled over 500 older people access luncheon clubs and health groups.
- Welcomed over 4,000 people into our five family and community centres.
- Engaged over 500 young people to access employment, education and training.
- Supported 250 small groups to access small grants to support their activities.

7,000
*Healthier
lifestyles*

500
*Older people
visiting lunch
and health
groups*

4,000
*people visit
our five family
and community
centres*

How we help



Family Intervention/Families First

supports families with multiple and complex needs.

ACE

runs fun activities and sports encouraging children to be more active and healthy.

Health Trainers

encourage people to choose and adopt healthier lifestyles by changing behaviours.

The Bridge

enables adults with learning disabilities to lead fulfilling, healthy, active lives.

Menspace

helps men and boys improve health, confidence, relationships and family life.

Healthy Communities

helps individuals and communities improve health and tackle social isolation.

Happy Families

helps parents and children lead happier, healthier lives.

Shakti

trains and supports BME older volunteers to run effective and empowering self help groups.

The Cupboard/Connexions

supports vulnerable young people to lead happier, healthier, fulfilled lives.

Community Transport

provides essential transport for community and self help groups, schools and charities.

Breastfeeding Support

trains volunteer peer supporters to support new mums to breastfeed.

Change 4 Life

supports families with children experiencing weight and health challenges.

Neighbourhood Improvement

helps communities address the issues and challenges they face.

Our family and community centres

are welcoming spaces within the hearts of communities, providing support, health and learning groups, activities, Home Skills Centre, community cafe and a meals delivery service for older people's groups.

Community Learning

runs courses engaging learners in health, confidence, skills training.

Young Dads

offers support, activities and a voice for young dads.

MONDAY

7am

Got helpful advice and lovely breakfast at Belle Isle Family Centre, a life saver, made me feel much better!

9am

Feel happy taking family photos after fun session learning to use mobile phones at Kushy Dil group.

9.30am

New to the country so attending English conversation classes at Beeston Village, so welcoming!

9.30am

Got green fingers and a tidier garden after gardening group at Middleton Family Centre.

11am

Don't feel so alone after meeting friends and having lovely meal at Parivar Lunch Club at Treetops, did gentle exercise afterwards.



2PM

Had fun at The Cupboard with friends. It made me feel more confident about expressing myself.

4PM

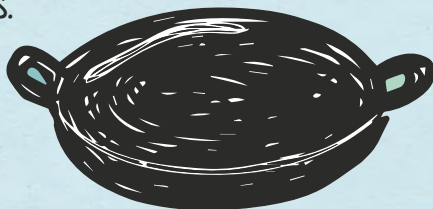
Had great time with other children, learning to cook at Little Chefs group, might cook the tea for my family now!

6PM

Enjoyed making friends and having fun at Young Peer to Peer Group in Holbeck, the staff make me feel really supported and confident.

7PM

Feel less isolated after men's pizza night at Cottingley Community Centre - made some new friends.



DON'T FORGET

Poverty, debt, unemployment, poor housing, substance and domestic abuse, learning disabilities, and mental health problems magnify the challenges parents face.

TUESDAY

8Am

Makes a huge difference to me and my kids having a family support worker help me get organised - kids washed, dressed and off to school on time.

10am

Really appreciate Anger Management at Tenants Hall, helped me manage my anger and save my relationships with partner and kids.

11am

Met Councillor Adam Ogilvie and MP Hilary Benn at the Civic Hall today, told them what we do at The Bridge, they were really impressed!



11.30am

Great session with my health trainer at the GP surgery, getting control of my weight - and my life! Feel much more confident and proud of my achievements.

1PM

Enjoying walk around Holbeck with The Bridge, feeling fitter and better for getting out with my friends.

4PM

Loved playing board games with my Mum at Belle Isle Family Teatime Club - had some scrummy food!

5PM

Great to spend quality time together as a family at Belle Isle Family Centre's movie night!

6PM

Learned about health and solving my problems at Boys Group tonight, made me more confident.



7PM

Lots of ideas on how to eat better and be more active at Inside Out LSIO Group, lost six pounds already. Coming here's like coming home to family each week.

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DON'T FORGET

Emotional isolation is as high a risk to health as smoking, but more than 1 in 3 older adults report having long term, chronic loneliness.

WEDNESDAY

8Am

At ACE Breakfast Club at my primary school, out of breath from all the running around but feel great, the staff are ACE!

10am

Healthy Communities cookery course has given me a new lease of life, was really lonely and depressed but made good friends.

11am

Middleton Baby Café has made such a difference, now breastfeeding my baby and made friends with other mums.

11.30am

So confident using computers thanks to Shakti class, able to talk to family abroad now!



12PM

Don't feel so alone after lunch at Belle Isle Family Centre café - lovely home-cooked food and great company!

1PM

Made wonderful rag rug at Rags to Riches at Tenants Hall - so busy in evenings that I forgot to smoke and eat snacks, lost half a stone!

3PM

Made costumes at The Bridge for the show we're rehearsing, we're baking cakes for it too. Looking forward to performing in front of an audience.

6PM

Wednesday night Zumba at Belle Isle Family Centre's made a real difference, got so much fitter and made new friends too!



DON'T FORGET

Breastfeeding lowers risks for mums and their babies, decreasing chances of infections, heart disease, eczema, asthma, diabetes, cot death, obesity.

THURSDAY

9Am

Made new friends over breakfast at Hunslet Friendship Group, meeting for a trip into town tomorrow!

10am

Learned so much at Incredible Years, how to set boundaries for my children, finding parenting hard but don't feel so alone, great to get support.

11am

Holiday activities at Belle Isle Family Centre gave me chance to spend time with my family and have fun together.

11.45am

Feel so much better after stopping smoking and losing weight after Health Trainers sessions, feel fitter and healthier for first time in ages.



12PM

Lunch delivered from Belle Isle Family Centre to our weekly Luncheon club, the older people love the home cooked meals and chat.

1PM

Feel so confident after Happy Families gardening group, growing my own now at home and saving money on food bills.

4PM

Arriving at G12 girls' group at Belle Isle Family Centre - graffiti was fun, we loved it!



7PM

Attended Beeston Community Forum this evening, heard about plans for Elland Road Park and Ride and Beeston Village Centre and had my say!

DON'T FORGET

NSPCC reported that 10,000 children called Childline about loneliness, family relationship problems, issues at school, bullying and fear of not being accepted.

FRIDAY



9Am

More confident using a camera after Saheli session today, can't wait to photograph my family!

10am

Fab work club session at Holbeck taught me basics of using a computer to find work, applied for three jobs today!

11am

More confident about using the internet after IT course, doing my shopping online now and saving money!



12PM

Not so lonely after volunteering with Menspace, doing gardening, feel useful now!

1PM

Bowled over by indoor bowls at Tenants Hall, the folks at Middleton Community Bowling Club are a friendly lot!



2PM

Always feel better, not so alone after meeting other Polish families at Krok Po Kroko group in Beeston Village.

3PM

Had a great time with ACE at my afterschool club, we get to do all sorts of sports and games, I've made loads of friends!



4PM

Change 4 Life session on food swaps fantastic, my little girl's lost a stone, more confident, not being bullied over her weight.

9PM

All seven kids safely tucked up in bed after bedtime routine help from my Family Worker, can relax now.

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DON'T FORGET

Technology is a key to reducing social isolation but an estimated eight million people in the UK do not use a computer or the internet.

SATURDAY

9Am

Onto the minibus to go to the Dales, like the fresh air and talking to my friends - thanks Health for All Transport!



10am

Feel really supported after attending FIS session on parenting skills, made me realise importance of giving praise - my son's better behaved already!

11am

Loving the shopping trips with Sangam Forum, makes me happy to go somewhere I've never been before and don't feel lonely with friends around.

11am

Kids N Co group at Beeston Village is a lifeline for me and other mums with autistic children, really welcoming centre.

12PM

At Belle Isle Family Centre, time for me and my little boy to play and have fun together at the dads' group, brings us closer together.

3PM

Really enjoyed residential with ACE - lots of fun on the zipwire, canoeing, games, made new friends too!

5PM

Made great friends at Banglasquare youth group at Beeston Village, mum lets me go because it's fun but safe.

6PM

Just received some nappies and food from family support worker, had no food in the house.



DON'T FORGET

13 million people live in poverty, going hungry due to redundancy, low income, rising food and fuel prices, benefits changes, with 500,000 using food banks.

USEFUL NUMBERS

Active Clubs Experience (ACE)

Richard Weaver 0113 276 2720

Belle Isle Family Centre

Inbal/ Kate 0113 277 4819

Belle Isle Community Café/Catering

Pat Boden 0113 277 4819

Breastfeeding support/Bosom Buddies

Cath Stone 07843 339574

Change 4 Life

Amy Clelland 07908 134300

Chief Executive

Pat McGeever 0113 270 6903

Community Information/Publications

John Baron 0113 272 5180

Community Learning

Toshali Bhatia 0113 271 7231

Community Transport

Norman Mann 0113 272 5151

The Cupboard/Connexions

Sophie Parker 0113 272 5162

Family Intervention Service/Families First

Vikrant Bhatia 0113 277 4819

USEFUL NUMBERS

Healthy Communities

Toshal Bhatia 0113 271 7231

Health Trainers

Alia Nessa 0113 272 5160

Learning Disabilities (The Bridge)

Carol-Ann Reed 0113 276 2720

Leeds Health Walks

www.lhwalks.wix.com/front-page

Menspace/ Dads Groups

Chris Filby 07931 659434

Middleton Family Centre

Claire/ Inbal 0113 276 2386

Neighbourhood Improvement

Ian Kenning 07973 129181

Fiona Orr 0770 3987810

Shakti Project

Gurpreet Gill 07958 474542

Tenants Hall Centre Manager

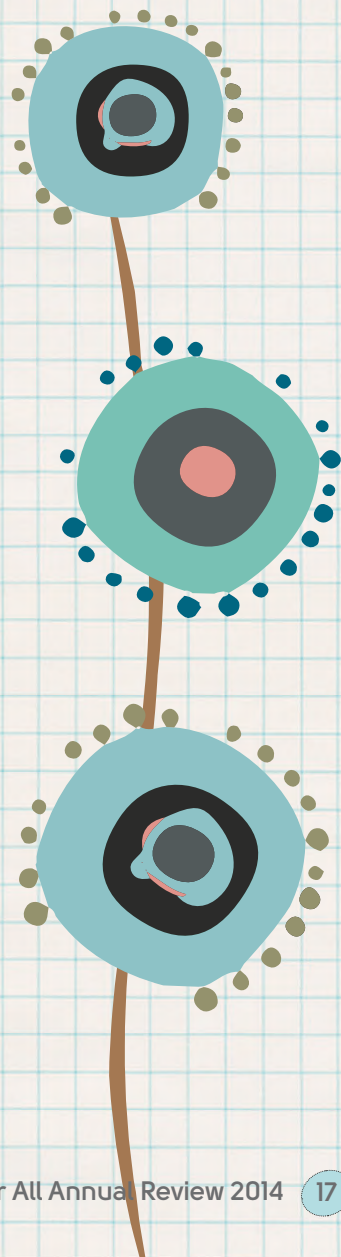
Rachel Irwin 0113 272 5159

Tenants Hall Reception/Bookings

0113 270 6903

Young Dads

Tom Senior 0113 270 6903



WHERE THE MONEY COMES FROM

LCC Public Health funds ACE, Healthy Communities, Change 4 Life, Breastfeeding Support.

LCC Public Health and Leeds North Clinical Commissioning Group funds Health Trainers.

LCC Public Health and Heritage Lottery Young Roots funds The Cupboard.

LCC Childrens Services funds Family Intervention, Families First and Connexions.

LCC Adult Social Care funds The Bridge Learning Disabilities.

Henry Smith Charity funds Menspace.

Esmee Fairburn Foundation funds the Young Dads project.

Comic Relief funds Shakti BME elders.

LCC Inner South Community Committee funds Neighbourhood Improvement.

Wades Charity funds Holbeck Community Garden.

Jimbos Fund funds Happy Families Project.

LCC Employment and Skills funds Community Learning.



Jimbo's FUND

The
Henry Smith
Charity

**COMIC
RELIEF**



Wade's Charity
At the heart of Leeds

MEET OUR TRUSTEES ...

Karen Chiverall (Chair)
Councillor Judith Blake
Wyn Kidger
Hannah Pearson
Martin Bartholomew

Gurcharan Singh Kundi
Ross Needham
Father Chris Buckley
Dr Raj Menon

Our Trustee Board is elected each year at the Annual General Meeting by company members, who represent community groups served

HEALTH FOR ALL DIARY 2015

CALENDAR 2015

January

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WEEK 3

2015 January

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Saturday 24

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Wednesday 28

WEEK 5

2015 January/February

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Saturday 31

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2015 February

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WEEK 9

2015 February/March

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2015 March

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2015 March

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EASTER MONDAY

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EARLY MAY BANK HOLIDAY

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SPRING BANK HOLIDAY

Tuesday 26

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A series of horizontal dashed lines for writing.

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Sunday 31

2015 June

WEEK 23

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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. There are no margins, text, or other markings on the page.

Saturday 6

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2015 June

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WEEK 24

2015 June

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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 solid lines that serve as margins, creating a central writing area. The paper is otherwise blank, with no handwriting or other markings.

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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 solid lines that serve as margins, creating a central writing area. The paper is otherwise blank, with no handwriting or other markings.

[illegible][illegible]

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WEEK 44

2015 October/November

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2015 November

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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 solid lines that serve as margins, creating a central writing area. The paper is otherwise blank, with no handwriting or other markings.

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CHRISTMAS DAY

[The page contains ten sets of primary-ruled writing lines.]

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2016 January

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CALENDAR 2016

January

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April

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August

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September

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October

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November

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December

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health for all
Changing Lives, Transforming Communities

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

t 0113 270 6903

e info@healthforall.org.uk

www.healthforall.org.uk

 [@healthforalllds](https://twitter.com/healthforalllds)

Registered charity No. 1068643 Company Limited by Guarantee No. 3197219

Design dg3



**INVESTORS
IN PEOPLE**