

Health for All

Celebrating
25 years
changing lives,
transforming
communities

DIARY 2016

ANNUAL REVIEW 2015

DIRECTORY OF
SERVICES



health for all
Changing Lives, Transforming Communities



BONDING WITH DAD

Dad Johnny catches some quality time with his son, Riley. Health for All helps parents build strong bonds with their children.



Welcome to **Health** for All

We hope you enjoy this snapshot of our charity's work, a story told through pictures of the people we serve. We are privileged to work with our city's poorest and most vulnerable people, some facing hunger, loneliness, poor health, some coping with frailty, disability and others struggling with the challenges of parenting and caring. Working with local communities to tackle the root causes of these challenges lies at the heart of our mission, an approach recognised by a prestigious 2015 Health and Wellbeing award from the Royal Society of Public Health for our Health Trainer service.

We believe that each person is unique, of immense value, with the right to live a happy, fulfilled life. 2015 saw the wellbeing of over 7,500 people improve, through being supported to discover often latent, strength, skills, resilience and talents and achieving their aspirations.



Healthy, happy families ...

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

Cover photo:

Breastfeeding mum Jane gives baby James the best start in life.

REDUCING ISOLATION

Mrs Bammi enjoys time with friends at Sumangal group. Health for All helps vulnerable older people avoid isolation.



How

we make a

difference



What impact does Health for All's work have on people's lives? How do we make that crucial difference? Our dedicated staff and volunteers and welcoming centres provide opportunities and facilities that help:

- Breastfeeding mums give their babies the best start in life
- Dads spend quality time bonding with their children
- Minority ethnic elders avoid damaging social isolation
- Children and adults adopt healthier, happier lifestyles
- Men cope with traumatic life changing experiences
- Vulnerable young people and care leavers learn crucial life skills
- People with learning disabilities achieve their full potential
- Parents provide safe, happy homes for their children

The following pages highlight that transformation of people's lives in action. Read on and be inspired ...



ENGAGING COMMUNITIES

Volunteer Liu and friends run weekly groups for Chinese seniors and families. Health for All supports volunteers helping their community.

How we help

the pocket guide

Family Intervention Service/ 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 and 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.

Young Peoples Service

supports vulnerable young people to lead happier, healthier lives.

Young Dads

offers support, activities and a voice for young dads.

Best Start

equips families with the skills, knowledge and motivation to give their babies the best start in life.

Time to Shine

engages isolated South Asian and Chinese seniors in weekly peer support friendship groups.

Community Transport

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

Breastfeeding Support

trains volunteer peer supporters to help new mums breastfeed.

Change 4 Life

supports families with children experiencing weight and health challenges.

Our family and community centres

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

Community Learning

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

SUPPORTING FAMILIES

Susan and David provide a loving family for their eight children, supported by dedicated family workers. Health for All helps parents provide safe, happy homes for their children.





HEALTHY CHILDHOODS

Happy Chinese families group helps Xuan Luo and Bella Tian play together in Beeston Village Centre. Health for All provides warm, welcoming centres in the hearts of communities.



BUILDING CONFIDENCE

Michael builds canes to grow beans to cook healthy meals. Health for All helps people achieve their full potential.



HEALTHY MUMS AND BABIES

Bosom Buddies helps Mums Claire and Alexander find support from other new mums. Health for All helps parents give their babies the best start in life.

A woman with dark hair tied back, wearing a red patterned top, is smiling as she operates a white sewing machine. She is focused on her work, with her hands guiding a piece of dark fabric. In the background, another person is partially visible, slightly out of focus, suggesting a shared workspace or classroom setting.

ENJOYING WELLBEING

Shamiala finds fun and friendship while learning sewing skills. Health for All runs activities that improve physical and mental health.



AFFIRMING VOLUNTEERS

Joanna uses her language skills to run Krok Po Kroku for Polish families. Health for All helps people new to the country receive a warm welcome.

CHILDREN'S VOICES

Banglasquare member Hannah, elected Leeds Children's Lord Mayor, with cousin Faisal. Health for All helps children have their voices heard and respected.





LEARNING NEW SKILLS

Ryan learns DIY skills through the Young Dads project. Health for All helps people acquire skills and confidence needed to get a job.

Useful numbers

Active Clubs Experience (ACE)

Richard Weaver 0113 276 2720

Belle Isle Family Centre

Inbal/Melanie 0113 277 4819

Belle Isle Community Café/Catering

Deborah Fletcher 0113 277 4819

Breastfeeding Peer Support

Cath Stone 07843 339574

Change 4 Life

Amy Clelland 07908 134300

Chief Executive

Pat McGeever 0113 270 6903

Chinese Seniors

Hua Zhu Liu/Jialan Gillian Hong 0113 2717231

Community Information/Publications

John Baron 0113 272 5180

Community Learning

Toshali Bhatia 0113 271 7231

Community Transport

Norman Mann 0113 272 5151

Children and Young People's Service

Nicola Wilkinson 0113 2706903

Family Intervention Service/Families First

Vikrant Bhatia 0113 277 4819

Go Walking

Andrew Flynn 07951 731468,
Lynn Bailey 07515 851631

Healthy Communities

Toshali Bhatia 0113 271 7231

Health Trainers

Alia Nessa 0113 2725 160

Home Skills Centre

Claire Smith 0113 276 2386

Learning Disabilities (The Bridge)

Carol-Ann Reed 0113 2762720

Menspace

Andrew Flynn 07951 731468

Middleton Family Centre

Claire/Inbal 0113 276 2386

Tenants Hall Centre Manager

Rachel Irwin 0113 2725 159

Tenants Hall Reception/Bookings

Sue/Jo 0113 270 6903

Time To Shine BME Seniors Network

Balwinder Kaur 07590 182627

Young Dads

Tom Senior 0113 270 6903

Where the **money** comes from

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

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

LCC Children's Services funds Family Intervention Service, Families First.

LCC Adult Social Care funds The Bridge Learning Disabilities.

LCC Employment and Skills funds Community Learning.

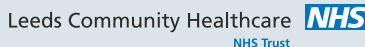
Comic Relief funds Menspace.

Esmée Fairburn Foundation funds the Young Dads project.

South and East Clinical Commissioning Group funds Best Start .

Leeds Community Healthcare funds Better Care For Me.

West Yorkshire Combined Authority funds Go Walking.



Time to Shine is funded by Big Lottery through Leeds Older Peoples Forum

Meet our trustees ...

Karen Chiverall
Wyn Kidger
Hannah Pearson (chair)
Martin Bartholomew
Ross Needham

Father Chris Buckley
Dr Raj Menon
Mike Robinson
Cllr Paul Truswell
Pat Kelley

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

Calendar 2016

January

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November

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December

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