

Health for All Diary 2014

annual review 2013
directory of services



health for all
Changing Lives, Transforming Communities



Introduction

People, their needs and aspirations are at the heart of everything we do here at Health for All.

Our diverse and innovative range of flexible projects and services help local people to live healthy and happy lives, supporting people through significant hardship, poverty and insecurity.

We believe that people in communities are the experts on their own health needs. Adopting a community development approach enables people with similar experiences and needs, to come together to form community groups which offer mutual support and promote collective action.

Health for All's five main objectives are:

- Promoting and protecting good health
- Advancing citizenship and community development
- Enabling social inclusion
- Providing relief to those in need
- Building the capacity of deprived communities

Health for All implements these through 16 projects which provide:

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

Excellent relationships, positive change and consistent high quality are hallmarks of Health for All's delivery. 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.”**

Turnover of £2.2m
137 staff and 50 volunteers
16 projects and services
in 5 centres within communities

Welcome to the Health for All Annual Review

2013 has been another challenging yet immensely productive year for the charity. Success stories include the Home Skills Hub @ Middleton Family Centre. Its warm, friendly home environment enabled over 50 families to learn parenting, bedtime routine, housekeeping and cooking skills.

Through the exciting Heritage Lottery funded Teen Times Travellers project, young people are tracing health inequalities from 1800's to present day.

Shakti, funded by Comic Relief, trained representatives of ten independent groups serving black and minority elders, enhancing their governance, fundraising, representation and advocacy skills. Almost 100 participants crowded into Tenants Hall to celebrate the project's first birthday, be inspired by Councillor Adam Ogilvie, lead member for Adult Social Care and enjoy expert Bhangra dancing!

90 small volunteer led groups were supported to establish projects, run events, improve their environments and refurbish community facilities through Community First grants totalling £152,000.

Community Transport's five-strong fleet of vehicles received a welcome boost in the shape of a new fully accessible minibus, designed to improve access to short breaks for disabled children and young people.

Funding from Middleton Park and City and Hunslet ward members led to the appointment of an additional Neighbourhood Improvement Officer.

Finally, ten HFA staff were trained to deliver a new programme of Community Learning courses for local people in our 5 family and community centres.

Health for All continues to achieve its mission of ...

Changing Lives, Transforming Communities



More than 2,000 people engaged and motivated to improve their health

Health Trainers helped 734 clients adopt healthier lifestyles through 4,150 sessions

ACE delivered 65 weekly multisport classes getting 1500 children active

Healthy lifestyles

Community centres, libraries, shopping centres, schools, youth clubs, parks, GP surgeries and even high rise flats were just some of the venues used to deliver the wide range of services we offer.

Our groups, classes, one to one support programmes and information stalls are all designed to help people live happier, healthier lives!

Communities were buzzing with lively salsa, zumba, cricket, health walks, rounders, netball classes and family games to get over 100 people of all ages active while delicious, low cost, healthy meals were produced in the cookery classes for adults, young people and children.

Intensive support for individuals to make major, positive changes to their lifestyles was on offer too, provided by the city-wide Health Trainer service. Recognition of the effectiveness of this personalised, intensive support was recognised by additional resources from Clinical Commissioning Groups and Interserve. Health issues addressed included anxiety, depression, alcohol dependency and damaging eating patterns.

ACE physical activity instructors increased the physical activity of 1,500 children through weekly sports sessions, a residential and school sports galas.

Cupboard youth workers supported 70 young people to reduce risk and build resilience through 6 weekly groups.

Change 4 Life service supported 55 families through one to one and group sessions and taught 300 families Change 4 Life messages through community events. 645 families so far pledged to keep their home smoke free through the Smoke Free Homes project and 1200 were actively informed of the scheme.

Breastfeeding Support trained 17 peer supporters and ran three popular weekly baby cafes. Fifty five trained, skilled volunteer Bosom Buddies are now actively helping mums across the city meet the challenge of breastfeeding their babies.

Leeds Health Walks run entirely by volunteers, engages up to 60 walkers each week in an enjoyable and varied programme of health walks. More information online at www.lhwalks.wix.com/front-page



One community, many voices



Hold the front page! Our new community information project helps local groups and individuals find their voice and have greater engagement in the community.

Glossy colourful leaflets, booklets and magazines help raise the profile of groups, as well as helping people to master online, blogs and social media – it's not as scary as you think!

Shakti, Menspace and Awaaz Asian women's groups have all benefited as well as a partnership of three independent older people's services wishing to produce a joint magazine. All have reported an increase in respect from beneficiaries, partners and funders, laying to rest the cry 'We didn't know you existed!'



Area Committee funding supported an innovative Junior Reporters' programme, training excited youngsters in schools and youth clubs to become reporters and put together their own wonderful mini-magazines.

The project also supports the five Community First panels in south Leeds, keeping their websites up to date.



Addressing health inequalities

‘Walk’ this way for an improved lifestyle ...

All Health for All projects work in communities where health outcomes are relatively poor and are affected by high levels of deprivation. Addressing health inequalities is central to our work so every project weaves action to address these into their work with individuals, weekly groups and events.

Our Bridge and Menspace services run weekly health walks for people with learning disabilities. Weekly boccia and rugby sessions are delivered by ACE, which also organises an annual Boccia competition during Learning Disabilities week. The competition for the beautiful trophy is fierce!

The Family Intervention Service runs courses to improve parents’ and children’s mental health and self esteem as well as activities to encourage healthy lifestyles among all family members.

Menspace encourages outdoor activities for dads and volunteers and numerous self help groups are assisted with getting grants for activities which improve their health and wellbeing.

Belle Isle Family Centre delivers healthy, home-cooked food to nine older people’s independent luncheon clubs.

Supporting children and young people

Move over Doctor Who! Young people, with support from workers at the Cupboard and Thackray Medical Museum, are researching young people's health from the 1800s to present day as part of Teen Time Travellers, a Heritage Lottery Young Roots funded programme. Check out their blog www.teentimetravellers.com

ACE organised a residential in Penistone for 36 south Leeds children, many of whom had never stayed away from home before. Archery, fencing, quad bikes, zip wires and team building were all new, exciting experiences, building confidence as well as skills. Regular Change 4 Life galas engaged over 200 children from 8 different schools, encouraging competition as well as cohesion!

Our Family Intervention Service ran a variety of groups and services for children, including helping children cope with domestic violence and the Little Chefs cookery programme. Children's needs, opinions, suggestions and voices are now heard through a new Children's Council. Watch out for a giant Snakes and Ladders game on the floor of Belle Isle Family centre! Menspace run two successful weekend groups for 30 dads and their children.

12 children supported through Children Making Choices

Over 40 children trained to be 'Little Chefs' funded by Area Committee

500 young people supported through Connexions

*“The Cupboard Teen Time Travellers
have helped me make more friends,
learn new things and open up.”*



260 children and their parents enjoyed seasonal celebration events

108 parents with 230 children received intensive, practical support

84 families improved parenting skills through 18 parenting courses

6 families supported through the new Families First programme

Supporting families

“The FIS worker and I presented a united front, offering a joined up approach to parenting to the child’s father, a key approach for our service and something that Health for All excels at.”

Ian Forrest, social worker

We’re proud to be supporting local families and helping parents and children in their day to day lives.

Our Family Intervention Service staff, working closely with Social Care, delivered one to one work and parenting programmes. We provided intensive support to families with children at risk of becoming looked after, enabling them to face and overcome multiple challenges. Frequent home visits and practical support were enhanced by training in parenting, routines, home skills and cooking delivered in homes or in our two Family Centres in Middleton and Belle Isle. 20 specialist programmes included weekly anger management training for men and women as well as empowerment and practical skills for parents and children.

The service uses a holistic approach, seeking to offer support in all areas that affect a family’s ability to parent well. Worklessness and poverty are a crucial factor so access to the work clubs based in the family centres offer pathways to volunteering, education, training and employment.

“The Women’s Empowerment programme really supported me after I left a violent relationship. I enjoyed meeting new people and the group’s structure.”

Linking communities to employment, volunteering and enterprise

500 NEET young people were supported by Health for All Connexions personal advisors through individual support, drop in and outreach, with the aim of moving them into employment and education. To illustrate, here's one young person's success story:

A young person was referred, requiring intensive personal support. The young person and their sibling were both on Child Protection Plans, regarded as at risk by Childrens Social Care, due to violence in the home. Issues faced were non-attendance at school, lack of aspirations and knowledge of available options. Intensive support was provided including help with identifying goals and challenges, preparing a CV, confidence building. A place on a college course was secured and 100% attendance achieved.

The young person reported an improvement in mental and physical health, eating regularly and healthily, improved sleeping patterns, more confidence and a happier family home, taking part in family activities. De-escalation followed, from statutory Child Protection to Family-led CAF – a real achievement!

Open access Work Clubs in HFA Family Centres supported nearly 30 job seekers with CVs, job applications as well as signposting to training and volunteering opportunities. Five men secured jobs through support received by Menspace Work Club in Holbeck Youth Centre.

Tenants Hall Enterprise Centre continued to offer hot desk facilities and space for hire for delivery of dance, martial arts and other services to the local community.

Skilled Up Rothwell project closed when project funding ended but support for a volunteer-led work club continued.



Engaging black and ethnic communities



AWAAZ (meaning Voice) supports Asian women's and carers' groups to become more independent and empowered and gives them a voice, delivering assertiveness training, self development, information and wellbeing training.

SHAKTI (meaning Strength) brings together independent volunteer led South Asian elders groups and other BME groups to give them a strong voice to campaign for better access to mainstream services through Sangam Forum. The forum reduces the isolation of the groups and increases their chance of sustainability. Ten independent groups were supported through regular training and information sessions building skills in fundraising, networking, advocacy, volunteering and governance.

Our Healthy Communities staff support weekly health and language groups engaging Bangladeshi women, including a new group for older Bangladeshi women, Kurdish and Polish communities and others new to the country, including Africans and Eastern Europeans.



Supporting Communities

Health for All works to assist people in particular communities of interest to overcome barriers to participation and access to services.

Practical barriers facing vulnerable people include poverty, poor mobility, childcare, transport, language while unseen barriers include low self esteem and confidence, making it crucial that all services are respectful, affirming and culturally appropriate.

The Bridge, Health for All's Learning Disability Service for adults, provides a friendly, person centred service offering activities tailored to customers' expressed interests. A recent initiative was the establishment of a social enterprise running monthly club/disco nights for adults with learning disabilities in partnership with Leep1.

Menspace engages men and boys in a variety of positive activities in addition to dads groups including horticulture, organising community festivals, growing vegetables in the allotment and fishing. It's a project which helps men lead healthier, more fulfilled lives and encourages them to get out into the community and make a difference.

Several HFA projects support independent self help groups serving communities including Bangladeshi women, Polish families, BME elders, parents of disabled children. We provide meeting space within our five community and family centres, skills training, networking, help completing funding applications, meals delivery to older people's luncheon clubs and transport.

The Community Transport service's six vehicles enabled people with mobility issues to access health, learning, social and support opportunities, effectively combating social isolation.

Health for All supports the five Community First grants panels in south Leeds and employs two Neighbourhood Improvement officers in partnership with Leeds City Council's Area Committee, to build capacity within priority communities and neighbourhoods.

“Thanks for the wonderful transport, reliable and cost effective and very polite and helpful drivers!”

HFA Community Transport service carried 17,700 passengers on 36,000 journeys

90 small independent groups awarded Community First grants totalling £152,000 to support volunteering

Future Plans

Holbeck Youth Centre

Plans are being developed to develop the centre into a thriving multi-purpose Community Hub following an agreed asset transfer to Health for All from Leeds City Council. Funding bids are currently being submitted for refurbishment including a new roof and extended space for the Food Bank. A partnership is working on plans to develop the rarely used MUGA (multi use games area) next to the centre into a Community Garden and Growing Area with raised beds, greenhouses and a chicken coop!

Beeston Village Community Centre

A former library transformed into a community centre four years ago with the support of local elected members and community groups, BVCC now requires refurbishment so again, a partnership is being established to seek funding for a new build community centre! Watch this space!



“I lost two stones after my Health Trainer helped me look at my lifestyle and make changes to my diet. I don’t know what I’d have done without her!”

Tenants Hall

Tenants Hall Enterprise Centre celebrated its second birthday with almost full occupancy of office space and significant use by a wide variety of agencies. A range of exciting, accessible community activities and groups are being supported to promote maximum use by local people to ensure that although its facilities are state of the art, it continues to be regarded as owned by the local community.

Improving Health

At Health for All we are striving for continuous improvement of all our services, not least those designed to improve the health of those most in need. Our city wide Health Trainers service is preparing for expansion following the promise of increased funding and new self help groups for more men, people new to the country and Bangladeshi girls and boys are planned. Smoke Free Homes service is planning recruitment and training of a team of active Smoke Free Homes champions.



HEALTH FOR ALL DIRECTORY OF SERVICES

Active Clubs Experience (ACE)

Richard Weaver 0113 276 2720

Administrator and Projects Co-ordinator

Rachel Irwin 0113 270 6903

AWAAZ Network

Shabana Mohammed 0113 271 7231

Belle Isle Family Centre/Community Catering

0113 277 4819

Breastfeeding Support/Bosom Buddies

Cath Stone 07843 339574

Change for Life

Amy Clelland 07908 134300

Chief Executive

Pat McGeever 0113 270 6903

Community First Grants

Rachel Irwin 0113 272 5159

Community Information

John Baron 0113 270 6903

Community Transport

Norman Mann 0113 270 6903

Cupboard/Connexions

Alison Chandler 0113 272 5163

Facilities

Brian Pine/John Hardy 0113 270 6903

Family Intervention Service/Families First

Vikrant Bhatia 0113 277 4819

Health and Safety

Richard Lancaster 0113 276 2720

Healthy Communities

Toshali Bhatia 0113 271 7231

Health Trainers

Alia Nessa 0113 272 5170

Learning Disabilities (The Bridge)

Carol-Ann Reed 0113 276 2720

Leeds Health Walks

John Scott 0113 286 3656

Menspace

Richard Lancaster 0113 276 2720

Middleton Family Centre

0113 276 2386

Neighbourhood Improvement

Ellie Rogers 0113 395 1658

Ian Kenning 0113 247 4310

Shakti Project

Gurpreet Gill 07958 474542

SmokeFree Homes

Shabana Mohammed 07958 742719

Tenants Hall Centre Manager

Rachel Irwin 0113 270 6903

Tenants Hall Reception/Bookings

0113 270 6903

A to Z

Health for All Directors 2013

Martin Bartholomew

Judith Blake

Father Chris Buckley

Angela Gabriel

Afia Khattun

Wyn Kidger

Dennis Kitchen

Mr Kundi

Ross Needham

Ingrid Pine

Peter Nothard (co opted)

Jayne Russell (co opted)



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:



connexions



Health for All Diary 2014

Calendar 2014

January

M	T	W	T	F	S	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
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February

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March

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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31

April

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30
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May

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
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June

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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
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7	8	9	10	11	12	13
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August

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September

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October

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27	28	29	30	31	.	.
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November

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December

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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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Blank lined paper for writing.

BOXING DAY

This image shows a full page of primary-ruled notebook paper. It features ten horizontal rows. Each row is defined by two parallel horizontal dashed lines. Vertical dotted lines are placed at regular intervals along the top and bottom edges of each row, creating margins on both sides. The entire page is white with no text or other markings.

Saturday 28

[illegible]

Monday 30

Tuesday 31

Wednesday 1

NEW YEAR'S DAY

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[illegible][illegible]

Saturday 4

Sunday 5

Monday 6

Tuesday 7

Wednesday 8

WEEK 2

2014 January

Thursday 9

Friday 10

Saturday 11

Sunday 12

Monday 13

Tuesday 14

Wednesday 15

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[illegible][illegible]

Saturday 18

Sunday 19

Monday 20

Tuesday 21

Wednesday 22

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[illegible][illegible][illegible]

Sunday 26

Monday 27

Tuesday 28

Wednesday 29

WEEK 5

2014 January/February

Thursday 30

Friday 31

Saturday 1

Sunday 2



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Monday 3

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Tuesday 4

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Wednesday 5

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[illegible][illegible]

Saturday 8

Sunday 9

Monday 10

Tuesday 11

Wednesday 12

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[illegible]

This image shows a single sheet of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be a standard sheet of lined paper used for writing or drawing.

..... Saturday 15

Sunday 16

Monday 17

Tuesday 18

Wednesday 19

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[illegible][illegible]

Saturday 22

Sunday 23

Monday 24

Tuesday 25

Wednesday 26

WEEK 9

2014 February/March

Thursday 27

Friday 28

Saturday 1

Sunday 2

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[illegible][illegible][illegible]

Wednesday 5

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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 middle blue line, 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]

Saturday 8

Sunday 9

Monday 10

Tuesday 11

Wednesday 12

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[illegible][illegible][illegible]

Sunday 16

Monday 17

Tuesday 18

Wednesday 19

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[illegible][illegible]

..... Saturday 22

[illegible]

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Monday 24

Tuesday 25

Wednesday 26

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[illegible][illegible]

..... Saturday 29

Sunday 30

Monday 31

Tuesday 1

Wednesday 2

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[illegible][illegible]

Saturday 5

Sunday 6

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Monday /

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]

GOOD FRIDAY

..... Saturday 19

Sunday 20

Monday 21

EASTER MONDAY

Tuesday 22

Wednesday 23

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This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. 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]

..... Saturday 26

Sunday 27

Monday 28

Tuesday 29

Wednesday 30

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[illegible][illegible]

Saturday 3

Sunday 4

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[illegible][illegible]

Saturday 10

Sunday 11

Monday 12

Tuesday 13

Wednesday 14

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[illegible][illegible]

..... Saturday 17

Sunday 18

Monday 19

Tuesday 20

Wednesday 21

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[illegible][illegible]

..... Saturday 24

..... Sunday 25

Monday 26

SPRING BANK HOLIDAY

Tuesday 27

Wednesday 28

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[illegible]

A series of horizontal dotted lines for writing.

Saturday 31

Sunday 1

2014 June

WEEK 23

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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[illegible][illegible]

Saturday 14

Sunday 15

Monday 16

Tuesday 17

Wednesday 18

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[illegible]

A series of horizontal dotted lines for writing.

Saturday 21

Sunday 22

Monday 23

Tuesday 24

Wednesday 25

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Thursday 26

Thursday 26

Friday 27

Friday 27

Saturday 28

Saturday 28

Sunday 29

Sunday 29

Monday 30

Tuesday 1

Wednesday 2

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[illegible][illegible]

Saturday 5

Sunday 6

Monday 7

Tuesday 8

Wednesday 9

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[illegible][illegible]

..... Saturday 12

[illegible]

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

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[illegible][illegible]

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

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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

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WEEK 35

Monday 25

SUMMER BANK HOLIDAY

Tuesday 26

Wednesday 27

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[illegible][illegible]

..... Saturday 30

Sunday 31

Monday 1

Tuesday 2

Wednesday 3

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[illegible][illegible]

Saturday 6

Sunday 7

Monday 8

Tuesday 9

Wednesday 10

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[illegible][illegible]

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Sunday 14

Monday 15

Tuesday 16

Wednesday 17

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[illegible][illegible]

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Sunday 21

Monday 22

Tuesday 23

Wednesday 24

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Monday 29

Tuesday 30

Wednesday 1

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Saturday 4

Sunday 5

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Monday 6

Tuesday 7

Wednesday 8

Wednesday 8

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Saturday 18

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Wednesday 22

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[illegible][illegible]

..... Saturday 25

Sunday 26

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[illegible]

A series of horizontal dotted lines for writing.

[illegible]

Wednesday 29

WEEK 44

2014 October/November

Thursday 30

Friday 31

Saturday 1

Sunday 2

Monday 3

Tuesday 4

Wednesday 5

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[illegible][illegible]

Saturday 8

Sunday 9

Monday 10

Tuesday 11

Wednesday 12

WEEK 46

2014 November

Thursday 13

Friday 14

Saturday 15

Sunday 16

Monday 17

Tuesday 18

Wednesday 19

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[illegible][illegible]

Saturday 22

Sunday 23

Monday 24

Tuesday 25

Wednesday 26

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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]

..... Saturday 29

Sunday 30

Monday 1

Tuesday 2

Wednesday 3

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[illegible][illegible]

Saturday 6

Sunday /

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[illegible][illegible][illegible]

Wednesday 10

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[illegible][illegible]

..... Saturday 13

Sunday 14

Monday 15

Tuesday 16

Wednesday 17

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[illegible][illegible]

..... Saturday 20

Sunday 21

Monday 22

Tuesday 23

Wednesday 24

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[illegible]

CHRISTMAS DAY

[illegible]

BOXING DAY

[illegible][illegible]

Monday 29

Tuesday 30

Wednesday 31

Calendar 2015

January

M	T	W	T	F	S	S
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5	6	7	8	9	10	11
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February

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23	24	25	26	27	28	.
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March

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31

April

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	.	.	.
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May

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18	19	20	21	22	23	24
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June

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30
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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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