



health for all
Changing Lives, Transforming Communities

DIARY

2018

SERVICES, CENTRES
AND GROUPS



Welcome to Health for All services, centres and groups



Health for All award-winning services are here to help you, your family, your community.

Everything we do aims to :

- Help people live healthier, happier lives
- Create better outcomes for children and families
- Reduce social isolation and build stronger communities

Get in touch if you want to join us – you'll receive a warm welcome !

Health for All was established in 1991 to redress health inequalities, promoting community participation and collaboration. We deliver 14 innovative, responsive services and projects from our 6 Family, Community, Enterprise and Skills centres located within the hearts of local communities, engaging over 10,000 people and supporting 250 small independent groups each year.



Tenants Hall Enterprise Centre

Middleton Leeds 10

Originally built with money raised by Middleton tenants in the 1950s, rebuilt with European and Government funding.

Home to Health for All, Community Transport, grandparents' group, community choirs, crafts, sewing and hobbies groups, Middleton Bowlers, conferences, counselling, mental health support, karate, yoga, pain management, DAZL.





Middleton Family Centre

Sissons Road Leeds 10



Originally Trevor Stubbs House, a refuge for homeless young women, refurbished with Surestart funding.

Home to HFA Family Support, Bosom Buddies, Home Skills Centre, Connected Positive mental health youth project, Boys' CSE Project, Stronger Families, baby massage.



Beeston Village Community Centre

St Antony's Drive Leeds 11

Originally a local library, transformed into a Community Centre at the request of local Councillors and groups, now demolished.

A new build Centre is opening in summer 2018 funded by the Big Lottery and a ward-based initiative grant.

Home to Healthy Communities, BAFF, Lychee Red, Beeston Community Forum, Happy Panda, Global Families, Banglasquare, Krok Pro Krok.



Health for All services centres and groups A to Z

Name	Contact	Tel
Aiming High	Rachel Vernelle	0113 272 5169
Active Clubs Experience	Richard Weaver	0113 276 2720
Beeston Village Community Centre	Reception	0113 271 7231
Belle Isle Family Centre	Reception	0113 277 4819
Boys' CSE Project	Alison Reynolds	07956 078078
Breastfeeding Peer Support	Cath Stone	0113 270 6903
Bridge Learning Disabilities	Carol Ann Reed	0113 276 2720
Care Leavers	Libby Tinworth	07951 525541
Change 4 life	Richard Weaver	0113 276 2720
Childcare/Children Making Choices	Kam Benton	0113 270 6903
Chinese Elders	Hua Liu	0113 271 7231
Community Transport	Norman Mann	0113 272 5151
Families First	Vikrant Bhatia	0113 277 4819
Family Intervention	Vikrant Bhatia	0113 277 4819



Health for All services centres and groups A to Z (continued)

Name	Contact	Tel
Health Trainers	Alia Nessa	0113 272 5160
Healthy Communities	Toshali Bhatia	0113 270 6903
Holbeck Community Centre	Carol Ann Reed	0113 276 2720
Kinship Carers	Kamaljit Benton	0113 2706903
Little Chefs	Leanne Elliott	0113 2774 819
Menspace/Skills Hub	Martin Brennan	07432 702911
Middleton Family/Home Skills Centre	Reception	0113 276 2386
Pathways Youth	Amy Clelland	0113 277 4819
Stronger Families	Paula Henshall	0113 276 2386
Teen Arts/TeenSpirit	Sharon Bottomley	0113 277 4819
Tenants Hall	Reception	0113 270 6903
Time to Shine BME Elders Network	Balwinder Kaur	0113 270 6903
Time to Shine Fulfilling Lives	Yasmin Khan	0113 270 6903
Young Dads/Dads' Group	Paula Henshall	0113 277 4819
Young People's Mental Health	Jill Bottomley	0113 276 2386

Our funders





Belle Isle Family Centre

Belle Isle Road Leeds 10

Originally a local church undercroft, built with public and Lottery funding.

Home to Family Intervention, Stronger Families, Families First, Pathways, Kinship Carers, Little Chefs, Children Making Choices, Be Yourself, Teenspirit Girls, boys' group, parenting programmes, friendship group, Womens' Wellbeing.

Winner of Best Place for children and young people at Child Friendly Leeds Awards 2017.





Holbeck Community Centre

Elland Road Leeds 11



Originally a Youth Centre, refurbished with funding raised by local young people.
Home to The Bridge Learning Disability service, ACE Engaging inactive children,
Holbeck Food Bank, Work Club, IT support.





South Leeds Skills Hub Gypsy Lane Leeds 11



Originally an Education Centre, Horticultural and Construction facility for young people.

Home to Menspace, horticulture, Camera Club, Love Your Garden, Get Technology Together, Sew for Fun, woodworking, metalwork, crafts, South Leeds Radio, sports, Express Yourself, Supporting Local Enterprise.



Phil says "My health trainer was so encouraging and full of positive energy, making me feel very inspired and enthusiastic to improve my wellbeing. I'd absolutely recommend this service."



Ruby from Africa had a really tough start when her baby was born. She says "Bosom Buddies training changed not only my life but my whole family. Thank you!"

Sarah, local mum using Belle Isle Family centre "What can I say? This place is amazing, so supportive to families, I've grown so much in confidence. I can't recommend this place enough, my kids can't wait to go back. Very friendly and caring staff."



Gildersome Primary School "We've used Health for All's community transport for 3 years now. It's 'service with a smile', safe, efficient and very, very reliable. Without it, we wouldn't be able to deliver the wonderful trips that we do."

Kulwant says "I was very depressed. My husband had passed away, I was crying all the time and didn't go out, had no confidence. But HFA introduced me to Sumangal. It's given me courage to come out of grieving, I feel very happy now and I help as a volunteer."

Sarah says "I was shy, nervous and quiet when I joined Be Yourself. Now, it's my safe place with friendly faces, a shoulder to cry on and fantastic listeners. I've learned to like myself, getting there a small step at a time. THANKYOU"

Health *for* All

DIARY
2018

Calendar 2018

January

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February

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March

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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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October

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November

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December

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24	25	26	27	28	29	30
31

Thursday 28

Friday 29

Saturday 30

Sunday 31

NEW YEAR'S EVE

2018 January

WEEK 1

Monday 1

NEW YEAR'S DAY

Tuesday 2

Wednesday 3

Thursday 4

Friday 5

Saturday 6

Sunday 7

2018 January

WEEK 2

Monday 8

Tuesday 9

Wednesday 10

Thursday 11

Friday 12

Saturday 13

Sunday 14

Monday 15

Tuesday 16

Wednesday 17

Thursday 18

Friday 19

Saturday 20

Sunday 21

2018 January

WEEK 4

Monday 22

Tuesday 23

Wednesday 24

WEEK 4

2018 January

Thursday 25

Friday 26

Saturday 27

Sunday 28

2018 January

WEEK 5

Monday 29

Tuesday 30

Wednesday 31

Thursday 1

Friday 2

Saturday 3

Sunday 4

2018 February

WEEK 6

Monday 5

Tuesday 6

Wednesday 7

WEEK 6

2018 February

Thursday 8

Friday 9

Saturday 10

Sunday 11

2018 February

WEEK 7

Monday 12

Tuesday 13

Wednesday 14

Thursday 15

Friday 16

Saturday 17

Sunday 18

2018 February

WEEK 8

Monday 19

Tuesday 20

Wednesday 21

WEEK 8

2018 February

Thursday 22

Friday 23

Saturday 24

Sunday 25

2018 February

WEEK 9

Monday 26

Tuesday 27

Wednesday 28

Thursday 1

Friday 2

Saturday 3

Sunday 4

2018 March

WEEK 10

Monday 5

Tuesday 6

Wednesday 7

Thursday 8

Friday 9

Saturday 10

Sunday 11

2018 March

WEEK 11

Monday 12

Tuesday 13

Wednesday 14

Thursday 15

Friday 16

Saturday 17

Sunday 18

2018 March

WEEK 12

Monday 19

Tuesday 20

Wednesday 21

Thursday 22

Friday 23

Saturday 24

Sunday 25

2018 March

WEEK 13

Monday 26

Tuesday 27

Wednesday 28

Thursday 29

Friday 30

GOOD FRIDAY

Saturday 31

Sunday 1

2018 April

WEEK 14

Monday 2

EASTER MONDAY

Tuesday 3

Wednesday 4

Thursday 5

Friday 6

Saturday 7

Sunday 8

2018 April

WEEK 15

Monday 9

Tuesday 10

Wednesday 11

Thursday 12

Friday 13

Saturday 14

Sunday 15

2018 April

WEEK 16

Monday 16

Tuesday 17

Wednesday 18

Thursday 19

Friday 20

Saturday 21

Sunday 22

2018 April

WEEK 17

Monday 23

Tuesday 24

Wednesday 25

Thursday 26

Friday 27

Saturday 28

Sunday 29

2018 April/May

WEEK 18

Monday 30

Tuesday 1

Wednesday 2

Thursday 3

Friday 4

Saturday 5

Sunday 6

2018 May

WEEK 19

Monday 7

EARLY MAY BANK HOLIDAY

Tuesday 8

Wednesday 9

Thursday 10

Friday 11

Saturday 12

Sunday 13

2018 May

WEEK 20

Monday 14

Tuesday 15

Wednesday 16

Thursday 17

Friday 18

Saturday 19

Sunday 20

2018 May

WEEK 21

Monday 21

Tuesday 22

Wednesday 23

Thursday 24

Friday 25

Saturday 26

Sunday 27

2018 May

WEEK 22

Monday 28
SPRING BANK HOLIDAY

Tuesday 29

Wednesday 30

Thursday 31

Friday 1

Saturday 2

Sunday 3

2018 June

WEEK 23

Monday 4

Tuesday 5

Wednesday 6

Thursday 7

Friday 8

Saturday 9

Sunday 10

2018 June

WEEK 24

Monday 11

Tuesday 12

Wednesday 13

Thursday 14

Friday 15

Saturday 16

Sunday 17

2018 June

WEEK 25

Monday 18

Tuesday 19

Wednesday 20

Thursday 21

Friday 22

Saturday 23

Sunday 24

2018 June

WEEK 26

Monday 25

Tuesday 26

Wednesday 27

Thursday 28

Friday 29

Saturday 30

Sunday¹

2018 July

WEEK 27

Monday 2

Tuesday 3

Wednesday 4

Thursday 5

Friday 6

Saturday 7

Sunday 8

2018 July

WEEK 28

Monday 9

Tuesday 10

Wednesday 11

Thursday 12

Friday 13

Saturday 14

Sunday 15

2018 July

WEEK 29

Monday 16

Tuesday 17

Wednesday 18

Thursday 19

Friday 20

Saturday 21

Sunday 22

2018 July

WEEK 30

Monday 23

Tuesday 24

Wednesday 25

Thursday 26

Friday 27

Saturday 28

Sunday 29

2018 July/August

WEEK 31

Monday 30

Tuesday 31

Wednesday 1

Thursday 2

Friday 3

Saturday 4

Sunday 5

2018 August

WEEK 32

Monday 6

Tuesday 7

Wednesday 8

Thursday 9

Friday 10

Saturday 11

Sunday 12

2018 August

WEEK 33

Monday 13

Tuesday 14

Wednesday 15

Thursday 16

Friday 17

Saturday 18

Sunday 19

2018 August

WEEK 34

Monday 20

Tuesday 21

Wednesday 22

Thursday 23

Friday 24

Saturday 25

Sunday 26

2018 August

WEEK 35

Monday 27
SUMMER BANK HOLIDAY

Tuesday 28

Wednesday 29

WEEK 35

2018 August/September

Thursday 30

Friday 31

Saturday 1

Sunday 2

2018 September

WEEK 36

Monday 3

Tuesday 4

Wednesday 5

Thursday 6

Friday 7

Saturday 8

Sunday 9

2018 September

WEEK 37

Monday 10

Tuesday 11

Wednesday 12

Thursday 13

Friday 14

Saturday 15

Sunday 16

2018 September

WEEK 38

Monday 17

Tuesday 18

Wednesday 19

Thursday 20

Friday 21

Saturday 22

Sunday 23

2018 September

WEEK 39

Monday 24

Tuesday 25

Wednesday 26

Thursday 27

Friday 28

Saturday 29

Sunday 30

2018 October

WEEK 40

Monday¹

Tuesday 2

Wednesday 3

Thursday 4

Friday 5

Saturday 6

Sunday 7

2018 October

WEEK 41

Monday 8

Tuesday 9

Wednesday 10

Thursday 11

Friday 12

Saturday 13

Sunday 14

2018 October

WEEK 42

Monday 15

Tuesday 16

Wednesday 17

Thursday 18

Friday 19

Saturday 20

Sunday 21

2018 October

WEEK 43

Monday 22

Tuesday 23

Wednesday 24

Thursday 25

Friday 26

Saturday 27

Sunday 28

2018 October

WEEK 44

Monday 29

Tuesday 30

Wednesday 31

Thursday 1

Friday 2

Saturday 3

Sunday 4

2018 November

WEEK 45

Monday 5

Tuesday 6

Wednesday 7

Thursday 8

Friday 9

Saturday 10

Sunday 11

2018 November

WEEK 46

Monday 12

Tuesday 13

Wednesday 14

Thursday 15

Friday 16

Saturday 17

Sunday 18

2018 November

WEEK 47

Monday 19

Tuesday 20

Wednesday 21

Thursday 22

Friday 23

Saturday 24

Sunday 25

Monday 26

Tuesday 27

Wednesday 28

WEEK 48

2018 November/December

Thursday 29

Friday 30

Saturday 1

Sunday 2

2018 December

WEEK 49

Monday 3

Tuesday 4

Wednesday 5

Thursday 6

Friday 7

Saturday 8

Sunday 9

Monday 10

Tuesday 11

Wednesday 12

Thursday 13

Friday 14

Saturday 15

Sunday 16

2018 December

WEEK 51

Monday 17

Tuesday 18

Wednesday 19

Thursday 20

Friday 21

Saturday 22

Sunday 23

2018 December

WEEK 52

Monday 24

Tuesday 25

CHRISTMAS DAY

Wednesday 26

BOXING DAY

Thursday 27

Friday 28

Saturday 29

Sunday 30

2018 December/2019 January

WEEK 1

Monday 31

Tuesday 1
NEW YEAR'S DAY

Wednesday 2

Calendar 2019

January

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May

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August

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