



HEALTH FOR  
ALL BUILT MY  
CONFIDENCE

## MY NAME IS SARAH

I joined the Be Yourself group as a very shy, nervous and quiet person. I don't have a close circle of friends. One year later, the group has become my safe place with friendly smiles, a shoulder to cry on if I need it and fantastic listeners. I always leave on a Friday feeling much better. I and my eldest did the Christmas Special Little Chefs. The enjoyment in my daughter's face was lovely to see. It gave me and my daughter quality time together. She recreated what she learned on Christmas Day as she couldn't wait to show family members her new skills. I've learned so much, Bollywood dancing, boxing, Zumba, and kitchen skills but these are small things compared to the support in helping me become a more confident person who needs to like herself more. I know I'll get there one small step at a time.

Thanks to LCC Children's Services for funding Family Support.



HEALTH FOR ALL  
MADE ME  
HAPPY AND  
PROUD



## MY NAME IS MARIANA

I'm very happy to be a part of the wonderful Happy Global Families group. It is a privilege and honour to serve families providing them with a nice environment, adventure and trips. This group is like a second home. I come from Moldavia and speak Romanian. I'm a single parent, mother of three lovely girls.

I'm always excited to meet amazing ladies and their kids and have a fun time together with English conversation, arts and crafts, all with energy and passion!

We get to learn from each other's experiences and grow our knowledge from all the classes we attend and activities that we participate in together. We have dreams and future plans, but we are happy and proud of what we have done so far.

We are very thankful to staff at Health for All for all the support and encouragement. Thank you so much for everything you do!

Thanks to LCC Public Health for funding Better Together.



HEALTH FOR ALL  
TRAINED ME TO  
HELP OTHERS



## MY NAME IS RUBY

I come from Ghana. Two years ago I joined the Bosom Buddies Breastfeeding group that meets weekly at Middleton Family Centre. I wasn't comfortable breastfeeding in public with my son. I found the professional advice as well as the peer support from other mums was very helpful in building my confidence. I felt really empowered! Cath, the HFA Breastfeeding Coordinator, motivated me and convinced me I could do it! I wanted to help other new mums in my situation so when I was encouraged to become a volunteer I jumped at the chance of joining the Peer Support training and became a Bosom Buddy myself. I can help especially when there is a language barrier.

I've learned lots of new information. I feel more confident and pleased with what I have achieved. The peer support training was a very good experience and has been helpful with family and friends too.

Thanks to LCC Public Health for funding Breastfeeding Support.







HEALTH FOR ALL  
MADE ME PART  
OF A FAMILY

## MY NAME IS MR GIA LANG

I was born in 1943. I live on my own. I was a refugee, coming to the UK following Vietnam war. My divorce left me alone for so long. I tried to overcome my loneliness by walking around. But I worried about myself, finding difficulty sleeping at night. I played puzzles, games to help me fall asleep. I had no real friends or relatives around. I was so fearful of death.

Then I joined Health for All Lychee Chinese Red in 2015. I was shy and quiet at first but now I join in, singing the classical old songs, reminding me of my childhood. The Chinese traditional lunch makes me feel at home, part of a family. I write calligraphy with the other older men, play chess, dance and chat.

Coming to Lychee Red has made me happy, confident and no longer alone. Thank you!



Thanks to Big Lottery through Leeds Older Peoples Forum for funding Time to Shine.



HEALTH FOR ALL  
CHANGED  
MY LIFE



## MY NAME IS RICHARD

After serious heart surgery I chose to retire early and move to Leeds.

I've had a lifelong interest in photography, and before the death of my best friend, used to go out for the day with the cameras and have fun. Then all this came to an end. I had no one to accompany me. I was in an unfamiliar area, with no friends. So despite the many interesting subjects to capture, I was unable to go out on photographic expeditions on my own, especially given my medical condition.

Which is where Health for All's MenSpace came in! My sister-in-law, knowing my situation, gave me a newspaper clipping advertising the photography course. I phoned and the rest as they say is history. Suddenly I had new friends with common interests, somewhere welcoming to go, doing things again, even involved in computer development and recycling. MenSpace literally changed my life around.



Menspace is a multi-strand service engaging men in life enhancing activities.

HEALTH FOR ALL  
TAUGHT ME  
NEW SKILLS



## MY NAME IS ROBERT

Before I came to the Skills Hub I pretty much spent my days at home with nothing to do, nowhere to go and only my Mum to talk to. The Hub has given me a new lease of life! I am now part of the horticultural group, the video and camera club, the sewing group and woodwork. I also volunteer with the Love Your Garden project out in the community, helping vulnerable people with their gardens. I love it, it makes me feel great and I get to meet other new people.

The calm and welcoming environment of the Hub makes me feel comfortable and happy. I have made lots of friends and learned many new skills. I love coming here, the banter and having a laugh with everyone. I really look forward to getting out of the house and heading up to the Hub. This place has changed my life. Thank you.

Thanks to Cockburn School for the lease of the Skills Hub.





HEALTH FOR  
ALL HELPED ME  
MAKE FRIENDS

## MY NAME IS LAUREN

I'm 17 and live in Belle Isle. I attend Teenspirit girls group. Our group meets every week in the Family Centre. Before I joined Teenspirit I was really lacking in confidence. I was shy, quiet and didn't feel comfortable joining in activities or even group discussions. But the group facilitators reassured me and the other girls were really friendly and supportive and became good friends. I gradually joined in lots of really fun and interesting activities: arts, music, dance, drama, cooking, even First Aid training and day trips! I became confident enough to get involved in planning and organising activities and even sat on a staff recruitment panel – that made me proud. I've been involved too in the Connected Project and the Tetley Arts project – they were fun!

Getting involved in these activities has changed my life. I've now got a part time job in catering at Elland Road Stadium.

Thanks to Leeds Community Foundation for funding Connected young people's project.



HEALTH FOR ALL  
HELPED ME  
ENJOY LIFE





## MY NAME IS ADAM

I'm 23 years old and live in Middleton with my family. I started coming to The Bridge because I wasn't enjoying college. I have been here for nearly four years and am very happy. I was shy at first but have got a lot more confidence now and have made a lot of friends.

There is always lots going on at The Bridge and I enjoy everything I do there: sport, cooking, dance and the new story telling group. I also help out with our Happy Snappy Photobooth at different events.

I especially like all the art activities such as painting and making props for drama. Everybody says I am really good and I am very proud of what I can do. My work is going to be in the Beyond Learning Disability Arts Festival 2018 in Leeds this July.



Thanks to LCC Adult Social Care for funding HFA's Bridge service.

HEALTH FOR ALL  
IMPROVED MY  
HEALTH



## MY NAME IS PARKASH

I am 82 years old and live in Beeston. Both my children live abroad so I have no immediate family here. I felt so isolated, struggling to cope, unable to get out. Then Time to Shine worker Yasmin came into my life. I shared my worries and concerns and she arranged the Access Bus, a weekly Yoga session and a social worker visit. She discussed the option of sheltered housing and helped me get extra pension benefit. That will pay for transport to attend social activities without worrying about the expense.

*I told Yasmin "You are the first person to come in to my home to help me; I didn't even know that someone could help me. You have helped me overcome my sight and hearing problems. You've made me aware of what is going on in the community. I had left it to God to send me someone and you came, thank you."*



Thanks to Big Lottery through Leeds Older Peoples Forum for funding Time to Shine.

HEALTH FOR ALL  
SUPPORTED ME  
AS A CARER

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INDEPENDENCE



health for  
Changing Lives, Transforming Communities

## MY NAME IS DAVID

I'm 28 years old and live in Belle Isle. My mum Margaret, who's 65, had a stroke and now has very little mobility. She can only walk short distances and uses a wheelchair. She has a carer coming in four times a day but I'm still the main carer for my mum and dad.

Last September when she came out of hospital, I had to find dependable, safe transport for her to attend her fortnightly hospital and medical appointments. I don't drive and if I learned, I'd need a car suitable for a wheelchair. I found HFA Community Transport. I wanted an alternative to taxis. I book in advance so I know where I am. The staff are great, very dependable and friendly. It's good value for money. They wait while my mum is in her appointment. If the doctor's busy that can take a while. It's taken a weight off my mind.



HFA Community Transport runs seven minibuses and two community cabs.

HEALTH FOR ALL  
HELPED ME COPE



## MY NAME IS TRACEY

I attend the Middleton Minstrels Choir. I call it my Friday morning therapy! This wonderful group has got me through some dark times, a very difficult couple of years. Singing (and laughing together!) has helped me deal with it.

The moment I walked into the room at Tenants Hall, I felt a warmth and felt welcomed. I was very nervous and lacked confidence. As time has passed, my confidence has really grown. I feel we are a safe space to share and be uplifted by one another. The choir has become like extended family. We always love it when new ladies join us. We want to continue to grow.

For me the choir has given me a new lease of life, a new purpose. Our amazingly talented choir teacher puts us at ease, making us feel we can achieve anything. Most of all she has faith in us and brings out the best!

HFA centres provide warm, welcoming, accessible facilities for groups.





HEALTH FOR ALL  
IMPROVED OUR  
FAMILY LIFE



## MY NAME IS SUE

I'm a Kinship carer for my granddaughter. Together, we attend the Blossom Kinship Support group, meeting other grandparents who have children living with them. I also attend a Grandparents group. I'm now chairperson of Blossom group and sit on interview panels, representing parents.

The Family Support worker taught me how to make things calmer at home, explaining why my granddaughter was always angry, destroyed her toys and needed my constant undivided attention. She helped with strategies to calm her down, that taught her to pause and learn how to take turns. I really do feel like I am part of one big happy family, what a godsend! My granddaughter loves the interaction with staff who've helped her become a calm, relaxed child.

I feel I've taken control of my life and have Health for All to thank for that. Without them my life would still be a spiral of anger and tears.

Thanks to LCC Children's Services for funding Family Support.



HEALTH FOR ALL  
HELPED ME SERVE  
MY COMMUNITY



## MY NAME IS LIU

I'm a single parent, Chinese young mum of three children and Beeston resident. Setting up Lychee Red Chinese elders project in HFA's Beeston Village Community Centre led to new friendships. This strong social network highlighted the need to help other isolated Chinese young parents in the area, leading to 'Happy Chinese Families'. I love helping other parents, children, older people and the wider community to organise many activities including Christmas and Chinese New Year celebrations.

A massive heartfelt 'Thank You' to Health for All for changing my life since I took the first step into the community centre. I'm proud to serve my Chinese community and help lots of people change their lives. I feel strongly Health for All offers a safe, professional and friendly environment, especially for people from diverse ethnic backgrounds, providing equal opportunity for all. I cannot believe how much I've achieved compared to my past life: confidence, happiness, feeling valued.



New build BVCC coming soon thanks to Big Lottery Reaching Communities funding .

HEALTH FOR ALL  
REDUCED MY  
ISOLATION



## MY NAME IS JOEL

I'm a young dad living in Middleton. I've attended the Dads Group every Saturday with my children for the past year. Iris is five and Freddy is three. I've suffered with anxiety and depression, isolating me from life outside. Men Behaving Dadly group has given us the chance to meet and make friends with other dads and their children. We've done gardening, cooking, sewing, trying new things. I'm a keen cook, I was raised in Paris! I make sure Iris and Freddy take the lead when cooking with me helping in the background. We've enjoyed learning to batch cook, prepare vegetables, pastry and cake making. We cook together at home now.

Socialising with other dads, knowing you're not alone, gives me a reason to get up on a weekend, building my self esteem and confidence, helping me deal with depression. I'm not isolated in the house anymore with my children.

Thanks to Esmée Fairbairn for funding the HFA Young Dads project.







HEALTH FOR ALL  
HELPED ME COPE  
WITH BEREAVEMENT



## MY NAME IS KULWANT

I was very depressed after my husband passed away. I was still grieving, kept on crying in my room and would not come out. When an HFA worker visited me at home I would not even come to the living room! Gradually I started going out for short walks with Bally. She increased my confidence, helped me feel comfortable travelling by Access Bus, supporting me to attend a Sumangal BME Seniors group. I am so grateful. These small steps led me to being able to cope and improved my emotional health.

I feel so much happier now, I go out and about. I have learned a new way of living life, enjoying attending the group every week. I now volunteer, helping other women like me.

People should go out and socialise with other people, make new friends as this will certainly help in building confidence and enjoying life!



Thanks to Big Lottery through Leeds Older peoples Forum for Time to Shine funding.

HEALTH FOR ALL  
MADE ME  
HAPPY AND  
CONFIDENT



## MY NAME IS SARFUL

I'm 37 years old, with 5 children, one with special needs. I joined Kushy Dil Women's Group when feeling really lonely and overwhelmed, having to find a new home and school places. I had nothing for myself, so joining Kushy Dil was a breath of fresh air, 'me time' I was so craving.

I've done rock climbing, skiing, karaoke at the Eid parties, all beyond my dreams! I've so enjoyed the trips and residential during the holidays for the kids and family, the memories have been truly magical.

I feel really happy and confident now, telling other ladies from the community to join in the fun too. I'm now the chairwoman, a real privilege. Everybody says it's because I talk too much but it's because I'm passionate about the group! This is the only social group I attend. I can't wait for Mondays to arrive.

Thanks Health For All for always going the extra mile!



Thanks to LCC Public Health for funding Better Together.