

Welcome to the Health for All 2017-18 Annual Review

- It's been a year of exciting developments!
- Work starting on Big Lottery funded million pound rebuild of new Beeston Village Community Centre
 - Expansion of HFA Family Support services across the city
 - Expansion of support for fathers and father figures especially young dads
 - New services supporting Kinship carers, grandparents, children with additional needs
 - Launch of Better Together in partnership with Asha and Hamara
 - Three new projects supporting young people:
 - Positive Futures, supporting boys at risk of Child Sexual Exploitation
 - Connected, promoting positive mental health
 - Pathways, intensive support linking NEET young people to employment, training, enterprise
 - New Health Trainers service supporting waste management staff to live healthier lifestyles
 - Successful Time to Shine projects preventing social isolation among Chinese and south Asian older people

We hope you enjoy reading the inspiring personal reflections of the people we are privileged to serve. Here's just a sample of the thousands of people from so many different communities who engage in HFA services, meet in HFA centres, participate in or run self help groups. Witness the courage shown in sharing challenges experienced and overcome and enthusiasm to support others!



HEALTH FOR ALL
HELPED ME
ENJOY LIFE



families
improved
parenting,
benefitting 217
children



HEALTH FOR ALL
CHANGED
MY LIFE



HEALTH FOR ALL
IMPROVED OUR
FAMILY LIFE



HEALTH FOR ALL
MADE ME
HAPPY AND
PROUD

"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 for them
a nice environment,
adventure, trips."



HEALTH FOR
ALL HELPED ME
MAKE FRIENDS

Healthy, active children

Health for All engaged over 3,500 children in fun, accessible, energetic classes in 92 schools and community settings including specialist programmes for disabled children.

"ACE activities are always first class and enable our children get active in a really enjoyable way. ACE has enabled our young learners to access fun, exciting and stimulating sessions, getting active and healthy. Rocky brings so much enthusiasm and with his constant praise, the children really look forward to the sessions each week."

Haigh Road Infant School

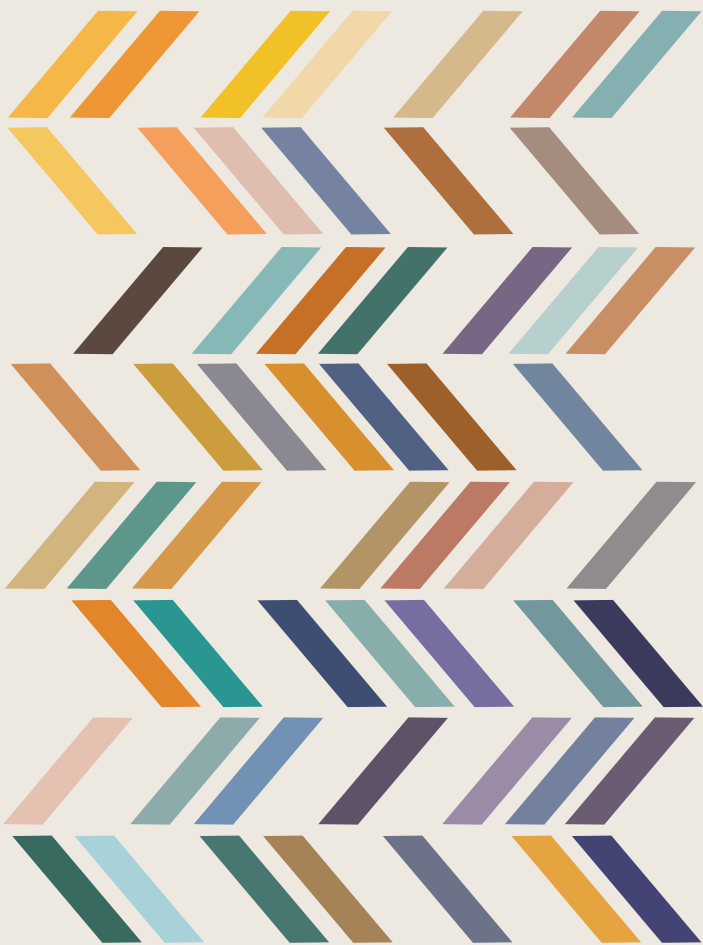
Thanks to LCC Public Health for funding ACE and Change 4 Life.



HEALTH FOR ALL
REDUCED MY
ISOLATION



HEALTH FOR ALL
IMPROVED MY
HEALTH



older people reduced
their social isolation,
building friendships
and confidence

Warm, welcoming centres

Health for All's six community, family and skills centres located in the hearts of communities welcomed thousands of people. Countering isolation and improving mental and physical health, they provide a place to go, people to meet, things to do. Providing a home for dozens of community and self help groups, they offer a lifeline for those suffering poor health, low self esteem, loneliness, poverty.



HEALTH FOR ALL
TRAINED ME TO
HELP OTHERS

Health Trainers

“Feel much healthier, much more energy, more confident to go out and mee ling.”

“Health Trainer very encouraging, full of positive energy, felt inspired and enthused to make changes to improve my wellbeing, absolutely recommend this service.”

“Cut out unhealthy snacks, healthier snack options at work, increased my level of activity by joining running group, definitely recommend the Health Trainer Service.”

“Health Trainer lovely, very encouraging and accommodating, flexible, really appreciate your motivational texts.”



young people improved work skills, increased resilience



people improved their health through Better Together



isolated vulnerable men learned skills and built friendships

Care leavers

“Our weekly group’s somewhere welcoming, safe, where we can have a laugh, have some food and just be ourselves. It makes a massive difference to us who’ve experienced care, who don’t have stuff to do, don’t have people to talk to. It changes the way we’re able to look at life and feel like we’re not alone. The staff put time and effort in to making this group happen. They’re incredible, trying their absolute hardest to make it fun and something new every time. They’re our inspiration, getting us through the rest of the week.”

Tara, aged 19 years



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Inspiring volunteers

Health for All volunteers come from the communities they serve. They run weekly Friendship groups for Chinese and south Asian elders. They teach woodwork, IT and horticultural skills to vulnerable, isolated men. They run support groups for eastern European and new to the country families. They support and inspire care leavers, Bangladeshi women, grandparent kinship carers. They drive minibuses and care for children. Together, they speak fifteen languages! They are truly inspiring!



“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.”