

# health*for*all review

2021  
2022

changing lives • transforming communities





# CONTENTS

02	Welcome to Health for All
03	Chair's foreword
04	Achieving Aspirations
06	Nurturing New Life
07	Improving Health
08	Celebrating Diversity
10	Youth in Action
12	Supporting and Connecting Elders
14	Reducing Isolation
16	Tackling Climate Change
18	Reducing Food Poverty
20	Our Centres
22	Highlights of the year
24	Journeys
26	Finance
27	Health for All services and groups
28	Thanks to our funders & trustees



# WELCOME TO HEALTH FOR ALL

Welcome to the Health for All Annual Review 2021/2022. In this Report, we celebrate the achievements of our charity and the people and communities we are privileged to support.

Working with local communities to tackle the root causes of poverty, hunger, poor health, loneliness forms the core of our mission. We listen respectfully, inform, guide and train, helping people discover often latent talents, skills and resilience deep within themselves.

We believe that each person is unique, of immense value, with the right to live a happy, healthy, fulfilled life. People, their needs and aspirations are at the heart of everything we do. Our mission is to enable the poorest and most vulnerable communities to overcome the challenges of health and social inequality. Our grassroots approach involves delivering crucial support and services from our network of safe, welcoming community spaces and groups.

The Covid 19 pandemic has radically changed all our lives, posing unprecedented challenges and causing immense grief, hardship and insecurity within our communities, with the poorest disproportionately affected. At the very time our welcoming spaces were most needed, the pandemic forced the closure of both our centres and groups.

Along with many others serving those most vulnerable, we swiftly and creatively found ways to continue delivery of that vital support.

## Health for All's Response

- Repurposing our centres as hubs from which we delivered crucial supplies to vulnerable people and those shielding
- Delivering support through online groups, activities and sessions

- Making regular well-being telephone calls and Covid secure doorstep visits
- Providing free Access to IT for those without the necessary equipment, skills or confidence
- Creating a Memory Garden in the grounds of a HFA Community centre
- Organising socially distanced support events for those most isolated including new mums and their babies

## Funding Secured

- An exciting creative arts project to support care experienced young people to better cope with their isolation and insecurity through the pandemic
- Meeting the specific, practical needs of older minority ethnic, racialised communities
- Establishing empowering Community Food Pantries in HFA centres, reducing food poverty

Our six Centres and network of peer support groups are now safely and securely re opened, our services continuing to improve health, reduce loneliness, building resilience, instilling pride and confidence, equipping people with the skills to achieve their aspirations and lead happy, healthy, fulfilling lives.

We hope you enjoy this snapshot of our charity's work which helped people and communities to overcome the unprecedented challenges of the past two years and face the year ahead with renewed hope.



# CHAIR'S FOREWORD

I am pleased to present the achievements of the charity highlighted in this Annual Review. I know from my personal experience as a GP in Hunslet for 34 years, the many challenges and barriers people face to living healthy, happy fulfilling lives. Our charity's success in raising young people's aspirations, supporting families to best care for their children, helping people live healthy, active lives is indeed a cause for celebration. We are proud of our response to the Covid 19 pandemic, helping those most vulnerable to cope with bereavement and loss, social isolation, strain on family life and budgets, the negative impact on people's physical but also mental health. Despite the necessary closure of our centres and groups, we still succeeded in helping over 10,000 people build their resilience and improve their wellbeing. Challenges ahead include the Climate Change emergency and the cost of living crisis which again is disproportionately affecting the poorest in our communities. We look forward to working with our communities to address those challenges in the year ahead.

**Chair of Trustees, Dr Raj Menon**

# 2021—2022

foreword



# ACHIEVING ASPIRATIONS

Health for All supports young people, adults and families to move closer to Employment and Skills through individual and group support, mentoring, work placements, job clubs.

Our **Stronger Families** team supported 74 families, **Raising Aspirations** team supported 180 families, trained 100 people through 20 courses and helped 60 people into employment and training, addressing challenges and overcoming barriers.

**Positive Destinations** helped 70 young people achieve their potential on their journey towards employment.

**Healthier Working Futures** engaged 50 young people through outreach and supported 27 move into training and employment. Our new '**My Future**' **work clubs** project, in partnership with **Better Action for Families** (BAFF), engaged 12 learning disabled adults in creative Skills Workshops.

**Inspiring Futures** engaged 160 Bangladeshi, Chinese and eastern European young people in aspirational activities.

Partnership project **Starting Points** with partners **Holbeck Together**, **St Lukes** and **Involve** supported 80 parents with young children towards training, skills and employment, distributing £20k in partnership grants.



families supported by  
Stronger Families



people trained  
through 60 courses by  
Raising Aspirations



young people helped  
in their employment  
journey



I was referred to Raising Aspirations in January 2022, desperate to find a job. My benefits had stopped and I had nowhere to live. I would have taken anything, I just wanted a job. My worker was brilliant, helped me set up an email, get proof of NI number, sorted emergency food, a mobile phone, clothing and a listening ear. I now work shifts locally, earn a good wage. I've made new friends, feel much happier, more secure."





# NURTURING NEW LIFE

Health for All supports new mums to give their babies the best start in life through our **Leeds and Bradford Breastfeeding Support services**.

We successfully retained Leeds Breastfeeding Peer Support service, partnering with Womens Health Matters. With over 40 active trained volunteers, we run 10 weekly groups, supported 520 families face to face, 1135 via an online facebook group, providing additional zoom sessions during Covid. In 2022 we will launch breastfeeding peer support on hospital postnatal wards.



families attended groups



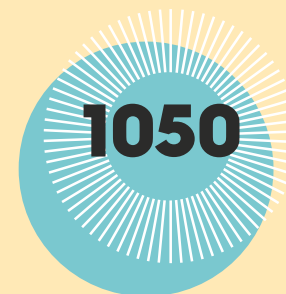
supported via social media

“Breastfeeding is going really well, I’ve highly recommended you to my health visitor. I had given up on breastfeeding but you came out and really helped me. Thank you again for your support.”

Our Breastfeeding support service delivered as part of Better Start Bradford was recommissioned for a further two years, directly supporting 560 families supported through 360 home visits and 1050 support calls, with a new Breast Pump loan scheme already proving popular.



families supported



support calls





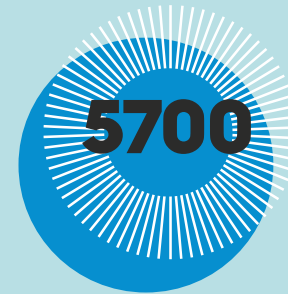
# IMPROVING HEALTH

Health for All improves the health and wellbeing of children, young people, adults and older people through a range of accessible, innovative services. We successfully retained the South Leeds **Better Together** service with partners ASHA, St Lukes Cares and Holbeck Together. The team uses community health development approaches, providing individual and group support, running health enhancing events, promoting health messages and campaigns including Covid awareness, enabling vaccination clinics in HFA centres in the hearts of communities.

Over 5700 adults were supported along with 40 groups serving communities including Bangladeshi, Chinese, eastern European, young mums, older people, community choirs, peer support and activity groups offering health walks, gardening, parents & tots, mental health support, music and dance, arts and crafts, ESOL, exercise.

A new project engaged and welcomed 65 Hongkongers through friendship and activity sessions, delivered by our staff with the necessary language skills and cultural knowledge. As a partner in Live Well Leeds, we helped improve the mental health of 70 vulnerable people, running three life enhancing weekly peer support groups for women, dads, kinship carers.

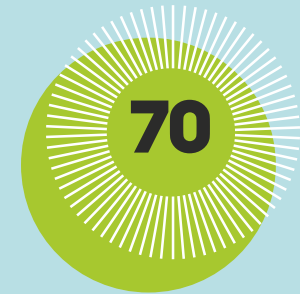
Our breadth of work reducing health inequalities with excluded communities helps us channel experiences and aspirations from grassroots to influence policy, through providing third sector representation on Leeds Health and Wellbeing Board and through Locality, a voice on the national government advising VCSE Health and Wellbeing Alliance.



adults supported



Hongkongers  
supported through  
friendship and activity  
sessions



vulnerable people's  
mental health  
improved







# CELEBRATING DIVERSITY

Health for All supports adults with learning disabilities to achieve their full potential through the **Bridge** day service based in Holbeck Community Centre and the **Community café** at Watsonia in Cross Flatts Park, Beeston. Almost forty adults enjoy the activities on offer including dance, crafts, gardening, football, boccia, confidence building. The café at Watsonia offers skills training and experience in working in a hospitality venue providing a valuable service to the local community.

Nine additional young college leavers are looking forward to joining the service in the summer.



“

**My name is Howard. I live in Holbeck with my mum, near The Bridge and have been coming for nearly 7 years. I was 50 in April.**

**I have done lots of different sorts of art at The Bridge, but I really love ceramics and I've got better and better.**

**I was chosen by Beyond (Learning Disability Arts Festival) to work with an artist called Iman to make my own exhibition. She has taught me a lot and we have a laugh together.”**



people enjoy the activities on offer at the Bridge and Watsonia Café

learning disability



# YOUTH IN ACTION

Health for All **ACE** engages inactive children in life enhancing weekly groups offering multi sports sessions in schools and community centres working in some of the most deprived areas of the city. Families face multiple challenges including poverty and unemployment so the sessions are valuable time out for the children, learning skills, discovering talents, inspired to lead healthy, active lives by the skilled coaches providing positive role models, learning teamwork, building confidence. 6000 children benefit each week through 230 weekly sessions. Children get the chance to meet others from different schools and cultures through 8 tournaments organised each year in addition to residential – which many children will never have experienced before.

**Health for All** engages over 500 children in Healthy Holidays schemes, providing exciting activities along with healthy meals during school holidays.

Young People are served through groups including a **Violence Reduction** project, members producing a film used in schools to warn other young people of the dangers of knife crime. **Teenspirit** groups support 15 boys and girls weekly, building confidence, improving health and 40 care experienced young people benefit from weekly peer support activities.

“I worked closely with Lauren my youth worker at Health for All who encouraged me to apply for the Head Girl position at my high school. I was successful and am now Head Girl at Cockburn School.” Tian



children benefit  
each week from ACE  
activities



weekly sessions



children enjoyed  
Healthy Holidays



care experienced  
young people  
benefitted from a  
Covid 19 Arts Project



boys and girls  
supported through  
Teenspirit weekly



tournaments  
organised annually

# inspiring futures

Are you a young person  
from a Chinese, Eastern  
European, Bangladeshi or  
other ethnic background?

Do you live in South  
Leeds?

Want to learn new skills  
in your interests  
or your future  
aspirations?

We're not  
just a school  
to study  
in. We're  
a place  
to learn  
and  
grow.

experien









# SUPPORTING AND CONNECTING ELDERS

Health for All supports 800 older people through a variety of groups and projects. The National Lottery funded **Time to Shine** programme managed by Leeds Older Peoples Forum was a 7 year 'Test and Learn' initiative designed to discover the answer to the isolation experienced by many elders and its impact on their health and wellbeing, completing in March.

Our **Connections** project supported older isolated men and **Sunshine in Leeds**, whose team included an occupational therapist, supported primarily minority ethnic elders, linking them to life enhancing activities designed to improve health and independence.

**Lychee Red** engaged Chinese older people, enabling the sharing of food, cultural activities and mutual support.

Five independent volunteer led groups helping Sikh and Hindu elders are empowered through our **BME Seniors Network**, receiving help with governance, funding, volunteers.

**Swift** supported 90 socially isolated, frail housebound older people to improve their wellbeing and independence.

**Menspace**, based in its dedicated Skills Hub at Cranmore and Raylands Centre, Belle Isle and its two community allotments, ran activities including horticulture and woodwork helping older men to rediscover latent skills and talents and teach others.

“

My name is Om Rani Sev, I am 70 years old and live in Tingley.

I was a crèche worker for 18 years, then had a stall in Leeds market for 20 years. But I was so busy I lost my friends, had no social life, was bored and lonely at home. I started going for walks and met Bally from HFA in Cross Flatts Park. She invited me to Better Together group. Things are so different now, I've made friends, feel happier. We've had chair-based exercises, meals out, card making, talks, yoga and now dance! I enjoy all activities, looking forward to coming each week. These groups really do stop you feeling lonely and isolated.”



elders

# REDUCING ISOLATION

Mobility issues are a huge factor in contributing to social isolation and loneliness. Our **Community Transport** service plays a vital role in linking people of all ages to activities which enhance their lives and health. Despite the closure of the service during the Covid 19 lockdowns and reduction in the vehicle fleet due to reduced income, we carried 2500 passengers on 300 journeys travelling 4200 miles, enabling community groups and schools to access healthy lifestyle activities and frail elderly people to access services including Covid vaccinations.

Health for All supports over 50 small independent groups, offering members a lifeline of support and stimulating activities including gardening, singing, exercise, walking, creative arts, woodwork, peer support, friendship. Our staff helped groups recruit volunteers, book venues, design publicity, raise over £123k in small grants.



groups supported



in small grants







Health for all Community Transport

Changing Lives

Tel: 0113 270 6903

DRIVERS WANTED  
transport@healthforall.org.uk

for all







# TACKLING CLIMATE CHANGE

**Our Future Beeston** is part of National Lottery funded Climate Action Leeds. Run by a steering group of local residents, in partnership with Health for All, it aims to generate and support local actions and projects, including those supporting sustainable energy and transport, reducing consumption, improving the natural environment and reducing the carbon footprint of individuals and communities. The project aims to make a meaningful and lasting difference, creating greener, cleaner, fairer, sustainable communities.

Current actions include energy saving workshops and transformation of local binyards into community growing areas.



Email: [ourfuturebeeston@gmail.com](mailto:ourfuturebeeston@gmail.com)

Facebook: [www.facebook.com/ourfuturebeeston](https://www.facebook.com/ourfuturebeeston)



Climate Action Leeds for links to other Leeds hubs:  
[www.climateactionleeds.org.uk](http://www.climateactionleeds.org.uk)





# REDUCING FOOD POVERTY

Supported by a CLORS (Community Led Organisations Recovery Scheme) National Lottery grant through Power to Change, Health for All established five **Community Food Pantries** within our local community and family centres, supporting them to independence and sustainability. They are run on a membership model, enabling members to access low cost quality food each week for a fixed sum of £3.50, with food provided by Fareshare and local supermarkets. More than 160 families are helped each week.



"I like coming here, feels safer than the supermarket."

"Saves me money and staff not judgemental when you're struggling financially."

"Think this is brilliant, we need more Pantries like this in our area, there's so much food poverty."

"I love that we get free fruit and veg, it's helping me make proper, healthy meals for my kids."

"I'm on Jobseekers, this Pantry's been a lifeline. The money I save on food I can now buy washing powder and other essentials."

"Good you can also get support and advice, use the computers, have a coffee and a chat – it's a lifeline."



families helped each week by our five Food Pantries







# OUR CENTRES

## CRANMORE AND RAYLANDS

Reclaimed from disuse and refurbished with grants from the National Lottery and Leeds Community Foundation's Jimbos Fund, Cranmore and Raylands Community Centre completed its second year serving its local community.

1000 people benefitted from health enhancing activities and groups, weekly Food Pantry and Community Cafe and free access to IT. Activities for local children, young people, adults including Dance, singing, gardening, support groups improves health, builds friendships, reduces isolation and addresses food poverty. Some groups continue online via zoom, in response to demand from less able and housebound people.

**Contact: Martin Brennan 07432 702911**



## TENANTS HALL

Obliged to close during Covid 19 lockdowns, Tenants Hall gradually re opened with use increasing, providing high quality office and training facilities along with space welcoming local community groups. 12 groups meet weekly, providing mental health, mindfulness and breastfeeding support, sewing, arts and crafts, community choir, karate and ESOL, benefitting over 600 people. The Centre hosts the innovative Inspiring Futures and Healthier Working Futures youth projects supporting young people towards positive choices and fast track into health and social care jobs

**Contact: Danielle Newton 0113 270 6903**

## MIDDLETON FAMILY CENTRE

The Centre houses the Health for All young people and family services along with providing space for 8 weekly community groups, delivering support for Kinship Carers, older women, fathers, Be Yourself women, Teenspirit young people, care experienced, carers, Little Chefs and Community Food Pantry. More than 100 people benefit weekly, with 500 families supported via Healthy Holiday programmes. Located in the heart of the community, its impact includes reducing social isolation, improving health, addressing food poverty, enabling families to overcome the challenges they face. Young people find a safe place to draw on peer support, learn new skills, reduce anxiety and improve health.

**Contact: Claire Smith 0113 276 2386**





## BEESTON VILLAGE COMMUNITY CENTRE

Our new build Centre, funded with grants totalling over £1 million from the National Lottery and other funders, opened for business in Spring 2020 only to close two months later due to the Covid 19 pandemic. Now fully open, centre staff support 26 groups weekly, helping more than 500 people benefitting from mental health support, exercise and peer support groups, cultural activities, ESOL, IT and Community Pantry, parents and tots group, youth groups, support for BAME people, walking group, cooking classes and covid safety messages. The Community Food Pantry, now runs independently. An extensive programme for learning disabled adults and their families is run by core tenant BAFF (Better Action for Families).

**Contact: Raquel Greenwood**  
0113 271 7231

## HOLBECK COMMUNITY CENTRE

Housing the Health for All Bridge Learning Disabilities service, the Centre is also used by Re-establish, a Family and Children project, Holbeck Christian Fellowship and Holbeck Food Bank. The external MUGA ( Multi Use Games Area) is used by Leeds United KICKS groups, and St Lukes Cares young people's activities. Learning disabled adults care for the Centre's gardens, growing vegetables, flowers and herbs.

**Contact: Carol Ann Reed 07535 960784**



## WATSONIA

An important community facility in the heart of Cross Flatts Park in Beeston, Watsonia provides valuable space for a host of local community groups, including Park Runs, BAFF social markets, Beeston in Bloom, Beeston Festival, Bands in the Park, in addition to a thriving Community Café staffed by learning disabled volunteers learning valuable hospitality and catering skills.

**Contact: Martin Brennan 07432 702911**





# HIGHLIGHTS OF THE YEAR

## highlights

**Inspiring Futures**  
– Children in Need and Youth Futures funded project supporting Chinese, Bangladeshi and eastern European young people to raise aspirations regarding employment choices

**Secured two year extension to Better Start Bradford Breastfeeding Support service**

**Care and Connect** new project supporting men and care experienced young people at risk of suicide – including awareness campaigns within communities to help friends and families detect warning signs and provide support

**Exciting arts project** built several groups  
– self awareness and confidence  
– culminating in beautiful arts display in Tenants Hall

**Enhance**  
– new service helping vulnerable older people to avoid re admission to hospital by providing care and support within own home and local community

**Our Future Beeston Climate Change** project with Health for All as the partner hosting the worker, part of the nationwide Lottery Funded scheme

**Successful with tender for Leeds Breastfeeding Support service** in partnership with Womens Health Matters

Healthier  
Working Futures  
– offering fast track  
for young people into  
health and social  
care jobs

New project  
to welcome  
Hongkongers into  
the country, help them  
integrate and engage  
in positive, fulfilling  
activities

MY Future Work  
Clubs partnership  
with BAFF – funded  
through Leeds Community  
Foundation to support  
learning disabled adults  
with employment skills  
within community  
settings

Secured Better  
Together service  
with partners, Asha,  
St Lukes Cares and  
Holbeck Together

Successful  
completion  
of CLLD Raising  
Aspirations, Time to  
Shine and Positive  
Destinations  
projects

Through a partnership  
with Morley Extended  
Services cluster, HFA employs  
two Family Support workers  
providing early intervention  
whole family support to  
families served

2021–2022



## My Health for All journey: Huazhu Liu

In 2015, as a young mum of three, I joined the Happy Global Family Group at the old Beeston village community centre. I told the manager Toshal I would love to set up a similar group for the Chinese community, a place for people to meet, talk, share the same culture, speak the same language. Happy Chinese Family group was born! Our first social event attracted 40 people, celebrating Chinese New Year.

Language barrier for Chinese elderly in UK makes people feel lonely and isolated. I spoke at Health for All's AGM. That helped us get our first grant, from Leeds Older People's Forum Time to Shine funded by National Lottery, to start Lychee Red. Happy Panda group helped older Chinese men enjoy their interests.

Seven years later, we have a fantastic group meeting weekly, singing, walking, volunteering, one big family.

But what was there for Chinese young people? As a single parent, first generation of immigrants to UK, I knew many other Chinese parents like me, feeling pressure and challenge, struggling to support our children with their future choices. HFA's Inspiring Futures

helps Chinese, Bangladeshi and eastern European young people explore and achieve their potential and aspirations. I'm so proud of my daughters, following in my footsteps, wanting to make a difference for other young people. My eldest, Tian, was elected as one of the Leeds representatives to the UK Youth Parliament. Now I help other new migrant communities to feel welcomed and settled in the UK. This is my journey from housewife to valued volunteer then worker. I appreciate the values, belief, skills Health for All has given me, truly shaping my life, giving me equal opportunity to learn, work, and fulfil my passion to help people in my and other communities.



## My Health for All journey: Thahmina Begum

I started working at Health for All in 2006 on the Learning in the Community project funded by Joseph Rowntree Foundation, joining the Healthy Communities Team in 2009.

The first group I set up was Kushy Dil (Happy Heart) Women's group, organically responding to needs and voices of local British Bangladeshi women in Beeston and Holbeck, aiming to reduce health inequalities, social isolation and loneliness. Group membership and individuals' confidence grew week after week, women making friendships and laughing together. We overcame barriers including childcare, venue, finances and language support, helping the group go from strength to strength, activities including exercise, cooking, arts and family holiday trips.

Members then highlighted the lack of support for older Bangladeshi women and young people, despite clear need. In 2013 we launched Kushy Nannas (Happy Grandmas) and Bangla Square Youth Project. Again, both groups thrived, increasing in popularity and membership, providing opportunities to support and nurture local talent through volunteering and sessional youth work, both groups now supported by local British Bangladeshi women.



Highlights throughout the years? One was visiting the Houses of Parliament in London, with a Question and Answer with the first British Bangladeshi Female MP, Rushanara Ali and our local MP Hilary Benn. Through residential, family seaside trips, healthy cooking and exercise, group members have had fun while improving their health, building confidence and skills, progressing into volunteering, employment, becoming trustees/management committee members, school governors, university and college students.

Living in Beeston and working for Health for All has given me the invaluable first-hand experience, knowledge and skills to enable these groups to make a real difference to the Bangladeshi community in my area. My hope for the future? Supporting the groups to become an independent Charity, growing and blossoming, empowering even further our Bangladeshi community.



# FINANCE

Health for All, along with other charities, helped communities face the challenges of Covid 19 while facing financial challenges ourselves. The closure of our centres, community transport service and many schools we work with, led to significant reduction of income. However, the continued flow of many grant and commissioned services income streams allowed us to maintain crucial support for vulnerable people, many funders showing a deep understanding of the challenges faced at grassroots level.

Of immense help were the Covid 19 Business Support and Esmee Fairbairn grants and the Job Retention scheme, securing centres and jobs. New, responsive funding to help people recover from the pandemic, eg the Big Lottery CLORS scheme, enabled exciting initiatives addressing urgent, emerging needs including Food Poverty and IT access.

## INCOME



- Community Transport • 2%
- Business Support grants • 5%
- Covid Community Support • 6%
- Active Clubs Experience (ACE) • 8%
- Older People • 11%
- Adults with Learning Disabilities • 11%
- Community & Family Centres • 11%
- Healthy Communities • 21%
- Young People & Families • 25%

## EXPENDITURE



- Community Transport • 4%
- Business Support grants • 4%
- Covid Community Support • 6%
- Active Clubs Experience (ACE) • 8%
- Older People • 9%
- Adults with Learning Disabilities • 11%
- Community & Family Centres • 12%
- Healthy Communities • 21%
- Young People & Families • 26%



# HEALTH FOR ALL SERVICES AND GROUPS A–Z

- Better Start Bradford**  
**Breastfeeding Support**  
 Rachel Duxbury 01274 287968
- Beeston Village Community Centre**  
 Raquel Greenwood 0113 271 7231
- Better Together**  
 Vikrant Bhatia 0113 276 2386
- BME Seniors Network**  
 Balwinder Kaur 07590 182627
- Bridge Learning Disabilities**  
 Carol-Ann Reed 0113 276 2720
- Care and Connect**  
 Alison Reynolds 07956 078078
- ACE/Change 4 Life**  
 Richard Weaver 07958 100383
- Chinese Elders**  
 Huazhu Liu 07930 250508
- Children Making Choices**  
 Vikrant Bhatia 0113 276 2386
- Climate Change Our Future Beeston**  
 James Latham 07534 421520
- Community Transport**  
 Norman Mann 0113 272 5151
- Cranmore and Raylands**  
**Community Centre/Food Pantry**  
 Martin Brennan 07432 702911
- Enhance**  
 Balwinder Kaur 07590 182627
- Family Support (Morley Cluster)**  
 Vikrant Bhatia 0113 276 2386
- Holbeck Community Centre**  
 Carol-Ann Reed 0113 276 2720
- Hongkongers Project**  
 0113 271 7231
- Healthier Working Futures**  
 Richard Hutchinson/Rebecca  
 Cartwright 0113 276 2386
- Inspiring Futures**  
 0113 270 6903
- Kinship Carers**  
 Jill Scanlon 0113 276 2386
- Leeds Breastfeeding Peer Support**  
 Suzanne Tobin 07956 077800
- Leeds Health Walks**  
 Ian McNichol 07941 985725
- Live Well Leeds**  
 Jill Scanlon 0113 276 2386
- Menspace/Skills Hub**  
 Martin Brennan 07432 702911
- Middleton Family Centre**  
 Claire Smith 0113 276 2386
- My Future Work Clubs**  
 Danielle Newton 0113 270 6903
- Middleton Food Pantry**  
 Claire Smith/Jill Scanlon  
 0113 276 2386
- Stronger Families**  
 Vikrant Bhatia 0113 276 2386
- Teen Spirit**  
 Sharon Bottomley 0113 276 2386
- Tenants Hall Enterprise Centre**  
 Danielle Newton 0113 270 2903
- Watsonia Café**  
 Martin Brennan 07432 702911

# THANKS TO OUR FUNDERS & TRUSTEES



## Morley Cluster of Schools



## Our Trustees

Raj Menon ( Chair)

Audrey Dickinson ( Treasurer)

Ambia Khatun

Tim McSharry

Maggie Dawkins

Tim Snell

Martin Dean

Hannah Jones

Jeni Swordwilliams

Paul Truswell

“

My name is Peter. I enjoy coming to the Cranmore Skills Hub, learning new skills and techniques in woodwork, making useful items to take home. I really enjoy meeting the other guys once a week.”



“

My name is Magda. I came from Greece nine years ago, a single parent with my 15 year old son. I was a full-time care support worker. But my health declined. I had to leave my job. No family or relatives meant I felt very isolated and lonely, suffered from anxiety and low confidence. Through the HFA Swift service, I joined Beetey Din and feel so much better. I'm active, doing yoga, making friends. Thank you for helping me!”

“

Being part of a group and learning while you're having fun is brilliant. We do things we choose, go places together, help each other, get more confident, healthy, safe. You are accepted for who you are, don't have to pretend or put on a brave face. It's helped us get through the past two years. It was so hard being a young person during the pandemic, cut off from your friends, losing close family.”







Health for All (Leeds) Ltd  
Tenants Hall, Acre Close, Middleton, Leeds LS10 4HX  
t: 0113 270 6903 e: [info@healthforall.org.uk](mailto:info@healthforall.org.uk)  
[www.healthforall.org.uk](http://www.healthforall.org.uk)

 [hfaleedsuk](https://www.facebook.com/hfaleedsuk)  [@healthforalllds](https://twitter.com/healthforalllds)

Registered charity No. 1068643 Company Limited by Guarantee No. 3197219

 **healthforall**  
changing lives • transforming communities

Design: [dg3.co.uk](http://dg3.co.uk) | photography: Steve Thompson – [steve@thompsonleeds.co.uk](mailto:steve@thompsonleeds.co.uk)