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# WELCOME TO HEALTH FOR ALL

Welcome to the Health for All Annual Review 2022/2023. The celebration of our charity's work takes a new form this year. The people we help express in their own words how their lives have been enhanced by the kindness shown by our staff, volunteers and services and through the peer support activity groups and welcoming centres they attend.

Read about how lifelong friendships have been forged, skills rediscovered, health and wellbeing improved, lives and communities changed. Hear peoples own stories of how they have overcome challenges and adversity and how important this local support has been to transforming their lives. Most importantly, read how our empowering, respectful approach makes people feel 'We did it ourselves, we did it together!'. Change didn't come from outside but from within.

Health for All's vision is health and wellbeing for all, a society free from inequality, poverty and isolation. Our charity was established 32 years ago with the clear aim of actively redressing health inequalities, tackling its root causes. We direct all of our energies and resources to those most in need, establishing our small groups and centres within the hearts of disadvantaged communities where people reap the most benefit

Health for All works with people of all ages, from birth to later years. People's stories contained in these pages demonstrate the vital importance of: giving a child the best start in life; delivering energetic, enjoyable activities for children: channelling young people's idealism and energy into positive action; improving mental health through building quality relationships and friendships; providing access to volunteering and decent work; caring and connecting in times of crisis; enabling older people to retain independence and thrive.

But we know we cannot do this alone. This past year has seen us secure vital new funding to address emerging needs and forge new fruitful partnerships with others equally passionate about changing lives, transforming communities.

Many who attend small local groups and centres, speak eloquently about how the groups give them a 'Taste of Family', a 'Sense of Home'. That is the greatest compliment we can receive.

Read on and be inspired .....

# CHAIR'S FOREWORD

In my Annual Review last year, I looked forward to working with our communities to address the challenges they faced. This Annual Review shows HFA has worked hard to do just that and more. The challenges I mentioned included the Climate Change emergency and the cost of living crisis. This Review details our action to support communities to address these and other urgent issues. In addition to Our Future Beeston Climate Change project, we are proud that two of our youth groups are taking action within their own communities to address the issue by taking action and educating others.

The cost of living crisis, along with the long years of austerity and the Covid 19 pandemic, has hit the poorest hardest and exposed the deep inequalities in our society. I know from my personal experience as a GP in Hunslet for over 34 years that these inequalities have a major impact on both physical and mental health as well as life expectancy. How can we allow people within the most deprived communities in our cities to live up to ten years less than people living in more affluent areas?

It is clear we were ill prepared for the pandemic which exposed those inequalities especially among black ethnic minority communities. Sixty per cent of those living below the poverty line are in working households. Almost a quarter of the population are experiencing food poverty, reporting missing of meals in order to feed their children. Living costs are even more of a struggle if you are disabled, with higher energy use and higher equipment costs.

Our charity has provided support in a variety of ways, including practical help through our Community Food Pantries and the Household Support Fund, helping families directly.

I am pleased too at the new partnerships we have forged, especially with communities whose local community centre has been at risk. We are offering, in a respectful way, our experience, expertise and time to helping these centres, knowing how valued our own centres are.

We look forward to seeing the fruits of our work throughout this coming year.

#### Dr Raj Menon

Chair of Trustees

# NEW PROJECTS NEW PARTNERSHIPS



#### **Care Collective**

Trauma Informed support for care experienced/kinship carer young people



#### Being Online Stay Safe

Training for older people



Breastfeeding Support Expansion to postnatal wards



#### Mental Health Transformation

Involvement/ Peer support Partner



#### **Connect Together**

Barca led Young Peoples Social Prescribing service



#### **Connect Together Grants**

Integrated Care Board/ Local Care Partnership funding young peoples groups/activities



#### **Being You Leeds**

Touchstone led Mental Health service



#### **Children Making Choices**

Supporting children affected by domestic violence with Middleton Cluster



#### **Household Support Fund**

Distributed £34,500 directly helping 820 families



#### Leeds Community Anchor Network

Led by VAL



#### Leeds University Multiple Long-Terms Conditions Living Lab

Research



# **Cottingley Community Centre**

Supporting local volunteers



#### **Vicars Court**

Supporting new local registered charity/elected members to reopen Community Centre



#### Start for Life Bradford

Funding enabling Breastfeeding Support expansion



#### Start for Life Bradford

Co Production in Bradford east and south

# HEALTH FOR ALL IN ACTION

Health for All redresses health inequalities by



# BEST START BABIES

66

y name is Kay. I became a breastfeeding peer supporter in July 2022. I am a mum of two, Hattie (4 years) and Owen (16 months). With both children breastfeeding wasn't easy, both having tongue ties and allergies, preventing weight gain.

Bosom Buddies massively helped me with meeting other new mums having similar difficulties, helping me understand and adapt to the difficulties I faced. The genuine kind, caring and non judgemental support I received every time I attended the Chapeltown group was exactly what I needed as a new mum!

I was on the first cohort of peer supporters training that were going to be trained to go on the post natal ward, which is where I definitely think the breastfeeding support was missing and most needed! I am so glad that I did the training!

I trained with some incredible like minded women, knowing that I am helping empower mums to achieve their breastfeeding goals gives me ALL the good feels!

Being part of the breastfeeding peer support team makes me feel so proud, knowing I 'm not only supporting women, but being supported myself by other amazing and powerful women as well! We are all in it together!"

Leeds Breastfeeding Peer Support promotes breastfeeding through one to one expert advice, training Bosom Buddy peer supporters, weekly groups, support in hospital.



733 families visited 1364 Facebook group members

mums helped by peer supporters



# BETTER START BRADFORD Support worker

66

y name is Sarah. I work as a Breastfeeding Support Worker for Health for All, covering Better Start Bradford area, providing breastfeeding support to parents from birth up to six months. Our team helps parents achieve their breastfeeding goals, through home visits and telephone support

I recently supported a family struggling to maintain breastfeeding. The baby's mother was determined to breastfeed, but when we met, was experiencing pain at every feed and described feeds as lasting for hours. Having observed a feed at a home visit, we referred the baby to a specialist for a tongue tie assessment. I supported Mum to continue feeding with nipple shields. Mum also had a significant oversupply of milk, adding to her feeding difficulties. I helped her reduce and manage her milk supply.

The baby's tongue tie was ultimately divided. I continued to support through home visits after division. Mum says 'Thank you so much, it's made such a big difference to us. Without your help I think I might have given up. Support at home made me feel comfortable in my own environment, not worrying about appointments and less stressed. I'll carry on breastfeeding as long as my baby wants to!"





# Active Clubs Experience

# ACTIVE KIDS

66

y name is Ellie. My first experience with ACE was attending a weekly Multisports club at Rothwell Scouts Hub ten years ago when aged 8 years, then afterschool clubs in Year 4 and 5. I then went on the Kingswood Residential. I have very fond memories of that, challenging myself to take part in activities I wouldn't attempt otherwise. I had lots of fun doing them! Now 10 years later I'm a worker in the ACE team.

We recently organised the same residential with me helping children have the same memorable experiences I had at their age. At ACE we often engage with children from disadvantaged backgrounds providing opportunities to have fun joining in team building activities and sports not possible otherwise. Since joining ACE I have worked with a wide range of people of all ages and backgrounds. This has helped increase my confidence professionally and personally.

I've had continuous support over the past 18 months from co-workers and my manager, Richard. I always feel involved and trusted. ACE is a fantastic team. It gives young people like me the opportunity to progress, follow their dreams, learn new skills, confidence which we can use to build a bright future."

ACE engages inactive children in schools and communities, runs weekly activity sessions for older people, trains young coaches.









# YOUTH SOCIAL ACTION

66

e are Mirian, Raha, Moriel, Chik Him, Tian and Kandy aged 14 to 17 years, elected to the Committee of the 30 member Green Futures Youth Social Action group. We joined because we are all passionate about the environment and the future of our planet. We think it is the most urgent issue we need to address today. We don't want to sit back and wait but take action ourselves. We want to bring about real change and encourage other young people from our generation to join us, making our voices heard to those with the power and influence to change things. We plan actions and activities to make a difference! Our Project is funded by Children in Need. We have had training in social media, confidence building and communication. This built our confidence and skills.

We visited the Veolia Waste Management site with Our Future Beeston, learning about recycling. Actions so far include a litter picking campaign in the local park, survey at the Health for All Food Pantries on plant based diets and junk food, lobbying our elected members about reducing junk food adverts in the area, tree planting workshop grafting and growing new fruit trees, planning a Recycling Stall at Beeston Festival."



Green Futures funded by Children in Need supports social action on the environment by young trained leaders.





# YOUTH SOCIAL ACTION

# **66**

y name is Mariyah. I am 11 years old. I am in Year 6 at Hunslet Moor Primary. I really enjoy coming to Bangla Square Youth Club, doing projects and going on trips. My mum used to tell me about the girls group she and her friends attended when they were younger. Can you believe she still goes to a group now with the same friends!

I love attending the group and all the activities I have never tried before including baking, arts, crafts and amazing trips like Go Ape! Which I loved and never screamed so much jumping from the ropes!

My favourite project is Community Food Champions Campaign. We chose an important topic affecting our community and decided there are too many takeaways offering unhealthy food choices, leading to our amazing Social Action Project We pitched our idea at a Headingley Stadium event securing funding from Youth UK. I was super nervous to stand in front of all these people to present our ideas but we did it and got through!! Our local Councillor Ed Carlisle helped us plan an effective Social Campaign, super helpful. We are now working with local takeaways to suggest healthier options."

Health for All supports young people to achieve brighter futures, reduce anti- social behaviour/knife crime, access peer support, take social action.



attending youth groups



55 social action



# SUPPORTING FAMILIES

66

e are Annie and Sarah, Family Support workers with Morley Cluster. A ten year old child was referred for help with anxiety, inability to cope with change, lacking confidence leading to poor school attendance. At home, they struggled with emotions while questioning gender identity.

Mum awaited support following an ADHD diagnosis. Dad suffered from depression and anxiety, unable to leave home, shop, take child to school. Mum lost her job, leading to all three spending most of their day isolated in their top floor flat, their poor mental exacerbated by the Covid 19 pandemic.

Weekly home visits built trust, enabling support for the parents to manage their child's behaviours, access mental health support for themselves, find available services the whole family could enjoy. The child was enabled to explore their interests, focus on their strengths, build positive self-esteem and confidence.

This made a huge difference to all family members, parents gained trust and felt listened to, enabling them to understand their situation and feel empowered. Dad overcame major anxiety, leading to him accessing medical help previously avoided. A trusting relationship enabled the child to express themselves freely, share interests, hobbies and resume school attendance with reduced timetable and support."



Morley Family Support, funded by Morley Cluster, works directly with families facing multiple challenges using holistic, whole family approaches.





# SUPPORTING FAMILIES

y name is Chrissy, I am 58 and live in Middleton. In February 2017. I started a community group for my II year old grandson, Dominic who has lots of conditions including autism, marfan syndrome, scoliosis. There was nothing for him and his sister Reese to attend to enjoy. I started the group just on a whim! I am glad I did, we started with five families and now have almost 200 members. Our group, Disability Families of Middleton, supports any family affected by disability or health issues.





# VOLUNTEERS FOR CHANGE

66

y name is Gareth. I had a very turbulent early life. Born in Northern Ireland in the 1970s/1980s, I witnessed terrible atrocities. Our mum feared for our safety so leaving dad we fled to Leeds when I was 3 years old, arriving in Leeds with nowhere to live. Never feeling I belonged anywhere and witnessing traumatic events, I struggled with poor mental health, anxiety and depression leading to self-harming.

I sought help, was prescribed medication but was never offered any other kind of support. By my late 30's I had lived at 32 addresses, my longest stay one year.

Then, with my son, I found a house and settled down, seeking to belong, be part of a community.

During lockdown, I had to manage my son's Covid symptoms at home alone, a terrifying time making me feel even more anxious and isolated.

Through using the Food Pantry, I joined Be Yourself Men and Menspace at Cranmore and Raylands Centre, made friends and was able to volunteer, helping others facing difficulties, sharing with other men techniques to cope with and overcome struggles with mental health.

Being involved with Health for All has made me feel I belong, am listened to and valued. I finally feel settled."



Men are engaged through Care and Connect, Community Food Pantries, Be Yourself Mens group, then supported to offer support/skills to others



## **VOLUNTEERS FOR CHANGE**

66

y Name is Natalie.
I live in Beeston
I was a primary
school teacher in Hong
Kong. I am proud to
be a volunteer for the
Hongkongers Peer Support
group at Beeston Village
Community Centre.

We meet weekly, enjoying different activities, helping us integrate into British society. We enjoy lunch together, participate in chair-based exercise sessions, discuss issues affecting us, and learn English, sewing and IT skills. Visits to historical places are icing on the cake! I have also started to volunteer with another group and my English has improved, boosting my confidence. I recently attended Mental Health First Aid training and learned many new skills. I am very grateful to have these volunteering opportunities with Health for All."



140

Hongkongers
engaged in training
courses, groups,

skills development,
volunteering
ensuring integration
into their community
and the UK



66

y name is Marie. I live in Beeston. I was encouraged last year by Enhance worker Julie to join Beetey Din Group when my health was very poor.

Initially, I was very anxious to come so my husband used to drop me off and pick me up. Then Julie offered me a buddy service to join the sessions. Over time I started to feel less anxious and I made friends. Now I come by myself on the Access bus. My mental health and confidence have improved by coming to this group. I have met people from different backgrounds and cultures, joining in activities including chair-based exercise sessions, information sessions, arts and crafts sessions. I feel better and happier. My confidence has improved so much that now I lead the craft sessions as a volunteer! The group is very diverse, and everyone is very welcoming. I love coming to the group. These groups are crucial to help people stay healthy."

## **VOLUNTEERS FOR CHANGE**

66

y name is Christine.
I live in Cottingley.
In 2005 I became
disabled. At 25 years old,
feeling I still had so much
to offer, I concentrated my
efforts on volunteering to
making my estate a better
place to live.

But then a manager job became available in our local community centre. I applied and amazingly was successful.

This taught me 2 things, never underestimate volunteering and if you try you might just win!

The centre was in danger of closure, with only 12 months to recover, a tough call. At home I have young children, both autistic, my health was all over the place. The task seemed overwhelming as was the trust put into me.



Christine, standing lef

But the community stepped up, a team of volunteers formed, to save the centre and support me.

The centre stayed open, we were doing great ... until the pandemic.

Like rewinding time, we again had to save the centre. This time we are much more confident, well prepared, have great community support. The addition of Health for All and new volunteers is making this happen.

People's commitment to the centre has never waivered. Together we have the tenacity to still be here in another 40 years!"



66

y name is Lian. I am a mother of three children. We live in Beeston. I joined the Lychee Red group as a volunteer 7 years ago. I am so passionate about helping the Chinese elderly and started cooking for the weekly Lychee Red Luncheon club. We have forty members attending each week, they enjoy the food and activities and being together.'

Worker Hua Liu says 'Lian always cooks delicious, authentic and healthy food for the group every Monday at Beeston Village Community centre. Everyone loves her food. Now, she has become a Health for All staff member and cooks for three groups, Lychee Red, Hongkongers and Beety Din'.

Lian says 'I feel so proud. I don't speak English and I never thought I could be a staff member for Health for All. I very much enjoy my work, helping people in the community. Thank you Health for All for giving me the opportunity. It has changed my life."

# The Bridge

# SKILLS FOR LIFE

66

My name is Lewis. I attend Joseph Priestley college for 3 days a week and the HFA Bridge Watsonia Café in Cross Flatts Park, Beeston for 2 days a week. I have a mild learning disability, am autistic and experience anxiety. Since joining the café I have learned lots of new skills, supported by the staff, making hot meals, chopping and preparing salads and making quiches. I have also learned Dealing with Money skills and problem solving skills.

I gained a Food Hygiene certificate with support

I've learned to communicate much better and improved my social skills. Being at the café has boosted my confidence making me feel proud and happy. I've made new friends and built really good relationships with the team and the café customers who are brilliant. The staff are great, always helping and encouraging us

Joining the café is the best thing to happen to me since being at Broomfield School.

I love talking to people. I'm a people person and would love to get into acting or TV but I know that's hard to get into.

I was in the Guardian Christmas Appeal film and really enjoyed that It raised  $\mathfrak{L}1.5$  million for charity!"



The HFA Bridge, funded by LCC Adult Social Care, provides a Day service for adults with learning disabilities: activities include sports, dance, arts and crafts, gardening, volunteering/learning skills in Bridge Cafe.

7 Watsonia café volunteers





# BETTER TOGETHER

# **66**

y name is Angela. I am 51 years old and live in Middleton I have 7 children. My youngest, Kellen is 9 years old is non verbal, has Autism and ADHD.

I have progressive peripheral vascular disease.

12 years ago I suffered really bad depression. I did not want to be here, lost my confidence, no one to talk to, housebound.

I joined the Sew It Seams group at Tenants Hall. I was shy and quiet Over time my confidence increased, meeting new friends and learning new skills making clothes for my children.

In 2018 my life changed when a major operation left me wheel chair bound, told I would never walk again, in hospital for four months. My partner did everything, work, supporting me.

In 2022 my dreams came true I married the guy there for me through highs and lows.

I even made my daughters bridesmaid dress! The highlight was I hopped down the aisle not using my chair and had my first dance holding on to my husband!

I still attend the group, it's a lifeline. Without it, I would be lost, back at square one. The two things keeping me going are my family and my weekly group."





## BETTER TOGETHER

**66** 

y name is Sarful. I have 5 beautiful children, one autistic. My dad was one of the first Bangladeshi immigrants to settle in Beeston in the 1950's.

I joined Kushy Dil while living in an overcrowded house with extended family and 2 little children. Kushy Dil was the answer to all my prayers, a place to go for precious me time, helped by childcare. Attending the group improved my mental health, relax, gain confidence, new skills, helping our family adjust to my son's needs. Our group created some fantastic projects, my favourite Creative Roots, showcasing our talents and skills, displayed in Leeds museum. I can't see my life without the group, the highlight of my week.

**66** 

y name is Shefa Ali, born in Bangladesh, in a rural village at the outskirts of the city called Sylhet In 2020, I went through a rough patch in my life, affecting me mentally, emotionally, physically. My days were spent sleeping, waking up late, eating, just staying home. I joined Kushy Dil. I felt so welcome, participating in projects, my favourite making Sylheti faka's (fans) for "Sarees & Street Signs 2023" project and "Sylhet in a suitcase".

The group has helped me immensely, greatly improving my skills, creativity, confidence, self esteem. I surprise myself, speaking up and giving my opinions and suggestions, a major change from 4/5 years ago!

I now volunteer with Bangla Youth girls group, helping them develop their confidence and potential.





# INSPIRING ELDERS

66

ged 82, Christine lives in a bungalow in Morley and suffers from angina. She sadly lost her husband during the Covid pandemic. He was taken away in an ambulance after suddenly collapsing at home. She was not allowed to go with him and never saw him again.

The funeral was also traumatic as full restrictions were in place so Christine felt unable to feel she had closure after being married for 50 years. A recent fall in the garden left her feeling unsafe, unable to leave the house alone, afraid of falling again.

Enjoying a socialise and chat, some friends visit her weekly but she wanted to get out of the house more.

Worried about her bills and the rising cost of living, she avoided putting her heating on. Utility bills in particular were concerning with her Water bill £90 monthly.

HFA Enhance worker Sharon helped Christine: boost her income securing pension credits, reduce water bill to £26 monthly by addressing a leak, arranging fence repair and rubbish removal

A key safe was installed and Access bus booked to go shopping twice weekly. Installing energy-saving light bulbs, resetting the central heating timer increased her home's energy efficiency.

Christine's son said 'Thankyou for supporting my mum. It's changed her life'".

Enhance is funded by Health through Leeds Community Healthcare Trust and, provides practical support to older people, preventing readmission to hospital.









66

e are the Prerna (Inspiration) Network supporting our five community groups; Sawan Vihar, Sumangal, Sanskar, Annapurna and Vandan. The groups meet in different parts of Leeds. Together, we support over 200 elders each week from Sikh and Hindu communities. HFA worker Bally helps us with support, advice, funding applications. The members love meeting each other and activities including chair-based exercise sessions, singing, yoga, information sessions, walking, trips out and arts and crafts. All the groups are run by volunteers. We also help with community consultations, co-productions and interviews. As older people ourselves, we really enjoy them and feel valued."

Thankyou for your help Health for All, we could not do so much for our older people without you!

Sharon and Surjit from Sawan Vihar Sunder Singh from Sumangal

# TACKLING FOOD INSECURITY

66

y name is Naomi, I have three young children. I moved to Middleton at the beginning of the Covid 19 pandemic. I felt really alone but then became a member of HFA's Middleton Food pantry in Middleton Family centre and my children attended Healthy Holidays there. My Pantry shop makes my money go a lot further. I like the wide choice, high quality food, meeting people. It's helped me cope with worrying about cost of living increases. It supports and brings people together, informing them of other groups available. Volunteering at the Food Pantry helped me feel part of the community."



y name is Kylie. I live in Beeston first getting involved with Health for All through a confidence-building course through Raising Aspirations. I started volunteering to help myself get back into work, first at Beeston Village Food Pantry, Parochial Food Club and Middleton Family Centre. I am also now a committee member for Raising Aspiration community group, helping plan trips out and activities. I am now a sessional worker at the two Food Pantries in Beeston and Middleton and love it. Our pantries really help people who are struggling financially, they are a lifeline. I m proud to be associated with them."





# Community Transport service

# CONNECTING THROUGH TRANSPORT

66

y name is Diane. I live in Belle Isle, just celebrated my 60th birthday. I was diagnosed with MS 22 years ago and had to give up work, driving, even my house. I was afraid of going into a home but my friends, Patrick and his late wife Maureen, promised to support me to live independently. Maureen helped so many people. She used to say when a person loses their usefulness, they go off the radar, become invisible and that's wrong.

I heard about the HFA Community Transport service through church. Patrick takes me out in my wheelchair every day but my weekly trip out with HFA is a lifesaver. I have used the transport since 2017. Every Monday we go to White Rose shopping, for a coffee, meeting friends. Getting out makes me feel included. Life would be horrible without seeing anybody. I used to use taxis but they were not always dependable, keeping us waiting hours, unlike HFA. Regular driver Mandy is now a friend. She doesn't just drop me off, she sees me inside, gets me settled, with a drink and a snack, makes sure I am safe. I also have dysphagia, swallowing difficulties so that's important."





# CLIMATE CHANGE ACTION

66

y name is James, the Climate Hub worker for Our Future Beeston, funded by National Lottery. We support individuals and groups to get involved in climate action, turning new ideas into reality. One major project was regeneration of a derelict bin yard into a community area with space for plants and socialising. We've also supported groups of young people with fruit tree grafting workshops, sessions re-growing food scraps, and funded educational trips to Veolia Recycling and Energy Recovery Facility.

My background in energy efficiency and fuel poverty helped me support individuals and groups with advice to reduce their bills. In response to the cost-of-living crisis, demand for support increased. I realised my unique ability to create a booklet with all advice needed to navigate rising bills.

Initially I'd planned to print just 10 copies, displayed in ring binders in community centre receptions. But supported by the Steering Group, encouraged by Health for All, we printed and distributed 1000 copies, available digitally too, very well received across south Leeds. The idea was adopted by other hubs who jointly released it citywide.

Climate action is happening around Leeds, having a major positive impact So why not join your local climate hub today!"





Beeston Binyard Project



James Our Future Beeston Climate Change Hub worker with the Energy Saving booklet

# WELCOMING

**SPACES** 



# BEESTON VILLAGE COMMUNITY CENTRE

provides space for 26 weekly health enhancing groups for all abilities and ethnicities, including a Community Food Pantry.

630 people benefitting weekly 26 groups hosted

# CRANMORE AND RAYLANDS COMMUNITY

**CENTRE** hosts HFA Care and Connect project with space for groups including woodwork in adjacent Skills Hub.

200 people benefitting weekly







#### **MIDDLETON FAMILY**

**CENTRE** and rear garden provides space for groups for families and children, parents, Food Pantry.

120 people benefitting weekly 10 groups hosted



# TENANTS HALL ENTERPRISE CENTRE

with adjoining Bowling Green provides office, meeting and training space for enterprises and groups.

290 people benefitting weekly

11 groups hosted 8 tenant enterprises

# WATSONIAN PAVILION & COMMUNITY CAFÉ

in Cross Flatts Park, Beeston provides space for groups in addition to volunteer placements for learning disabled adults.

> 200 people benefitting weekly





# WELCOMING SPACES

A highlight of the year for Health for All was a request for support by communities in two very different areas of the city for help to secure the future of their local community centre. Crucially, each has a dedicated, inspiring group of local people passionate about their local area and the active support of their local councillors. Watch this space.



## COTTINGLEY COMMUNITY CENTRE

provides space for local groups and a GP surgery, saved from closure in December 2022 by local volunteers supported by HFA.

> 275 people benefitting weekly



# VICARS COURT COMMUNITY CENTRE in

Allerton Bywater closed for two years, but plans to reopen with lease held by HFA in supportive role to the newly formed charity set up by local volunteers determined to save their Centre, with strong support from local elected members.



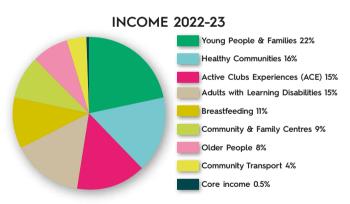
# **FINANCE**

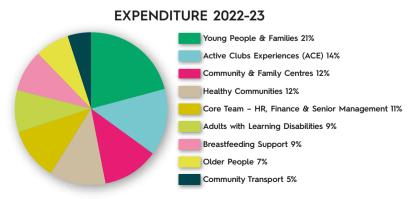
The year saw Health for All and the communities we work with, recovering from the financial impact of the pandemic. Health for All services returned to normal, helping local communities overcome the challenges of the previous year.

Demand rapidly returned for our services such as Community Transport, ACE and use of our centres, which were closed or restricted during the pandemic, leading to an increase in fee income compared to the previous financial year. For some services, such as ACE's activities in schools and the room hire of our centres, income exceeded pre-pandemic levels.

As a result, we saw a shift in the make-up of our income compared to the previous year. Fee income increased, and grant income decreased due to the ending of a number of Covid specific grants received in the previous year, including the large CLORs grant, which funded the repurposing of our centres into Community Resilience Hubs.

Overall, income increased by £59k, compared to the previous financial year, allowing Health for all to maintain and expand the support offered to the wide range of beneficiaries we work with, improving health, reducing isolation and building resilience.





# HEALTH FOR ALL SERVICES AND GROUPS A—Z

- ACE/Change 4 Life
   Richard Weaver 07958 100383
- Being You Leeds Vikrant Bhatia 0113 271 7231
- Better Start Bradford
   Breastfeeding Support
   Rachel Duxbury 01274 287968
- Better Together
   Vikrant Bhatia 0113 271 7231
- Beeston Village Community Centre Raquel Greenwood 0113 271 7231
- BOSS (Being Online Stay Safe)
   Balwinder Kaur 07590 182627
- Care and Connect
   Alison Reynolds 07956 078078
- Chinese Elders
   Huazhu Liu 07930 250508
- Children Making Choices
   Alison Reynolds 07956 078078
- Climate Change Our Future Beeston
   James Latham 07534 421520
- Community Transport
   Norman Mann 0113 272 5151
- Connect Together Community Grants
  - Gayle Graham 07852 945286
- Connect Together Social Prescribing
   Angelika Hipsz 07927587389
- Cottingley Community Centre Christine Smart 07519 086915
- Cranmore and Raylands
   Community Centre
   Danielle Pinnion 07487 664352
- Enhance
   Balwinder Kaur 07590 182627
- Family Support (Morley Cluster) Vikrant Bhatia 0113 276 2386

- Green Futures Youth Project Huazhu Liu 07930 250508
- Healthy Holidays
   Jill Scanlon / Alison Reynolds
   0113 276 2386
- Holbeck Community Centre Shaun Pilkington 07377 437470
- Hongkongers Project Huazhu Liu 07930 250508
- Household Support Fund
   Danielle Pinnion 07487 664352
- 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/Cranmore Skills Hub Alison Reynolds 07956 078078
- Mental Health/Suicide Prevention Alison Reynolds 07956 078078
- Middleton Family Centre Claire Smith 0113 276 2386
- My Future Work Clubs
   Shaun Pilkington 07377 437370
- Prerna (Inspiration) Elders Network Balwinder Kaur 07590 182627
- Teen Spirit
   Sharon Bottomley 0113 276 2386
- Tenants Hall Enterprise Centre Danielle Newton 0113 270 2903
- The Bridge Learning Disabilities Shaun Pilkington 07377 437370
- Watsonia/The Bridge Café Shaun Pilkington 07377 437470

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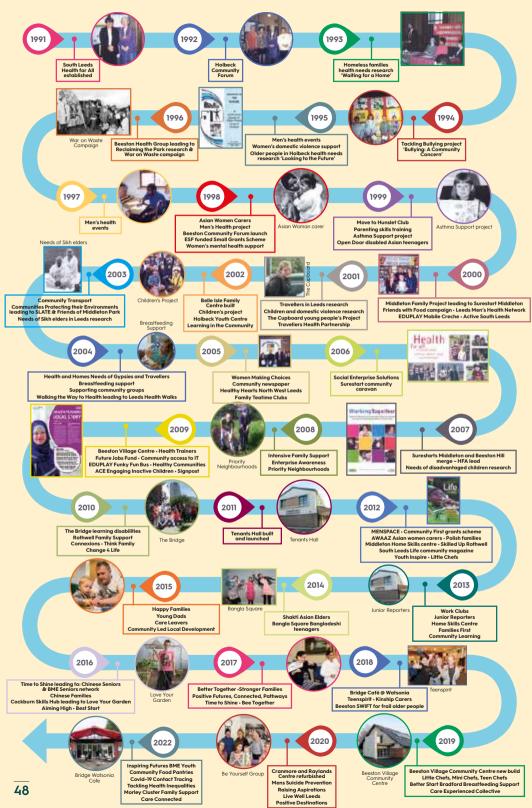
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### Health for All 1991–2022









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Watch the Guardian Christmas Appeal film featuring many Health for All projects and service users at https://tinyurl.com/twzmsx57

