

# Health for All

CALENDAR 2016



**health** for all  
Changing Lives. Transforming Communities

# Celebrating 25 years of Health for All

Health for All is organising a host of celebrations throughout 2016 to mark 25 years of successful action to change people's lives and transform communities for the better.

The year will see an exciting programme of events to highlight the charity's significant and sustained positive impact on the wellbeing of people, families and communities. Established in December 1991, Health for All has grown to be one of the largest independent charities in Leeds.

Who could have foreseen that small groups set up 25 years ago to address unmet need would form the basis of the health and family support services Health for All runs today?

Or that a small project set up in the attic of a small charity (ASHA) in a terraced house in Beeston would go on to run six thriving community and family centres in the city?

Or that a grant of £30,000 would sow the seeds for a £2.2 million charity to blossom?

Here, with this calendar, we take you on a journey tracking Health for All's growth, development and achievements over this past quarter of a century. Read on and be inspired ...



Health for All wins a Royal Society for Public Health award

## Responding to real needs ...

People, their needs and aspirations, are at the heart of everything we do. We are privileged to work with our city's poorest and most vulnerable people. We believe that each person is unique, of immense value, with the right to live a happy fulfilled life, free from the blight of hunger, loneliness, poverty and poor health and able to cope, with dignity, with frailty or disability, equipped to face the challenge of parenting and caring. Working with local communities to tackle the root causes of these challenges lies at the heart of our mission.

2015 saw the wellbeing of over 7,500 people improve through our charity's groups, projects and services, which enabled and empowered them to discover their strength, skills, resilience and talents and pursue their dreams. The dozens of small, weekly self help groups we

support, together with the major commissioned services we deliver, run from our centres based in the heart of local communities, responding to the real needs of children, young people, elders and families.

## ... and winning awards!

This approach was recognised in 2015 by a prestigious Health and Wellbeing award from the Royal Society of Public Health for our Health Trainer service. Health for All's extensive community engagement and determination to tackle the root causes of poor health and deprivation were cited as deserving particular merit.

# From small acorns ...

A Community Development approach to address health needs was adopted from the beginning, working with people to help them articulate their needs, concerns and aspirations, helping them find the solutions to the challenges they faced. This approach resulted in a growing number of weekly support and learning groups meeting in local family and community centres, health centres and places of worship. Parents, young people, elders, women and men were supported to share their concerns and experiences, drawing on mutual support and friendship.

Funded initially by the charity, the volume of new groups demanded that each be supported to independence, determining their own programme and accessing their own funding and resources. Building the capacity and skills of small groups is one of the charity's key aims, being fulfilled through a new, innovative Community Capacity project.

# ... to great oak trees!

Excellent relationships built on trust, achieving positive change and consistent high quality have always been the hallmark of Health for All's delivery. Such quality resulted in commissioners entrusting us with crucial major services, from specialist family support to healthy lifestyle services, from learning disability provision to targeted work with young people.

## **But resting on our laurels has never been an option.**

Our innovation results from continuously striving for improvement and seeking solutions to new and emerging needs, an approach recently recognised and supported with an additional grant from Esmeé Fairbairn Foundation. Recent innovations include a dedicated service engaging young dads, support for the city's Chinese community, families and elders, and plans for a new Skills for Health horticultural and training hub for south Leeds. Our robust Community Transport service and Family and Community centres, including the Middleton Home Skills centre and Belle Isle Community Café, continue to thrive. We are awaiting the outcome of a significant bid to the Big Lottery for the rebuild of Beeston Village Community Centre.



# From small groups ... to commissioned services

## **Twenty five years ago:**

Isolated parents struggling to cope were offered a lifeline through weekly groups in family centres in Middleton, Beeston and Holbeck, run by Health for All ... fast forward to the charity now running the highly acclaimed Family Intervention Service for south Leeds.

Children and young people were engaged in weekly groups promoting active, healthy, safe lifestyles. Now ACE engages over 2000 children each week in active lifestyle groups and the HFA children and young people's service run numerous innovative peer support groups for teenagers.

A lively weekly friendship and activity group at Moor End Training centre in Hunslet ... now the thriving Bridge Learning Disabilities service based in Holbeck Community centre engaging sixty customers in a host of activities.

Weekly health groups for older minority ethnic women in Beeston twenty years ago ... leading to a successful network of weekly friendship and support groups, engaging numerous communities including Polish, Bangladeshi, Chinese and south Asian, enhancing and improving the health of hundreds of vulnerable elders and families through our Healthy Communities work.

A minibus serving the White Rose After School Club ... leading to the current thriving Community Transport service boasting a fleet of eight minibuses and a community taxi service.

# Independent & flourishing

Through its family, community, environmental and communication projects run over the past twenty five years, Health for All helped establish numerous initiatives and organisations which are now independent and flourishing. Here is a snapshot of some examples – read more on their websites

**SOUTH LEEDS LIFE** Ten years ago, HFA established a community newspaper, the South Leeds Independent, with a print run of 5,000, followed by a quarterly glossy South Leeds Life magazine. HFA Communications staff were able to provide professional journalistic support to South Leeds Life, the current thriving independent news website and monthly printed newspaper highlighting the latest events, news and debate in south Leeds, run by local residents and dedicated volunteers.

[www.southleedslife.com](http://www.southleedslife.com)

**DAZL ( DANCE ACTION ZONE LEEDS)** Based at Tenants Hall, the now world famous DAZL recently celebrated its fifteenth year of successfully improving young people's health, fitness, confidence and social skills through dance including Street, Cheerdance, Hip-Hop, Breakdance, Creative, Jazz.

[www.dazl.org.uk](http://www.dazl.org.uk)

**HOLBECK GALA** First established fifteen years ago and held annually on Holbeck Moor, the gala brings the local community together each summer. The gala was supported in its early days by Health for All along with Holbeck Community Forum. Numerous community galas and festivals are now held across south Leeds, organised by dedicated volunteers attracting thousands of local people, promoting local culture and encouraging community cohesion.

[www.holbeckgala.co.uk](http://www.holbeckgala.co.uk)

## Thanks

The work Health for All carries out with communities would not be possible without the professional and financial support of our partners.



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**LEEDS GATE** was established 14 years ago by Gypsy and Traveller people to improve quality of life for their community in West Yorkshire. Its need was identified by community representatives and professionals meeting as the Travellers Health Partnership supported by Health for All, informed by HFA research highlighting health, accommodation and family support needs.

[www.leedsgate.co.uk](http://www.leedsgate.co.uk)

**BETTER ACTION FOR FAMILIES** formerly Beeston Action for Families, based at Beeston Village Community Centre, aims to improve the lives of people with learning disabilities and their families and carers in Leeds. It runs weekly groups to promote health and build confidence for dozens of parent/carers, people with learning disabilities and their families.

[www.betteractionforfamilies.org.uk](http://www.betteractionforfamilies.org.uk)

**FRIENDS OF MIDDLETON PARK** promote local interest and involvement in Middleton Park and woodland by organising fun days, plant sales, produce shows, musical events – even Shakespeare! The volunteers, guardians of the park's rich mining history, played a crucial role in the £1.5 million regeneration of the park, including a thriving visitor centre, funded by the Big Lottery.

[www.fomp.co.uk](http://www.fomp.co.uk)

**SLATE** (South Leeds Alternative Trading Enterprise) recently celebrated its tenth anniversary of successful recycling of pre-loved furniture sold at affordable prices in its two stores in Hunslet and Armley and the Feel Good Café in Hillside in Beeston. SLATE provides valuable employment opportunities for people with learning disabilities.

[www.slateleeds.org.uk](http://www.slateleeds.org.uk)

**BEESTON COMMUNITY FORUM** formed more than fifteen years ago, brings local residents together at its monthly open meetings, campaigning on behalf of the residents of Beeston and providing a leading voice on numerous local issues along with the more recently established Beeston Neighbourhood Forum.

[www.beestonforum.btck.co.uk](http://www.beestonforum.btck.co.uk)

## HFA Centres & Services

**Beeston Village Community Centre**  
0113 271 7231

**Belle Isle Family Centre/Community Café**  
0113 277 4819

**Community Transport**  
0113 272 5151

**Holbeck Youth/Community Centre**  
0113 276 2720

**Middleton Family/Home Skills Centre**  
0113 276 2386

**Tenants Hall Enterprise Centre**  
0113 270 6903