



Health for All Annual Report 2008

Health for All aims to engage with and improve disadvantaged communities by initiating projects to support healthy living, learning, community cohesion, children and families, the environment, enterprise and access to employment. Here are the projects we ran this year...



Introduction

Health for All Leeds (formerly South Leeds Health for All) is a charitable company limited by guarantee, established in 1991, which uses a community development approach to address need.

Health for All engages

disadvantaged communities by:

- Supporting children, young people and families
- Promoting and enabling healthy lifestyles
- Linking communities to learning, employment and enterprise
- Stimulating and supporting community enterprises
- Improving priority neighbourhoods
- Respecting and celebrating diversity
- Enabling communication within communities

6 I think you're doing a great job, so whatever you're doing continue doing it! The children who attend love the group and you can see a big difference in them. Thank you.

Sue Jackson,
Headteacher,
Drighlington Primary School

Health for All offers holistic services designed to fulfil the potential of:

- **INDIVIDUALS**, through a range of activities from exercise and healthy eating to education
- **FAMILIES**, through childcare, health, education and family support services
- **COMMUNITIES**, by reaching out to everyone irrespective of race, culture, disability or income.



Chair's Foreword: A Review of 2008

It gives me great pleasure to write this foreword for the annual report for 2008, a year which has seen significant growth for the organisation and exciting developments for a great many projects.

Success stories have included the successful integration of the Belle Isle Family Centre into the organisation, winning the tender to deliver Intensive Family Support for South Leeds Children's Centres 7 Day Response Service and the expansion of the Engaging Inactive Children Project.

Health for All has established a new South Leeds Family Group Conference Project in partnership with Social Care, aimed at keeping children out of care.

Two co-ordinators have started work on the Enterprising South Leeds Project, organising Enterprise Awareness events in

Beeston, Middleton and Belle Isle as part of a co-ordinated, city-wide drive to encourage entrepreneurship and new business activity.

We have also established the Healthy Holbeck Project with funding from the Primary Care Trust, acquired the former Beeston Library to retain it for community use and taken the first steps towards establishing a trading arm for the organisation, Health for All Enterprises.

Finally, you may have noticed the change of name from South Leeds Health for All to Health for All Leeds!

I would like to thank all the staff, volunteers and trustees for their energy, enthusiasm and commitment towards ensuring that local residents and communities continue to reap the benefits of Health for All Leeds.

**Christine Thornton
BA RN RM RHV**

Healthy Lifestyles

Health for All has nearly a dozen pro-active projects aimed at improving the health of adults and young people.

Both the Active Communities project and Leeds Health Walks promote exercise and activity as a way of improving health.

The ACE project encourages inactive children to take part in sport, dance and fitness, The Cupboard Project supports young people through individual support and group-work and The Children's Project promotes healthy lifestyles among young people ages 5-13.

The HELP team delivers healthy lifestyle, cooking and exercise classes within BME communities, while the Health Trainers Project provides personalised advice and signposts clients to a wide range of other services to assist changes in lifestyle.

In addition, the Intensive Family Support (7 Day Response) Team trains local mums to support breastfeeding, provides healthy food at six family tea-time clubs and runs the Grab 5 enterprise to provide fresh fruit and vegetables at more than 20 venues within the community.



More than 1,000 people engaged in physical activity, diet and lifestyle changes

The Cupboard, Children's Project and ACE have provided activities for more than 2,000 young people

Health walks, Active Communities and HELP involving 450 people in exercise

Health Trainers working with more than 250 individuals

Addressing Health Inequalities

All projects run by Health for All are centred on communities in which health outcomes are relatively poor, and in most cases areas affected by high levels of deprivation.

For example, The Cupboard project works with disadvantaged young people across South Leeds to address specific health issues.

The Healthy Holbeck Project has just been launched and has established five new classes allowing more than 100 people to access healthy food, exercise and support.

Last year the Healthy Hearts project,

run by HELP, worked with members of the Asian community in north-west and south Leeds to deliver healthy cooking and heart information in addition to culturally appropriate exercise.

There are weekly support groups for women affected by domestic violence, people with mental health issues and those with learning disabilities.

Health Trainers are working in 12 deprived areas of Leeds, allowing people to make lifestyle changes - such as reducing smoking or drinking - as well as boosting motivation and training people to set their own goals.

When I first went to see a health trainer I was pretty down. I was getting out of breath just going upstairs.

Now I've lost three stone and I'm much more active, but I'm determined to lose two more.

Health Trainer client,
Beeston

We run more than 30 weekly activity groups for children

We provide creche services for 300 children every month

Specific groups are run for children at risk of anti-social behaviour, affected by domestic abuse and with special needs

Supporting Children and Young People

Eduplay's mobile creche service provides play, learning and development opportunities for 300 children each month.

There are 14 weekly school and community-based groups for children aged five to 13 run by The Children's Project supporting a further 370 children.

The Cupboard runs 14 weekly groups for teenagers as well as providing an individual support service and drop-in sessions and will be a key partner in plans to establish a Youth HUB for south Leeds in Belle Isle with My Place Lottery funding.

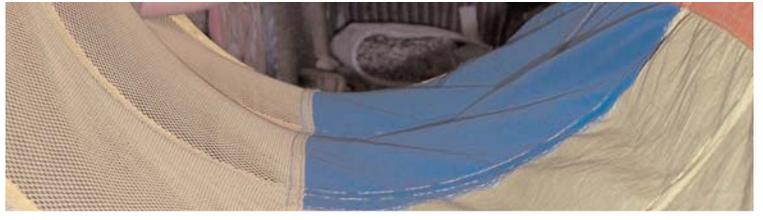


More than 1,000 children have benefited from physical activity this year thanks to the ACE group's Engaging Inactive Children Project.

The Intensive Family Support (7 Day Response) Team organises activities and groups for young children as well as support groups for young parents including young dads and minority ethnic parents

The newly-formed Family Group Conference Service will work with families to ensure the safety and well-being of children at risk.

Supporting Children's Centres and Schools



The Intensive Family Support (7 Day Response) Team has worked with eight Children's Centres in south Leeds to provide intensive family support.

The group runs 17 projects promoting positive parenting, access to learning and healthy lifestyles.

The group also runs the Grab 5 project which distributes low-cost fruit and vegetables to 20 schools and centres on a weekly basis.

Last year the South Leeds Information Project (SLIP)

designed and published 100,000 activity guides providing children and young people with information on activities available across South Leeds.

The Cupboard runs group and support sessions for young people aged 13 to 19 at Cockburn Arts College and South Leeds High School.

Health for All's Community Transport provides minibuses to children's centres, schools and study support centres while Eduplay provide creche services for parents groups.

“My daughter is really enjoying it. It's the first group she has attended that she feels comfortable in.”

Parent,
Saturday Fun group,
run by the Children's Project

“I love this group - it makes me feel safe and happy. We learn to cook lots of lovely things here, too!”

Group member,
From the Children Making Choices group
run by the Children's Project

Supporting Enterprise Development and Awareness

Leeds Local Enterprise Growth Initiative (LEGI) has funded Health for All's Enterprising South Leeds Project as part of a co-ordinated, city-wide approach to stimulate business in some of the most deprived areas of the city.

Two Enterprise Awareness co-ordinators are working to promote start-up businesses and have organised events in Beeston, Middleton and Belle Isle.

The South Leeds Free Press is working in partnership with LEGI to provide regular on-going coverage of events, courses, business seminars and sources of finance for start-up business as well as promoting success stories in the area.

Health for All is also developing internally to increase the business skills of enterprises including Eduplay, Community Transport and Business Services and is working towards the establishment of a Community Interest Company, Health for All Enterprises.

Linking People to Employment and Enterprise

The Learning in the Community team has organised four job fairs and a Women into Business event to help local people find work or re-skill to improve their employment opportunities.

Connexions staff at The Cupboard project are working with 60 young adults to help them find work.

The Cupboard is also running a project in partnership with Headliners, in which young people gain experience of written, web-based and broadcast journalism. Health for All also offers student placement and volunteering opportunities.

“I am inspired by the commitment and innovation shown by Health for All staff. Our partnership work means skills are shared by all staff in the voluntary and statutory sector for the benefit of local children and families.”

Simon Johnson,
Children's Services
Delivery Manager (South)





Linking Communities to Learning

There are currently 25 gypsies and travellers, 35 asylum seekers and refugees, 15 Asian women carers, 30 Bangladeshi men and 50 Sikh and Hindu men and women benefiting from regular groups run by the Learning in the Community Project.

This has included the establishment of three English

Conversation Clubs in Beeston and Holbeck.

The Intensive Family Support (7 Day Response) team is also supporting learning through ESOL classes and specific groups provided for Polish and French speakers

The Cupboard's Connexions staff support young adults to access higher education.

Supporting Families and Communities

The Intensive Family Support (7 Day Response) Team provided support to more than 800 families this year, dealing with issues including asylum, parenting, housing, domestic violence, child protection, disability and access to services.

The team also runs six tea-time clubs - offering healthy, affordable meals and play opportunities to families on a weekly basis - and messy play sessions.

The Children's Project runs whole-family activities for those affected by domestic violence, poor mental health and with responsibilities as carers.

The mobile creche service provided by Eduplay enables a wide variety of other community groups and events groups to function.

Eduplay supported more than 70 groups in Leeds this year as well as events such as the North East Homes Leeds Open Day at Leeds Town Hall and the Jewish Celebration of Yom Kippur at Beth Hamidrash, Hagadol Synagogue.



The Intensive Family Support Service has dealt with 812 one-to-one referrals in the last year

Eduplay provide creche services to support 70 different community groups in 40 separate venues across the city

Engaging Ethnic Minority Communities

With its roots in such a culturally diverse area of the city, it is no surprise that Health for All is committed to engaging with minority ethnic communities.

The Himmatt and Koshish Asian Women Carers Groups support 30 women who care for disabled family members, while the Sohni Seyhat group provides twice-weekly activities for more than 35 Sikh and Hindi elders.

The Cupboard Project is supporting Common Ground, a group for young people new to the country.

The HELP project has prioritised Pakistani and Bangladeshi men and women for healthy lifestyle activities.

The Intensive Family Support (7 Day Response) team has established support groups for BME parents - particularly focussed on people with Polish as their first language.

Learning in the Community has 150 local minority ethnic people in its classes, and its Conversation Clubs attract students from countries including China, Eritrea, Iraq, Iran, Ethiopia, Cameroon and Somalia.



New tea-time club established in Rothwell, to add to existing clubs in Hunslet, Middleton, Cottingley, Beeston and Beeston Hill

More than 90 mums trained as peer supporters

Improving Priority Neighbourhoods

Two Priority Neighbourhood Workers, funded by Leeds City Council's South Area Committees, have worked to set up and run community groups and events in disadvantaged areas of South Leeds.

They encourage residents to become actively involved in projects to tackle issues including housing, crime and safety as well as environmental schemes such as clean-ups and the development of flower beds and planters.

This year the workers supported community environmental schemes including 'In Bloom' events in Middleton, Cottingley and Holbeck, a large community clean-up event in Rothwell involving 100 young volunteers and supported the work of more than a dozen other local community groups.

We have secured the lease for the former Beeston Library to retain it for community use and are establishing a community enterprise to provide employment opportunities for local people.

Health for All also represents the community on the Middleton Regeneration Board and publishes a bi-monthly community newspaper (the South Leeds Free Press) aimed at giving people in the area greater access to the media and presenting a positive image of South Leeds and its



communities.

We also managed this year's I Love South Leeds festival, funded and supported by Leeds City Council's Area Committee, which comprised the Junior Superstars talent contest, Turn It Up music contest and South Leeds Olympics.

Sharing the Success in Middleton...

could
mean a
new
enterprise
centre,
like this...



replaces
the
existing
Tenants
Hall.



Leeds LEGI staff have partnered Health for All to submit a bid for European money to match fund £1 million allocated by the

Sharing the Success Board to establish a new build Enterprise Centre in Middleton.

It will be part of a network of centres designed to incubate

and launch new businesses, providing office accommodation, hot desk facilities, dedicated childcare

space and a large hall – and is being designed in consultation with the local community and other stakeholders.

Further news on the development is due in March 2009.



OUR PREMISES in south Leeds

Health for All operates from the locations shown on the map below (not to scale).



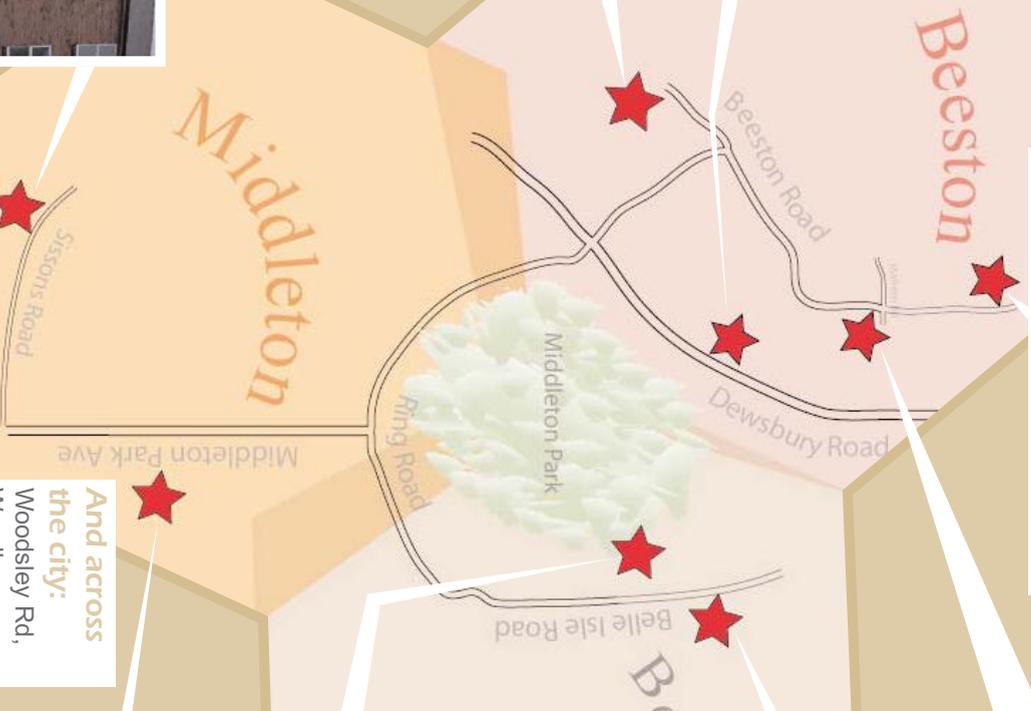
The Pavilion,
Dewsbury Road



Former Beeston
Library,
Recreation Rd



Hillside Centre, Beeston Rd



Middleton Family Centre,
Sissons Road

And across
the city:
Woodsley Rd,
Woodhouse
&
Roundhay Rd
Resource Centre,
Harehills

Directory of Services

Active Clubs – Engaging Inactive Children – Noreen O'Hara	0113 270 6903 ext 29
Bangladeshi Women's/Carers Groups – Alia Nessa or Thamina Begum	0113 387 6360
Baby Boutiques – Polly Westwood	0113 270 2288
Beeston Community Centre (former Library) – Pat McGeever	0113 270 6903 ext 27
Belle Isle Family Centre – Richard Lancaster	0113 277 4819
Breastfeeding Support – Cath Stone	0113 270 2288
Business Services/Finance Manager – Vicky Bradshaw	0113 2706903 ext 22
Carers Support - Gulnargis Hussain	07814 672073
Children's Project (5 to 13 years) – Claire Louise Drury	0113 270 6903 ext 28
Community Caravan at Cayton Bay – Rachel Irwin	0113 270 6903
Community Newspaper – Matt Blackman	0113 2706903 ext 26
Community Transport – Tel. Shabbir or Jill Newton	0113 270 6903 ext 30
Cupboard Project (13 to 19 years) – Flavia Docherty	0113 276 2720
Eduplay Mobile Creche – Sonjia Pollard	0113 270 6903 ext 24
English Conversation Clubs – Ian Goodson	0113 387 6360
Enterprise Awareness – Sonjia Pollard and Jacqui Price	0113 270 6903 ext 29
Enterprise Services Manager – Judith Hickman	0113 270 6903 ext 25
Family Group Conferences – Bernie Jackson	0113 272 3102
Grab 5 Fruit and Veg Delivery Service – John Hardy	0113 270 6903
Gypsy/Traveller Learning Groups – Anne Warrington	0113 387 6360
Health and Safety – Richard Lancaster	0113 277 4819
HELP – Healthy Lifestyles – Salma Rahman	07779 246431
Health Trainers – Toshai Bhata	07507 644215
Intensive Family Support (Children's Centre Services)	0113 270 2288
Vikrant Bhata	
Learning in the Community – Alia Nessa or Gurpreet Gill	0113 387 6360
Middleton Family Centre – Nicky Jowett	0113 276 2386
Priority Neighbourhoods: Outer South – Nicky Greening	0113 277 4819
Priority Neighbourhoods Inner South – Richard Lancaster	0113 276 0918
Sohni Seth (Sikh/Hindu elders) – Sandjit Rayat	0113 387 6360
Sikh/Hindu Learning Groups – Gurpreet Gill	0113 214 3496
Signpost Project – Munaf Patel	0113 270 6903
HQ Staff:	
Chief Executive – Pat McGeever	0113 270 6903
PA to Chief Executive – Rachel Irwin	0113 270 6903 ext 21
Admin/Reception – Sue Batchelor	0113 270 6903
Laura Gunn	0113 270 6903

Health for All: Directors 2007 – 2008

Chair – Christine Thornton
Vice-chair – Judith Blake
Treasurer – Valerie McGregor
Angela Gabriel
Cathy Gurney
Kausar Iqbal
Nahida Khan
Wyn Kidger
Affia Khattun
Rev Tony Lee
Dave Littlewood
Tim McSharry
Dot Mountenay
Christine Nix
Julie Williams

Acknowledgements

The innovative and responsive work carried out with communities by Health for All would not be possible without the professional and financial support of **our funders and partners**, community, statutory and voluntary, local, regional and national.

Many thanks to all who have supported our work during the year and in particular our funders:



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Changing Lives. Transforming Communities