

Health for All 2011

Annual report, achievements and services



We've overcome the uncertainties 2011 brought us

by Christine Thornton
Health for All chair

It again gives me great pleasure to write this Foreword for the annual report for 2011, a year which has seen the organisation meet and overcome many challenges.

Along with many third sector organisations and charities, Health for All has faced considerable uncertainties regarding funding to support its valuable work with disadvantaged communities.

In particular, our services providing intensive family support for families with young children and promoting healthy lifestyles faced uncertainty.

Yet we reach the close of the year in the knowledge that these services are safe for the foreseeable future and will continue to enhance the health and wellbeing of the people we serve.

Several projects saw their funding cease during the year.

These included the Rothwell Families Project, UK Online as well as Enterprise Awareness. However, several exciting new projects were established including a community communications project called South Leeds Life, Menspace, Youth Inspire, Middleton Life Heritage project



and Rothwell Skilled Up.

The opening of the new Tenants Hall Enterprise centre in Middleton was a highlight of the year.

I would like to thank all the staff, volunteers and trustees for their time, energy 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



A year of success in community

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Driving force behind our services this year

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Health for All: Changing lives, transforming communities

2011 - a year of facing **MAJOR** challenges ...

Uncertain funding and a temporary move out of Tenants Hall to allow the build of the new Enterprise Centre, were just some of the challenges facing the organisation at the start of 2011.

However the close of the year saw Health for All face much brighter prospects.

The Enterprise Awareness programme ceased but the opening of the new Enterprise Centre in Middleton offers greatly enhanced facilities and support for enterprise, employment, training and community activities.

Rothwell Families project closed but a further grant from the Coalfields Regeneration Trust is enabling the volunteers recruited to be supported through a new Skills Hub.

UK Online funding ceased but open access to community IT facilities are retained in our local family and community centres.

Intensive Family Support Think Family services ceased but have been replaced with an exciting new specialist service, the Family Intervention Service, which will be making a real difference to the lives of families with children on the edge of care.

Health for All will be delivering the service to families with children aged under nine in south Leeds.

The NHS funded healthy lifestyle services - Healthy Communities, ACE, The Cupboard and city-wide Health Trainers - all received the reassurance of continued funding.

Among the new projects established were Menspace, supporting men and boys with health, education and family support, funded by a Henry Smith Trust grant, and South Leeds Life, using new online technology including blogs and social networking as well as a quarterly printed magazine to keep individuals and communities in south Leeds well informed and training local people and groups to be 'community reporters'.



... but we've made a **REAL** difference!

Health for All has had some major highlights over the past year – but what DIFFERENCE have we made to people's lives?

Improving Health

- 800 local patients were motivated to improve their lifestyles through 4,000 sessions delivered by the GP-based Health Trainers service
- Hundreds of local residents are now cooking healthier meals and taking more exercise through being trained by the Healthy Communities staff
- 2,000 children became active through ACE multi-sport after school sessions in 60 school and community venues
- Five Cupboard project weekly peer support groups enabled young adults to build confidence and resilience and lead healthier lives

Supporting Families and Communities

- Children in over 700 families are leading healthier, happier, safer lives through intensive support provided by HFA Family Support services
- Fathers improved relationships with their children through Dad's groups and growing projects delivered through new project Menspace



- Rothwell residents run two family teatime clubs and fun days, children's groups and exercise classes supported by Rothwell Families Project
- Priority Neighbourhoods, helped to empower communities in outer south Leeds

Redressing Inequalities

- People with learning disabilities are more confident, energised and healthy through attending The Bridge service running from Holbeck Community Centre
- Black and minority ethnic elders are less isolated, more confident and healthy through groups, clubs and services supported by the independent Sangam ('United Together') Forum
- Healthy lifestyles and improved access to services for carers were promoted by the Asian women's



groups and allotments supported by independent Awaaz (meaning VOICE) Network

Improving access to Employment and Enterprise

- 47 young people gained valuable work experience through Future Jobs Scheme, with over three quarters gaining employment or entering further education
- In partnership with Igen, the Community Connexions team supported 625 young people, moved 119 into education, employment or training (over 12 weeks in duration).
- Youth Inspire engaged 100 young people in work experience and training to help improve employability

• 750 local people explored enterprise through Enterprise Awareness events

Health for All managed six community facilities providing accessible venues for hundreds of individuals and groups. Through the Eduplay crèche service hundreds of local people were able to access services which they wouldn't have been able to without our support. And 15,500 people have taken journeys on our Community Transport service.

In conclusion.....

2011 was a fruitful year which saw the welcome consolidation of crucial services and facilities which make a huge difference to the health, happiness and well-being of the people we serve. The work would not be possible without the support of our partners and funders. Many thanks to all who have supported our work, in particular our funders:



Project Part-Financed
by the European Union
European Regional
Development Fund



the coalfields
regeneration trust



The Henry Smith
Charity



NHS
Leeds

connexions





The driving force behind our services

Supporting people, improving their health and wellbeing, providing positive activities to enhance learning, leisure and employment opportunities, has been the aim of all of Health for All's work during the past year.

Ensuring that children live in healthy, safe, supportive families, motivating children and adults to live happier, healthier lives, providing crucial services for carers, people with learning disabilities and young people, supporting children and adults to face seemingly

insurmountable challenges are the driving force behind Health for All's services.

A charitable company limited by guarantee, Health for All (Leeds) was established 21 years ago and now employs 130 staff to deliver 15 projects and services from six community venues in south Leeds.

A Community Interest company, Health for All Enterprises, established in 2009, manages the charity's enterprises, including the community transport and mobile crèche service.



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 Co opted: Denis
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 Bartholomew, Deacon
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Thanks go to the trustees who retired during the year;
 Christine Nix, Fr Ian
 Rutherford, Cathy Gurney, and the Rev Tony Lee

Senior Management Team

Pat McGeever, *Chief Executive Officer*
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 Vikrant Bhatia, *Family Support Service Manager*

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