



ANNUAL REVIEW 2024-25



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WELCOME TO HEALTH FOR ALL

welcome

Welcome to Health for All's Annual Review 2024/2025. This celebration of our charity's work provides a voice for the 11,000 people we help each year through our services, groups, centres, transport. People express in their own words how their lives and health have been enhanced by the care and kindness shown by HFA staff, volunteers and services and through the peer support and activity groups and welcoming centres they attend.



Read about how lifelong friendships have been forged, skills rediscovered, energy channelled, health and wellbeing improved, lives and communities transformed.

Hear people's own stories of overcoming adversity, the challenges of poor health, poverty, inequality, social isolation highlighting the importance of local, human connection in helping them move forward.

Empowerment and respect is the cornerstone of all our work. For 34 years, Health for All has strived to achieve our vision of a society free from inequality, poverty, and isolation. Our energy and resources are directed to where they are most needed, establishing small, welcoming groups and centres in the hearts of disadvantaged communities, where people reap the most benefit.

We believe that each person is unique, of immense value, with the right to live a happy, fulfilled life.

We feel privileged to place our skills, passion and expertise at the service of local people and communities, helping each individual discover their strength, skills, resilience and talents and achieve their aspirations. Read on and be inspired to share our pride in their achievements, small but significant steps towards achieving our vision of a more equal, healthy, connected society. Thank you for joining us on the journey.

Pat McGeever

Chief Executive

CHAIR'S FOREWORD

Health for All is delighted to report another successful year as we work to achieve our mission to enable the poorest and most vulnerable communities overcome the challenges of health and social inequality.

We continue to maintain and develop our seven community centres, working hard to make each vibrant, central to communities, and solvent.

This past year we have worked with the churches and Council to secure and develop community buildings in both Cottingley and Allerton Bywater. Each either risked closure or had already closed. In both cases through working with local people and partners, we created a robust business case. This coming year, we aim to secure investment to enable these new opportunities to come to fruition.

Our services continue to address the root causes of poverty, poor health and isolation.

We focus on both places and people, our work spanning every stage of life, from birth to later years. This Review demonstrates the vital importance of: giving a child the best start in life by supporting mothers with breastfeeding; delivering sports and active, enjoyable lifestyle activities which improve children's health, helping them learn and grow; channelling young people's idealism and energy into positive social action; improving mental health through building quality relationships and friendships; providing access to volunteering and decent work for all including learning disabled people; providing crucial transport and affordable food; enabling older people to retain independence and thrive.

I commend the Review and the whole HFA team, staff, volunteers and groups for their inspiring work.

We look forward to developing and enhancing our services in the years ahead.

Martin Dean

Chair of Trustees



foreword

NEW PROJECTS NEW PARTNERSHIPS

2024-25



Community Centres

HFA contribution to Where People Meet research by New Local and Rayne Trust



Work and Health

New trailblazer project working with ten groups



Girls Together

Additional group established by ACE in LS14



Active Travel

Expanded to east Leeds with four new walking groups



Enhance

New weekly Health Hub established in Beeston Village Centre



Climate Change

partnership sustained as legacy of Our Future Beeston



Vicars Court

Lease agreed by LCC Executive Board



Allerton Bywater

New nursery opened in Vicars Court grounds



Green Futures

Young leaders group securing Game Changers grant



HFA Community Transport

Fleet of vehicles upgraded



Hunslet

New groups planned for Hunslet partnering with Involve



Bradford Breastfeeding

New Start for Life funding perinatal support

HEALTH FOR ALL IN ACTION

Health for All redresses health inequalities by



BEST START BABIES

Breastfeeding Peer Support Leeds

Our network of trained volunteers, **Leeds Bosom Buddies**, funded by Leeds City Council Public Health, provides loving guidance and non-judgemental breastfeeding support face-to-face in groups or on postnatal wards. The groups, held in warm, friendly centres across the city, run 5 days a week. We have trained over 100 women as peer support Bosom Buddies and run 11 groups across the city, with specialist advice provided by our trained coordinator. Our free access breast pump loan scheme provides hospital grade pumps for 4 weeks to parents of premature or sick babies or those experiencing urgent clinical need such as weight loss.

bosom buddies



Leeds Breastfeeding

Over **2000** families supported in groups and on postnatal wards
169 pumps loaned enabling women to provide breastmilk for their babies





“

Hi. I'm Lynne and I have been a Leeds Bosom Buddy breastfeeding volunteer for over 17 years. I have supported at various groups in south Leeds, helping on our ever changing journey. Venues may change but the Bosom Buddy ethos and compassion never waivers.

Nothing is more rewarding then welcoming a new mum into the group, a mum often on the brink of tears, tempted to give up breastfeeding though she wants desperately to continue. After a cuppa, a good chat and sound advice, she leaves with a smile on her face and new confidence in her feeding. That's what keeps me volunteering."

START FOR LIFE BRADFORD

“

My name is Cheryl. I was going through a very difficult time with my newborn and was finding breastfeeding so difficult and painful.

A community midwife referred me to the Health for All Breastfeeding support service when my baby was a week old. My support worker Paulina was so supportive, listening and exploring the cause of my pain when I was trying to feed. She helped me understand new born infant behaviour, supply and demand and responsive feeding. I had started a formula top up and wanted to continue to combination feed so Paulina gave me a plan to ensure I kept up my breast milk supply. The home visits and the phone call catch-ups and advice until my baby reached six months really helped. Her personality is amazing and she is very knowledgeable and patient. She goes the extra mile and is great at her job, she deserves an award ! She made me feel a lot better and helped a lot with the feeding and emotional support.”



breastfeeding support



Paulina, Cheryl's support worker

W Our Perinatal Support Coordinator Muneef met Sadiya at a baby weighing clinic at Farcliffe Family Hub. Sadiya was new to the country and didn't speak much English. Muneef was able to speak to her in Urdu and discovered that Sadiya was worried about making ends meet – particularly her monthly rent. Her husband was on a low income and the family were struggling to pay their bills. Sadiya also worried about admitting her family were not managing, feeling she was not entitled to any more help. Muneef spent time building trust, arranging to keep in regular touch with Sadiya. With a new born baby, it was clear the family should be eligible for benefits and consented to Muneef referring them to Hope4U.

A week later Sadiya contacted Muneef saying the family had received £50 in supermarket vouchers and following assessment for benefits discovered they were eligible for significant support. Sadiya expressed her gratitude for the help received saying they could now afford their rent and were no longer awake at night worrying how they could cope.



3,528
home visits

Health for All delivers breastfeeding support in Bradford funded through Start for Life for expectant families, working with families and partner agencies to build a model that champions breastfeeding. Our work supports the Bradford

District Breastfeeding Strategy, aiming to make the city safe, supportive, and welcoming for breastfeeding families, with a focus on priority wards including Bowling and Barkerend, Bradford Moor, Little Horton, Manningham, Heaton, Toller, Great Horton, City, Shipley, and Keighley Central. Busy drop in sessions at local Family Hubs and support in postnatal wards provide wrap around care.

1,125
families
supported on
postnatal
wards

CHILDREN & YOUNG PEOPLE

Active Clubs Experience (ACE)

Active Clubs Experience (ACE), including Change 4 Life, funded by LCC Public Health, empowers children and families to embrace active, healthy lifestyles. Weekly multi-sports sessions in schools and community centres, engage children in fun, life-enhancing activities. Skilled coaches inspire confidence, teamwork, providing positive role models, helping children discover talents, learn new skills.

Healthy Holidays

School holiday activities and sessions funded via Leeds Community Foundation, the holiday clubs are run by our **Active Clubs Experience Coaches** providing food and activities for school aged children who are eligible for income-related free school meals.

24
enjoying
LS14
Healthy
holidays

The Violence Reduction Project

80
engaged
reducing
violence

A multi-agency initiative funded by Leeds City Council, the **Violence Reduction Project** aims to prevent and reduce violence. Young people at risk of becoming involved in or impacted by youth violence are supported individually and in groups.

active & healthy

Eliza, aged 10, has been attending Healthy Holidays sessions throughout the school holidays, helping her family with childcare while enabling Eliza to access fun activities, a hot nutritious meal and a safe environment.

Eliza has formed new friendships, built confidence and learned teamwork through sports and creative workshops, helping build resilience, social and communication skills.

A highlight of Eliza's summer was the Healthy Holidays trips which her family would not normally be able to afford, for example Diggerland, exploring new places and creating lasting memories.



Eliza and her friend enjoy Diggerland

“



My name is Brody. I am 14 years old. I had a group of friends which led to me getting involved in anti-social behaviour. That resulted in me being excluded from school so I missed my education for several months.

Joining the youth group helped me realise how I had a short temper and quickly reacted to situations and others in the group, finding it hard to control my anger. The workers helped me find a positive outlet to manage it. I was encouraged to channel my energy into physical exercise, particularly boxing, which really helped. I now attend training sessions several times a week. I direct my energy into that and feel calmer and more in control afterwards.”

Brody with his Personal Achievement Award certificate

CHILDREN & YOUNG PEOPLE

girls together

Formerly funded by Jimbos Fund through Leeds Community Foundation, now funded by West Yorkshire Mayors Fund, **Girls Together** supports girls at risk of involvement in gang crime, to build confidence and keep themselves safe.



The weekly group provides a safe and nurturing space in Leeds 14 area for young, vulnerable girls who may be at risk of exploitation or social isolation. Meeting weekly, the group combines fun and engaging activities such as sports, arts and crafts, and tailored one-to-one support. These sessions build confidence and self-esteem, with ACE coaches providing positive role models and trusted adults they can turn to for guidance, helping young girls feel valued, supported, empowered to make positive choices for their future.



This year, a trip to *Inflata Nation* encouraged physical activity in a fun, non-competitive environment, helping the girls develop resilience, communication, and social skills. One girl said “Girls’ group has really helped me to build confidence and make new friends. The trip to Inflata Nation was such fun! I’ve never done anything like this before.”

Youth Work

Funded by Leeds City Council the **Youth Works** project provides groups, support and activities for young people in two local centres in Middleton and Beeston, enabling growth in confidence and self esteem, improvement in health, building of valuable friendships.





YOUTH SOCIAL ACTION

Green Futures

The **Green Futures** group empowers young people to tackle the environmental crisis. Initially funded by Children in Need, UK Shared Prosperity Fund and now Gamechangers, this vibrant youth group meets weekly at Beeston Village Community Centre. With 40 members aged 14–17 from diverse backgrounds, the young leaders plan and deliver climate action projects which make a real difference.



Tina Nawroly

42

members

£16,480

grants
secured

7

stalls/
school talks

1,193

young
people
engaged

JOIN US!

Chocolate
+
muesli

“

My name is Tina Nawroly, and I’m 15. When I first joined Green Futures, I was looking for something fun and meaningful to do in my free time, something new to try. I never imagined it would completely change my life.

From day one, I jumped into all sorts of environmental activities: litter picking, tree planting, climate change campaigns, recycling workshops, I’ve given them all a go! Along the way, I discovered my voice, my confidence, and my ability to lead.

I started out as just a member. Now I’m proud to be the Chairperson of Green Futures, a youth-led community group. It’s given me the chance to give back, make a difference, and prove that age doesn’t limit what you can achieve. We all have a role to play in keeping our planet clean and green. The sooner we start, the better the future will be for everyone.

From running workshops and helping at stalls to leading projects that improve our local area, I’ve learned that small actions really can create big changes. Being part of Green Futures has connected me with amazing, inspiring people and shown me that together, we can create a world where every generation shares the same clean, safe sky.”

young people

84
community
activities/
events/
campaigns



SKILLS FOR LIFE



Alan's story

Two years ago, my life changed in a way I never imagined. I left my family home in Leeds and moved into supported living. At first, it felt strange, a little scary. I had to find a new way to live my life, taking more responsibility for myself.

About eighteen months ago, I joined the Watsonia Café. At first, I worked just one day a week, but I enjoyed it so much that I've now built up to three days. I love being in the kitchen, cooking, and learning new independent living skills. Every task I do at the café, whether preparing food, serving customers, or cleaning up, feels like it matters. I know it all contributes to the community, and I'm proud to be part of a team that works together.

But I also wanted to have fun and make friends. That's when I joined the Bridge day service. It gave me the chance to meet new people. Now I've made so many friends I look forward to seeing each week. One highlight is going to Xscape for ten pin bowling. Laughing and cheering with my friends has made life feel fuller and more exciting."



Alan (right)
with Chris

The Bridge

The Health for All Bridge Service runs a life enhancing day service in Holbeck Community Centre for adults with learning disabilities, which is funded by Leeds City Council Adult Social Care. The Bridge offers a varied programme of meaningful activities and classes both in and out of the Centre, which promotes integration, reduces social isolation, enhancing social, physical and mental wellbeing.

37

Bridge day
service users

the bridge/watsonia cafe

The Bridge Café

The Bridge Café provides adults with learning disabilities access to the world of work. Based at Watsonia Pavilion in Cross Flatts Park, it is a safe and supportive environment in which beneficiaries gain valuable work skills and experience.



.....

Health for All supports people from different communities of interest to overcome barriers to work through the Bridge Café in addition to volunteering and sessional work opportunities in our centres, services, food pantries and groups. Barriers include health, disability, confidence, awareness in addition to difficulties faced within family relationships and caring responsibilities.

Bright Horizons is a partnership with Barca which helps parents and carers overcome these barriers. Dedicated employability workers provide individual and group support with motivation, practical help and counselling.

bright horizons

“

After leaving an abusive relationship, I did not know where to turn for help. I joined Bright Horizons hoping to rebuild my mental health and confidence and get support for my children. I wanted to get back into work by exploring both employment and volunteering. I received help with my parenting, accessed really useful counselling, and joined a community group, gradually increasing my self-esteem and connection with others.

I have now completed all the sessions. I feel my children are happier, and I feel more confident and supported. I have decided to start volunteering as my next step, while getting ongoing support with my CV, exploring volunteering opportunities and family wellbeing.

I feel like a weight has been lifted off my shoulders and can see a clear path forward now.”

BETTER TOGETHER

Our **Healthy Communities** service, based in Beeston Village Community centre and Middleton Family Centre includes our community based healthy lifestyle services of which Better Together is the largest.

Better Together, funded by LCC Public Health, is a collaborative partnership between Health for All, St Lukes Cares, Holbeck Together, ASHA, delivering inclusive, health enhancing activities, events and one-to-one support across south Leeds. Reaching over 5,700 adults and 50 community groups annually, it connects people from all backgrounds, including Bangladeshi, Chinese, Hongkongers, Eastern European, black African, young families and older people. From health walks and gardening to mental health support, ESOL, arts, dance, music, and more, Better Together helps communities to thrive.

5,700
people
engaged

50
community
groups
reached



Hongkongers group

healthy communities



Lychee Red

Mr Ton Ky Ha and his wife, Mrs. Tu Mai Hoang, both in their 70s, came to the UK in 1981. Of Vietnamese Chinese heritage, they arrived during a difficult wartime period and worked hard to rebuild their lives, raising six children with dedication and perseverance.

Now retired, proud grandparents of eight, they have devoted the past 10 years to volunteering at the Lychee Red Lunch Club – a decade of dedication! Every Monday, travelling from Bradford early in the morning, rain or shine, they arrive together at Beeston Village Centre.

At the Lunch Club, Mrs. Hoang helps in the kitchen, serving meals with warmth and care, while Mr. Ha sets up tables and chairs and greets members as they arrive. Their dedication and friendly smiles makes the club feel like a family for many older people.

“Coming to Lychee Red makes us happy. It’s like a second family. I love seeing people enjoy the food, just like with my own family,” says Mrs. Hoang.

Their commitment shows that community is built not only through grand gestures, but through steady acts of service. They are testament to how giving one’s time and heart can create lasting bonds and enrich the lives of many.



Mr Ton Ky Ha and Mrs. Tu Mai Hoang

BETTER TOGETHER

“

My name is Shirley Chan. After relocating from Hong Kong to Leeds, UK, I was eager to connect with others and settle into my new environment.

Joining an ESOL class in Beeston, another member from Hong Kong introduced me to the Next Stop Café at Beeston Village Community Centre, a group established by Health for All to support Hongkongers.

I began volunteering with the group as a kitchen helper, enjoying giving time and support, quickly discovering I loved meeting people, helping and being part of a welcoming environment.

Two years later, the Hongkongers group was supported to independence. I joined the committee as Secretary, playing a more active role in organising activities, ensuring smooth running of the group, which led to a part time role as an Assistant Project Worker.

My passion is helping people, building connections, making a positive difference in my community. Being part of the Next Stop Café has allowed me to gain skills, confidence, friendships, a real sense of belonging.

This journey has been one of personal growth and giving back. I feel proud to contribute to something that benefits so many people and look forward to continuing to support and strengthen our community in the years ahead.”



Shirley Chan



My name is Shanara. I am 54 years old and have four children. I have lived in Beeston since 1985. I come from Sylhet in Bangladesh. My first job after school was in a sewing factory making swimming costumes.

I joined Kushy Dil womens group in 2007, so have attended for nearly 20 years. I receive great support from other women, relieving stress and helping me relax, learning new things, the highlight of my week. We've even travelled to London to see a British Bangladeshi exhibition we helped with 'Our Stories, Our Lives' in the British Library!

Eight years ago I started helping support our older women's group Kushy Nanas, with two lovely volunteers, Marsheda and Shahina. The older ladies don't go anywhere else. It's their only social outlet. They confide in me, I listen and respond in their own language. The group helps them take better care of themselves, have their flu jabs, eat healthily, take gentle exercise together. The group means so much to them, makes them feel happy and independent.

Beeston is an area of poverty and low income, we see every day effects of the cost of living crisis on people. I am happy and proud to be serving my community."



BETTER TOGETHER

“By coming here every week, meeting others, and helping out, it makes my day. I feel happy and joyful serving elders, it makes life feel brighter”

Volunteer Jamila

Beetey Din Lunch Club is more than just a place to share a meal. It’s a vibrant community where people from many cultural and faith backgrounds come together. Here, Muslims, Christians, Hindus, Sikhs, and those of no faith sit side by side, enjoying good food, laughter, and friendship. The group was first set up in 2015 with just 10 members, and has now grown to over 35 regular attendees.

We are blessed with volunteers who welcome everyone with warmth and passion. They help prepare and serve delicious healthy cooked meals, creating an atmosphere of care and belonging.



Lunch Club members visit Temple Newsam

beetey din



Beetey Din Lunch Club

Happy Global Families

Happy Global Families brings families and children together, creating moments to connect, share joy, and build lasting memories.

Our Easter Family Fun Day, at Asda café in Beeston buzzed with chatter and laughter, the children making Easter cards and bright bunny masks. Mums joined in too, adding creative touches while enjoying refreshments, sharing stories, making new friends, connecting with old ones, the atmosphere warm, relaxed, full of smiles. A simple gathering, but reminding us that bringing families together is at the heart of Happy Global Families.



Easter Fun Day in Beeston

BETTER TOGETHER

happy life

Khushal Zindagi

Khushal Zindagi, meaning *Happy Life*, meets in Holbeck, enhancing the health and well-being of Asian women.

Our weekly meetings and various activities improves physical, social, and mental health, helping members overcome cultural and language barriers which limit access to education or employment.

Through skills-based courses, creative sessions, confidence-building activities, annual celebrations and trips, women are empowered to engage actively with their community.



Khushal Zindagi group members

Expansion
to Cottingley
estate

4
partner
organisations

524
new to
groups

19
groups
secured grants

VOLUNTEERS FOR CHANGE

“

My name is Aaron. In March 2019 I had an accident at work, which resulted in me having my lower right leg amputated in March 2024. Since the accident I've struggled to find work or hold down a job. My mental health wasn't good either.

In February 2025, I applied to volunteer at Health for All. I volunteer at Cottingley Food Pantry. Through volunteering, I rebuilt my confidence and self-worth through helping others. Then I found out about a vacancy for a sessional caretaker/cleaner. I applied and got the job!

I now work at Tenants Hall Enterprise Centre and still volunteer at Cottingley Food Pantry.

Health for All has helped change everything for me, giving me chances others wouldn't. I now look forward to what the future has to offer.



Aaron volunteering at Cottingley Food Pantry

cottingley community centre

INSPIRING ELDERS

Our work supporting older people includes **ENHANCE** and life enhancing weekly groups run through **Prerna BME network** and **Health for All's ACE team**, which help older people live happier, healthy, connected and independent lives.

enhance

My name is Iris. I am 90 years old. I was referred to Enhance by my physiotherapist after a fall at home which left me with a broken leg and hip.

After spending 3 months in the hospital/rehabilitation centre, I am now back at home, trying my best to regain my mobility and independence.

I had always kept busy before the fall, usually out shopping with my friend but the fall made me lose my confidence to go outside.

My lovely Enhance worker Claire started to spend some time with me walking outdoors. She comes every fortnight. We go for short walks together down the street.

I really enjoy Claire's visits. Both my walking and confidence is improving and our conversations are so lively, I often tell her she leaves me feeling positive and encouraged to walk more. It's changed my life."

Enhance, funded by Leeds Community Healthcare Trust via Leeds Older Peoples Forum, provides practical support to older and frail people ensuring they stay well at home and avoid hospital readmissions. We provide person-centred, holistic support alongside community healthcare, and help people attend a Health HUB each week at Beeston Village Community Centre, boosting social connections, health, quality of life, and wellbeing.

The self management Hub provides access to treatment from nurses followed by socialising, refreshments, games, support with benefits and housing, mobility aids.



INSPIRING ELDERS

Prerna Network

Prerna Network comprises four community groups: Sumangal, Sawan Vihar, Sanskar, and Vandan which together support 180 elders weekly. Health for All offers valuable advice, networking opportunities, training, and support with funding. Each group is led by retired volunteers who are deeply passionate about giving back to their community. The groups offer a renewed sense of purpose and something to look forward to, with activities promoting health, well-being and social, physical and cultural experiences. People come together, connect with their culture, and foster friendships, overcoming loneliness, feeling part of a caring community.

prerna network



Left Sawan Vihar group
Below Sanskar group





Sumangal group participants

“Coming to line dancing each week is the highlight of my week. I’ve made friends I wouldn’t have met otherwise, and it keeps me going. It’s wonderful to be a part of such a lovely group”

ACE participant

ACE

ACE supports older people through tailored exercise classes and line dancing sessions, improving physical health, reducing social isolation many elderly people face, encouraging them to stay active, mobile, and independent for longer.

Attending regularly helps build friendships, boosts confidence, providing a sense of belonging. Line dancing, in particular, offers a joyful way of combining physical exercise with fun, music and laughter.

IMPROVING MENTAL HEALTH

Our work with individuals and communities to help people improve their mental health comes under our **Healthy Minds** service, based at Cranmore and Raylands Community centre. We are a partner in city wide services including Touchstone led Being You Leeds and Live Well Leeds and Bright Horizons.

Being You Leeds

Being You Leeds, funded by Leeds City Council, improves community wellbeing through one-to-one support, group activities, and training. Weekly groups reflect participants' interests, while targeted sessions and campaigns address issues including tackling mental health stigma and discrimination.

“

My name is Mohammed. I have been coming to the Men's Be Yourself Group at Middleton Family centre since May this year. I was an award-winning chef until 2019, when I had the first of five heart attacks, despite having previously been fit and healthy. In 2023, I had a heart transplant in the Freeman Hospital, Newcastle. It was a very worrying time.

My health is nowhere near what it was prior to my heart attacks. Although I am grateful for life every day, it is so hard to accept the loss of so much that I once had. Being part of the Men's Group has given me the opportunity to share my feelings of joy as well as of loss in a supportive, non-judgemental environment. It has been so helpful to talk to others and hear their stories. This is a place where you can share how you really feel.”



IMPROVING MENTAL HEALTH

Live Well Leeds

Live Well Leeds, a city-wide community based mental health service funded by Leeds City Council, supports people with mild to moderate mental health challenges. One-to-one support and group sessions help improve mental and physical wellbeing. Peer support groups include a neurodivergent-friendly group *Crafting for Wellbeing*.

“

My name is Claire. I am neurodiverse, living with hyperacusis, a heightened sensitivity to sound that makes public spaces and transport overwhelming. This leaves me isolated, anxious, unable to maintain routines or social connections.

Joy, the HFA Live Well Leeds worker, really understood my needs and adapted her help to meet them. She invited me to a support group, arranging quiet visits to potential venues, identified a calm space without intrusive noise, gently introducing me so reducing my anxiety. These adjustments gave me confidence to attend the group regularly, previously out of my reach.

The impact has been transformative. Through Tai Chi and Sensory Awareness groups, I have rebuilt daily routines, reconnected socially, and gained confidence in group settings, able to start conversations. I feel less alone, rebuilding my sense of belonging in the community. I feel more hopeful about the future, able to build relationships again.

My journey shows how person-centred support and small, practical adjustments have removed barriers, enabling me to access creative, meaningful activities which have improved my wellbeing immensely.”

live well leeds

“

My name is Sara. During the COVID-19 pandemic, I felt isolated, losing my confidence and motivation. I occupied myself by learning to crochet but even after restrictions lifted, I struggled to regain my normal routine, feeling isolated and cut off. My mum was diagnosed with dementia, so I became her carer. Then I discovered the Knit and Natter group at Cranmore and Raylands Community centre. Joining the group was a turning point. I found connection, built friendships, slowly regaining my confidence. I and my friend Christine rebranded the group Mindful Makes, securing funding for extra sewing machines.

The crochet and sewing sessions have attracted many newcomers experiencing similar isolation. We adapt the group to members' needs, running Mini Makers sessions during school holidays so parents can attend. I have grown in confidence, completing a leadership course, able to inspire others by showing how community, creativity, and support can transform lives.”



Sara

TACKLING FOOD INSECURITY

food pantries

Health for All supports five independent, community run **Community Food Pantries** which enable local people and families cope with the cost of living crisis. They provide access to low cost high quality food in local community and family centres within their communities. Our first Pantry was established during the Covid 19 pandemic in Cranmore and Raylands Community Centre, supported by a cost of living grant through the National Lottery. We now have additional weekly Pantries in Middleton Family Centre, Beeston Village and Cottingley Community Centres and Watsonia Café, Cross Flatts Park, Beeston. Other Pantries HFA helped establish are serving communities across the city. The Pantries provide wonderful, welcoming gateways into the services and groups in centres in addition to providing crucial practical support. Each is now independent, with bank account and committee, securing grants, ensuring sustainability, run on a membership model by local community volunteers.

HFA centres food pantries and groups enabled distribution of £67,400 in Household Support funding.





“

My name is Tracey, I have lived on the Cottingley estate for around 16 years.

I first started visiting the Community Centre for Bingo night and pizza night.

The Centre is a great help for my mental health, I don't have to hide my feelings and emotions. There's always someone to talk to, which you don't always have at home.

I became a member of Cottingley Food Pantry when it first opened.

The staff in the food pantry are friendly and helpful. There's plenty of variety and my weekly shop at the pantry really helps me cope with the cost of living crisis, food is so expensive. It's good too not having to carry heavy things from the supermarket.

Friday is Pantry Day and the only day I set my alarm clock! I really enjoy coming to the centre. It's my life saver.”

TACKLING FOOD INSECURITY

“

My name is Charlotte. Since joining Beeston Village Community Centre Pantry, my family and I have enjoyed a much more balanced, varied diet. We’ve been encouraged to try new recipes and ingredients we wouldn’t ordinarily think to use, making mealtimes far more exciting. The change hasn’t just been about food – the social and community aspect has been just as important. The connections I’ve made have improved my mental health enormously.

When I was struggling with a new born baby who had colic, the other ladies offered so much kindness, help, and advice. Without the Pantry, I know I would have felt more lonely and anxious about being a new mum. Having that support network has made a huge difference to my confidence and wellbeing.

The variety in our meals has noticeably improved my family’s overall health. The Pantry is affordable, accessible, brings people together, builds friendships, and creates a sense of belonging – something I truly value.”

food pantries





CONNECTING THROUGH TRANSPORT



community transport service

Health for All provides a **Community Transport Service**, recognising that transport and mobility issues are a huge factor in contributing to social isolation. Our minibuses and community cab play a vital role in linking many local residents, schools, elderly, frail and disabled people to health enhancing groups and social activities, social and health care services.

The last year saw HFA Community Transport overhaul its fleet of vehicles, bringing three new 16 seater mini buses into the fleet, replacing older vehicles requiring frequent repairs. We now have a fleet of 5 x16 seater mini buses and 1x 4 seater blue cab.

Our service provides access for people of all ages to Cultural and Theatre Visits, Sporting Activities and educational trips to the Yorkshire Dales, East Coast and National Parks.

Our strong partnership with the Yorkshire Dales National Parks and Yorkshire Dales Millennium Trust, provides access to the National Parks for a variety of groups making over 25 separate trips to locations including Grassington, Settle, Malham Cove and Carnforth.



Donna with one of our accessible community transport vehicles

"Thank you for the wonderful service we received yesterday on our trip to Grassington"

"Sharon the driver joined in and helped our group, who were visually impaired, enjoy the activities"

Beverley Gilbert, FeelGood Factor

"Your driver Stuart was absolutely lovely, very caring, compassionate, and accommodating, going out of his way to assist staff and children in every way possible. His support made a real difference to the success of the trip. Please do pass on our sincere thanks and appreciation to him"

Emma Bland, Hawksworth Wood Primary School

11,500
students

58,000
miles
travelled

70
schools

CONNECTING THROUGH TRANSPORT

“

SLATE has booked minibuses from Health for All for over a decade now ~ every single event enhanced by wonderful service. Just brilliant. The driver always arriving wonderfully early, being incredibly patient. The door to door service to Grassington meant newly disabled people struggling to walk could still participate, the driver carefully supporting everyone to board and exit the minibus safely. On a heatwave day the driver even came to collect us from the town – saving us an oppressive walk in the heat. Absolutely typical of the kindness that’s intrinsic to our experience of the Health for All transport service. The drivers seem to understand without words that this trip might be the only day out or short trip away that participants have all year, making every second respectful and special. Every single driver drives safely ensuring comfort and accommodating some interesting music choices! The SLATE team felt like royalty when dropped right outside Northern College stately home or near the Crucible Theatre! Drivers are always accessible if we decide to leave early because timescales have changed or an event finishes early – this is extra special to us. In fact that’s how we would describe Health for All transport ‘extra special’.

community transport service



SLATE team members with one of the Community Transport minibuses

TACKLING CLIMATE CHANGE

90+
people
engaged

Health for All supports people to tackle climate change through our **Community Transport Service, Green Futures Youth Group** and network of **Community Food Pantries** in addition to **Our Future Beeston** and **Walk It, Ride It** projects.

Part of National Lottery funded Climate Action Leeds, Our Future Beeston facilitated climate awareness in Beeston, south Leeds, supporting local actions and projects aimed at creating greener, cleaner, fairer, sustainable communities.

The Partnership including local organisations, elected members and local residents, leaves a legacy of exciting new initiatives including Beeston's very own Repair Café at St Lukes CARES Charity shop. Held monthly, the Repair Café provides



a facility for local people to have broken household items fixed free of charge. Amazing skilled volunteer fixers use their expertise and knowledge to fix the item while sharing those invaluable skills. By repairing and reusing items, otherwise discarded, the Repair Café diverts unnecessary waste from landfill, helping reduce CO2 emissions.

100kg
of waste
saved from
landfill

climate action

TACKLING CLIMATE CHANGE

climate action



Repair Café volunteer

9
Climate
action
activities
delivered

An exciting project involved Green Futures, following their visit to Bedford Fields, creating their own cultural forest garden border in front of Beeston Village Community Centre. Young people cleared, prepared and planted the border, helping to increase biodiversity, enhance local green spaces and connect with nature whilst learning about the cultural history of different plants. Some plants in the border are edible, free to be harvested by the local community, including a Chinese cherry and Chinese plum tree, *Camellia sinensis* (tea) plants, rhubarb and gooseberries.



Green Futures members at Bedford Fields

Walk It, Ride It

Following a successful pilot project in Middleton Park ward, south Leeds, our Department for Transport funded “Walk it Ride it” project expanded to inner east Leeds, aiming to improve health and fitness while encouraging use of public transport and reducing individual car use.

The Project enabled :

- Two womens groups one growing out of a GP surgery based Menopause Support group and the other from an ESOL session attended by Kurdish women based at The Bridge Community Church, walking together to local green spaces, the Royal Armouries, riverside walks and the city centre.
- Sumangal BME elders group meeting in Harehills to include regular walks to a nearby park as part of their weekly luncheon club.
- Parents/carers expanding their weekly coffee morning at Hovingham Primary School to walk to the neighbouring CATCH charity educational farm meeting the animals including goats, alpacas, rabbits, guinea pigs and chickens.

The local walks inspired two groups to venture further afield, visiting Grassington in the Yorkshire Dales and another using public transport to visit nearby Garforth.



Kurdish Walking Group

climate action

WARM WELCOMING

our centres



BEESTON VILLAGE COMMUNITY CENTRE

provides space for 18 weekly health enhancing groups for all abilities and ethnicities, supported by HFA Healthy Communities.

450
people
benefitting
weekly

18
groups
hosted



CRANMORE AND RAYLANDS COMMUNITY CENTRE

hosts HFA Healthy Minds improving mental health hosting groups including woodwork in adjacent Skills Hub.

220
people
benefitting
weekly

12
groups
hosted



HOLBECK COMMUNITY CENTRE with its adjoining multi use Games Area houses HFA Bridge Learning Disabilities day service and provides space for local organisations.

205
people
benefitting
weekly

7
groups
hosted

SPACES



MIDDLETON FAMILY CENTRE and rear garden provides space for groups improving health and wellbeing of adults, families, children.

94
people
benefitting
weekly

7
groups
hosted



TENANTS HALL ENTERPRISE CENTRE with adjoining Bowling Green provides office, meeting and training space for enterprises and groups.

236
people
benefitting
weekly

15
groups
hosted

9
tenant
enterprises

481
external
bookings

8957
visitors
annually

our centres

WATSONIA PAVILION & COMMUNITY CAFE

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

160
people
benefitting
weekly

4
groups
hosted



WELCOMING SPACES

Health for All continued to demonstrate its commitment to helping local people secure the future of their community centre, recognising the vital role they play in improving health, reducing social isolation, tackling the effects of poverty. Local residents and elected members in both Cottingley and Allerton Bywater have worked tirelessly with HFA senior managers to retain the former and reopen the latter.

other spaces



COTTINGLEY COMMUNITY CENTRE provides space for local community groups, a GP surgery, Community Food Pantry, Free Shop, worship space, community garden and growing area.

435
people
benefitting
weekly

15
groups
hosted

VICARS COURT COMMUNITY CENTRE in Allerton Bywater. The lease agreed by Leeds City Council Executive Board for reopening of the community run Centre for Allerton Bywater and surrounding villages. Providing space for groups and services for all ages. A new nursery opened in April 2025 in refurbished facilities within grounds.



FINANCE

Despite a challenging financial environment for charities in 2024–25, with rising costs, high competition for grants and contracts, and increasing demand, Health for All achieved a positive financial outcome.

Income increased by 9% to £2.4m (up from £2.2m in 2023–24), while expenditure rose by a lower 2%.

Staffing remains our biggest investment, representing over 70% of our annual spend. Rising premises and utility costs continue to place pressure on resources. However, we are committed to continued investment in our centres, ensuring services remain rooted in local communities.

Thanks to careful management and our diverse income streams, the split of which remained consistent with the previous year, the charity is well placed to continue delivering vital support and services across the communities we serve, improving health, reducing isolation and building resilience.

INCOME 2024-25



Core Income 0.3%	Employment & Skills 2%
Cost of Living Support 3%	Healthy Minds 5%
Older People 6%	Young People & Families 6%
Community Transport 6%	Healthy Communities 9%
Community & Family Centres 12%	Adults with Learning Disabilities 13%
Breastfeeding 17%	Active Clubs Experience (ACE) 21%

EXPENDITURE 2024-25



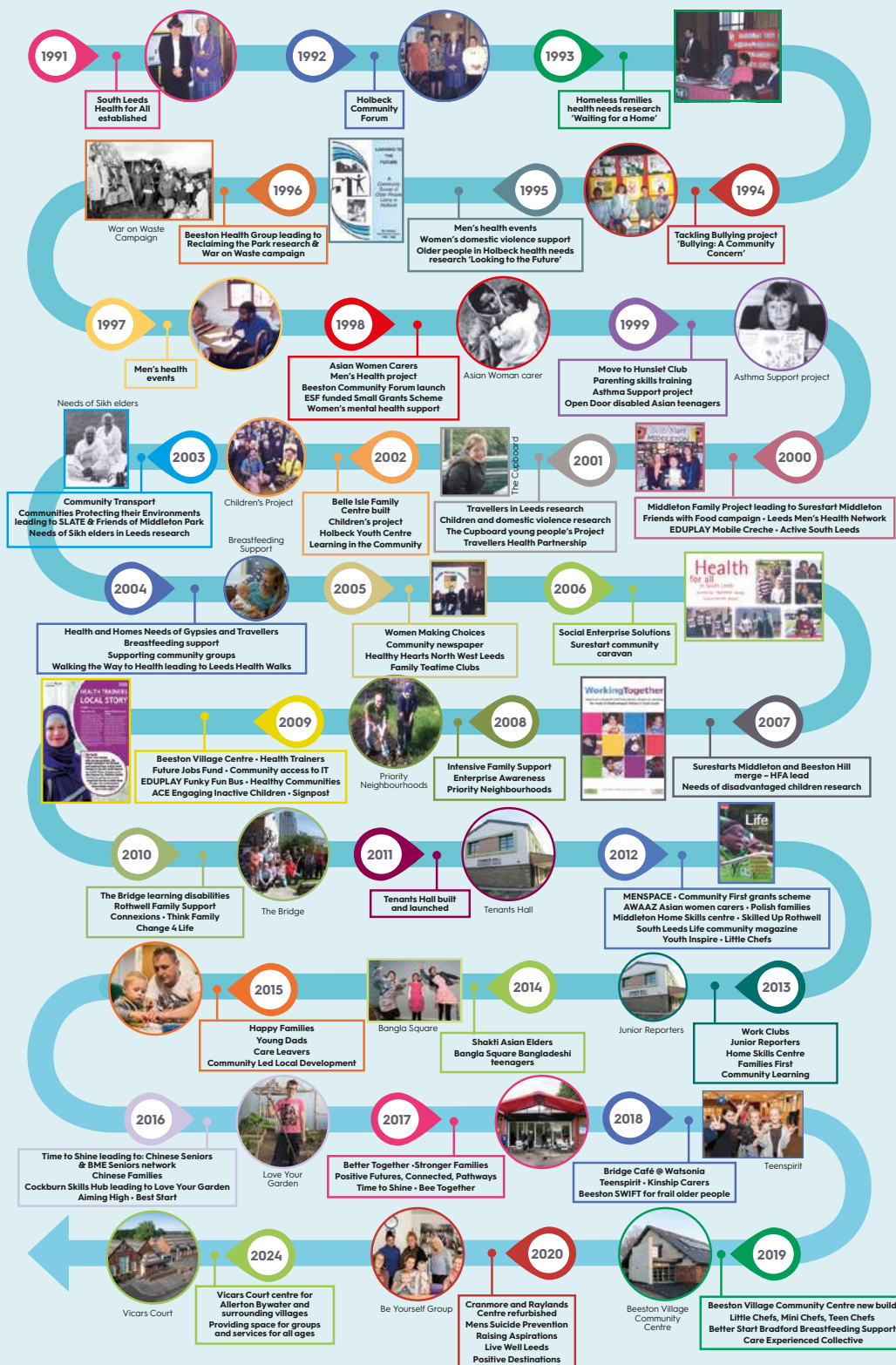
Core Income 0.3%	Employment & Skills 2%
Cost of Living Support 2%	Community Transport 5%
Healthy Minds 5%	Older People 6%
Young People & Families 7%	Healthy Communities 8%
Community & Family Centres 14%	Adults with Learning Disabilities 14%
Breastfeeding 18%	Active Clubs Experience (ACE) 19%

HEALTH FOR ALL SERVICES AND GROUPS A–Z

our services

- **ACE/Change 4 Life**
Richard Weaver 07958 100383
- **Being You Leeds**
Alison Reynolds 07956 078078
- **Start for Life Breastfeeding Support Bradford**
Rachel Duxbury 01274 287968
- **Better Together**
Balwinder Kaur 07590 182627
- **Beeston Village Community Centre**
Raquel Greenwood 0113 271 7231
- **Bright Horizons Employability**
Sherrelle Poole 07850 081672
- **Care and Connect**
Alison Reynolds 07956 078078
- **Chinese Elders**
Huazhu Liu 07930 250508
- **Community Transport**
David Williams 0113 270 6903
- **Cottingley Community Centre**
Christine Smart 07432 702911
- **Cranmore and Raylands Community Centre**
Alison Reynolds 07956 078078
- **Enhance**
Balwinder Kaur 07590 182627
- **Girls Together**
Richard Weaver 07958 100383
- **Green Futures Youth Project**
Huazhu Liu 07930 250508
- **Healthy Holidays**
Richard Weaver 07958 100383
- **Holbeck Community Centre**
Shaun Pilkington 07377 437470
- **Hongkongers Project**
Huazhu Liu 07930 250508
- **Household Support Fund**
Joanne Harrison 0113 270 2903
- **Leeds Breastfeeding Peer Support**
Suzanne Tobin 07956 077800
- **Leeds Health Walks**
Ian McNichol 07941 985725
- **Live Well Leeds**
Joy McMillan 07490 915420
- **Menspace/Cranmore Skills Hub**
Alison Reynolds 07956 078078
- **Mental Health/Suicide Prevention**
Alison Reynolds 07956 078078
- **Middleton Family Centre**
Claire Smith 0113 276 2386
- **Prerna (Inspiration) Elders Network**
Balwinder Kaur 07590 182627
- **Tenants Hall Enterprise Centre**
Reception 0113 270 2903
- **The Bridge Learning Disabilities**
Shaun Pilkington 07377 437370
- **VRU/Youth Works**
Richard Weaver 07958 100383
- **Walk It, Ride it**
Gayle Graham 07852 945286
- **Watsonia/The Bridge Cafe**
Shaun Pilkington 07377 437470

Health for All 1991–2024



THANK YOU TO OUR FUNDERS & TRUSTEES



Our Trustees

Martin Dean (Chair)

Jeni Swordwilliams (Treasurer)

Ambia Khatun

Tim McSharry

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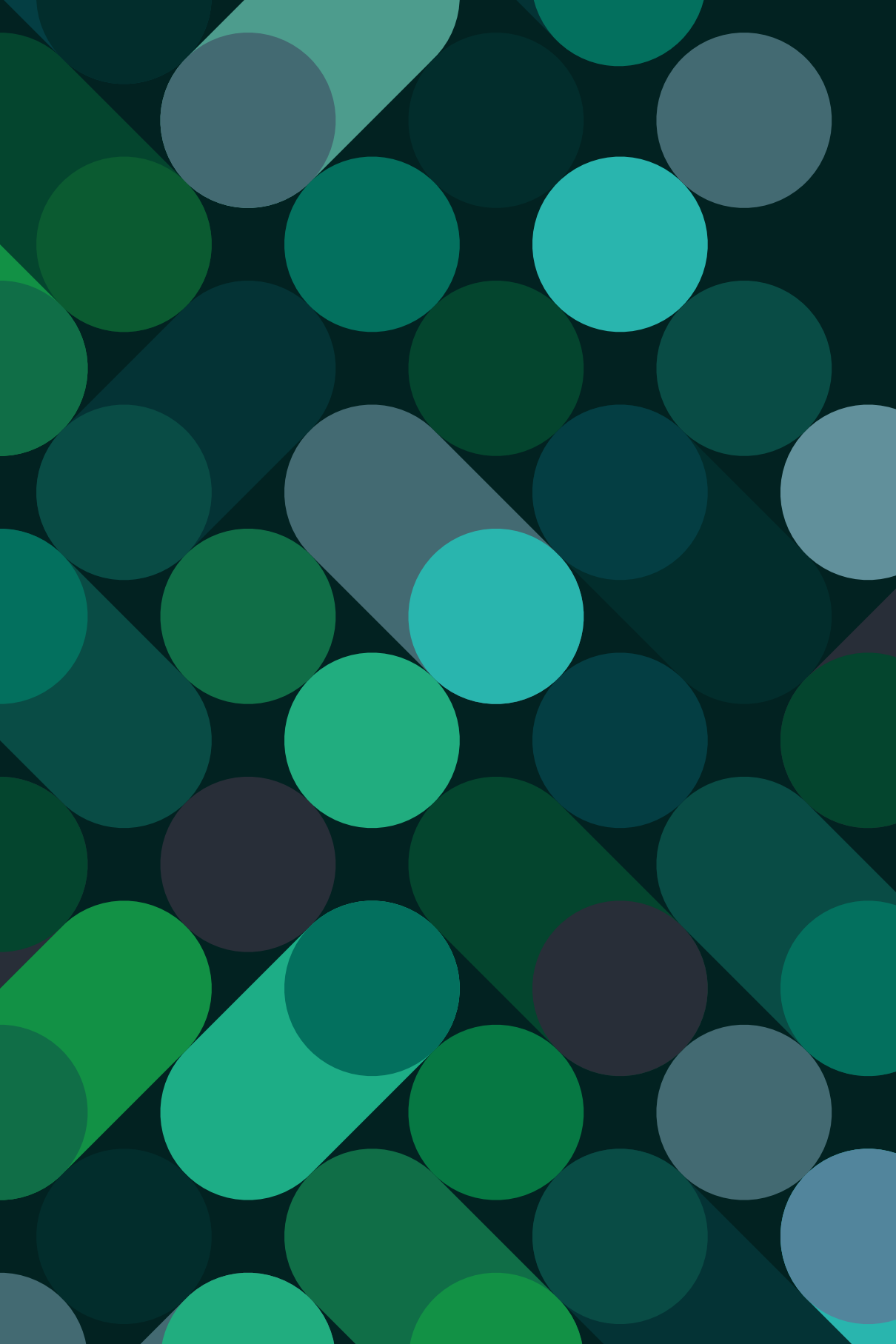
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