



ANNUAL REVIEW
2023-24



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WELCOME TO HEALTH FOR ALL

welcome

Welcome to Health for All's Annual Review 2023/2024. This celebration of our charity's work is 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 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 changed.

Hear people's own stories of overcoming adversity, the challenges of poor health, poverty, inequality, social isolation and the importance of local support in transforming their lives. Most importantly, hear 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 33 years ago to redress health inequalities. We direct all our energy and resources to those most in need, establishing 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. These stories demonstrate the vital importance of: giving a child the best start in life; delivering active, 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.

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

Read on and be inspired ...

CHAIR'S FOREWORD

I am delighted as the new Chair of Health for All to present our Annual Review to the community and all our stakeholders.

I was honoured to be asked by trustees to serve as Chair. I thank Dr Raj Menon for his many years of service as our Chair, and as a GP in our community. We wish him a happy retirement

In so many ways our country is broken. Life is too hard, too poor, and too unhealthy for too many of our people. Tackling inequality, health inequality in particular, is our mission. This is a long journey. This Review tells of the many steps we take every day.

Listening, learning and acting together is how we create responses to issues which resonate with the community. Many of the outcomes achieved reflect the ideas and contributions of the community themselves.

I commend it and the work of the whole HFA team, staff and volunteers, for all their hard work. In the coming year the hard work will continue.

Martin Dean

Chair of Trustees



foreword

NEW PROJECTS NEW PARTNERSHIPS

2023-24



Girls Together
Group helping girls in East Leeds avoid involvement in gangs



Better Start Bradford
Breastfeeding support extended to new wards and hospitals



Cottingley Community Centre
New Food Pantry and Free Shop



The Bridge@ Holbeck
Community Centre plans for new playzone



Cottingley Community Garden
Transformed via match funding volunteers



Our Future Beeston
New recycling, education and forest garden projects



Green Future
Young leaders tackling climate change



Bright Horizons
Employability support project for parents/carers led by Barca



Career Connect
Supporting learning disabled adults, Hongkongers and adults facing mental health challenges move closer to employment



Being You
Improving mental health partnership led by Touchstone



Vicars Court Community Centre
Progressing plans to reopen the community centre in Allerton Bywater through partnership with local residents/ councillors



Household Support Fund
Distributed £54,500 directly helping 666 families

HEALTH FOR ALL IN ACTION

Health for All redresses health inequalities by



BEST START BABIES



My name is Sarah. My baby is called Zangi. I am a Bosom Buddy for the Chapeltown group. I feel lucky to have had amazing NHS support, as well as peer support, plus an army of feeding mums and friends helping me work out how best to feed my baby. I needed to know I could stop in order to keep going. I became a volunteer peer supporter because I deeply believe in more support for all parents regardless of how we feed our children!

Breastfeeding's been hard at times, with the litany of mutual health issues we had for the first few months, and my own ongoing disability. But I also LOVE it now.

Nursing in a wheelchair out and about feels somehow radical because it's not as much a documented experience. At times I struggle with the combined hypervisibility of wheelchair use AND breastfeeding. I can also struggle with the isolation of dealing with pain and other physical challenges alone at home. Breastfeeding can be difficult in those times, but it's also a wonderful source of connection for me and my baby when I'm sad about not being able to chase him round or help him expand his physical world."

Bosom Buddies

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





Leeds Breastfeeding

ran **12** Weekly groups

trained **32** new volunteer Bosom Buddies

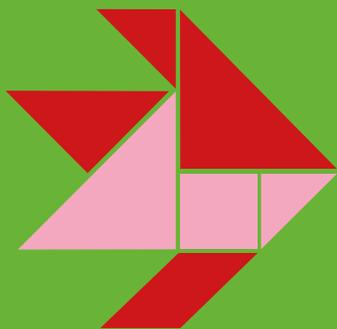
assisted **915** new mums

1446 families supported

152 women provided breastmilk through Pump Loan scheme

212 hours of postnatal ward support

3 new courses: Garforth, Burley & Otley



BRADFORD BETTER START

“

As a secondtime mum, I was very anxious about breastfeeding. My first child was born in 2020, I was unable to breastfeed due to the limited support I received on the postnatal wards during Covid. After the birth of my second son, the midwives helped me to collect colostrum and I felt incredible being able to feed my baby with my own body. Once I brought my baby home, I received invaluable support from a breastfeeding support worker called Marret who gave me lots of practical advice on how to deal with engorgement, milk supply and nipple pain/trauma. Marret was very helpful and empowered me to trust my body and maternal instincts. She helped me believe that my body is more than capable of feeding my baby. I am forever grateful for the support and confidence the postnatal and breastfeeding support team have given me.”

218
attending
drop ins

Breastfeeding support



Bradford Better Start team

“

“We would be lost without them now, they're the light at the end of the tunnel. Fantastic support - we just want them more.”

Postnatal ward matron

Better Start Bradford works with families from pregnancy to a child's fourth birthday, helping them lay good foundations to last a lifetime.

Health for All delivers Breastfeeding Support funded through Better Start Bradford for expectant families and families with babies under 6 months in Better Start wards and across Bradford district through Start for Life. New initiatives include Drop Ins at local Family Hubs and support in postnatal wards.

1125

postnatal
ward visits

2825

support
calls

2948

referrals

1359

home visits

CHILDREN & YOUNG PEOPLE

“

M name is Hibaq. I moved with my four young children into temporary accommodation in Middleton in November 2023. We come from Somalia.

I was unfamiliar with the area and socially isolated, knowing no one.

I happened to walk past Middleton Family centre one day and called in to see what services and support might be available. I was so happy to discover a variety of social groups and an affordable food pantry.

My children attended the Healthy Holidays scheme run by Health for All and loved the events and activities. My sons Abraham 7, Mustafa 6 and Jibril 5 particularly enjoyed a visit from an animal sanctuary at Tenants Hall where they had the opportunity to cuddle a rat and stroke a tarantula spider, while Rahma preferred the Messy Play and arts and crafts at Middleton Family centre.

As well as enjoying all the activities, they loved the new friendships they have made. My family now feel more connected with the community and appreciate the support that staff at HFA have given us. I am now working towards my dream of becoming a midwife and look forward to joining the Be Yourself women’s group.”

Health for All supports children and young people to be active, safe, confident and resilient through weekly groups, multisports in schools, Reducing Violence activities and Healthy Holidays.



Healthy holidays



CHILDREN & YOUNG PEOPLE

“

Girls Together

My name is Annie. I am 9 years old. I like going to Girls Together group in Swarcliffe because we get to choose different activities each week like playing outside and doing different sports, which I really enjoy. It makes the time go so fast!

We learn about how to be safe when we play out on the street. The staff bring different arts and crafts activities, which I enjoy doing because we can make things to take home. The group has helped me make new friends and build my confidence and we like to welcome new girls to join the group. The staff are all really nice, friendly and funny which makes it even better. Having Girls Group on a Tuesday gives me something to look forward to because it means I'm not sat in my bedroom or just playing out in the street. I get to spend time with my friends and have fun.”





YOUTH SOCIAL ACTION

Our Green Futures Youth Group, funded by BBC Children in Need, engages south Leeds young people aged 11 to 17 years in social action to champion sustainable living and tackle climate change, while being empowered to tackle the disadvantages they face.



Green Futures



Miran, aged 15 years, joined Green Futures group in early 2022.

“

joined through a friend who was already attending and realized immediately that this was the group for me. One of my proudest achievements within the group was a presentation to young people in my community on the importance of healthy eating. Preparing for, and delivering, this presentation deepened my understanding of nutritional science and enhanced my public speaking skills.”



Tina, aged 14 years, joined Green Futures in July 2023 after seeing the group's stall at the 2023 Beeston Festival.

“

I decided to attend, and enjoyed it. When I first joined, I wasn't as social as I am today. Green Futures has helped me build my character. I have improved my confidence and communication, and also developed skills in cooking and leadership. Not only do we work together, we help change our community to make it safe, supportive and healthy. I am thankful to Green Futures for helping me throughout my journey as a growing teenage girl.”



SKILLS FOR LIFE



My name is Chris and I live in Beeston. I regularly visited the HFA Bridge Watsonia Cafe in Cross Flatts Park with my family. I have a mild learning disability and when I was in the cafe I realised that some of the staff also had learning disabilities.

I could see how much the trainees enjoyed their work and I really wanted to get involved.

I was really happy to become part of the workforce at the Cafe and started my trainee position for one day a week in early 2024.

Being part of the team and meeting members of my community whilst in my place of work makes me feel proud.

I learn new skills and grow in confidence every day.

When I arrive at work and put on my uniform, I feel so proud.

I have learned so much about the HFA Bridge Learning Disability service. I am hoping to attend that too, as I hear about the great activities there I would like to try.”

The HFA Bridge, funded by LCC Adult Social Care, runs a life and health enhancing Day service in Holbeck Community Centre, sports, dance, arts, crafts, trips out and training/volunteering opportunities at Watsonia Cafe, Cross Flatts Park Beeston.

9

**Watsonia Cafe
volunteers**

30

**Bridge Day
service
attendees**

The Bridge/Watsonia Cafe



Left to right: Alan, Stacey and Chris

“

My name is Donna, I come to the Bridge in Holbeck Community Centre on Monday, Wednesday and Thursday.

I started coming this year. I have a learning disability.

I do the activities here, I play boccia, go on the wii, I do art, exercise and drama and enjoy them all.

I get on well with the other customers and I get on with the staff too. It makes me happy when I come here. Thank you.”





VOLUNTEERS FOR CHANGE

Our Health for All journeys

“

Beetey Din

My name is Ranjit I live in Beeston. Over time, my health began to deteriorate, and I struggled with a lack of confidence, anxiety, and mental health issues. Bally, the manager at Beeston Village centre, invited me to the Beetey Din group, encouraging me to attend the weekly meetings to help address these challenges.

Since joining the group, my confidence has grown, and my mental health has significantly improved. The group has given me the opportunity to meet people from different backgrounds and cultures, which has boosted my confidence. Engaging with such a diverse group of people has been incredibly uplifting and inspiring.

Recently, I've started helping in the kitchen, which has been a wonderful experience. This role has given me a sense of purpose and fulfilment, and I'm feeling much better overall. I now have a part time job with another charity. Health for All has truly made a positive impact on my life, and I'm grateful for the support and opportunities it has provided for me."

Ranjit Phull, Beetey Din Group Volunteer



“

My name is Raheela Qureshi. Here is my Health for All journey. I came to this country in 2001, freshly married and very shy. After a few years and giving birth to my second child, I began to attend community groups run by Health for All. These helped me progress to become the person I am today. They provided me with mentors and the confidence to pursue qualifications, becoming a better person and carer. I work as a part-time carer, thoroughly enjoying it as the clients are brilliant to work with.

The skills and confidence I gained led me to being Chair of Khushal Zindagi. Members enjoy learning new skills, healthy eating, socialising. Last year, I joined the HFA Enhance service as a support worker for the elderly, progressing from voluntary work with Health for All for more than 10 years on a number of different projects. I have consistently told my children about the importance of the charity especially since they grew up attending Health for All events!

The help Health for All have given me over the last decade has been life changing for me and my family. Here's to many, many more!"



Group Committee members Shabana and Raheela

VOLUNTEERS FOR CHANGE



“

My name is Steve. I was referred to Health for All through Connecting Leeds in 2023, I was looking for a safe and supportive environment where I could connect with others. I first met with a worker from HFA Menspace at the Friday cafe, a great space with a lot of friendly people and me and the worker had a good chat.

My dream was a space for LGBTQ+ individuals 18+, to come together, share experiences, support one another, a gap in Leeds for 18 to 50 year olds. Joining the woodwork group in Cranmore Skills Hub developed my creative woodwork skills, helping me form close bonds with others. The weekly woodwork sessions, community cafe, and Food Pantry helped me build friendships, connecting with others in the community, helping organise World Mental Health Day events and city-wide LGBTQ+ initiatives. My HFA journey has transformed me from feeling very isolated, seeking support, into a confident, active community member, my own experience creating positive change and sense of belonging for others.

I truly believe the support and help from Health for All at that vital point in my life, prevented me from spiralling down into deep depression, once more becoming alcohol dependent.”

Being you Leeds





My name is Jackie. I have lived on the Cottingley Hall Estate for 15 years. I wanted to help the community be cleaner and saw a lot of fly tipping on the estate, items that could have been reused. I work part time so I approached the community centre to ask if they could help. Together we decided to start a Free Shop based in the Centre. The Council offered us a free garage space for furniture and the Centre stores clothing and small items.

With encouragement from the volunteers and worker, we decided the Free Shop should be independent with a committee. This allows me to put my own stamp on it yet still make me feel supported. We have built up the shop from one clothes rail to five along with recycling large furniture. In just one year, we have rehomed 50+ large items of furniture and 1,500 + items of clothing!

I also started a litter picking group, meeting regularly, involving local children and adults.

I feel proud to be in charge of such a beneficial service, making a real difference to our community with support from volunteers, centre staff and residents, proud of our estate and ourselves!"

VOLUNTEERS FOR CHANGE



My name is Susan. This is my Health for All journey. Ten months ago I was looking after my terminally ill mother when my home was set on fire. Everything I owned was burnt. Having no insurance, I was left in a dire way. Five days later my mum passed away. I was in a mess and turned to numerous people/agencies for help, but didn't receive any. Someone suggested Cranmore Food Pantry to help with food. To my surprise, I found a shoulder to cry on and a face I could talk to (not a computer). I received food and vouchers to meet my basic needs and was invited to join other activities in the Centre. I met other people who gave me company but also rallied round and collected clothes etc. even though most were in need themselves. It showed me people cared. From this I volunteered to help in the groups in any way I could, not just to pay back the help I received, it helped me through my grief and despair.

I help run the Pantry now. It's given me reason to get up and fulfil my life. No payment is worth the feeling that gave me."

Cranmore Food Pantry



**Volunteer Leah and Alannah
at Friday Café Club**

BETTER TOGETHER



My name is Ko Biu Wong. My journey with Health for All began five years ago when I started volunteering with Lychee Red Chinese Elders group. When I first arrived in the UK, I couldn't speak English and felt very lonely. Discovering the Lychee Red group changed everything. It gave me a sense of belonging and connection that I desperately needed.

Volunteering with the group gave me the confidence to apply for a caretaker job with Health for All. This allowed me to continue serving and giving back to the community. I'm deeply grateful to Health for All for providing me with equal opportunities despite my language barriers. Through my work with the charity, I've been able to grow, learn, and fully integrate into British society.

Today, I work as a driver, delivering food for HFA Community Food Pantries and as a project worker for the Hongkongers group, helping others settle into life in the UK, just as I did. I am thankful for the support I've received from Health for All and my colleagues. It has been invaluable in my journey of service and integration.

Better Together, funded by LCC Public Health, improves people's health through one-to-one support, groups, events, health campaigns. Our partners in south Leeds are Asha, Holbeck Together and St Lukes Cares.

Lychee Red





healthfor

changing lives • transforming communities

BETTER TOGETHER

“

My name is Wini, and my journey from Hong Kong to Leeds began two years ago. When I first arrived, I sought ways to improve my English and connect with others, which led me to join the Health for All Hong Konger group at the Beeston Village Community Centre. Little did I know that this decision would bring incredible positive energy and support into my life.

Through this community, I've made lasting friendships and gained a deeper understanding of diverse cultures, which has helped me adapt to life in the UK. The support I've received has not only improved my language skills but also my understanding of cultural perspective.

Getting involved with the Hongkongers Next Stop Cafe and other community groups has been a rewarding experience, filling me with a strong sense of belonging. The warmth and acceptance I've encountered have made my transition to the UK much smoother.

As I look to the future, I'm eager to give back to this wonderful community. I want to support other newcomers as they adapt to life in the UK, sharing the knowledge and encouragement I've received. My hope is that every Hongkonger can find the same happiness and fulfilment here that I have found.”



Hong Kongers



“

My name is Mojuda Khatun, I am 66 years old and live in Beeston, Leeds. I came to England in 1977 from Bangladesh. I have 8 grown up children and 22 grandkids.

I have many health problems including diabetes, arthritis, cholesterol, onset dementia, hearing problems, the list goes on! I take 25 items of medication.

What helps me get through the week is looking forward to attending the Kushy Nannas (Happy Grandmas) group. It is the highlight of my week! I cannot exercise with my swollen legs, however seeing the other ladies at the group motivates me to join in the gentle chair based exercise. I love seeing the other ladies in the group; we laugh and talk about our memories of the past and funny stories of the present! We share our health concerns together as most of us have lost our husbands. The group is a lovely space for me to be myself. I feel younger when I come. I walk away feeling that my problems have got lighter because I have talked about them. Kushy Nannas is the only group I attend all week and I absolutely love it. It makes my life so rich!”

BETTER TOGETHER

“

My name is Barathy Matheesvaran, and my journey with Health for All has changed my life. As a volunteer, I help with the Beetey Din group for the elderly and attend the Happy Global Families group. Since joining, I’ve significantly improved my English and communication skills, which has greatly boosted my self-confidence.

Being part of this community has helped me to meet new people and make many friends. I’ve had the opportunity to learn a variety of new skills, from crafting and sewing to dancing, exercise, and yoga. Each new person I meet introduces me to different cultures and foods, enriching my understanding of the world.

The staff and members of Health for All are incredibly friendly and supportive, making my experience even more rewarding. I am proud to be a part of this organization and to contribute to its mission.

I am deeply grateful for the opportunities Health for All has given me, and I look forward to continuing to provide my support in future activities.”

Happy Global Families



Welcome
to
Beeston Village
Community
Centre



healthforall
changing lives. transforming

BETTER TOGETHER

“

My name is Susan. I have various issues with my health, leaving me feeling very frustrated with my body. My mental health has really suffered. In 2021, I was diagnosed with Fibromyalgia Syndrome (FMS), a long-term condition causing pain all over my body. Last year, I was diagnosed with Chronic Obstructive Pulmonary Disease (COPD) so I have trouble breathing. I also have Carpal Tunnel Syndrome (CTS) in my wrists, inflammation in my knees, asthma and I'm pre-diabetic. It's all extremely exhausting and very debilitating.



Walk It, Ride It

Although advised to walk, my mobility issues made me uncomfortable joining a walking group right away, so I chose one on one walks with Gayle, thinking group walks would be too much. I walk with a crutch, so being able to just take my time and enjoy our chats is really valuable to me. We really put the world to rights when we meet and I always look forward to them and feel healthier. I go at my own pace, enjoying the fresh air whilst saying hello to people in my community along the way. I now attend a group exercise class. It's true what they say: taking small steps literally does make a huge difference!"



Gayle and Susan at Tenants' Hall.

INSPIRING ELDERS

“

My name is Alison, I am 61 years old. I live alone. I had a fall at home resulting in hospital admission, then a long-term stay in a local Recovery Hub awaiting a Care Plan. My Recovery Hub manager referred me to the Health for All Enhance service to help me stay safe and well at home, avoiding a return to hospital.

Enhance

I needed practical help with cleaning, shopping, utility arrears, a faulty smoke alarm but had no one else to turn to. The Enhance worker was wonderful, organising a deep clean, reporting the smoke alarm to housing, which was fixed within 24 hours. I struggled to get to my local shop due to my recent fall. Danielle helped me download an app onto my mobile to top up gas and electricity and arranged a payment plan to prevent future arrears.

I now catch an Access Bus for weekly trips to a social group and the local supermarket, and have a Key Safe in case of emergencies. I even have a gardener now preventing the garden getting overgrown – that was a hazard for me. I now feel safer and less likely to fall again.”

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



“

Living alone and worried about pain I needed help with the exercises prescribed. There’s a massive improvement, I’m more mobile and my legs feel stronger. What lovely people you are, welcome in my house anytime!”

Ace coach Ellie with Carol



My name is Sushma Kumar. I have been attending the Sumangal group for 18 years. The group benefits many older people. We meet with each other, building friendships, enjoying different activities. Everyone is busy and happy, not lonely when they are at the Centre."



We are the Prerna (Inspiration) Network, supporting our four community groups, Sawan Vihar, Sumangal, Sanskar and Vandan. Our groups meet in different parts of Leeds. Together, we support over 200 elders from Sikh and Hindu communities each week. HFA manager Bally helps us with support, advice, funding applications. Our members love meeting each other, taking part in activities such as chair based exercise, trips out, singing, yoga, cultural celebrations, walking, arts and crafts. All our groups are run by dedicated volunteers. We also help with community consultations regarding the needs of BME elders, gathering our members' views, informing decision makers. As older people ourselves, running these groups make us feel valued and fulfilled."

Sharon and Surjit from Sawan Vihar

Sunder Singh from Sumangal

OVERCOMING BARRIERS TO WORK

Our Future Jobs

Our Future Jobs project aimed to minimise barriers faced by learning disabled adults to employment. The full programme included everyone having a professional video CV made for them, showed at a Celebration event in the new year. Community trips included pizza making at Pizza Express, visits to Magna science museum, a theatre tour. The project increased the wellbeing, confidence and aspirations of participants, providing exciting insights into different industries, jobs and professions, encouraging creative thinking about work. The project's success led to approval of funding to continue the work.

Career Connect

Our current Career Connect project aims to support 37 adults facing barriers to employment by providing, in three of our local centres, individual support, helping people identify skills, interests and aspirations and an Action Plan. Then follows support with CVs, applying for jobs, training courses to improve skills, employer visits, mentoring and celebration events. Learners include learning disabled adults, people facing mental health challenges, Hongkongers.

Bright Horizons

A partnership with Barca will follow in the footsteps of the Stronger Families initiative to help parents and carers overcome barriers to work through dedicated Employability workers providing support, motivation, practical help, counselling.





TACKLING FOOD INSECURITY



My name is Teresa. I have been using the Food Pantry at Watsonia weekly for about 2 years. Without the Pantry I would be living on toast and breakfast cereal.

It doesn't bear thinking about what it would be like having to go back to eating basics. This local Pantry is a lifeline. As well as choosing my weekly shop, I look forward to chatting with the friendly staff at the Pantry. It's a warm welcoming space and a very upbeat experience."

Food pantries

HFA now supports six Community Food Pantries in HFA centres in Beeston, Belle Isle, Middleton, Cottingley, together providing more than 600 families each week with high quality, affordable food and essentials, helping people cope with cost of living crisis. Each Pantry supported to independence with own committee, securing grants, ensuring sustainability. HFA Centres, Food Pantries and groups enabled distribution of £54,500 vital Household Support Funding.





Adele and Simon, Cottingley Food Pantry volunteers

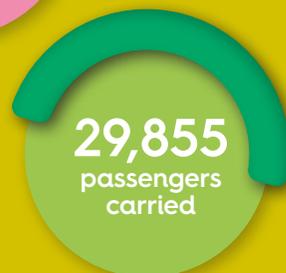
CONNECTING THROUGH TRANSPORT



Here at Holbeck Community Centre, we rely heavily on Health for All Transport. It is fundamental to the running of our service. It is so valuable for our customers to have a reliable, consistent service with a friendly face bringing them to and from our centre every day. Not only does it offer stability to our customers it has also given us freedom to explore the community in a safe, comfortable way. In the last year, we have travelled to Scarborough, Magna Science Museum, Yorkshire Wildlife Park and many more places – with more to come!”

Martha, Deputy Manager, The Bridge

Community Transport service





Thank you to you and your team for being so great and reliable taking our Year 2 group from Co-op Nightingale to Meanwood Valley Urban Farm.

You were all so lovely and friendly and not to mention patient! And we really appreciated when you arranged to collect us early that rainy week!" Lucie Mellor

Disabled passengers

1,690
journeys

13,312
miles

5
minibuses

2
wheelchair
accessible
cabs

TACKLING CLIMATE CHANGE

“

As part of the National Lottery funded Climate Action initiative, Our Future Beeston promotes and facilitates climate awareness and action in Beeston. The project engages individuals and communities in innovative action to reclaim, recycle, educate ourselves and others, sharing good practice and initiatives which can hopefully be replicated elsewhere.

An exciting example is the Marley View Demonstration BinYard which had its grand opening in May. Lord Mayor Al Garthwaite attended to officially lead the ribbon cutting ceremony. The event celebrated the Binyard's journey from an unusable, dangerous area where fly tipping was rife, to a welcoming space where people from the street can gather and enjoy nature, the raised beds, apples and chives, attractive bin storage, bug hotel, wine rack, clothes airer, seating.

Other activities included youth visits to Forest Gardens, hanging baskets installation at Trentham Park in partnership with St Lukes and St Lukes CARES, facilitating local biodiversity, creating greener residential spaces, an Upcycling competition in Cross Flatts Park attracting local community groups. Upcycling workshops with Sew it Seams and Rags to Riches groups, demonstrated how to sew sustainably. Partners in the project ran school uniform exchanges, Community Food Pantries and litter picks.”

Abi, Our Future Beeston worker

Our Future Beeston





Above: transforming old fabric from jeans into beautiful bags



Left: Bedford Fields trip

WARM WELCOMING

Our centres



BEESTON VILLAGE COMMUNITY CENTRE provides space for 14 weekly health enhancing groups for all abilities and ethnicities, including a Community Food Pantry.



CRANMORE AND RAYLANDS COMMUNITY CENTRE hosts HFA Care and Connect project with space for groups including woodwork in adjacent Skills Hub.



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

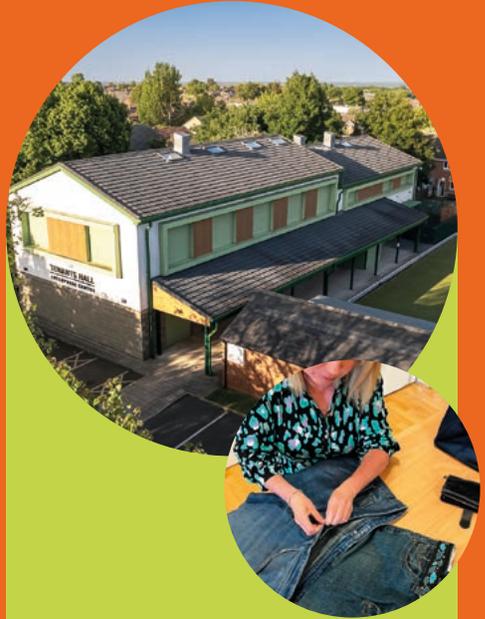
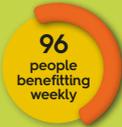


SPACES

Our centres



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



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



WATSONIA PAVILION & COMMUNITY CAFE in Cross Flatts Park, Beeston provides space for groups in addition to trainee placements for learning disabled adults.



WELCOMING SPACES

Health for All continued support for both Cottingley Community Centre and Vicars Court in Allerton Bywater, helping local people secure the future of their community centre. Plans for each are progressing, the prospect of long term leases opening up opportunities to secure grants for capital improvements and running costs. Crucial to each has been the ongoing support of local elected members.

Other spaces



COTTINGLEY COMMUNITY CENTRE provides space for local community groups, a GP surgery, Community Food Pantry, Free Shop and newly refurbished Community Garden and Growing area.



330
people
benefitting
weekly

12
groups
hosted

VICARS COURT COMMUNITY CENTRE in Allerton Bywater Community Consultations shaping plans to reopen this former school as a Community Centre for Allerton Bywater and surrounding villages, providing space for groups and services serving all ages, including a Community Café and dedicated Community Nursery to meet local need.



FINANCE

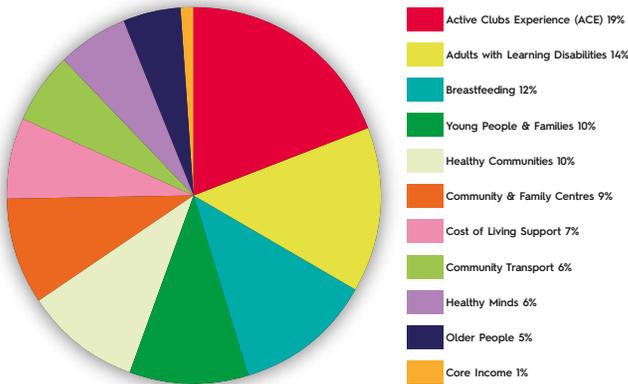
The year 2023-24 saw Health for All and the communities we work with facing the challenges of the cost of living crisis.

Increasing inflation, high fuel, food and utilities costs disproportionately impact the people Health for All works with and as a result we've seen increased demand for our services.

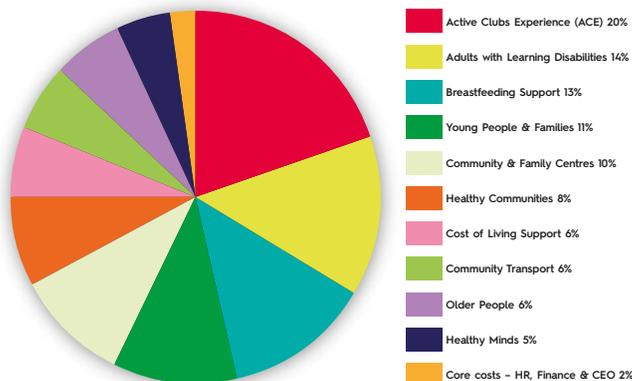
The charity was successful in securing a number of grants to directly support individuals and families struggling as a result of the crisis, such as Household Support Funding, Warm Spaces funding and we received a government funded Community Organisations Cost of Living Fund grant to support the network of food pantries run in Health for All's centres.

Overall, income remained steady compared to the previous financial year, allowing Health for all to maintain and develop the support offered to the wide range of beneficiaries we work with, improving health, reducing isolation and building resilience.

INCOME 2023-24



EXPENDITURE 2023-24

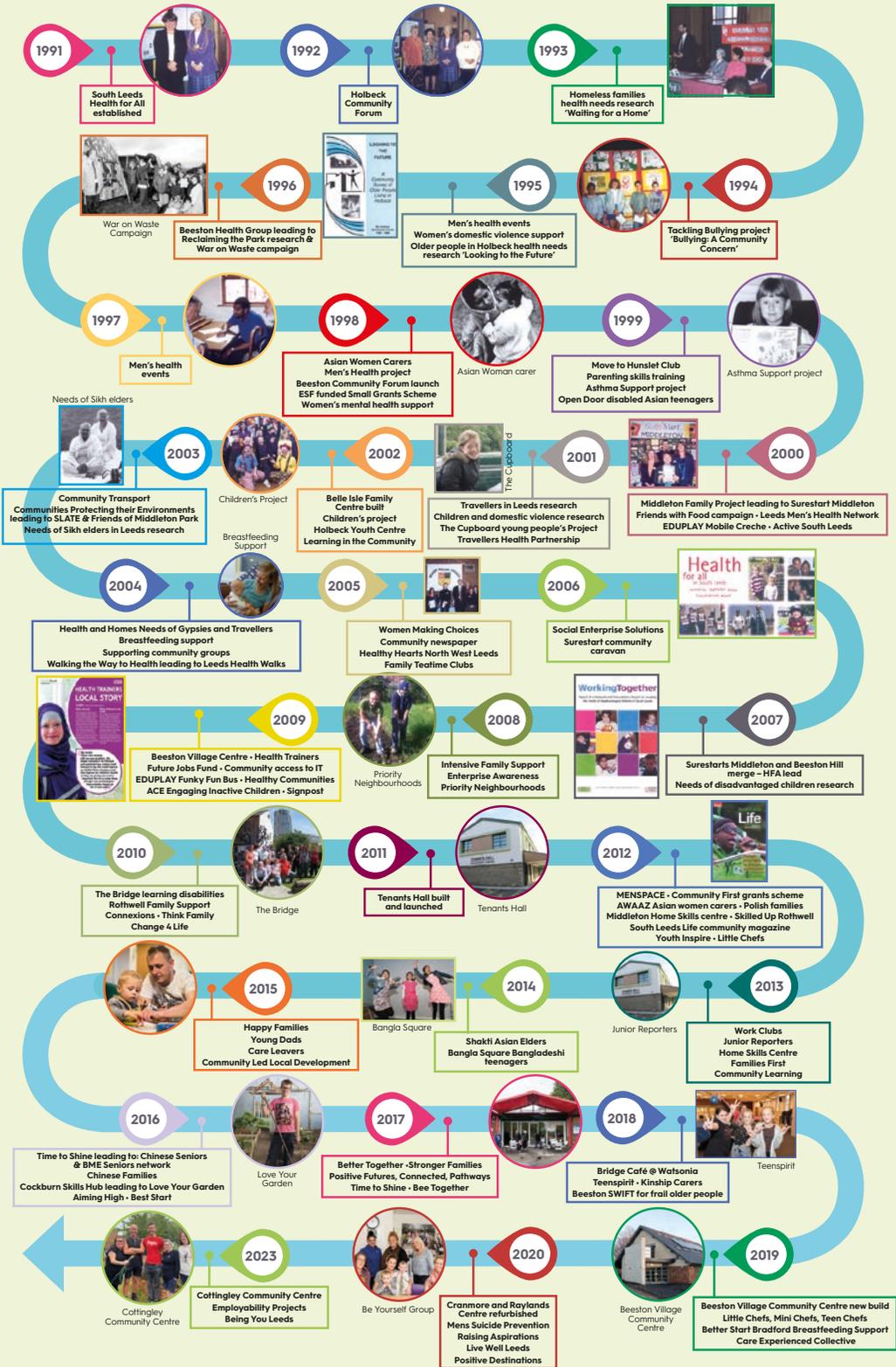


HEALTH FOR ALL SERVICES AND GROUPS A–Z

Our services

- **ACE/Change 4 Life**
Richard Weaver 07958 100383
- **Being You Leeds**
Alison Reynolds 07956 078078
- **Better Start Bradford Breastfeeding Support & Start for Life**
Rachel Duxbury 01274 287968
- **Better Together**
Balwinder Kaur 07590 182627
- **Beeston Village Community Centre**
Raquel Greenwood 0113 271 7231
- **Care and Connect**
Alison Reynolds 07956 078078
- **Career Connect**
Alison Reynolds 07956 078078
- **Chinese Elders**
Huazhu Liu 07930 250508
- **Climate Change – Our Future Beeston**
Abi Paterson 07534 421520
- **Communities Learning Together/ Career Connect**
Alison Reynolds 07956 078078
- **Community Transport**
Norman Mann/ David Williams 0113 270 6903
- **Cottingley Community Centre**
Christine Smart 07519 086915
- **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**
Alison Reynolds 07956 078078
- **Menspace/Cranmore Skills Hub**
Alison Reynolds 07956 078078
- **Mental Health Involvement & Engagement**
Balwinder Kaur 07590 182627
- **Mental Health/Suicide Prevention**
Alison Reynolds 07956 078078
- **Mental Health Transformation Peer Support**
Theo Wakeling 07976 920437
- **Middleton Family Centre**
Claire Smith 0113 276 2386
- **My Future Work Clubs**
Martha Johnson 07535 960784
- **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
- **Watsonia/The Bridge Cafe**
Shaun Pilkington 07377 437470

Health for All 1991-2023



THANK YOU TO OUR FUNDERS & TRUSTEES



Our Trustees

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plus Health for all staff and service users

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Health for All (Leeds) Ltd

Tenants Hall, Acre Close, Middleton, Leeds LS10 4HX

t: 0113 270 6903 e: info@healthforall.org.uk

www.healthforall.org.uk

[f](#) [hfaleedsuk](#) [X](#) [@healthforalllds](#)

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