

MERRY CHRISTMAS AND A HAPPY NEW YEAR FROM EVERYONE AT HAMARA



Hamara Centre Leeds



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DECEMBER 2020 NEWSLETTER

LOCKDOWN AND OUR SERVICES

These uncertain times have meant that many of our services have migrated online through ZOOM classes and telephone calls. We are looking at new ways to improve our services and support during this time.

We hope that you all stay safe, protect yourself and others around you. We wish you a very merry Christmas filled with joy, laughter and hope for the New Year.

We hope that 2021 will bring some sense of normality back to everyday life and that Hamara can reopen to the community. Please check the government's official website for up to date rules surrounding restrictions and lockdown.

We would like to thank all our partner organisations, volunteers, service users and staff for their continued support and hard work throughout the past year.

HALO COMPETITION

We are renaming the Cockburn sports hall and we want **YOU** to choose the new name. We want service users and the local community to submit names and the chosen entry will win a prize. We want as many people as possible to take part in the competition. We will be looking out for creative and unique names to reinvent the hall in our community.

Please send your entries to admin@hamara.co.uk with your name and suggestion. The winner will be announced after the New Year.

VOLUNTEERS WANTED

We need volunteers to help with many of our projects. Volunteers play a crucial role in the delivery of many of our services. If you could spare some time to help with our community projects, then please email admin@hamara.co.uk for an application form.

PATIENT SUPPORT

Our patient ambassador service provides non-medical support to patients. This support can be anything from day to day well-being checks to helping you access particular services and support. If you feel you would benefit from this service, then please contact the centre for further information.

EMPLOYABILITY SUPPORT AND SERVICES

Our employment project CONNECTED works with the local community to improve their employability prospects. We do this through volunteering opportunities, confidence building and upskilling and employment workshops. We offer workshops in CV building, job searching, application support and interview preparation. There are also a number of exciting training opportunities from providers in Warehouse experience, Business Administration, Adult Care, SIA Security accredited courses and CSCS card Construction, to name a few, available to participants. Connected employment projects make participants work ready so they are confident in securing employment and in turn they will set the example to empower the rest of the community to take the right steps to secure employment.





OUR NEW YOUTH PROJECT

Our new youth service has some very exciting youth sessions coming soon. We are working on innovative, engaging and inspiring programs to engage local young people. We want to channel your energy, voice and passion into positive outlets. Many of our young people are exposed to crime, violence and drugs. This has only increased since the pandemic began which means our youth services are needed now more than ever. The service will focus on group sessions, one to ones and will connect young people to local opportunities, colleges, mental health support and training programs.

The sessions will include confidence building classes, mental health advice and support, filmmaking, studio sessions, learning a new language, sports and mentoring. We want to challenge young people's attitudes around crime, violence and gang culture.

We know that many young people are suffering in silence which makes them increasingly vulnerable to dangerous and unsafe situations. The youth project will teach skills that allow youngsters to critically analyze their social circles and surroundings. We will also create positive initiatives that deter young people away from becoming involved with crime. We will work closely with the local community to encourage community cohesion, tolerance, understanding and respect. If you know a young person or are a young person who needs some guidance, support or just general advice then please contact Hamara and ask for the Youth Team.

FOOD BANK AND HOT MEALS

Food poverty is becoming increasingly common and this is having a negative impact on residents. Food insecurity can affect us all and we are working hard to make sure that people who need access to food can get it.

We have been tackling local food insecurity by working with other organisations and charities. We provide weekly food parcels to locals and a hot meal everyday to those struggling to make ends meet. We provide over 150 hot meals everyday to local families and service users.

To register for a food parcel or to receive more information about the service, please call 01132773330.

OVER 55s BEFRIENDING SERVICE AND WINTER WARMER PACKS

2020 has meant that many people are socially isolated and feeling lockdown loneliness. We want to make sure no one is forgotten during this time. We are offering a free telephone service for those who need someone to check up on them or just to catch up.

Our winter warmer packs will be available soon. The packs will include gloves, scarves, a hat and keeping warm tips.

If you or someone you know may benefit from the befriending service or winter warmer packs then please email nizamud.din@hamara.co.uk to register for the service or packs.

CURRENT VACANCIES

We are currently recruiting for patient ambassador roles, care taker and other vacancies. Contact the Centre for further information.

