

Events you could be missing in February 2023

- One of the ongoing events will be the **wellbeing café** these events will be held on the **3rd** and the **17th of February** between **10am and 12pm**. Health and equalities will be the main topic of discussion but other topics of interest can be discussed with people on site.
- **Royal Armouries** pop up event on the **20th of February** between **10am and 12pm**– instead of you having to travel to the museum, the museum is coming to you
- **ESOL Level 1** is starting on the **7th of February** between **9:30– 12:00** for 18 weeks every **Tuesday**.
- **Digital inclusion Level 1** is starting on **20th of February** for 11 weeks between **9:30am and 2:30pm**.
- There is also the ongoing English conversation class every **Wednesday** between **1:00pm and 2:30pm**.
- **Dementia event** is also happening on the **9th of February** between **10:00 and 12:30pm**.

Halo:

Every week Halo take part in physical activity such as Zumba, basketball, and shopping around city centre– they event get to enjoy regular competitions of bowling– we wished there was more room to join.

Their most recent project involves a rainforest themed mural which is an ongoing project taking part in the garden.

Older women's group

Closer to Christmas most of the ladies were enjoying their holidays but the numbers for the weekly sessions are increasing.

2023 started with weekly pampering sessions alongside of their regular shopping trips around Leeds, Bradford and Dewsbury.

We cant forget the weekly knitting and sewing sessions they have to knit some scarves and gloves.

Foodbank:

Living crisis effecting more lives, there has been an increase in foodbank usage– the donations we receive weekly ensure we help those in need– during Christmas the community and our most recent partnership with fresh pasteurised donation a lot of food which raised the Christmas spirit for some.

Cultural foodbank has been helping the communities specifically plantain and yam – they have become a new addition to the palettes each organisation receives weekly.





Youth Group- WHATS NEW???

To keep our youngest service users engaged they have been putting their creativity skills to the test by designing their own keyrings, they have also been learning about the different cultures through their developing cooking skills.

Most recently they have recreated their own version of ping pong basketball and with the positive response from the group they have turned it into a tournament- they now compete to get the highest score to win little prizes.

With the Gym so close to opening in the next couple of months there a wide range of services and opportunities available that we wished there was more room on the page to tell you.

If you would like to find out about the other services we provide, don't hesitate to pop down to Hamara, or please call 0113 2773330 or

Older men's Group

What haven't they up to? From touring around Headingley cricket stadium to starting new adventures with Lens lab.

The busy bodies have also got an ongoing project with Leeds Unlocked - Men's Health Unlocked focus group sessions discuss problems men face in their life time and how to reduce these issues.

In the forthcoming month on the 9th of Feb there is an awareness event and we are getting health professionals from NHS, who will be raising awareness for dementia - this can help people recognize the early signs.

