

Upcoming events you could be missing

- BAME Wellbeing café– 21st July, 4th and 18th of August between 10 and 12pm.
- Roof top garden– grand opening on the 26th of July between 1:30 and 2:30pm
- Leeds 2023 digital creative workshop– 10am till 1pm on the 26th of July
- Leeds 2023 Voluntary Action Leeds– 10:00 till 1:00 on the 16th of August
- Non-surgical cancer care– 10:30 till 12:30 on the 23rd of August
- More events coming in August– pop into the centre or check social media for updates

Older men's' group

- Partnering up with Your back yard– the older men took advantage of the sunny days we had and engaged in a football tournament in the local park— hopefully we get to witness more ways to stay fit and healthy as the weather starts to improve.
- The online safety course for anybody over the age of 55– once a week BOSS deliver a session on how to be safe online, this will be taken over by Touchstone- at the end of the course the older people will be receiving a certificate for completion.
- There are weekly tournaments of snooker between the older men and when the weather is better they enjoy a lovely walk in the park whilst enjoying some fresh air.
- Older men– swimming sessions coming soon



Youth group

- Our Youth group have been posting their upcoming sessions on the Hamara Youth Instagram– for any parents wanting to enroll their children this would be a perfect opportunity to see what's available.
- Mental health sessions exploring for example healthy friendships/relationships, anger, self-esteem.
- If all goes well there will be more trips similar to the one they had at Skelton Grange where they had the chance to learn outdoor life skills during their experience.



Other Upcoming events

- Hamara's Gym– something everybody has been looking forward to for a while is becoming a reality soon as there is only a mere few weeks remaining for the Gym to open. With its new equipment, a sauna and steam room and many more.
- The Old Cockburn sports hall will soon be rebuilt so that the community can use the hall for events such as party's, indoor and outdoor sports events and many more.

Older women's

- Their weekly adventures continue every Wednesday as the ladies spend a couple of hours every week shopping for the best bargains– not even the bad weather can stop them.
- Recently the ladies have started to attend a breakfast club at the centre– every Wednesday they gather to cook and then enjoy this meal together breakfast.
- The ladies are making English practice a standard weekly practice as this can be seen as important to become immersed in society, their weekly practice and creative skills still shine through their weekly sessions of sewing and knitting.



Halo

- The friendliest group at Hamara continue to strive daily, with their recent trip to Yorkshire Dale the group explored the fantastic waterfalls and scenery whilst also keeping healthy and fit.
- Some of the members in the group also made a grand proposal in the positive changes group that they are a part of– the group were blown away by the proposal that the funding to redecorate the garden was approved.
- Some of the group have also been completing a Food safety and hygiene NVQ every week– this is to support their dream of becoming a food related business owner.

At Hamara we have a wide range of services and opportunities which it has not been possible to cover here. If you would like to find out about the other services we provide, please call 0113 2773330 or email admin@hamara.co.uk to get in touch.