

Upcoming events you could be missing

- Do you know anybody who needs English class but also needs childcare? Hamara will be running a new ESOL class every Wednesday and will take place on **Wednesday 13th September** at **9:15am - 12:45pm**.
- Do you have a passion for **Board Games** join us on **Thursday 21st September** between **1 and 3pm**.
- Book it out!! **Thursday 5th October 2023**— why do you ask?? The café and Gym has had a refurb and we are launching on that date for the community after a long and overdue break. So tell a friend to tell a friend and come along to the Hamara centre to join in.
- Running alongside of our food bank— starting on **Tuesday 19th September** between **12-1pm** we will be having a special team from the NHS delivering sessions and providing **YOU** with a free cholesterol test.



Older men's' group

- With great success our online safety session have become a hit! A need to learn online safety our older men continue to annihilate the online sessions and learn new skills every session.
- The older men have recently been attending a swimming session because we believe that you are never too old too learn something new or revive your youth by taking part in an old passion/ hobby.

Women's wellbeing

- Did you know that every Thursday at Lincoln Green community centre we have our weekly women's sessions catered towards all women starting at the age of 17 years.
- For some of the lovely ladies that have been attending the weekly sessions since they started this is the only time they manage to leave the isolation and bond with others who could be experiencing something.
- Our friendly group have nothing but a welcoming nature, new skills, entertainment and tasty recipes to share with the rest of the group.

Food bank

Our team not only try and provide you with a nutritious food parcel but they are now working alongside NHS professionals to check your cholesterol levels and based on the result you will be given a diet best suited for your needs.



Our achievements

- Our biggest achievement in the past month is Hamara attending the PFA 50th anniversary award 2023! Hamara's invaluable contributions to the community have not gone unnoticed, as they have consistently worked towards fostering inclusivity and empowering individuals of the community through sports. This invitation serves as a testament to their dedication and impact, recognizing Hamara's Tireless efforts in promoting social cohesion and creating opportunities for the aspiring future.
- Our new and improved garden has been trialled and tested to its full potential– since it has been open to the public we had our successful rooftop garden opening, a barbeque and training session • (which I believe was a clever way to have some tasty pizzas shhh) where we were shown how to use all of the new equipment safely.
- The interest we had in our summer play scheme showed us how much the service benefits the community, from building on their team working and communication whilst working on team challenges to exploring the outdoors and also learning some life skills during their outdoor excursions.



Halo

Our adventurous group went to a local donkey sanctuary and got to meet the most friendliest donkeys whilst they were given information and guided around the building by the amazing staff. Who know what trips they have for the future?

Youth Group

- Our youth team work tirelessly to ensure our young service users are kept entertained and safe on a weekly basis.
- With their monthly schedule they are able allocate their cooking sessions which is a youth favorite, art and design sessions, and their team work challenges.



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.