

Upcoming events you could be missing

- Do you have a passion for **Board Games**– if the answer is yes **come along every Thursday** between **1 and 3pm** to enjoy some light hearted board games.
- Running alongside of our food bank– every Tuesday on a weekly basis between **12– 1pm** we will be having a special team from the NHS delivering sessions and providing **YOU** with a free cholesterol test.
- Did you know it was Islamophobia awareness month? Book the date- **Thursday November 30** between **12 and 2pm**– Join us for the unveiling of the Hamara Heritage Hub, where refreshments will be provided as we celebrate the rich tapestry of cultural exchange

Heritage Hub

As we embarked on a journey to uncover the profound influence of the Islamic world on shaping European life. Delve into the stories of past and present heroes whose contributions have shaped our existence. Sharing the treasures and memories of the migrants of Leeds by challenging the misconceptions and stereotypes through fun and interactive learning.



LicIn Green

You can't go wrong– not only do they cook amazing cultural delicacies using the ingredients they get from Hamara but they have recently met up with councilors to spread the awareness of their group for those who may require the services. During these gathering people have come to the group to speak about oral health, housing issues and crime rates in the area.



Gym

On behalf of all of the staff at Hamara we share your disappointment of not being able to use the gym; with a successful launch day that was only possible because of you we could almost taste the happiness of having the gym open but due to unforeseen circumstances we cant open it due to health and safety risks. We are hoping that there is short amount of time remaining for the gym to be opened. We can barely contain our excitement.

Recycled teenagers

The secret underdogs of Hamara having the most fun by themselves from celebrating Halloween by dressing up and having a little party of their own.

Taking care of their health the group have also been taking part in regular cholesterol checks straight after their session on a Tuesday afternoon.



Halo

Not only did they have the most amazing time celebrating Halloween but they also had an educational month by bringing back their weekly visits to the library. Most recently they have also started attending job shops because we believe their unstoppable determination should not be limited to Hamara.



Older men's' group

The busy bodies of Hamara have left no stone unturned in keeping themselves occupied by representing Hamara.

Members actively engaged in playing walking football and Basketball at the Old Cockburn Sports Hall which meant they could stay warm and dry whilst having no disturbance with their health and fitness.

They visited the Whiterose centre to meet the BOSS project Coordinator Sam from the Older People Forum as they had a stall in the Three mobile network shop to promote Digital Skills for the older people.

South Asian Arts have been working closely with Hamara, recently they visited the older members and did movement and breathing exercises. Their session was based their favorite song or poem, where they remember hearing it and why it is special to them. A local Poet accompanied the group and performed some of his own literature.

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.