

### Older men

They have taken new year and new start to an even newer level.

From using the gym to having the best entertainment groups throughout the week the older men of Hamara have been unstoppable.

Working closely with South Asian Arts the group have had Qawalli (devotional music associated with Sufis) singers in the centre who have not only showcased their talents with the group but the whole Hamara centre; not only that but they will be performing a classical folk song at an event hosted by South Asian Arts UK alongside of other local arts in the Leeds area.



### Gym

At Hamara we do it different.

The biggest change in 2024 for Hamara is the new and improved gym.

With the community already taking advantage of the refurb this is an opportunity which can't be missed. Whether it is using the sauna and steam to relax those stressed muscles for a long day ahead or taking the frustrations of a long week out on the treadmill sources say that this is the best time to sign up and use all of the new equipment.

The regulars at the centre are already using the new gym to build on their health and fitness.

Note the opening times are 11am till 8pm. The timetable and more information is readily available on the website.



### Youth

Finding new and innovative ways to keep the young teens engaged is something the team leaders have listened and worked for. From having them engage in indoor sports activities during the colder weather to teaching them how to do the basics of cooking and enjoying a tasty snack during their sessions we can't wait to see how they progress throughout the year.

**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.**



### Older Ladies

Not even the January blues can stop these ladies.

Starting of with a celebration the ladies went to Dewsbury for one of their outings, enjoyed a tasty meal at a local restaurant and shopped for the best bargains the city centre.

A new addition to the ladies weekly exercise sessions is the sauna and steam room. They ladies start the day with some fresh steam and sauna session to rejuvenate for the day, moving on to a short exercise session with Leeds United finishing it off with a brief catch up over a lovely meal together.



### Hamara Moving Forward

At Hamara we are building a better future for all our beneficiaries in the City of Leeds, especially those with disabilities, women and girls.

We are excited to announce that we now accepting crypto donations through our partners at The Giving Block.

Donations can be made safely and securely to help us continue Hamara's great work supporting the hard to reach communities. You can donate crypto today using the widget tool on our website by clicking on the link below: <https://www.hamara.org.uk/donate-crypto-currency/>



### Recycled Teenagers

Another sweet start to the year.

One of our sweetest groups took part in an ageing well support group. Focusing on how the communities you live and socialise in support healthy living for those over 50.

We can't wait to see what the rest of the year brings for the group.

Some honorary mentions from the previous celebrations they had. This older group had their own Halloween party, celebrated Christmas on a number of occasions sharing some tasty food and overall lovely finish to the year.