

HAMARA

Community Newsletter March 2024

Admin@hamara.co.uk 0113 277 3330



 @HamaraCentreLeeds

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We are a Cleanup Hub!!

The Halo team went on their first litter pick on Friday 19th April. They did a great job and collected 6 bags between them. Well done team Halo!

If you would like to have a go at cleaning up our community then please note that you can come and all borrow all of the litter picking equipment here at Hamara. You just need to log your litter pick at www.cleanupuk.org.uk/log. You can also see how much has been collected by other teams.

For more information on all things 'litter' please contact admin@hamara.co.uk.

HALO

The loved lot at Hamara recently went to Leeds Grand theatre for the amazing opportunity to work with professional artists.

They also get go on weekly canal boat trips through Canal Connections C.I.C . Members got to experience being on a boat (first time for most) & steering the boat, whilst relaxing and learning about the environment around them and enjoying some much needed time in nature.

Gym

The community have been heard!

Day passes are now available to use the Gym, Sauna and Steam at Hamara. We understand that you may want to test out the gym before purchasing a monthly membership or that sometimes you may have a busy schedule so this might be the best thing for you.

Don't forget our men's and women's weekly sessions still continue. Bring along a friend and get fit together.

Artful Minds

Discover your creative side with us at Artful Minds! Led by an experienced facilitator, explore various artistic techniques in a supportive environment. All abilities welcome, materials provided. Join us for art and conversation! The group will be running consecutively for 7 weeks starting on the 1st May.

Gardening and Woodwork


Discover the joy of gardening and woodworking in our welcoming group! Each week participants engage in hands-on activities and this inclusive environment is perfect for adults aged 17 and up, regardless of experience or ability. All materials are provided. Join us for fresh air, creativity, and community bonding!





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Older Men

The older men of Hamara are the busiest souls you will ever meet. Every week they have a new activity to be engaged in.

Filling the centre with happiness and joy the older men found the best way to reconnect after Ramadan and Eid festivities through their combined love for the art of music and talent, they were able to enjoy hours of Qawalli with their fellow friends and community members.

The NHS have been working closely with the busy bodies. From taking part in health checks to prioritizing their mental health by taking part in South Asian mental health groups the older men of Hamara are a prime example of how people should be taking care of themselves.

As the weather improves and the sun comes out more their will be a better chance that the older men return to the outdoors for some gardening and walking football.



Check out the 'recycled teenagers' having a blast celebrating with some cheeky chocolates and snacks.



Advice Surgery

Some of our older groups have had been involved with 'care and repair' who specialize in alleviating the concerns related to your home, offering customized solutions with a perfect support system, this service was utilized well by the older groups as they were able to give themselves a little break.

With the benefit advice surgery being so popular with the community, we have appointed an official benefit advice surgeon who support people in the community struggling with letters or applying for any benefits they may be in receipt of.



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.

