

# HAMARA

## Older People's

Providing invaluable support to honor the pledge that our older project leads made when the groups first came about is what this group continue to strive to accomplish. Expanding their welcome to other we hope to include everybody and everyone.

The most recent project of our older people is the Yorkshire Air Ambulance— purely to promote a positive mindset and helping to reduce the isolation by using recyclable materials to create some masterpieces.

Not only that but the souls of Hamara also provide underprivileged community members with sim cards— during the tough times it is hard for some of our own community to stay in touch however, through the help of this project we try and minimize the communication gap by providing sim cards which already have data and calls available on them. Our aim is to continue to do our part by providing with what we can.





**At Hamara we have a wide range of services and opportunities which hasn't been easy to give. If you would like to find out about the other services we provide, please call 0113 2773330 or email [admin@hamara.co.uk](mailto:admin@hamara.co.uk)**

Community Newsletter August 2024

[Admin@hamara.co.uk](mailto:Admin@hamara.co.uk) 0113 277 3330

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## ESOL

Another milestone for the Centre—our ESOL classes, run by Leeds Adults Learning, now have over 70 learners attending across four different sessions. It's heartwarming to see such a positive impact on the community, where individuals are able to complete their learning journey. Definitely a success worth sharing!



## Mental Health

Recent activities have proven successful in supporting the mental health of our service users. While dancing on a Monday morning might sound like a nightmare for the night owls in our community, we've found it's a fantastic way to kickstart the day. Not only do our participants benefit, but it also sets a positive tone for the rest of the week.

With more groups planned to promote positive mental health, we look forward to welcoming more of the community to join in, creating and sharing sweet memories together.

## Gym

Day passes were only meant to be short term however the popularity of them has increased which means they are here to stay.

The consistency of our recurring members is exceptional, with the motivation and dedication that they show day in day out for their health and fitness motivates our own staff and other members of society to work on their fitness journeys.

We hope to continue to be able to provide for the community and cater to their fitness needs.



## HALO

HALO have smashed it!

They have been improving their understanding of mathematics and literacy.

Amazing milestones have been reached!

From Phonics to creative writing, from counting to ten to column addition and subtraction. We have seen a significant improvement in the educational development of our members, with a consistent persistence and eagerness to continue. With this new adult development scheme, we aim to provide HALO with the tools to be able to empower themselves through their education.

Education is something that everyone should be entitled to. Especially designed and tailored lessons have allowed our members to regain their confidence and believe in themselves. Here at Hamara we don't believe in one size fits all, we believe that every single person is unique in their own way, and should not have change who they are to advance themselves. Being as lucky as we are, we have been provided with the tools and the resources to deliver lessons catered especially to each and every person's educational needs.

In the foreseeable, we aim to incorporate more challenging material into our lessons to ensure that our HALO members are progressing at a steady rate. Our HALO family is growing at a rapid rate with a whopping twenty six members! This just goes to show the incredible work that our HALO team do and the enormous pay off, with seven new referrals in the last month alone!

An enormous round of applause for HALO!