

HAMARA

Community Newsletter June 2024

Admin@hamara.co.uk 0113 277 3330

 @HamaraCentreLeeds

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Inspiring Youth Futures Foundation

An event for the papers.

Youth groups from Leeds and Bradford came together for a celebration to a new start. This project is not just for one community, it is for the future entrepreneurs of Leeds and Bradford. Join us on this journey and stay tuned for the next newsletter to find out more Information.

Older People

30 years later and we still supporting people in our community to improve quality of life.

Recently, 'Independent Age' have given more support for our older people to ease effects of the Cost of Living crisis. Our dedicated team received additional hours to offer invaluable support and grow our older peoples staff team, between them they are making an immeasurable impact for the most vulnerable members of the community.

Hamara attended the '2 million 2 many' conference in London, held by 'Independent Age' to address the impact that the cost of living is having on older people across the country. The older representatives attended the conference to share their experiences and advocating for the wider community day in and day out. Having service user who have been there from the start ensured the voice of our older community was heard, representing our organization and providing insight into the local issues affecting the communities

We have seen fluctuations amongst our older peoples services since the start however Hamara's older peoples team continue to empower our service users and support them to overcome barriers, hardships and ever-changing local needs.

Gym

Fitness Enthusiasts- latest updates from Hamara's Gym, our commitment to empowering you through fitness is stronger than ever. This month, we are excited to spotlight our women's classes and introduce engaging new challenges that test you core strength and endurance.

Our women's classes are designed to provide a supportive and motivating environment. Whether you are a beginner looking to start your fitness journey, an experienced athlete aiming to enhance your routine, our classes offer something for everyone.

We are excited to launch our new monthly challenge designed to engage our members and add a little friendly competition to your fitness routine.

Join us in this exciting challenges to test your limits. It's a fantastic way to measure your progress, compete with friends, and stay motivated throughout the month.



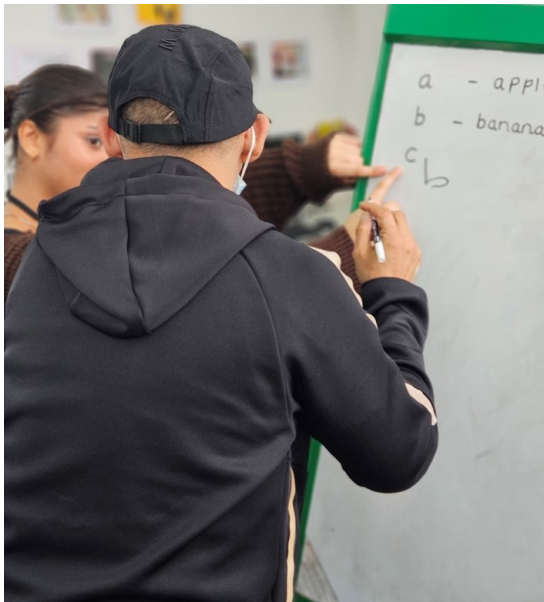
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HALO

Hamara recently received funding from the UKSPF to run a specialized employability project for our Adults with Learning disabilities and autism.

The project entails educational provision implemented 5 days a week, digital and life skills, employability sessions, and work experience placements. The project has been designed to prepare our HALO members for their move to Hamara's new development 'The Cockburn Centre: Life skills for Adults with Learning Disabilities', which will be a vibrant community hub based in Beeston.

'The Cockburn Centre' will be a state of the art hub for the community and will boost employment, social and leisure opportunities and offer office spaces. Hamara's vision is to give our HALO members roles & responsibilities in the daily running of this new Centre, bringing invaluable opportunities to those furthest from the job market and empowering them with life skills, whilst promoting community cohesion.





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

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Artful Minds

Artful minds encourages those in the community to come to Hamara to take part in arts and crafts to help with their mental health.

Members of the group are able to relax their mind, switch off from the outside and showcase their talent at Hamara therefore making the building a more colorful and welcoming for the community.



Youth

Recently the youngsters have shown great interest in boxing, gym sessions, dancing and gymnastics. Safely learning the different strategies and techniques has been quite the experience with our youth.

Learning key skills about being safe and hygienic while getting a nice tasty treat helps them make something.

One of our previous partners 'I am Hip Hop' made a comeback to teach the children once again, during their sessions they had crafted a routine to present at the Beeston festival.

Karaoke was a success! Pure joy and positive energy filled the centre. Based on the recent discovery who knows what will take place in the months to come.