

Public Document Pack

INNER NORTH EAST COMMUNITY COMMITTEE

3RD SEPTEMBER 2018

SUPPLEMENTARY PACK – COMMUNITY WORKSHOP INFORMATION

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263
Chapelton Road
LS7 3EX



@ReginaldCentre

The Reginald Centre

Community Hub

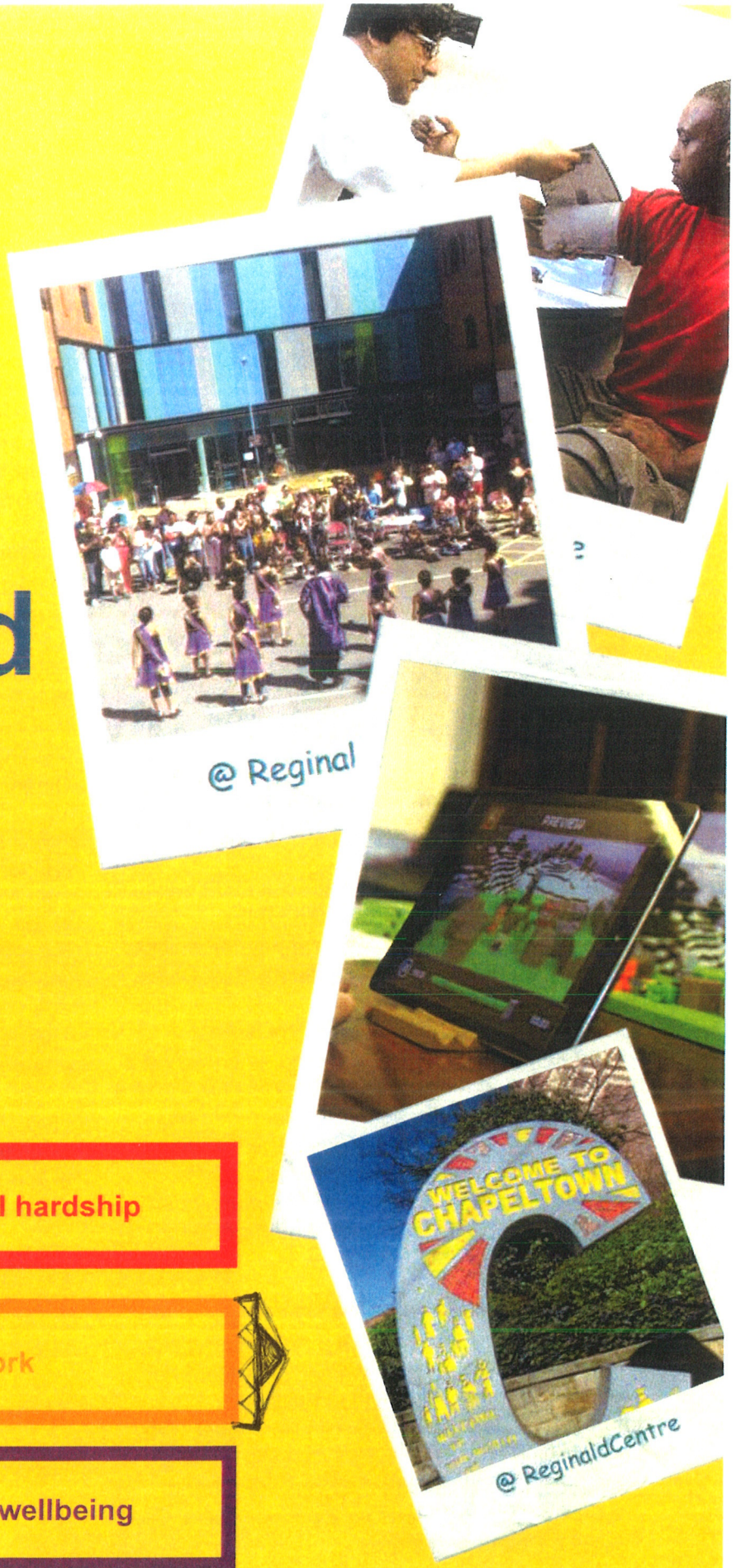


Your
Communitiy
Guide
2017-18

Help people out of financial hardship

Help people into work

Improve peoples' health & wellbeing





Foreword



Hello, welcome to the Reginald Centre Community Hub!

My name is Nick Hart and I am the Community Hub Manager. I am responsible for the development and day to day running of multiple Community hub sites in East/North East Leeds.

The Reginald Centre is one of the largest Community Hubs in the City, and as such has a huge amount of activities, groups, training, clubs and support on offer. You can claim housing benefit, get help with debt advice and saving, borrow a book or a bike from the library, grab a coffee or a bite to eat in our community café or receive help finding employment or training opportunities in the Jobshop.

Other organisations and services based at the centre include: a GP surgery, The Central Hub for North Leeds Social Prescribing – Connect Well, NHS -health education facilities, a pharmacy, a dentist, CAMHS clinic, Registrars, Legal clinics, Welfare rights, Leeds Housing Options, Money Buddies, Gypsy Roma and Traveller Service, Housing Options, Social Care Talking Points and more.

Our community café run by Black Health Initiative (BHI) has become a real feature for the centre over the last 18 months, customers can now access affordable, healthy meals and hot/cold drinks whilst they are in the centre – if you haven't sampled Maureen's home cooking, you haven't lived!!

Our dedicated staff team at the centre are always on hand to greet and guide you to the right service, and if you need support to book an appointment, register for an activity or for any reason we have the time and expertise to help. The Reginald Centre is open until 7PM with free activities on offer every night of the week including – Yoga/Zumba/BMF/Chess Club/Secret Cinema Club/SOCA/Bollywood Fitness.

Since the production of the last guide we have continued to increase the number of customers using the centre, we now have in excess of 25,000-30,000 enquiries every quarter. Our job shop is one of the busiest in the city with approximately 3500 customers registering every six months and with an average of 30-35 customers successfully securing employment every month.

Leeds city Council has the ambition for Leeds to be the best City in the UK and I firmly believe that the Reginald Centre is supporting this ambition.

I am always interested in your thoughts/ideas/suggestions/participation – please fill in a comments form found on the front desk and leave your details. I will get back to you.

Thanks

Nick Hart, Community Hub Manager

Help people out of financial hardship

Customer Service

Our Customer Service Officers are here to help you with housing enquiries, council tax and housing benefit enquiries. They also can help with money and debt issues.

Monday	8:30am - 5pm
Tuesday	8:30am - 5pm
Wednesday	10am - 5pm
Thursday	8:30am - 5pm
Friday	8:30am - 5pm
Saturday	11am - 1pm (by appointment only)

General Enquiries

Drop into the Community Hub if you have a general enquiry. We can provide you with forms and accept completed Housing Benefits or council tax support forms. We also offer information and advice on other council services such as:

Adult Social Care

Children and Young People Social Care

Disabled parking badges and disabled bus passes

Council benefits including free school meals

Parking-related services

Information on Credit Union products

Other council services such as environmental services, emptying wheelie bins, street lighting and maintaining roads and pavements.

Help with paying your rent

If you live in Leeds and pay rent you can apply for help towards your rent by claiming Housing Benefit. You can speak with our staff who can show you how to calculate your benefit entitlement online.

Help with paying your Council Tax

Council Tax Support can reduce the amount of Council Tax you pay. People with a low income might be able to get Council Tax Support. We can offer arrangements to pay weekly, fortnightly or monthly, and may be able to extend your payments over a longer period of time.

Book an appointment by contacting us on.

Tel: 0113 222 4404

Help connect you to other services

Consider us the best place to come if you need to speak to someone face-to-face and get information on the services for dealing with financial hardship. These services include:

Welfare Rights

Monday 9:15am - 1:00pm

A Welfare Rights Worker is available to give advice and information on welfare benefits. Please call to make an appointment.

Tel: 0113 376 0452

Housing Benefits

Wednesday 9:00am - 4:00pm

There is a Housing Benefits Advisor available to give advice and information on housing benefits. Please call to make an appointment.

Tel: 0113 222 4404

Registrar

Wednesday and Friday 9:00-16:00

Registering of births and deaths can be made by appointment.

Tel: 0113 222 4408

Harrison Bundy Solicitors

Wednesday 12:00-14:00

Drop in for a free Legal Clinic, no appointment needed.

Tel: 0113 200 7400



Money Buddies

Monday 12:30-15:30

Come and see a Money Buddy who can offer help with debt, arrears letters, energy grants, benefit checks, switching utility providers plus much more.

Drop in or phone to speak to an advisor:

Tel: 0113 235 0276



Leeds Housing Options

Thursday 9:00 - 16:00

Leeds Housing Options is our service if you are homeless, at risk of homelessness or simply want advice about your housing options.

Tel: 0113 222 4412

Email: housing.options@leeds.gov.uk

Carers Leeds

Fortnightly on Tuesday 11:00-13:00pm

Carers Leeds is an independent charity that gives support, advice and information to unpaid carers over 18.

Tel: 0113 380 4300

Website: www.carerleeds.org.uk



Chapelton Library

Library Services

Chapelton Library is part of the Reginald Centre Community Hub.

Monday	9am - 5pm
Tuesday	9am - 7pm
Wednesday	10am - 5pm
Thursday	9am - 5pm
Friday	9am - 5pm
Saturday	11am - 1pm

You can join the library easily, quickly and for free by calling in or filling in our online joining form.

There is always something going on with an exciting programme of events, from coding to local history as well as a regular story time, readers group and toy library.

For more information on our events visit: www.whatson.leeds.gov.uk

We provide access to online information resources, free Wi-Fi and offer free learning sessions to teach you how to use a computer or tablet.

Your library isn't just books, although we do give you access to thousands of those. We also have audio books, eBooks to download, free online magazines and no reserve charges for items we have in stock.

For more information on all our library services please visit:
www.leeds.gov.uk/libraries

Monday Positive Women's Group
10-12pm

Tuesday Gypsy Roma Group
10-12pm

Last Tuesday Reader's Group
5.30-7pm

Wednesday Story Time
2-2.30pm

Wednesday Toy Library
3-4pm

#BIKELIBRARIES



Rent a bike for FREE
as a member of the
Library

1-14 days rental

We have bikes for
male and female
adults and children
over the age of 7.

Help People into work

Jobshop

Our Community Engagement Officers are here to support you into work.

If you are over 16, looking for first time employment, looking to return to work or thinking about a career change - we can help. We provide 10 minute inductions to the Jobshop. These will provide you with information and detail the support available for you.

Monday	9am - 4pm
Tuesday	9am - 4pm
Wednesday	9am - 3pm
Thursday	9am - 4pm
Friday	9am - 4pm
Saturday	closed

Self Service

Our Jobshops provide computers with free internet access. You can search for jobs and apprenticeships and make applications.

Offer Careers advice and Guidance

Drop in with our dedicated staff. They will sit down with you and discuss your past employment history, life circumstances and aspirations. We can use this information to help you choose your destination. If you are not sure which route to take, our advisors will work with you to understand your strengths and capabilities.

Help with job searching

Whether you are looking for full-time or part-time work, our staff can show you top tips in getting the most out of your searches. We can help focus your search on the jobs which relate to your skills, interests and experience.

Help writing your CV

Your CV is your chance to show an employer the best of what you've got. We can guide you in selling your skills and experience, and show them you're the right person for the job. We have templates and guidelines on what sections to include. We can help prepare your covering letter and set you up with an email account.

Help filling out application forms

Many job opportunities are advertised online and require the application to be completed online. Use our free internet access to complete these forms. We can help you in filling these out if needed. We will also review what you have written to make sure you are submitting the highest quality application possible.

Help with interviewing techniques

Managed to get an interview? We can help you prepare. Drop in to go through practice questions. We can help you shape the answers. We offer advice and guidance on how to plan ahead and approach your interview with confidence.

Working Wardrobe

If you have a job interview or important meeting coming up, speak to our Jobshop staff. We provide access to donated work clothes, for both men and woman, and have a volunteer hairdresser giving free hair trims. Offering you a chance to look your best when you need it most.

Help applying for apprenticeships

There are lots of benefits to doing an apprenticeship. You can earn while you learn, and learn in a way that is best suited to you. We have the latest information on apprenticeship opportunities in the city.





Personal Work Support Programme (PWSP)

If you are claiming Jobseeker's Allowance and have been claiming Council Tax support for 26 weeks or more, you will be offered a place on the personal work support programme.

We have Community Engagement Officers based here at the Jobshop who will provide a thorough induction to the program. You will complete five review appointments detailed below.

Help to update your CV

Advice and support for applying for vacancies online

Advice on how to find the type of work you are looking for

The latest job vacancy information

Help with any health, money, benefit or housing concerns that you may have.

For more information call:

Tel: 0113 222 4404

Leeds Pathways



Do you need support with accessing employment, training or education opportunities or help with claiming benefits? Support is available with the Pathway Support Team. For more information speak to a key worker. ,

Tel: 07891 274887

Workplace Leeds



Work Place Leeds provides specialised employment support to individuals recovering from mental health problems throughout Leeds. This includes mental health employment and support and help with job retention.

Employment is an important part of mental health recovery and we support the aim that people are able to find and sustain employment, maintain a family and social life, contribute to community, and avoid loneliness and isolation.

Both services are provided through a combination of one-to-one sessions and group work at the Reginald Centre Community Hub. Please contact our Jobshop staff for a referral.

To book an appointment contact Kay Jackson

Tel: 0113 230 2631

Email: Kay.Jackson@workplaceleeds.org.uk

Community Learning Prospectus



At the Reginald Centre Community Hub we are providing adult learning courses. Whether you're looking to learn new skills, meet new people, or find a job you could find something on your door step.

All courses are **FREE** to those with means tested benefits or income under £330 a week. Where you do not meet the criteria, there may be a small charge to undertake the course. Please speak to our Jobshop Staff for details of eligibility.

For more information or to book onto any of the courses at the Reginald Centre, speak to our Jobshop staff.

Tel: 0113 336 7649

Choose your destination

The programme offers various accredited and un-accredited modules to help you consider the types of jobs you could have. If you are not sure what route to take you can speak to our Jobshop staff.

Modules include:

- Education and Childcare
- Customer Service
- Health and Social Care
- ESOL Driving

Features and benefits

The aim of community learning is to offer you the chance to gain basic knowledge and understanding of business sectors. This will improve your chances at gaining long-term employment.

Along the way you'll also pick up other beneficial skills. They include:

- Enhanced confidence and self-belief
- Improved communication skills
- Increased motivation and capability

Where you can go next

Our accreditation (City & Guilds) offers an insight into the working environment, the expectation of employers and employees in the work place and then subject to assessment leading to a professional qualification (Cache) that could enable the learner to immediately pursue relevant employment in that area of accreditation.

For further details about all adult learning courses available at Leeds City College:

Visit: www.leedscitycollege.ac.uk

Tel: 0113 386 1997

Email: courses@leedscitycollege.ac.uk

The Reginald Centre Timetable

TERM ONE

Monday	Tuesday	Wednesday	Thursday	Friday
ESOL Classes Leeds City College 9.30-12pm	Cake Decorating Leeds City College 9.30-12pm	ESOL Family Healthcare Leeds City College 10-12.30pm		
	ESOL Classes Path Yorkshire 12-2pm	ESOL Classes Path Yorkshire 12-2pm		ESOL Classes Leeds City College 9.30-12pm
Childcare NVQ 1 and 2 Leeds City College 12.30-3pm	ESOL Driving Leeds City College 5-7pm		Vocational Modules Leeds City College 12.30-3pm	
Basic IT Skills / IT for Employment Library sessions booking available				

TERM TWO

Monday	Tuesday	Wednesday	Thursday	Friday
ESOL Classes Leeds City College 9.30-12pm	Arts and Crafts Leeds City College 9.30-12pm			
	ESOL Classes Path Yorkshire 12-2pm	ESOL Classes Path Yorkshire 12-2pm		ESOL Classes Leeds City College 9.30-12pm
Childcare NVQ 1 and 2 Leeds City College 12.30-3pm			Vocational Modules Leeds City College 1-3.30pm	
Basic IT Skills / IT for Employment Library sessions booking available				



Beginners English (ESOL) classes

Tuesday and Wednesday 12 - 2pm

Learn beginners English for everyday life, improve your communication skills, develop your confidence and make friends.

To enrol, contact PATH Yorkshire 0113 2624600

Accredited English (ESOL) classes

Monday 9.30 - 12pm and Friday 9.30-12pm

Learn beginners English for everyday life, improve your communication skills, develop your confidence and make friends. You will receive accreditation for your achievement.

To enrol, contact Leeds City College on 07770 821612

Driving Theory (ESOL) classes

Tuesday 5 - 7pm

Please ask at Jobshop

English for Driving Theory a course to help you with the language of the driving theory test. For Entry 2 and above. You will learn the vocabulary of driving and the names for the different parts of the car. Difficult ideas and words are made easy to understand. Ideal for those who want extra help with reading and understanding the language of the driving theory test.

To enrol, contact Leeds City College on 07770 821612

Family Healthcare (ESOL) classes

Wednesday 10 - 12pm

From 1 Nov - 6 Dec

This short 6 week course is to help families to administer basic first aid, understand the NHS provision in Leeds. Helping families who have English as an additional language to understand medical words and language used. You will learn how to register with a GP and use online NHS services.

To enrol, contact Leeds City College on 07770 821612

Basic IT Skills and IT for Employment

Leeds Library and Information Service

Tel: 0113 378 5005

or visit www.leeds.gov.uk/libraries/

- Learn to how to use your internet and e-mail skills to help you find a job
- Create letters for reports using word processing software.
- Create spreadsheets to work with figures
- Create presentations
- Use the internet to find answers to specific software problems.

Childcare



24 week course
2.5 hour classes

- Course content includes:
- Child & Young person development
 - Safeguarding and welfare of children and young people
 - Support children and young people's Health & Safety
 - Understanding positive behaviour
 - Maintain and support relationships with children and young people.

All elements are subject to viable numbers of learners and assessment if the learner is suitable to advance to other course levels.

Thursday
12.30-3pm
First Steps
From 25th Sept - 16th Oct
City and Guilds
From 30th Oct - 11th Dec
NVQ 1 and 2
From 8th Jan - 11th Jun

Customer Service



24 week course
2.5 hour classes

- Course content includes:
- Improve your communication skills
 - Complaints handling
 - Giving and receiving feedback
 - Conflict resolution
 - Personal approach
 - Listening to the customer

All elements are subject to viable numbers of learners and assessment if the learner is suitable to advance to other course levels.

Thursday
12.30-3pm
Introductory
From 2nd Nov - 14th Dec
NVQ 1
From 4th Jan - 29th Mar

Health & Social Care



12 week course
2.5 hour classes

- Course content includes:
- Looking at opportunities in health, social care
 - Learn how to maintain safe, caring and stimulating environment
 - Health & Safety
 - Positive relationships and how you make a difference to people's lives

Thursday
12.30-3pm
Introductory
From 19th Apr - 24th May
City and Guilds
From 7th Jun - 12th Jul

To book on any of these courses speak to a member of staff on the hub or in the Jobshop or email
CLF.Reginald.Centre@leeds.gov.uk

Cake Decorating



12week course
2.5 hour classes

Tuesday

9.30-12pm

From 12th Sept - 12th Dec

Course content includes:

- How to use sugar paste
- Covering a cake and making decorations
- Learners leading on designing decorations

Classes starting for anybody wanting to learn cake decorating to a higher level. Whether you are serious about cake decorating or just want to have some fun, there is something for everyone. Opens the possibilities of starting your own business with your new skill.

Basic materials and tools are provided.



Arts & Crafts



12week course
2.5 hour classes

Tuesday

9.30-12pm

From 2nd Jan - 27th March

Course content includes:

- Learn the technical and design skills to make your own crafts using paints, fabrics, sewing and more.

Classes starting for anybody wanting to develop their arts and crafts. Basic materials will be provided however participants are encouraged to invest in their own resources to accomplish more advanced crafts.

Health & Wellbeing



12week course
2.5 hour classes

Tuesday

9.30-12pm

From 2nd Jan - 27th March

Course content includes:

- Find your strengths
- Learn techniques to manage mood
- Become more assertive
- Explore mindfulness techniques

Classes starting for anybody wanting to improve their health and wellbeing, connect with others and improve their self-esteem.



Connect Well Social Prescribing Service



About the service

Connect Well is a social prescribing service. Our aim is to connect you to relevant services within your local area which will benefit your overall health and wellbeing.

Feeling connected to your community has lots of health and wellbeing benefits that support resilience, independence and good physical and mental health.

Our Wellbeing Coordinators are based within GP practices and can provide 1-2-1 support over the phone and face to face. They will work closely with you to understand your particular needs and will then assist you to access the relevant services and groups within your community.

Tel: 0113 336 7612

Email: connectwell@commlinks.co.uk

Our referral form can be downloaded by visiting our website:

www.commlinks.co.uk/services/leeds/connect-well/

Adult Social Care Talking Point



About the service

Talking Point is a service offered by Adult Social Care in Chapeltown where customers can have a conversation with a social worker in the community rather than at home. Appointments are booked, usually with 10 days, facilitating a much better and faster response than previously.

The conversation focuses on what is important to the individual and aims to solve problems often using the person's own strengths and those of their family and the community. Our aims are to promote independence, help people achieve their chosen outcomes and be in control. Often only a bit of support is needed for a short period to overcome a problem and get back on your feet but can be the place to start considering longer term support if required.

If you think you might benefit from a conversation please call the Adult Social Care Contact Centre:

Tel: 0113 222 4401

Community Activities

At the Reginald Centre we have a huge range of activities to keep you fit, stretch your mind and let you socialise. Many activities are run by volunteers, engaged as Community Health Champions.



Bike Library

Rent a bike for **FREE**
for up to **TWO** weeks



Fusion Cafe
Coffee/Salad boxes/Toasties
8.30-4pm Tues-Fri



Table Tennis

Play for free
Mon - Fri 5-7pm

MONDAY

Chair Based Exercise
10.30 - 11.30am

(£1.50) Keep fit and make friends. Part of Healthy Homes Healthy Lives project.

Amé Group
10-12 pm

Woman's group for new emerging communities

Zumba (£1)
5.30 - 6.30pm

Keep fit and make friends.



TUESDAY

Chess Club
5 - 7pm

Beginners, intermediate and advanced players welcome. Friendly atmosphere

Yoga (£1)
6 - 7pm

Great way to stay flexible and keep fit.



WEDNESDAY

Arthritis Care
9.30 - 11.30pm

Drop-in support session various weeks. Call Monica for more info. Tel: 07857594210

Secret Cinema Club 5-6pm

Monthly family friendly movies screened. Popcorn and Juice provided.

Soca (£1)
5.30 - 6.30pm

Family fun to get fit and feel the rhythm.



THURSDAY

More Than a Coffee Morning 10 - 12pm

Keep active with gentle Zumba sessions, arts & crafts, dominoes, knitting. @ Leeds Polish Centre

Bollyfitness (£1)
5.00 - 6.00pm

Bollywood dance fitness classes. Starts 14th September. Tel: 07540395526

Meditation (£2)
6 - 7.30pm

Reduce stress, calm your mind with guided, followed by silent classes. Claire - 07807246030

FRIDAY

A New Connection
11 - 1pm

Stay connected with gentle Zumba, thread art, relaxation and storytelling. @ St Aiden's Community Hall

Irish Men's Group
11 - 1pm

Duara: Womens Healing Circle 5 - 7pm

Every 3rd Friday of the Month: A free community health & wellbeing workshop.

SATURDAY

Social Saturday
10.30 - 1pm

Chess Club
Dominoes Club



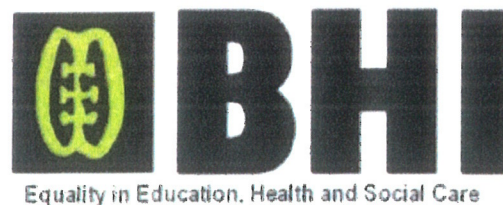
Looking for an opportunity to volunteer in Chapelton?
Call Joseph on 07891 272 150
Come see how you could share your passions and skills.

In partnership:



Please make enquiries at front desk as we are always adding more.

Fusion @ Reginald Community Cafe Good Food your way



A warm and friendly space to meet with friends and others in the neighbourhood. The café gives young people studying hospitality and catering at Leeds City College the opportunity to gain work experience, helping them on in their future careers.

Tuesday- Friday 9:00-3:00pm

Build your own salad box £3.50

Select one from...

Chicken
Ham
Feta
Tuna
Cheddar Cheese

Add five from...

Spicy Peppers
Beetroot
Jalapeños
Mixed Green Salad
Cucumber
Pasta Salad

Tomatoes
Olives
Sweet corn
Red Onions
Potato Salad
Coleslaw

Sandwiches & Toasties £2.50

Select from...

Chicken, Brie & Onion Chutney
Cheese & Ham
Cheese & Tomato
Tuna & Cheese

Or Build your own..

Choose any two fillings for £2.50 -
additional fillings 25p each

Maureen's Specials

Homemade dishes with varying prices. Keep your eyes peeled.

Jacket Potatoes £2.00

Select from...

Cheese
Cheese & Beans
Tuna

Create your own with one filling
Additional filling 25p each

Hot Drinks

Latte	£1.80
Mocha	£2.00
Cappuccino	£1.80
Espresso	£1.20
Americano	£1.50
Yorkshire Tea	£1.00
Herbal Tea	£1.00
Hot Chocolate	£2.00

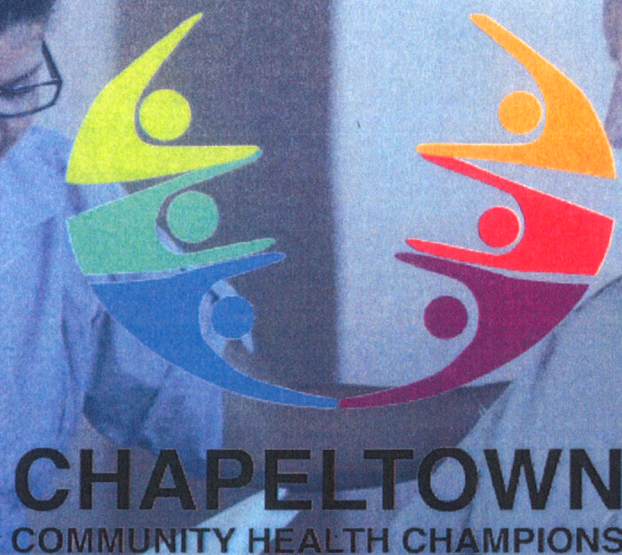
Cold Drinks

Bottled Water	£0.55
Fruit Juice	£0.75
Cans	£0.75
Bottles	£1.00

Twitter: @BHILeeds

Facebook: Black Health Initiative

Email: admin@bhileeds.org.uk



You can make a difference!

Become a Community Health Champion, working with local GP practices to improve the health & wellbeing in your neighbourhood.

We are looking for active citizens who have **skills, passions and gifts** to share with others. We train and support individuals who are able to volunteer for **3 hours a week**.

What would a good candidate have?

- The enthusiasm to be open, welcoming and compassionate.
- Confidence to promote health & wellbeing messages.
- Willing to share their interests and skills with others.
- A passion and commitment to volunteering.

All candidates will be DBS checked and asked for references.

Interested, find out more and JOIN OUR TEAM!

Contact Joe by calling: 07891 272 150

Or email: CHC.recruitment@leeds.gov.uk

Some helpful numbers

Adult Social Care:	0113 222 4401
Anti-Social Behaviour:	0113 222 4402
Housing Leeds:	0800 188 4000
Housing Leeds:	0113 376 0410
Children & YP Social Care:	0113 222 4403
Council Tax and Benefits:	0113 222 4404
Highways including street lighting and cleaning and car parking:	0113 222 4407
Registrars :	0113 222 4408
Planning:	0113 222 4409
Disabled parking badges and bus passes:	0113 222 4444
Housing Options:	0113 222 4412
For financial support for higher education:	0300 100 0607

Textphone for deaf and hard of hearing people:

Tel: 0113 222 4419

Fax: 0113 245 7890

Out-of hours emergency phone numbers

Council House Repairs

0800 188 4000 (free from a landline)

0113 376 0410 (alternative local rate)

Social Care and Homelessness

0113 240 9536

All Community Hubs are Hate Reporting Centres for reporting Hate Crime and getting advice.



Leeds
Clinical Commissioning Group



Project Development Worker

Chapelton, Leeds

Nick Hart and Ben Feely

Engagement

26 – Number of Community Health Champions recruited in Chapeltown

10 – Number of groups set up and run by Community Health Champions

336 – Number of unique participants connected with over 12 month period

65 – Average number of participants attending the groups each week

103 – Number of learners who successfully completed a Leeds City College Course, coordinated and set up by the Project Development Worker.



CHAPELTOWN
COMMUNITY HEALTH CHAMPIONS



Working Wardrobe
Patients on the Up
More Than A Coffee Morning
Chair Based Exercise
Chess and Dominoes Club
A New Connection

Ladies Mini Market
Table Tennis Club
Pain Management Support Group
Cinema Club
Reginald Centre Youth Club
Winter Warmer Cooking Classes



CHAPELTOWN
COMMUNITY HEALTH CHAMPIONS

Impact

Below is some of the feedback we received as part of our evaluation of More Than a Coffee Morning:

- “I feel happier” - 100% of people surveyed.
- “I am more confident” – 57% of people surveyed.
- “I have learned new skills, tried new activities or joined other groups” - 71% of people surveyed.
- “I visit my GP less often” – 71% of people surveyed.
- “I know more about how to keep myself healthy” – 85% of people surveyed.
- “I have made more friends, or have more contact with people in my local community” - 71% of people surveyed.
- “I would recommend the group/activity to a friend” – 97%



CHAPELTOWN
COMMUNITY HEALTH CHAMPIONS

Feedback

Makes me less lonely and gets me to see people. Normally with autism it is hard to mix with people. I feel very comfortable here.

I look forward to coming every Thursday morning for Zumba class and meet lovely people. You always seem welcoming.

What I got from the course was being accepted by other people and learning to cook healthy food from scratch.

As a health champion it is a welcoming, multicultural environment it gives me great encouragement and sets me challenges, it has helped strongly in my self-worth.



CHAPELTOWN
COMMUNITY HEALTH CHAMPIONS

I suffer with my mental health before coming to this group and I had almost "given up"! This group has helped me to regain a little normalcy back in my life...I have started for feel lots better.



LEEDS NORTH EAST CULTURAL AND DIVERSITY FUNDRAISING DINNER

(WE ARE STRONGER TOGETHER)

SATURDAY 13TH OCTOBER 2018

THE SHEEPSCAR EGAN SUITE, SAVILLE
DRIVE, LEEDS LS7 3EJ

7PM - MIDNIGHT

TICKETS:

ADULT ADMISSION - £25 PER TICKET (20 YEARS OLD
AND ABOVE)

YOUNG ADULT ADMISSION - £15 PER TICKET (14-19
YEARS OLD)

FOR TICKETS AND INFORMATION PLEASE
CONTACT:

·MAHALIA -07516615953

·SHARON - 07950057877

·ABIGAIL - 07904376888

ALL WELCOME!

DRESS CODE: BLACK-TIE, FORMAL WEAR,
EVENING DRESS OR TRADITIONAL DRESS.

ADMISSION STRICTLY BY TICKET ONLY

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