



**health** for all

**changing lives,**  
transforming communities...

annual report 2009

# Introduction

‘ My family live in South Africa and my daughter was in hospital. I couldn’t have coped without the support and help I received from Intensive Family Support. I regained my confidence and trust. Thank you!’

Heather, Parent, Intensive Family Support



## Health for All: Directors 2008 – 2009

Chair – Christine Thornton  
Vice-chair – Judith Blake  
Treasurer – Valerie McGregor  
Angela Gabriel  
Cathy Gurney  
Kausar Iqbal  
Nahida Khan  
Wyn Kidger  
Afia Khattun  
Rev Tony Lee  
Dave Littlewood  
Tim McSharry  
Dot Mounteney  
Christine Nix  
Lindsey Fraser  
Fr Ian Rutherford

**Health for All Leeds is a charitable company limited by guarantee, established in 1991, which uses a community development approach to address need.**

Health for All engages disadvantaged communities by:

- Supporting children, young people and families
- Promoting and enabling healthy lifestyles
- Linking communities to learning, employment and enterprise
- Stimulating and supporting community enterprises
- Improving priority neighbourhoods
- Respecting and celebrating diversity
- Enabling communication within communities

**Health for All offers holistic services designed to fulfil the potential of:**

- **INDIVIDUALS**, through a range of activities from exercise and healthy eating to education
- **FAMILIES**, through childcare, health, education and family support services
- **COMMUNITIES**, by reaching out to everyone irrespective of race, culture, disability or income.



**Turnover increased from £2m to £2.2**

**with 129 staff in the charity**

**25 staff in the new CIC company**

**supporting 86 groups**

**within 16 projects**

## **Chair's Foreword: A Review of 2009**

**It gives me great pleasure to write this foreword for the annual report for 2009, a year which has seen significant growth for the organisation and exciting developments for a great many projects.**

Success stories have included the successful regeneration of the former Beeston Library and Holbeck Youth Centre, launch of the new Healthy Communities team funded by NHS Leeds, winning the tender to deliver the Think Family Intensive Family Support service in south and east Leeds and a successful piloting of the Innovations Funded Family Group Conference service.

Health for All has established a new Community Interest Company, Health for All Enterprises, employing 25 staff and running Eduplay mobile crèche (including a new Funky Fun Playbus) and TransportLink Community Transport.

Our partnership with Leeds LEGI Sharing the Success programme means that positive news is expected soon regarding the new build Tenants Hall Enterprise Centre. The Coalfields Regeneration Trust has agreed funding

for a new Community enterprise partnership project in Rothwell, which will expand services for families while encouraging entrepreneurship and new business activity.

Health for All will be delivering new jobs for young people as part of the Future Jobs Initiative and a new service for people with learning disabilities is being planned.

The economic climate has affected Health for All along with other Third Sector providers, resulting in the downsizing of the Cupboard Youth project and the closure of the Learning in the Community and the Community Newspaper projects. Two new networks were launched, however, Sangam and Audhikhar, to continue support for groups serving the Sikh/Hindu and Bangladeshi communities.

I would like to thank all the staff, volunteers and trustees for their energy, enthusiasm and commitment towards ensuring that local residents and communities continue to reap the benefits of Health for All Leeds.

**Christine Thornton**  
**BA RN RM RHV**

# Healthy Lifestyles

Health for All has a wide range of pro-active projects aimed at improving the health of adults and young people.

The Healthy Lifestyles team delivers healthy lifestyle, cooking and exercise classes to individuals within BME communities as well as promoting positive mental health to Asian women carers and Sikh and Hindu elders through its groups.

The new Healthy Communities team will promote health using community development approaches with groups and Leeds Health Walks offers opportunities to be active which are open to all.

The ACE project encourages inactive children to take part in sport, dance and fitness and the Children's and Cupboard projects both promote and enable healthy lifestyles among young people. The Health Trainers project provides personalised advice and support and signposts clients to a wide range of other services to assist changes in lifestyle.

In addition, the Intensive Family Support team trains local mums to support breastfeeding, promotes healthy food at six Family Teatime Clubs and runs the Grab 5 enterprise which delivers fresh fruit and vegetables to Children's Centres.



**The Cupboard, Children's Project, ACE and Think Family have provided activities for more than 2,100 young people**

**More than 1,200 people engaged in physical activity, diet and lifestyle changes**

**Health Walks and Healthy Lifestyles involving 500 people in weekly exercise**

**Health Trainers working with more than 250 individuals**

## Addressing Health Inequalities

All projects run by Health for All are centred on communities in which health outcomes are relatively poor, and in most cases areas affected by high levels of deprivation.

For example, Health Trainers are working in 12 deprived areas across Leeds, enabling people to make lifestyle changes - such as reducing smoking or drinking – as well as boosting motivation and training people to set their own goals.

The Intensive Family Support team are involved in initiatives to tackle obesity and infant mortality among young children in Beeston and Holbeck

through a Walk for Life project in partnership with New Bewerley Children's Centre.

Last year the Healthy Lifestyles team worked with members of the south Asian community in north west, north east and south Leeds to deliver healthy cooking and healthy heart information as well as culturally appropriate exercise.

Health for All runs weekly support groups for women affected by domestic violence and mental health issues as well as a Rugby Team for people with learning disabilities!

**‘I enjoyed the Healthy Hearts course immensely. We've done all sorts, weight and blood pressure checks and had really interesting discussions about health’**

Phyllis, 101 year old attendee at Healthy Lifestyle course

**We run more than 30 weekly activity groups for children**

**We provide creche services for 500 children every month**

**Specific groups are run for children at risk of anti-social behaviour, affected by domestic abuse and with special needs**

**The new Family Group Conference service has supported 30 children within 21 families to a more positive future**



## Supporting Children and Young People

Eduplay's mobile creche service provides play, learning and development opportunities for 500 children each month in 50 different community venues, for 64 groups.

Fourteen weekly school and community based groups run by the Childrens Project offer support to 350 children affected by low self esteem, bullying or learning and socialising difficulties.

Think Family has provided support to 50 children.

The Cupboard runs 14 weekly groups for teenagers as well as providing an individual support service and drop-in sessions and is a key partner in plans to establish a Youth HUB for south Leeds in

Belle Isle with My Place Lottery funding.

More than 3,000 children have benefited from physical activity this year thanks to the ACE team's Engaging Inactive Children Project.

The Intensive Family Support Team organises activities and groups for young children as well as support groups for young parents including young dads and minority ethnic parents

The Family Group Conference service has worked with 21 families to engage wider family networks in plans to ensure the future safety and wellbeing of 30 children at risk.

# Supporting Childrens Centres and Schools



The Intensive Family Support Team has worked in seven Childrens Centre reach areas in south Leeds to provide intensive family support.

The team runs 21 groups promoting peer support, positive parenting, access to learning and healthy lifestyles.

Fruitful partnerships with schools and other services have helped the new Think Family Service support 36 families in south and east Leeds on issues including

domestic violence, debt, substance misuse, behaviour support.

The Childrens Project works with 9 primary schools and the Cupboard with two high schools to run group and support sessions for children aged 5 to 19 years.

Health for All's Community Transport provides minibuses to children's centres, schools and study support centres while Eduplay provide creche services for parents groups.

## Supporting Parents

Intensive Family Support engages with fathers and father figures through men's anger management, individual support, drop ins and activity sessions.

The Think Family team is running Information Workshops for parents to help them achieve the Every Child Matters outcomes for their children.

**‘ I don't feel so alone now, it's a relief to know that other parents face the same problems as you and it's fantastic to have the opportunity to share experiences and get support. ’**

Parent attendee at Think Family Parents Support Workshop

**‘ Family Group Conference service is a fantastic and effective way of encouraging and empowering families to make decisions that ensure the safety and wellbeing of the children ’**

Social worker, Leeds Social Care

# Supporting Enterprise Development and Awareness

Leeds' Local Enterprise Growth Initiative (LEGI) has funded Health for All's Enterprising South Leeds Project as part of a co-ordinated, city-wide approach to stimulate business in some of the most deprived areas of the city.

Two Enterprise Awareness co-ordinators are working to promote start-up businesses and have organised 21 events and activities engaging 265 people in Beeston, Middleton and Belle Isle.

Leeds LEGI staff have also partnered Health for All to submit a bid for European money to match fund £1 million allocated by the Sharing the Success Board to establish a new build Enterprise Centre in Middleton.

It will be part of a network of centres designed to incubate and launch new businesses, providing office accommodation, hot desk facilities, dedicated childcare with multipurpose space and a large hall – and is being designed in consultation with the local community and other stakeholders. Positive news on the development is expected soon.

Health for All Business Services assisted 28 organisations last year with payroll, finance, administration, CRB and ISA checks and human resources. The business potential of enterprises including Eduplay and TransportLink will be increased through the new Community Interest Company, Health for All Enterprises which began trading in October 2009.

## Linking Communities to Employment and Enterprise

The Learning in the Community team organised a series of job fairs and CV writing courses to help local people find work and re skill to improve their employment prospects.

Connexions staff at the Cupboard have supported 60 youngsters and seven NEET youth trainees, many with a learning or physical disability, have improved their skills and job prospects through working in Belle Isle Family Centre Community Training Kitchen.

The Cupboard is also running a project in partnership with Headliners, in which young people gain experience of written, web-based and broadcast journalism.

Health for All offers placements and volunteering opportunities and is creating jobs for unemployed young people through the Future Jobs Fund.

**‘ Really good event - fantastic to meet others working towards the same goals. I left feeling really informed and excited at the prospect of starting my own business ’**

Sue Skinner Attendee at Enterprise Awareness Event



## Linking Communities to Learning

Two English Conversation Clubs in Beeston and Holbeck for asylum seekers and refugees continued to be supported as well as groups for Gypsies and travellers, Asian women carers, Bangladeshi women and Sikh and Hindu men and women. Despite the closure of the Learning in the Community project due to loss of funding, two networks,

Sangam and Audhikhar, continue to support the weekly groups, which have over 300 members.

The Intensive Family Support team supports learning through ESOL classes including a specific group for Polish speakers.

The Cupboard's Connexions staff support young adults to access higher education.

## Supporting Families and Communities

The Intensive Family Support Team provided support to 800 parents and children this year, dealing with issues including child protection, parenting, disability and access to services. Holiday schemes arranged in local parks attracted 775 parents and children.

The team also runs six Teatime clubs - offering healthy, affordable meals and play opportunities to families on a weekly basis. Health for All continued support for the Mothers' Pride Teatime Club in Rothwell, in partnership with Area Management and the Children's Centre. The Teatime Club is now run by parent volunteers. A new Rothwell Family Support partnership will oversee the new Coalfields Regeneration Trust funded enterprise project designed to improve services for families in Rothwell

**‘Excellent service, my son loves being looked after by Eduplay’s lovely friendly staff. Best crèche ever!’**  
Parent, Learning Group



**‘The Community Transport service is professional, reliable, friendly and popular with the young people, the schools and the families.’**

**We really value our successful partnership with the HFA Community Transport service. Long may it continue! ’**

Rachael Holdgate, Study Support Manager, White Rose Learning Centre



**New Think Family service has supported 36 families**

**New funding will support enterprises serving families in Rothwell**

## Engaging Ethnic Minority Communities

With its roots in such a culturally diverse area of the city, it is no surprise that Health for All is committed to engaging with minority ethnic communities.

The Himmat and Koshish Asian Women Carers Groups support 25 women who care for disabled family members, while the Sohni Seyhat group provides twice-weekly activities for more than 30 Sikh and Hindu elders.

The HELP project has prioritised Pakistani and Bangladeshi men and women for healthy lifestyle activities.

Support is provided for people new to the country through weekly groups run by the children and young people's projects and Intensive Family Support. Minority ethnic parents are served through the Unity Group.

English Conversation Clubs engage volunteers from the local community in teaching ESOL to families from countries including China, Eritrea, Iraq, Iran, Ethiopia, Cameroon and Somalia.

# Improving Priority Neighbourhoods

Two Priority Neighbourhood Workers, funded by Leeds City Council's South/Outer East Area Committees, have worked to set up and run community groups and events in disadvantaged areas of South Leeds.

They encourage residents to become actively involved in issues including housing, crime and safety, youth activities, community engagement and improving environments.

This year, the workers have strengthened existing community groups. New groups were established to support community environmental schemes including bulb planting in Beeston, Belle Isle in Bloom and Community Clean up campaigns involving young people. Community schemes supported include tackling worklessness in Wood Lane, Rothwell and Planning for Real events in Cottingley and Beeston as well as 'Community Heroes' and 'You Choose!' in outer south areas.

Intensive Family Support and Think Family services attracted more than 775 parents and children into Middleton and Cross Flatts Parks and school grounds in Cottingley for Summer events. Such initiatives encourage families to increase their use of local parks.

Many Health for All projects focus their work on priority neighbourhoods, in line with the original principle of targetting resources to those most in need. 'A place to meet' is increasingly raised by local communities as an often unmet need. Health for All now runs nine community premises, all devoted to family and community use and many rescued from disuse and neglect. A new Facilities Management service was established during the year to ensure a high standard of maintenance for the premises and financial sustainability. A funding proposal to support this service has been submitted to Community builders.

The former Beeston Library has been transformed into the thriving Beeston Village Community Centre and the refurbishment of Holbeck Youth Centre will soon be completed.

Health for All brings valuable local links and knowledge to the Middleton Regeneration Board and will play a key role in the regeneration of the area with the opening of the new LEGI supported Enterprise Centre.

**“If you want to travel fast, go alone;  
If you want to travel far, go together”**

African Proverb



# Health for All: Changing Lives...



## Nazilla

8 year old Nazilla came to England with her family two years ago from Afghanistan. She was still learning English and was very quiet and subdued at school and was too shy to make friends. Then she joined a group run by the Children's Project.

**'I like the things we do and feel safe. I feel happy now and have fun with my friends in the Happy Tuesdays Club. I want to keep on coming here please.'**



## Rezwan

21 year old Rezwan joined Belle Isle Family Centre Kitchen as a trainee to gain skills and confidence to improve his skills and job prospects. Rezwan's mother tongue is Bengali.

**'I've learned a lot about cooking, health and safety, smiling and politely asking people how I can help them. I'd like to get a job now'.**

Fellow trainee, 15 year old Tony, wants to join the Army. **'It's really helped me. I've learned to cook and to work in a team'.**



## Rabia

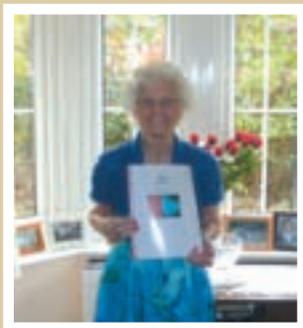
Pakistan born Rabia Bibi married at 21.

**'My husband is profoundly deaf. We have a happy marriage. Our three beautiful children are all profoundly deaf, our house is quiet. Only I can speak and hear.'**

I suffered from depression and stress and my life was hard. Joining the Carers group changed everything, I received help and support. I learned sign language. My children are all doing well at college. Thank you, Health for All, for giving me hope and strength.'

# ‘Thank you Health for All, for giving me hope and strength’

Rabia Bibi, Koshish Carers Group



## Phyllis

Star pupil 101 year old Phyllis inspired others with her enthusiasm and motivation on a recent Health course run in Cardinal Court, Beeston.

**‘I enjoyed the Healthy Hearts course immensely. We’ve done all sorts, weight and blood pressure checks. We had really interesting discussions about health. I enjoy talking to people and exercising. I don’t do badly for my age. I’m not 21 anymore but I can still do what most people do. I attend Dance and Singing classes too!’**



## Danielle

Entrepreneur Danielle was just 14 when she started on the road to owning her own dance business.

**‘I’ve always loved dance. I ran a dance group as a volunteer when only 14! The Enterprise Awareness team linked me with other LEGI partners, leading to grants and business support. I’m well on the way to achieving my dream of running a successful business. I couldn’t have got this far without the support, advice and encouragement from Health for All.’**



## Kulwant

Lonely and sad, 65 year old Kulwant Kaur Thandi was very unhappy until she joined the Sohni Seyhat (meaning Good Health) group.

**‘I felt isolated and did not know anyone but I found the Centre warm and comforting. I have made many friends and enjoy the exercise, massage, yoga and cinema and shopping trips and health activities. I have learned so much and now feel I am on top of life and there’s no more room for depression!’**

# Health for All: Transforming Communities...



## Bally

Health Trainer 42 year old Bally decided to apply the skills and knowledge she gained through the Health Trainers course to her own and her family's lifestyle.

**'Over the past 15 months, I have lost 11kg in weight not through dieting but eating healthily and exercising. I used to feel fifty years of age and excused my weight gain thinking: Oh, I'm old and I've had children – what do you expect? Now I feel young again, more active and more confident. I am determined to inspire and motivate others by my journey.'**



## Mr Jurcharan Singh Kundi

Chair of Sangam Forum, inspiring 80 year old Mr Jurcharan Singh Kundi believes in respect for each individual and in people working together.

**'That's why we set up Sangam, to bring together groups for carers, elders, anyone who needs some help and support. Sangam is for the whole community. It's good for older people who are carers or who are on their own to get out and meet others, have a good talk and a nice meal, it's good for your health.'**

**'We were not made to be alone. It's good to have an independent organisation like Sangam that is genuinely for the benefit of the community. We can achieve so much more together. We're planning to get some premises to run more groups and activities to help more people. We want to make it open to all, irrespective of colour, caste or creed. We believe in equality. We are all sons and daughters of the same God.'**

**‘I really enjoy our weekly tag rugby sessions with Richard. We look really smart in our rugby kit - like professionals! We’ve visited Headingley Stadium too. 9**

Chris, member of Moor End Rugby Team (Learning Disabilities)



## Ian

Following a kidney transplant, Chair of Voice of Holbeck, 48 year old Ian Pickup is looking forward to a new future for Holbeck and is working tirelessly with fellow residents to achieve it.

**‘Our group has 15 regular members. We were helped to set up by the Priority Neighbourhood worker through the Neighbourhood Improvement Plan. The NIP has had a massive impact on Holbeck. We’ve**

**seen real improvements in the area, established sustainable groups genuinely representative of the community and received great support from the local Councillors and officers.’**

**‘Rubbish has been cleared through Operation Champion and bin yards sorted out. The demolition in Holbeck is needed. The nature of the community has changed, we have very varied cultures here. We want to include everyone but it’s difficult to engage when language is a barrier. We’ve wanted a Centre to run for some years. We could run different activities for the different communities to bring them together’**

## The Learning in the Community Team

The Learning in the Community Team is now dispersed, the funding supporting the project having ended. The team deserves an accolade for their hard work to provide learning and employment opportunities for extremely deprived communities of interest.



Weekly groups engaged asylum seekers and refugees, Gypsies and Travellers, Bangladeshi women, Pakistani carers and Sikh and Hindu learners in learning groups, many continuing through other projects. Learners gained valuable skills, knowledge and experience. Recently published is a Research and Evaluation Report: Reaching Out to Communities: now available from Health for All.

# Health for All Directory of Services - A to Z

Active Clubs Experience (ACE)	Noreen O' Hara	Tel 0113 2706903
Bangladeshi Carers Group/Audhikhar	Alia Nessa	Tel 07946 191887
Beeston Village Community Centre (Bookings)	Rachel Irwin	Tel 0113 2706903
Belle Isle Family Centre (Bookings/Catering)	Tess Igoe	Tel 0113 2774819
Breastfeeding Support	Cath Stone	Tel 0113 2762386
Business Services/Finance Manager	Vicky Bradshaw	Tel 0113 2706903
Carers Support	Gulnargis Hussain	Tel 0113 2343069
Community Caravan at Cayton Bay (Bookings)	Reception	Tel 0113 2706903
Community Transport	Shabbir or Jill Newton	Tel 0113 2706903
Criminal Records Bureau Check Service	Reception	Tel 0113 2706903
Cupboard Project (13 to 19 years)	Alison Chandler	Tel 0113 2762720
Eduplay Mobile Crèche	Sonjia Pollard	Tel 0113 2762386
English Conversation Clubs	Ian Goodson	Tel 0113 2762386
Enterprise Awareness	Sonjia or Kathryn	Tel 0113 2706903
Facilities Management	Richard Lancaster	Tel 0113 2774819
Family Group Conference Service	Bernie Jackson	Tel 0113 2723102
Funky Fun Play Bus	Sonjia Pollard	Tel 0113 2762386
Future Jobs Fund Scheme	Sonjia Pollard	Tel 0113 2762386
Handyman Service/Grab 5 Delivery Service	John Hardy	Tel 07717 376480
Health & Safety	Richard Lancaster	Tel 0113 2774819
Healthy Communities	Toshal Bhatia	Tel 0113 8272200
Healthy Lifestyles	Salma Rahman	Tel 0113 2343069
Health Trainers	Alia Nessa	Tel 0113 3805656
Holbeck Youth Centre	Alison Chandler	Tel 0113 2762720
Intensive Family Support	Vikrant Bhatia	Tel 0113 2702288
Learning Disabilities Service	Helen Collins	Tel 0113 2706903
Middleton Family Centre (Bookings)	Reception	Tel 0113 2762386
Priority Neighbourhoods (Outer South)	Nicky Greening	Tel 0113 3951658
Priority Neighbourhoods (Inner South)	Joy Hart	Tel 0113 3951658
Rothwell Community Enterprise Project	Judith Hickman	Tel 0113 2706903
Sangam Network & Sikh/Hindu Communities	Gurpreet Gill	Tel 0113 3805656
Sohni Seyhat Sikh/Hindu Elders	Sarbjit Rayat	Tel 07983 111730
Signpost Project	Munaf Patel	Tel 0113 2474124
Think Family	Helen Davies	Tel 0113 2774819

# Senior Management Team

Chief Executive	Pat McGeever	Tel 0113 2706903
Operations Manager (Enterprise Services)	Judith Hickman	Tel 0113 2706903
Operations Manager (Family Support)	Vikrant Bhatia	Tel 0113 2702288
Operations Manager (Charitable Services)	Helen Collins	Tel 0113 2706903
PA to Senior Management Team	Rachel Irwin	Tel 0113 2706903
Administration/Reception	Sue Batchelor/Laura Gunn	Tel 0113 2706903

## Acknowledgements

The innovative and responsive work carried out with communities by Health for All would not be possible without the professional and financial support of **our funders and partners**, community, statutory and voluntary, local, regional and national.

Many thanks to all who have supported our work during the year and in particular our funders:



A special thank you to our marketing mentor, Gareth Osborne of Eversheds Solicitors.

**Registered Office:** Health for All, Tenants Hall, Acre Close, Middleton, Leeds, LS10 4HX. Tel: 0113 270 6903 Fax: 0113 277 6868

**Email:** [info@healthforall.org.uk](mailto:info@healthforall.org.uk) **Website:** [www.healthforall.org.uk](http://www.healthforall.org.uk)

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