



Including **What's On Guide**  
Autumn / Winter 2010–11

# Health for All engages over 5,500 children, young people and adults in healthy lifestyle groups and activities each year

## Health for All : Supporting Families

**Health for All delivers Intensive Family Support to families with children from birth to 19 years through the 0 to 5 team serving families accessing Children’s Centres, Think Family and the Cupboard. Health for All works in close partnership with Children’s Social Care, receiving referrals to support families with multiple needs, often with Social Care involvement.**

Families in Rothwell were enabled to access the service through Extended Services funding.

Five weekly targeted parenting groups support young parents, parents affected by domestic violence and parents with disabled children.

Three Parenting Programmes were delivered by staff now trained in the Family Links Nurturing, 0-6 years Family Caring Trust, Strengthening Families 10-14 years and Mellow Parenting programmes.

Health for All serves on the monthly Children Leeds Panels, increasingly accepting referrals from the Children’s and the Intervention Panels.

Health for All’s Intensive Family Support and Think Family teams carried out 33 CAF assessments and supported 900 parents and children during the year.

The Family Group Conference service, established in south Leeds through a partnership between LCC Social Care and Health for All, was expanded to enable families across the city to benefit.



## Health for All: Services to Communities

**Funding from Leeds LEGI Sharing the Success programme enabled the Enterprise Awareness team to stimulate and support the growth of enterprise in local communities through 24 enterprise awareness events and community activities, reaching 585 people in Beeston, Belle Isle and Middleton.**

Health for All provides a range of services including a Criminal Record Bureau checking service, a Payroll service and administration and financial support.

Health for All Enterprises Community Interest Company manages the established enterprises including; Eduplay mobile crèche and Funky Fun Bus and the Community Transport and Community IT services. It also supports embryonic enterprises including the Community Caravans in Cayton Bay, the Community Catering service run from Belle Isle Family Centre and Middleton Enterprise Centre currently under construction, as part of a continuous drive to increase income generation and ensure sustainability while offering best value to customers.



# Health for All Annual Report 2010

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## Chair's Foreword: A Review of 2010

**It gives me great pleasure to write this foreword for the Annual Report for 2010, a year that has seen major challenges facing Health for All, including uncertain or shrinking funding streams, transformation of commissioned services and a change in national Government which heralds changed priorities.**

Health for All is rising to the challenges, implementing recent funding cuts carefully and sensitively and working hard to minimize their impact on services to families and communities. The organisation has, so far, succeeded in retaining the majority of its services by delivering them in more streamlined and more effective ways although further challenges lie ahead!

Many projects have been restructured including the development of the Healthy Hearts and Healthy Lifestyles work with Asian women's groups into the AWAAZ project funded by Joseph Rowntree Trust.

Despite the challenging economic climate, Health for All has expanded several existing services including the Intensive Connexions service, in partnership with IGEN and the Health Trainers service funded by NHS Leeds. The Family Group Conference Service, delivered by LCC Children's Social Care assisted by Health for All is now citywide.

New services established include the learning disabilities service funded by LCC Adult Social Care and Rothwell Family Project funded by Coalfields Regeneration Trust.

The Future Jobs Fund enabled the recruitment of young unemployed people and their successful deployment into a variety of posts in finance, administration, childcare, community, family and health work.

Health for All Head Office moved to Middleton Advice Centre, to allow building work to start on Tenants Hall. Autumn 2011 will see the completion of the long awaited new Middleton Enterprise centre, funded by LEGL and ERDF and run by Health for All.

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

**Christine Thornton**  
BA RN RM RHV





## About Health for All

**Established in 1991, Health for All Leeds is a charitable company limited by guarantee. Health for All Enterprises is a Community Interest company established in 2009 which manages the charity's enterprises including the community transport and mobile crèche services.**

Health for All aims to support individuals, families and communities to achieve their full potential by redressing health and social inequalities, promoting community participation and enabling collaboration.

### **Health for All uses community development approaches to engage disadvantaged communities by:**

- Supporting children, young people and families
- Promoting and enabling healthy lifestyles
- Linking individuals and communities to learning, employment and enterprise
- Stimulating and supporting social enterprise
- Improving priority neighbourhoods
- Respecting and celebrating diversity

A turnover in excess of £2 million enables Health for All to employ over 200 staff to run 23 projects. Health for All engages 2,500 children and young people, supports 900 families and works with 80 community groups each year.



## Health for All : Healthy Lifestyles

**Health for All has a wide range of projects aimed at improving the health of children, young people and adults.**

The ACE project enabled over 2,000 inactive children to take part in sport, dance and fitness each year. The Cupboard project engaged 100 teenagers each week to make positive health choices. The citywide Health Trainers service provided personalised advice, support and signposting to 800 residents in deprived areas of the city.

Leeds Health Walks arranged twice weekly walks and the Children's project encouraged children and young people to make positive health choices.

Healthy Hearts and Healthy Lifestyles provided 80 Asian women with cooking, exercise and health counselling sessions.

Healthy Communities engaged over 2500 south Leeds residents in health and wellbeing activities, including healthy cooking, exercise, dance, walking, Health Checks Awareness, Smoke Free Homes and signposted over 1500 people to other health services.



Health for All engages 2,500 children and young people, supports 900 families and works with 80 community groups each year.

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### **Health for All : Engaging local Communities**

**Health for All aims to engage the most isolated and excluded communities in groups and activities which improve health, wellbeing and access to services as well as integration into their local communities.**

The new Learning Disabilities service provides daily social and educational activities for 50 adults each week.

Rothwell Family Project worked with LCC Area Management to establish Family Teatime Clubs, weekly health, fitness and learning sessions engaging over 200 local people and supported successful summer festivals and trips.

Priority neighbourhood workers were employed for inner and outer south Leeds, working on behalf of LCC Area Committees to implement Neighbourhood Improvement Plans. Funding for the post for Inner south ceased during the year but partnership with outer south continues to bear fruit, including securing funding to establish the Rothwell Family Project.

The new Community Access to IT project established UK Online facilities and access to training courses for 120 local people in our seven local centres, funded by UK Online with equipment costs funded by Inner south Area Committee.

Sangam, Audhikhar and Awaaz networks provided support, advice and information to 25 learning, support and health groups serving Sikh and Hindu, Bangladeshi and Pakistani and Kashmiri communities.

### **Health for All: Supporting children and young people**

**Eduplay's mobile crèche and Funky Fun Bus service provided play, learning and development to 3,500 babies and children during the year.**

Health for All supported 1,000 children and young adults through 14 groups and individual sessions. Despite funding from the Big Lottery for the Children's Project ceasing, a partnership with Think Family enabled children with multiple needs including experience of domestic violence, drug and alcohol misuse, debt, disability to access tailored individual and group sessions.

The Cupboard continued supporting young adults through weekly groups and individual support. Partnership with Intensive Family Support has extended that service to families with teenagers. An anger management and conflict resolution programme for young people, based on the successful Anger management Health for All delivers to adults, is being developed.

Health for All is fully engaged with the new build Youth Hub in Belle Isle, is an active member of the Board and a partner in initiatives to attract funding to support young entrepreneurs.

The Intensive Connexions service for south Leeds, in partnership with IGEN provided individual support, advice and guidance to 140 young people who are not in employment, education or training.

Future Jobs Fund enabled the recruitment of 26 young, unemployed people to trainee posts in the fields of childcare, administration, finance, physical activity instruction, health, family and community support work, with the majority of young people subsequently gaining employment.





### Health for All: Directors 2009-2010

- **Chair** Christine Thornton
- **Vice-chair** Judith Blake
- **Treasurer** Valerie McGregor
- **Company Secretary** Tim McSharry
- Afia Khattun
- Angela Gabriel
- Cathy Gurney
- Christine Nix
- Father Ian Rutherford
- Kausar Iqbal
- Lindsey Fraser
- Rev Tony Lee
- Wyn Kidger
- David Littlewood

*Dave represented Leeds Access Committee for disabled people on the Health for All Trustee Board for many years. Sadly, Dave passed away in November 2010 but his passionate campaigning for disabled people's rights leaves a rich legacy.*

### 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

#### **PA to Senior Management Team**

Rachel Irwin  
**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.

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



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