Support available for clinically extremely vulnerable people in Leeds

All of the services offered in this booklet are also available on the Leeds Directory.

It offers a comprehensive range of services and community based support, groups and activities, in order to support people to live the life they want to live. It helps you live well by connecting you to reliable local services and tradespeople who have been checked and vetted as well as activities and events near you.

If you need help, contact us:

- **Online**
  - [leeds.gov.uk/shielding](leeds.gov.uk/shielding)
- **Phone**
  - [0113 376 0330](tel:01133760330)
- **SignLive Directory**
  - Select LCC Covid19
- **Text Number**
  - [07480632471](tel:07480632471)

[leedsdirectory@leeds.gov.uk](mailto:leedsdirectory@leeds.gov.uk)
[www.leedsdirectory.org](http://www.leedsdirectory.org)
DIGITAL SUPPORT AND IPAD LOAN SCHEME

Service available to help if you would like assistance getting online to improve your digital skills or to loan an iPad to help you stay connected.

0113 222 4444
ProjectDevelopmentTeam@leeds.gov.uk

HELP TO GET FOOD AND ESSENTIALS

You can ask for an emergency food delivery if you will run out within 48 hours and have no other means to access food. You can also get help from a volunteer if you need someone to help you “click and collect” or pick up some shopping.

0113 376 0330

LOCAL WELFARE SUPPORT

The Local Welfare Support Scheme may be able to help you if you need emergency help to afford food, help with gas and electricity top-ups, white goods or items for babies. If being clinically extremely vulnerable has had an impact on your income, or you are struggling financially because of this – please tell us and we may be able to help you apply for a flexible one-off payment to support you.

0113 376 0330

EMPLOYMENT OR FINANCIAL ADVICE

If you or your household members are experiencing any employment, financial or benefits difficulties as a result of being clinically extremely vulnerable, we can try and connect you to the right advice to help.

0113 376 0330 – ask them to pass on your query to the Shielding Support Team
covid.partners@leeds.gov.uk

CITYWIDE HELP TO GET FOOD AND ESSENTIALS

You can ask for an emergency food delivery if you will run out within 48 hours and have no other means to access food. You can also get help from a volunteer if you need someone to help you “click and collect” or pick up some shopping.

0113 376 0330

AGE UK

Age UK Leeds is a local charity working in the community to support older people, their families and carers. We want everyone to be able to love later life.

We have trained advisers who can offer free information and advice to older people and their families. This includes: free benefits checks and help with applying, pension advice, information on staying warm at home, home adaptations and housing options, finding a care home or getting some help at home, signposting what services are available in the Leeds and legal issues - such as wills, Power of Attorney, and how to deal with an estate. Free advice from a solicitor is available by appointment.

0113 389 3004 / 0113 389 3003
advice@ageukleeds.org.uk
www.ageuk.org.uk/leeds
Bradbury Building, Mark Lane, Leeds, LS2 8JA

CARERS LEEDS

Carers Leeds provides specialist support for all unpaid carers aged over 16 in Leeds. Unpaid Carers can be anyone who provides help to a friend or family member due to illness, disability, mental health issue or substance misuse problem.

Carers Leeds provide assistance on a range of issues including: finance and benefits, access to services as well as respite and holidays, assessments and personal budgets, opportunities for social contact, looking after your wellbeing as a carer and equipment and support for the cared for person.

0113 380 4300
advice@carersleeds.org.uk
www.carersleeds.org.uk

EMPLOYMENT & FINANCE

0113 376 0330

Digital

Food

Care & Carers
Bramley Baths is a community-led centre providing an affordable space for health and fitness.

We are providing up to 50 clinically extremely vulnerable people living anywhere in Leeds with free access to their personalised services. This could include a physical health assessment (a Health MOT: Blood pressure, lung capacity, BMI, weight and height), gym sessions, swim sessions, light exercise, mindfulness, working with an expert to build confidence to start getting more physically and mentally well and/ or 2 months of unlimited membership to access swim, gym, or workout. Contact Bramley Baths and quote the code: LeedsCEV50 along with this letter as proof on your first visit.

0113 256 0949 (use code LeedsCEV50)
www.bramleybaths.com
hello@bramleybaths.com

Broad Lane, Bramley, Leeds, LS13 3DF

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Zest is based in East Leeds but works across Leeds. We aim to improve life chances by promoting healthier lifestyles.

We run make and take – sessions that support families to learn how to prepare and cook breakfast, hot lunches and dinners on a budget. Participants learn to cook a bulk base that can be used for 3 separate meals. Participants take home freezer ready meals that can be stored to eat later and a bag of fresh fruit and veg.

0113 240 6677
admin@zestleeds.org.uk
www.zestleeds.org.uk

Zest, The Old Fire Station, Gipton Approach, Leeds, LS9 6NL

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Hamara runs the cultural food hub for the south, west and north of the city along with Give a Gift for the east of the city. Together, we provide support to residents in Leeds who need help and support with emergency food that better meets your cultural needs: rice, variety of flours, dried pulses, ginger, garlic, oil, tinned and dried pulses, fresh veg, seasonings and spices etc. This does not include non-essential items or food with strict storage controls, such as, fresh meat.

Parcels can be made up to suit general diets of Caribbean, Eastern European, South Asian, Middle Eastern and African.

0113 277 3330 (Hamara)
0113 380 5676 (Give a Gift)
admin@hamara.co.uk
admin@givegift.org.uk
www.hamara.org.uk
www.givegift.org.uk

Hamara Healthy Living Centre, Tempest Road, Leeds, LS11 6RD
Give a Gift, 233-237 Roundhay Road, Leeds, LS8 4HS

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If you are experiencing feelings of grief or loss, from any cause, you can call the telephone line, use the online chat or text. Interpretation services are available for BSL or speakers of other languages. West Yorkshire and Harrogate Grief and Loss Support Service 8am – 8pm, every day.

0808 196 3833
www.griefandlosswyh.co.uk (online live chat)
Leeds Dads is a voluntary organisation that brings together a diverse community of fathers for social interaction and support.

Social Circuits is a weekly free to attend regular social fitness class for dads with young children in Leeds on a week night. The session is led by a trainer who encourages men to talk and be social in a fun, supportive and non-judgmental way. This would be particularly suitable for any dads and kids whose relationships or health have been impacted as a result of parental or child shielding.

Leeds Irish Health and Homes offers a wide range of culturally-focussed welfare and support services for the Irish community and for people from any background. This includes advice and information, wellbeing activities, developing digital skills, and opportunities to get out and about and make and meet new friends at our luncheon clubs and various activity groups may be more appropriate. There is hopefully something we can do to brighten up everyone’s day.

LIHH is actively promoting Public Health advice on continuing to wear masks at our groups and activities and asking people to do the same to help protect everyone.

GUIDED EXERCISE AND SUPPORT

Work online with someone who is trained in physical activity to help get you moving more often. This is open to any clinically extremely vulnerable person and people who have physical restrictions or challenges, this will be done one-to-one so that the exercise suits your needs and can be done safely.

0113 222 4444 (ask for an operator) ProjectDevelopmentTeam@leeds.gov.uk

LEEDS DADS

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07562 646603 leedsdads@gmail.com 11 Bennett Road, Headingley, Leeds, LS6 3HN

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Leeds Irish Health and Homes offers a wide range of culturally-focussed welfare and support services for the Irish community and for people from any background. This includes advice and information, wellbeing activities, developing digital skills, and opportunities to get out and about and make and meet new friends at our luncheon clubs and various activity groups may be more appropriate. There is hopefully something we can do to brighten up everyone’s day.

LIHH is actively promoting Public Health advice on continuing to wear masks at our groups and activities and asking people to do the same to help protect everyone.

0113 262 5614 info@lihh.org Rouse House, 2 Wyther Lane, Leeds, LS5 3BT

LINKING LEEDS

Linking Leeds is the integrated city-wide Social Prescribing service for people in Leeds. Social Prescribing is a way of linking individuals with a range of local community services to improve social, emotional and mental wellbeing

0113 336 7612 linking.leeds@nhs.net www.commlinks.co.uk

MENTAL HEALTH – 24 HOUR HELPLINE

Open 24 hours a day, 7 days a week, our Mental Health Helpline gives you an opportunity to talk to someone who can help you find the right support at any time of day. Anyone registered with a Leeds GP can call the helpline. You do not need to be in crisis to seek help.

0800 183 0558

MINDWELL

Mindwell is the Mental Health website for people in Leeds. We can help you find information about support in the city and different ways to take care of your mental wellbeing.

www.mindwell-leeds.org.uk/myself/coronavirus-mental-health-information-hub

PEER SUPPORT

If you would like to talk to other clinically extremely vulnerable person about sharing your coping strategies, providing mutual support and having a safe space to talk about your feelings, we can connect you to a small peer support group.

0113 222 4444 (ask for an operator) ProjectDevelopmentTeam@leeds.gov.uk
The UK Counselling Network are offering up to 250 clinically extremely vulnerable people 8 free sessions of telephone/online counselling support. They support a wide range of counselling presentations including a range of diagnoses including Depressive Disorders, Anxiety Disorders and Obsessive-Compulsive Disorders as well as clients with mild to moderate trauma-related conditions. In addition, they can support a range of nonclinical distress such as relationship problems, stress, low mood etc.

A brief telephone assessment is carried out to ensure suitability, you are then allocated a suitable therapist and sessions would begin at a mutually agreed time. In order to access the free service, please use the code CEVLeeds250 when you get in touch.

0113 285 2899
hello@ukcounsellingnetwork.co.uk
www.ukcounsellingnetwork.co.uk

TCV works to bring people together to create, improve and care for green spaces, such as local parks and community gardens, to connect people to the green spaces that form a vital part of a healthy and happy community.

TCV are offering volunteers the chance to have fun, get fit and learn new skills. There are 6 garden based Green Gym sessions every week in Kirkstall, Hunslet, Wortley and Beeston, a weekly wildlife walk in west Leeds for over 50s, wood whittling/woodwork session in Kirkstall for over 50s as well as courses in basket weaving, gardening, woodwork. TCV at Hollybush also runs a dedicated Learning Disability service 2 days per week (this requires advanced booking).

0113 248 4126
hello@svp.org.uk
www.svp.org.uk/microsite/st-vincents-leeds

0113 263 0815
skelton@tcv.org.uk
www.tcv.org.uk/skeltonrange

07340323190
volunteering@val.org.uk
www.doinggoodleeds.org.uk/volunteering

Leeds Kirkgate Market, 34 George Street, Leeds, LS2 7HY

If you are interested in volunteering, Volunteer Centre Leeds helps people find the right volunteering opportunities for you. There are hundreds of opportunities across the city – and many of them are suitable for people who are clinically extremely vulnerable and still taking extra care.

If you are interested in giving your time to help support many of the life changing projects in Leeds then give us a call, or drop in to see us at our centre in Kirkgate Market and we’ll help you find the right volunteering opportunity for you.
**EAST**

**CATCH**

CATCH are a key partner in the community care hub for the Gipton and Harehills ward, alongside Space 2 and Zest.

We offer a community café and pantry where you can access hot food on a reduced cost basis, or talk to someone about your longer term plans for affordable food. We are a welcoming and supportive service and work closely with partners in the local area – and happy to listen to you and signpost you to the right place for you.

- **0113 235 0614**
- **catch@arkleeds.co.uk**
- **www.catchleeds.co.uk**

**CROSS GATES GOOD NEIGHBOURS**

Cross Gates and District Good Neighbours’ Scheme runs the community care hub for the Cross Gates and Whinmoor ward. We also work with residents who are over 60 and live on the Cross Gates side of York Road, in LS15 and some parts of LS14 and LS9, to help reduce loneliness and isolation, support independence, promote healthy lifestyles and try new things.

We offer a range of activities suitable for people who are clinically extremely vulnerable, such as exercise groups, drop-in coffee and IT support, transport to activities, befriending telephone support and referrals to partner agencies and organisations for further specialist support. Our aim is to support people to make the most from what is on offer in our local community and city-wide.

- **0113 260 6565**
- **admin@crossgatesgns.org.uk**
- **www.crossgatesgns.org.uk**

**HOPE HALTON MOOR & OSMONDTHORPE PROJECT FOR ELDERS (HOPE)**

HOPE is the community care hub for the Temple Newsam ward. We are also a neighbourhood network providing support to people over 60 and carers in Halton Moor, Osmondthorpe and Sutton Park.

We offer a wide variety of community activities, including photography walks, nature walks, frisbee in the park, walking treasure hunts and community gardening. We are also thinking of branching out into amateur theatre so do let us know if you’d like to get involved in that.

We will work with you to address any barriers to taking part such as feeling anxious, transport to and from venues or any accessibility issues you might have to take part in the activities you choose. We also work with local and city partners on a variety of health improvement projects, including managing frailty, healthy eating or mental health, so can help you find the right local support for you.

- **0113 249 3597**
- **info@hopeprojectleeds.org.uk**
- **www.hopeprojectleeds.co.uk**

**LEEDS MENCAP**

Leeds Mencap is the lead partner for the community care hub for Burmantofts and Richmond Hill ward. We have also set up a new project with Burmantofts Senior Action and DAMASQ who are working together to provide packages of support for elderly people living in the Burmantofts area.

We aim to ensure that clinically extremely vulnerable people have full access to the wide variety of community activities and support services that are available locally. Our partners have staff and volunteers who can work one to one to provide support to build confidence to get people back to independent activities like shopping or catching the bus for those who may not have done so for an extended period. We continue to develop different group activities, so do get in touch if you want to find out more about what is on offer locally.

- **0113 235 1331**
- **info@leedsmencap.org.uk**
- **www.leedsmencap.org.uk**

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- **0113 235 1331**
- **info@leedsmencap.org.uk**
- **www.leedsmencap.org.uk**

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- **0113 249 3597**
- **info@hopeprojectleeds.org.uk**
- **www.hopeprojectleeds.co.uk**
The Killingbeck and Seacroft Community Care Hub is a collaboration of LS14 Trust, Seacroft Community on Top, Fall into Place theatre, Chapel FM, Leeds Community Spaces and Seacroft Friends and Neighbours and most importantly local community members.

We offer a wide variety of activities that anyone who is clinically extremely vulnerable can take part in and will work with you to find what suits you best. Current activities include The Art Room - art therapy sessions, weekly chat and check ins, weekly crafty cuppa sessions, Wellbeing Wednesday, a spoken word group, food groups, parenting and carer sessions and return to work sessions.

KILLINGBECK AND SEACROFT COMMUNITY CARE HUB

0113 513 6057
info@ls14trust.org
www.ls14trust.org

45 Ramshead Hill, Seacroft, Leeds LS14 1BT

RICHMOND HILL ELDERLY ACTION

Richmond Hill Elderly Action in the neighbourhood network for the Richmond Hill area. We offer a wide variety of advice, information and support for over 55s.

You are welcome to phone, email or call in-person and one of the team will help. If you can’t get to the office, we can come to you and visit you at home, whichever is easiest for you.

We assist people with claiming benefits, getting out more, gaining support at home, adaptations around the house, looking at better-suited accommodation, filling in paperwork and supporting people who have caring responsibilities. The list is endless and if we can’t help, we will find out who can.

RICHMOND HILL ELDERLY ACTION

0113 248 5200
info@rhea-leeds.org.uk
www.rhea-leeds.org.uk

Richmond Hill Community Centre, Long Close Lane, Leeds, LS9 8NP

NET Garforth runs the community care hub for the Garforth & Swillington and Kippax & Methley wards. We are also a charity that cares for over 60’s and their carers in Garforth and the surrounding 12 villages of East Leeds.

We offer a range of services to accommodate all age groups. This includes a buddy system of one-to-one volunteer support as well as a telephone befriending service to help users regain confidence and socialise once again. For people who are experiencing frailty or limited mobility, we also offer a falls clinic, leg club, chair yoga, chair pilates, extend exercise, along with a transportation service to help people access medical appointments.

NET GARFORTH

0113 287 4784
info@netgarforth.org
www.netgarforth.org

NET Dover Street, Garforth, Leeds, LS25 2LP

SPACE2

Space2 is an award winning arts and social change charity based in the Old Fire Station in Gipton.

We offer a range of activities that people living in any part of Leeds are welcome to join. All our groups aim at improving mental and physical wellbeing and operate as a friendly, safe space. All are free – although some work on a “Pay as You Feel” basis. Activities include walking groups, yoga, community gardening, singing, mindfulness and arts and crafts. Our programme of activities is updated regularly.

Donna is our Community Development Worker, who will be happy to talk to you, answer any questions or concerns you have and help you find the right activity for you.

SPACE2

0113 320 0159 / 07734275130
donnac@space2.org.uk
www.space2.org.uk

Space2, The Old Fire Station, Gipton Approach, Leeds, LS9 6NL
NORTH

**MOOR ALLERTON ELDERLY CARE (MAECARE)**

MAECare is the community care hub for the Alwoodley ward. We also work with people over 60 living in Moor Allerton, Alwoodley, Shadwell and North Moortown to reduce social isolation and improve health and wellbeing.

We offer physical activity classes to focus on strength and balance such as chair-based exercise, extend, t’ai chi and a walking project which includes gentle group walks or one to one buddying with a volunteer for people who lack confidence. We also offer wellbeing activities in small support groups which includes anxiety management techniques. One to one support is available for anyone who feels anxious or needs a little encouragement to get out and about.

- **0113 266 0371**
- **info@maecare.org.uk**
- **www.maecare.org.uk**
- **57 Cranmer Bank, Leeds, LS17 5JD**

**ST. EDMUND’S ROUNDHAY**

St. Edmund’s is the community care hub for the Roundhay ward. We are also a welcoming and lively Anglican church based on Lidgett Park Road.

We are offering a wide variety of community activities including our mental health cafes, wellbeing and mindfulness support groups, a range of events, practical activities and regular sessions. We are also hosting Holiday Drop In Days every Mon and Thu 10-4pm from 26 July to 19 August – join us for board games, lego, refreshments, cakes, crafts or outdoor games. All ages welcome.

- **0113 226 4033**
- **stedmundsroundhay@gmail.com**
- **www.stedmundsroundhay.org.uk**
- **Lidgett Park Road, Roundhay, Leeds, LS8 1JN**

**TOUCHSTONE**

Touchstone hosts the community care hubs for the Moortown and Chapel Allerton wards. We work closely with MAEcare, St Edmund’s and a range of other community organisations who serve the area. We are also a community organisation that specialises in mental health, wellbeing and community services.

We are offering a range of different activities that will help people in Chapel Allerton or Moortown wards begin to recover from the effects of the pandemic. These activities will range from group activities online, face to face activities, befriending, job-searching and employment support.

- **0113 271 8277**
- **www.touchstonesupport.org.uk/contact-us**
- **www.touchstonesupport.org.uk**

**WISE**

WISE is the community care hub for the Wetherby ward. We also offer services to improve the quality of life for over 60s living in Wetherby and the surrounding villages.

We can offer signposting and advice on a range of issues, including benefits and services for older people and carers. We also have a transport scheme that helps people to meet friends and access activities and events. Our much loved WISE Owl Café at Boston Spa has now reopened every Tuesday, Wednesday and Thursday from 9am to 3pm. It offers a safe and friendly space to socialise whilst enjoying fresh tea and coffee, delicious cakes and affordable lunches.

- **01937 588994**
- **info@w-ise.org.uk**
- **www.w-ise.org.uk**
- **The One Stop Centre, Westgate, Wetherby, LS22 6NL**
NORTH WEST

AIREBOROUGH VOLUNTARY SERVICES TO THE ELDERLY (AVSED)

AVSED runs the community care hub for the Guiseley and Rawdon ward. We also works across Aireborough to prevent social isolation of people over 60 and help them live happy and healthy lives.

Our Community Connectors programme works with individuals to develop a plan to improve their wellbeing and self-care (open to all ages). This can be to increase physical activity to stay well, or recover confidence as well as making connections and finding local activities and social opportunities. We run a 6-week programme for wellbeing, regular groups and have a number of one-off activities in the local area.

0113 250 1702
info@avsed.org.uk
www.avsed.org.uk
Nunroyd Pavilion,
Nunroyd Park,
New Road,
Yeadon, Leeds, LS19 7HR

HORSFORTH COMMUNITY ASSETS PROJECT

Horsforth Community Assets Project is the community care hub for the Horsforth ward. We are a partnership of a number of community organisations and volunteers set up to support Horsforth residents.

Our supporting charity – MHA Communities Horsforth Scheme provide activities for residents who are over 60. These include chair based exercise, a craft group, men’s group, local walks, Lunch clubs and coffee mornings and shopping trips, Transport is available at a request and subject to availability.

0113 259 1511
claire.evans@hft.org.uk

CARING TOGETHER

Caring together is a Neighbourhood Network scheme, run by and for our members, operating primarily in Woodhouse, Little London and the city centre.

We provide practical support to members that range in content from home visits, basic form filling, benefits advice and information requests through to supporting those with more complex issues relating to mental ill health and dementia. We offer social groups, exercise and dance sessions, cinema trips, meals out, day trips, craft groups and much much more. We also provide a myriad of opportunities for volunteering in our local community.

0113 243 0298
info@caringtogether.org.uk
www.caringtogether.org.uk
127 Woodhouse Street,
Leeds,
LS6 2PY

HYDE PARK SOURCE

Hyde Park Source is the community care hub for the Headingley and Hyde Park ward. Our mission is to improve health and well-being through improving the environment. We do this by working with local communities to improve their surroundings. We run numerous community garden projects around the city and provide a range of outdoor education activities with primary age children.

We work closely with Oblong and Rainbow Junktion Cafe at All Hallows Church as our local food hub for essential supplies and signposting. We also work with Leeds Grand Mosque on their Love in a Box food project. Better Leeds Communities are offering support to anyone experiencing financial difficulties. Hyde Park FC are offering extra football coaching free to any children in the local area. All Hallows Church and the Cardigan Centre are improving our facilities to host more outdoor activities.

0113 245 8863
info@hydeparksource.org
www.hydeparksource.org
2 Rosebank Road,
Woodhouse,
Leeds, LS3 1HH
Otley Action for Older People is the community care hub for the Otley and Yeadon ward. We are also a community organisation working on behalf of the older population of Otley, Arthington and Pool-in-Wharfedale.

We can offer an individual support plan for anyone who feels that their health and wellbeing, support systems, self-esteem and confidence, social contact or finances have suffered during the pandemic. We also offer a wide range of group activities suitable for people who are clinically extremely vulnerable, these include our art group, our parents, tots and seniors group, t’ai chi, buffet lunch and quiz, indoor bowling, as well as trips and outings, outside spaces and cafes and restaurants. We can also arrange assisted trips for shopping.

Oblong are the community care hub for Little London and Woodhouse ward. We are also a community resource centre that provide advice, support and facilities for local people who want to make a difference through volunteering and community projects.

We offer a range of mental wellbeing courses as well as simple but impactful activities. These include walking, gardening, ESOL, our community cafe, and inviting other organisations such as Money Buddies to host sessions. Where possible, safe volunteering opportunities for people who are clinically extremely vulnerable will also be offered.

Opal is the community care hub for Adel and Whafedale and Weetwood wards. We also support older people in LS16 - Cookridge, Tinshill, Adel and Bramhope to lead happy, healthy, independent lives.

We offer a range of activities that are suitable for clinically extremely vulnerable people, including: yoga, t’ai chi, chair-based exercise, table tennis, dancing, lunch clubs, our men’s group, our carers group, dementia support, our games group and our coffee afternoon. Our staff can support individuals who want to join a group for the first time to help you feel at ease and introduce you to other group members.

We are also developing a digital offer that includes loaning internet enabled iPads and offering one to one support to develop digital skills and confidence.
SOUTH

Groundwork
Groundwork is the community care hub for Ardsley and Robin Hood, Morley North and Morley South wards. We work with people to build confidence, get into work, protect green spaces, lead more active lives and overcome challenges such as living in poverty, isolation or with poor health.

We are offering a number of activities that are suitable for people who are clinically extremely vulnerable. These include Men in Sheds and Women In Sheds, community garden skills workshops, digital skills workshops with 1:1 support, confidence building workshops, financial literacy and budgeting, our walking to health and wellbeing programme, leisure-based activity programme for people who need indoor activities, a menopause café as well as group trips to Yorkshire Country Parks or the coastline.

0300 3033 292
leeds@groundwork.org.uk
www.groundwork.org.uk

Hamara Healthy Living Centre, Merlyn-Rees Avenue, Morley, Leeds, LS27 9SL

Hamara
Hamara is the community care hub for Beeston, Holbeck and Middleton Park wards. We are also an organisation that works to encourage healthy living through youth activities, older people’s services and education and employment training programmes that support our local area.

We are offering a range of activities that are suitable for people who are clinically extremely vulnerable this includes our befriending service, supplementary school that supports educational attainment, group shopping trips or chaperoning to activities that build confidence and trust.

0113 277 3330
admin@hamara.co.uk
www.hamara.org.uk

Hamara Healthy Living Centre, Tempest Road, Leeds, LS11 6RD

INVOLVE HUNSLET
Involve is the community care hub for Hunslet and Riverside ward, working alongside Kurdish House Leeds and MHA Communities South Leeds.

Working together, we offer a variety of community activities and services. This includes general advice services, legal advice on immigration status and advice on accessing to benefits We also have an elderly support service that includes a lunch venue with activities such as bingo and t’ai chi. More community activities are being developed as more people get involved.

0113 320 0396
info@involveleeds.org.uk
www.involveleeds.org.uk

Involve Learning Center, Whitfield Avenue, Hunslet, Leeds, LS10 2QE

INVOLVE HUNSLET

MIDDLETON ELDERLY AID
Middleton Elderly Aid is the neighbourhood network for the Middleton area. We aim to promote independence in over 60s through a range of activities and services.

We have now restarted our full timetable of activities. This includes our lunch clubs, exercise classes, one to one support, online help classes and day trips. We are also happy to offer telephone support to any local clinically extremely vulnerable people aged over 55.

0113 272 1050
info@middletonelderlyaid.org.uk
www.middletonelderlyaid.org.uk

Middleton Elderly Aid Social Centre, Acre Road, Leeds, LS10 4LF

MIDDLETON ELDERLY AID
Rothwell Live at Home and CROWN are the community care hub for the Rothwell ward. We are supported by MHA Rothwell & District, who enable older people to stay living independently in their own homes for as long as possible, with the best possible quality of life. We offer a range of activities including befriending, lunch clubs, assisted shopping, activity and friendship sessions, outings, escorts to appointments and much more.

ROTHWELL LIVE AT HOME AND CROWN

We are supported by MHA Rothwell & District, who enable older people to stay living independently in their own homes for as long as possible, with the best possible quality of life. We offer a range of activities including befriending, lunch clubs, assisted shopping, activity and friendship sessions, outings, escorts to appointments and much more.

0113 288 0887
leedscommunitysupport@mha.org.uk
www.mha.org.uk/communities/near-me/rothwell-district

MHA Communities Rothwell, Oulton Institute, Quarry Hill, Oulton, Leeds, LS26 8SX

Armley Helping Hands is the local community care hub for Farnley and Wortley Ward.

We have qualified health champions who can discuss any concerns you have around your long term health issues and can create a personalized support programme with you. This might include using our diet and healthy eating service, taking part in chair-based or extend exercise, one to one walking sessions or group sessions such as yoga and t’ai chi. We also have a range of existing activities and services like our ever popular fish and chip delivery service, or our Listen Room that offers a confidential and safe environment in which to explore your thoughts and feelings.

ARMLEY HELPING HANDS

0113 279 9292
admin@armleyhelpinghands.org
www.armleyhelpinghands.org.uk

Strawberry Lane Community Centre, Armley, Leeds, LS12 1SF

Barca runs the community care hub for Bramley and Stanningley Ward as well as offering a range of transformational projects for adults, children, young people and families in Leeds.

We offer a number of different activities that are ideally suited to people who are clinically extremely vulnerable. These include a Community Café, exercise groups such as chair-based yoga group and a Zumba classes, a befriending/support service to help individuals get out or to escort on a limited number of trips to other services. Our befrienders are supporting people to access walking groups to promote safe exercise and safe spaces to talk with each other.

BARCA LEEDS

07719 086631
bettertogetherwest@barca-leeds.org
www.barca-leeds.org

259 Upper Town Street, Bramley, Leeds, LS13 3JF
KIRKSTALL VALLEY DEVELOPMENT TRUST

Kirkstall Valley Development Trust is the community care hub for the Kirkstall ward. We are also a learning and leisure park set up to refurbish Abbey Mills for housing and community use.

We offer a dedicated space for people who are clinically extremely vulnerable to drop in and receive support, advice, discuss options to get physically or mentally stronger, or get connected to a new activity.

We offer a wide variety of activities including farm volunteering groups, craftivism activities, an after school club, a walking group and a healthy holidays club.

07900 965670
adele.rae@kvdt.org.uk
www.kvdt.org.uk

Unit 11, Kirkstall Bridge Retail Park, Bridge Road, Leeds, LS5 3BL

PUDSEY COMMUNITY PROJECT

Pudsey Community Project is the community care hub for the Calverley and Farsley and Pudsey wards, providing food parcels and setting up a community pantry scheme. We are also a charitable organisation that provide community, youth/children, mental health and poverty resources for Pudsey and the immediately surrounding area.

We provide a range of programmes to help people find the right support for them. This could be a quiet café buddy (being matched with someone to go for a cup of coffee with in a safe place), group coffee mornings, an older people’s lunch club, after school clubs, mental health support groups, volunteering opportunities, bereavement support or our local short walking group.

07368 451603
office@pudseycommunity.org.uk
www.pudseycommunity.org.uk

Pudsey Parish Church, Church Lane, Pudsey, Leeds, LS28 8BE

NEW WORTLEY COMMUNITY CENTRE

New Wortley Community Centre is the community care hub for the Armley and New Wortley area. We manage a vibrant community led centre helping local people build confidence and skills and support them to access employment/volunteering opportunities and live happier and healthier lives.

Our “Step Out, Step Forward” project focuses on home visits for vulnerable local residents (aged 50 and under), we also have support workers who provide one to one support to help residents access activities at the centre or to therapeutic or counselling services. For people who might have lost some of their strength or confidence during the pandemic, we are offering a 12 week programme to develop social confidence and physical strength. We also have a weekly Money Buddies clinic, a Women’s Group, a Women’s Walking Group, a Men’s Walking Group, an Urban Task Force, Wellbeing Wednesdays, Table Talk, My Writing creative arts group, Zumba sessions, Cultural Café and so much more.

0113 279 3466
gabrielle.sinclair@newwortleycc.org
www.newwortleycc.org

40 Tong Rd, Armley, Leeds, LS12 1LZ