

# News Matters

Issue No 6 November 2023

Welcome to November's newsletter. We hope that you will enjoy reading about what our members, staff and volunteers have been doing this past month. If you would like to find out more about People Matters, and the services we offer, go to [www.peoplesmattersleeds.co.uk](http://www.peoplesmattersleeds.co.uk)

## Fundraising



As we showed last month there are lots of ways that you can raise funds for our charity. One of the more strenuous ones is taking on the 3 Peaks challenge, 24 miles of very hard fell walking up and down Pen-y-Ghent, Wherside and Ingleborough.



Meet Jen, who did the challenge on behalf of People Matters she was in a large group who were also raising money for other charities, all made it to the end and I'm sure had a well deserved drink!

Jen (Above) with her dog Vida on a training walk before the big day.

## Member Spotlight



Meet Billy, who's now a fully qualified Specialist Sports Coach. Billy was a trainee at Nourishing People and was also a member of the Wellbeing project in its early days. He also attended the football and basketball

sessions and is still a member of the Tuesday Teens and Twenties Group. Being a lover of sports he has qualified as a sports coach now and has lots of experience under his belt.

**Well done Billy!**

## Adult Groups

Just like our Teens & twenties groups, our two adult group members enjoyed doing lots of different activities over the summer. They've had meals out, snooker & pool sessions, a disco in Barkston House, and even an open mic night in Kirkstall.



## Meet our staff

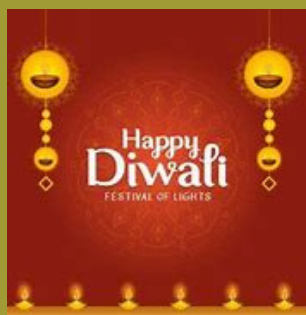
Meet Rachael, one of our support workers, she has been with People Matters for just over 2 years. She joined us from Step into Care an organisation who train people who have no experience in the care sector, and help them to find work through training and work experience. Rachael told us, "I like the fact that I can make a difference to members lives. The work is never boring and no two days are the same."

She also told us that colleagues are always willing to offer advice and support if ever she needs it. As well as her support work, Rachael has taken on leadership of the Saturday Teens & Twenties group.

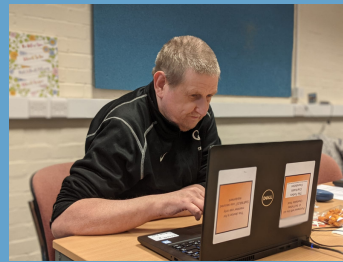
In the photo below Rachael and a teens group on a visit to the seaside.



Friday the 10th November sees the start of the 5 day Diwali or festival of lights Hindus around the world will be celebrating this religious festival. With Sunday the 12th being the main festival day.



**People Matters Employment Service**  
As well as preparing for interviews and updating their CV's our job club members spend a lot of time searching for jobs online. We have recently received a grant from the Forbes Charitable Foundation and have used it to upgraded our existing and aging equipment. Our members tell us that it makes all the difference having faster machines when looking for jobs online.



(Above and below) Some of our Wednesday Nourishing People members enjoying their new equipment. The newer equipment really helps when improving digital skills, such as searching for new outlets for their healthy snacks,.

Members have also been able to create video CV's using the camera function on the laptop and downloaded software



The Forbes  
Charitable  
Foundation

Making a difference through focused grant making

### Did You Know that?

1. In Anglo-Saxon times, November was known as Blotmonað (blood month or sacrifice month).
2. November is the only month used to represent a letter in the phonetic alphabet.

You can also sign up to receive a digital copy our Newsletter by going to our website at [peplemattersleeds.co.uk](http://peplemattersleeds.co.uk) and following the link on our home page.

**#InLeedsPeopleMatter**

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