

News Matters

Issue no 9 February 2024

Welcome to February'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, please go to www.peoplesmattersleeds.co.uk

This month we welcome a member of staff back, celebrate a members birthday, hear from a member who's also a volunteer and tell you about some exciting news about fundraising.



Member Spotlight

Meet Matt, he's been a member since 2015. He is a member of the Adult Group and receives 1-2-1 support. He had his birthday recently and we asked him for a few words.

"I had my 33rd birthday this year. I loved the rock and roll panto, it was funny and I really felt the music. I was surprised to get a shout out from the dame!

Earlier I'd gone for lunch with Christine and had poached eggs for lunch! I was even given a slice of cake from the café by the lovely staff at Honey Coffee Bike, in Beeston.

This was a bit different to what we normally do on sessions: I like going to the gym and keeping fit with swimming and table tennis, as well as fun things like the cinema and bowling. I'm looking forward to summer to be able to wear my sunglasses and have a pint in the beer garden!"

If you would like to know more about any of our social groups, or enquire about outreach support. call the office on 0113 2346896 or email info@peoplesmattersleeds.co.uk



Wellbeing is back!

Our wellbeing group sessions, restarted on January 15th. The group will be enjoying similar activities to the group which finished last December. In addition to activities enjoyed last time, the group will create a health resource by the end of the project. We asked one of our volunteers Mark, for a few words on his experience of the last wellbeing group. "I started volunteering with People Matters in September 2023. Volunteering has been a pleasure. I've met lots of members and staff, and I've enjoyed going to events, such as the AGM and Christmas party at Slung Low.

I helped to prepare the classroom took part in arts and crafts, played games, made teas and coffees. If the weather was good we went to Holbeck Park and played games like volleyball or dominoes, and we visited other local centres. I've learnt that different people have different needs, so I've tailored my help to each individual. I hope I've helped in a positive way."

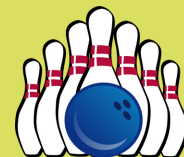


Wellbeing group is held in Barkston

House, room 41 Mondays and Fridays 10.30am to 12.30pm. For information on how to join, email info@peoplesmattersleeds.co.uk

Fundraising

1,000 points for £1,000



We're aiming to raise £1000 by scoring 1000 points at ten pin bowling

When- Wed 6th March

Where- Hollywood Bowl, Kirkstall

Time- 12.30pm or 6.30pm. Choose which session suits you

Cost- £3.40 per person per game



All participants can get sponsors for the event, sponsorship forms are available on request

Money raised will enable us to continue to support autistic people, people with learning difficulties and other hidden disabilities in the Leeds area.



BOWLATHON

Fundraising for

PeopleMatters

Shouting. Hoopie. Conscience.

Hit the goal
a 1000 for
£1000!



Scan me!

TO BOOK YOUR SPOT
GET IN TOUCH!

WHEN?
6th March

fundraising@peoplemattersleeds.co.uk or
0113 2346896

WHERE?

Round 1: 12.30pm - 2 games
Round 2: 6.30pm - 2 games

HOLLYWOOD BOWL
CARDIGAN FIELDS, KIRKSTALL RD, LEEDS



Allana is one of our amazing volunteers and a member, here she tells about the AGM, Christmas party and pantomime trip.

“How did you help with Christmas party preparations?”

“I helped to ask for raffle prizes from shops and donated some items, too. I suggested game ideas for the party and helped at the venue.”

“How was the AGM and the party?”

“At the AGM we spoke about what has happened at People Matters during the year. People also received certificates and I got the Volunteer of the Year-award! We had lots of activities at the party: musical statues, DJ and dancing, raffle winners, food and drinks, hoop game, guess how many sweets are in the jar and stick the nose on the reindeer.”

“What was the best thing about the party?”

“Getting all together, having a great DJ (Gareth!) and catching up with everyone”

“How was the pantomime?”

“We saw Rock 'n' Roll Robin Hood. I volunteered with Monday Teens & Twenties group. I helped members, for example to get a drink. I enjoyed it!”



Welcome back



My name is Laura and I have worked for People Matters since 2016. However, some of you may not know me as I have been on maternity leave since February 2023! After having a whole year off, I will be returning to work on the 5th February and

continuing my role as Service Manager which includes overseeing one of the outreach services, employment, Nourishing People and wellbeing groups.

In my spare time, I love spending time with my new baby and having quality family time. I enjoy reading, watching films, eating out, travelling and visiting the countryside.

I joined People Matters because of its values and supportive and inclusive community.

I am looking forward to seeing you all soon!

If you are interested in finding out more about our 1-2-1 service telephone 0113 234 6896 or email info@peplemattersleeds.co.uk

Developing you

Our 4th cohort of “Developing You” recently finished at The Thackray Medical Museum in Leeds. The 12 week course in partnership with Pyramid and United response is for adults with a learning disability designed to support mental health wellbeing and support towards employment.



Household Support Fund

Last winter we were able to help over 100 of our members.

It may only be something as simple as replacing bulbs with new energy saving bulbs. These will help to reduce electricity bills not only this winter but for ones to come.

The fund is still open for applications, so far this winter we have supplied:

- Winter coats,
- Winter boots
- Air fryers,
- Heated blankets
- Slow cookers

If you are not sure what you can apply for, just ask your support worker or group leader.



If you would like to subscribe to this newsletter, go to our website www.peplemattersleeds.co.uk and follow the link.

People Matters (West Yorkshire) C.I.O
41 Barkston House, Croydon Street,
Holbeck, Leeds LS11 9RT.
email: info@peplemattersleeds.co.uk
Tel: 0113 234 6896