



263  
Chapelton Road  
LS7 3EX



@ReginaldCentre

# The Reginald Centre Community Hub



Your  
Community  
Guide  
2017-18

Help people out of financial hardship

Help people into work

Improve peoples' health & wellbeing



# Foreword



Hello, welcome to the Reginald Centre Community Hub!

My name is Nick Hart and I am the Community Hub Manager. I am responsible for the development and day to day running of multiple Community hub sites in East/North East Leeds.

The Reginald Centre is one of the largest Community Hubs in the City, and as such has a huge amount of activities, groups, training, clubs and support on offer. You can claim housing benefit, get help with debt advice and saving, borrow a book or a bike from the library, grab a coffee or a bite to eat in our community café or receive help finding employment or training opportunities in the Jobshop.

Other organisations and services based at the centre include: a GP surgery, The Central Hub for North Leeds Social Prescribing – Connect Well, NHS -health education facilities, a pharmacy, a dentist, CAMHS clinic, Registrars, Legal clinics, Welfare rights, Leeds Housing Options, Money Buddies, Gypsy Roma and Traveller Service, Housing Options, Social Care Talking Points and more.

Our community café run by Black Health Initiative (BHI) has become a real feature for the centre over the last 18 months, customers can now access affordable, healthy meals and hot/cold drinks whilst they are in the centre – if you haven't sampled Maureen's home cooking, you haven't lived!!

Our dedicated staff team at the centre are always on hand to greet and guide you to the right service, and if you need support to book an appointment, register for an activity or for any reason we have the time and expertise to help. The Reginald Centre is open until 7PM with free activities on offer every night of the week including – Yoga/Zumba/BMF/Chess Club/Secret Cinema Club/SOCA/Bollywood Fitness.

Since the production of the last guide we have continued to increase the number of customers using the centre, we now have in excess of 25,000-30,000 enquiries every quarter. Our job shop is one of the busiest in the city with approximately 3500 customers registering every six months and with an average of 30-35 customers successfully securing employment every month.

Leeds city Council has the ambition for Leeds to be the best City in the UK and I firmly believe that the Reginald Centre is supporting this ambition.

I am always interested in your thoughts/ideas/suggestions/participation – please fill in a comments form found on the front desk and leave your details. I will get back to you.

Thanks

Nick Hart, Community Hub Manager

# Help people out of financial hardship

## Customer Service

Our Customer Service Officers are here to help you with housing enquiries, council tax and housing benefit enquiries. They also can help with money and debt issues.

<b>Monday</b>	<b>8:30am - 5pm</b>
<b>Tuesday</b>	<b>8:30am - 5pm</b>
<b>Wednesday</b>	<b>10am - 5pm</b>
<b>Thursday</b>	<b>8:30am - 5pm</b>
<b>Friday</b>	<b>8:30am - 5pm</b>
<b>Saturday</b>	<b>11am - 1pm (by appointment only)</b>

### General Enquiries

Drop into the Community Hub if you have a general enquiry. We can provide you with forms and accept completed Housing Benefits or council tax support forms. We also offer information and advice on other council services such as:

**Adult Social Care**

**Children and Young People Social Care**

**Disabled parking badges and disabled bus passes**

**Council benefits including free school meals**

**Parking-related services**

**Information on Credit Union products**

**Other council services such as environmental services, emptying wheelie bins, street lighting and maintaining roads and pavements.**

### Help with paying your rent

If you live in Leeds and pay rent you can apply for help towards your rent by claiming Housing Benefit. You can speak with our staff who can show you how to calculate your benefit entitlement online.

### Help with paying your Council Tax

Council Tax Support can reduce the amount of Council Tax you pay. People with a low income might be able to get Council Tax Support. We can offer arrangements to pay weekly, fortnightly or monthly, and may be able to extend your payments over a longer period of time.

Book an appointment by contacting us on.

**Tel: 0113 222 4404**

## Help connect you to other services

Consider us the best place to come if you need to speak to someone face-to-face and get information on the services for dealing with financial hardship. These services include:

### Welfare Rights

Monday 9:15am - 1:00pm

A Welfare Rights Worker is available to give advice and information on welfare benefits. Please call to make an appointment.

**Tel: 0113 376 0452**

### Housing Benefits

Wednesday 9:00am - 4:00pm

There is a Housing Benefits Advisor available to give advice and information on housing benefits. Please call to make an appointment.

**Tel: 0113 222 4404**

### Registrar

Wednesday and Friday 9:00-16:00

Registering of births and deaths can be made by appointment.

**Tel: 0113 222 4408**

### Harrison Bundy Solicitors

Wednesday 12:00-14:00

Drop in for a free Legal Clinic, no appointment needed.

**Tel: 0113 200 7400**



### Money Buddies

Monday 12:30-15:30

Come and see a Money Buddy who can offer help with debt, arrears letters, energy grants, benefit checks, switching utility providers plus much more.

Drop in or phone to speak to an advisor:

**Tel: 0113 235 0276**



### Leeds Housing Options

Thursday 9:00 - 16:00

Leeds Housing Options is our service if you are homeless, at risk of homelessness or simply want advice about your housing options.

**Tel: 0113 222 4412**

**Email: [housing.options@leeds.gov.uk](mailto:housing.options@leeds.gov.uk)**

### Carers Leeds

Fortnightly on Tuesday 11:00-13:00pm

Carers Leeds is an independent charity that gives support, advice and information to unpaid carers over 18.

**Tel: 0113 380 4300**

**Website: [www.carerleeds.org.uk](http://www.carerleeds.org.uk)**





# Chapeltown Library

## Library Services

Chapeltown Library is part of the Reginald Centre Community Hub.

<b>Monday</b>	<b>9am - 5pm</b>
<b>Tuesday</b>	<b>9am - 7pm</b>
<b>Wednesday</b>	<b>10am - 5pm</b>
<b>Thursday</b>	<b>9am - 5pm</b>
<b>Friday</b>	<b>9am - 5pm</b>
<b>Saturday</b>	<b>11am - 1pm</b>

You can join the library easily, quickly and for free by calling in or filling in our [online joining form](#).

There is always something going on with an exciting programme of events, from coding to local history as well as a regular story time, readers group and toy library.

For more information on our events visit: [www.whatson.leeds.gov.uk](http://www.whatson.leeds.gov.uk)

We provide access to online information resources, free Wi-Fi and offer free learning sessions to teach you how to use a computer or tablet.

Your library isn't just books, although we do give you access to thousands of those. We also have audio books, eBooks to download, free online magazines and no reserve charges for items we have in stock.

For more information on all our library services please visit: [www.leeds.gov.uk/libraries](http://www.leeds.gov.uk/libraries)

**Monday** **Positive Women's Group**  
10-12pm

**Tuesday** **Gypsy Roma Group**  
10-12pm

**Last Tuesday** **Reader's Group**  
5.30-7pm

**Wednesday** **Story Time**  
2-2.30pm

**Wednesday** **Toy Library**  
3-4pm

## #BIKELIBRARIES



Rent a bike for FREE as a member of the Library

1-14 days rental

We have bikes for male and female adults and children over the age of 7.

# Help People into work

## Jobshop

Our Community Engagement Officers are here to support you into work.

If you are over 16, looking for first time employment, looking to return to work or thinking about a career change - we can help. We provide 10 minute inductions to the Jobshop. These will provide you with information and detail the support available for you.

<b>Monday</b>	<b>9am - 4pm</b>
<b>Tuesday</b>	<b>9am - 4pm</b>
<b>Wednesday</b>	<b>9am - 3pm</b>
<b>Thursday</b>	<b>9am - 4pm</b>
<b>Friday</b>	<b>9am - 4pm</b>
<b>Saturday</b>	<b>closed</b>

### Self Service

Our Jobshops provide computers with free internet access. You can search for jobs and apprenticeships and make applications.

### Offer Careers advice and Guidance

Drop in with our dedicated staff. They will sit down with you and discuss your past employment history, life circumstances and aspirations. We can use this information to help you choose your destination. If you are not sure which route to take, our advisors will work with you to understand your strengths and capabilities.

### Help with job searching

Whether you are looking for full-time or part-time work, our staff can show you top tips in getting the most out of your searches. We can help focus your search on the jobs which relate to your skills, interests and experience.

### Help writing your CV

Your CV is your chance to show an employer the best of what you've got. We can guide you in selling your skills and experience, and show them you're the right person for the job. We have templates and guidelines on what sections to include. We can help prepare your covering letter and set you up with an email account.

## Help filling out application forms

Many job opportunities are advertised online and require the application to be completed online. Use our free internet access to complete these forms. We can help you in filling these out if needed. We will also review what you have written to make sure you are submitting the highest quality application possible.

## Help with interviewing techniques

Managed to get an interview? We can help you prepare. Drop in to go through practice questions. We can help you shape the answers. We offer advice and guidance on how to plan ahead and approach your interview with confidence.

## Working Wardrobe

If you have a job interview or important meeting coming up, speak to our Jobshop staff. We provide access to donated work clothes, for both men and woman, and have a volunteer hairdresser giving free hair trims. Offering you a chance to look your best when you need it most.

## Help applying for apprenticeships

There are lots of benefits to doing an apprenticeship. You can earn while you learn, and learn in a way that is best suited to you. We have the latest information on apprenticeship opportunities in the city.



# Personal Work Support Programme (PWSP)

If you are claiming Jobseeker's Allowance and have been claiming Council Tax support for 26 weeks or more, you will be offered a place on the personal work support programme.

We have Community Engagement Officers based here at the Jobshop who will provide a thorough induction to the program. You will complete five review appointments detailed below.

Help to update your CV  
Advice and support for applying for vacancies online  
Advice on how to find the type of work you are looking for  
The latest job vacancy information  
Help with any health, money, benefit or housing concerns that you may have.

For more information call:

**Tel: 0113 222 4404**

## Leeds Pathways



Do you need support with accessing employment, training or education opportunities or help with claiming benefits? Support is available with the Pathway Support Team. For more information speak to a key worker. ,

**Tel: 07891 274887**

## Workplace Leeds



Work Place Leeds provides specialised employment support to individuals recovering from mental health problems throughout Leeds. This includes mental health employment and support and help with job retention.

Employment is an important part of mental health recovery and we support the aim that people are able to find and sustain employment, maintain a family and social life, contribute to community, and avoid loneliness and isolation.

Both services are provided through a combination of one-to-one sessions and group work at the Reginald Centre Community Hub. Please contact our Jobshop staff for a referral.

To book an appointment contact Kay Jackson

**Tel: 0113 230 2631**

**Email: [Kay.Jackson@workplaceleeds.org.uk](mailto:Kay.Jackson@workplaceleeds.org.uk)**



At the Reginald Centre Community Hub we are providing adult learning courses. Whether you're looking to learn new skills, meet new people, or find a job you could find something on your door step.

All courses are **FREE** to those with means tested benefits or income under £330 a week. Where you do not meet the criteria, there may be a small charge to undertake the course. Please speak to our Jobshop Staff for details of eligibility.

For more information or to book onto any of the courses at the Reginald Centre, speak to our Jobshop staff.

**Tel: 0113 336 7649**

## Choose your destination

The programme offers various accredited and un-accredited modules to help you consider the types of jobs you could have. If you are not sure what route to take you can speak to our Jobshop staff.

Modules include:

- Education and Childcare
- Customer Service
- Health and Social Care
- ESOL Driving

## Features and benefits

The aim of community learning is to offer you the chance to gain basic knowledge and understanding of business sectors. This will improve your chances at gaining long-term employment.

Along the way you'll also pick up other beneficial skills. They include:

- Enhanced confidence and self-belief
- Improved communication skills
- Increased motivation and capability

## Where you can go next

Our accreditation (City & Guilds) offers an insight into the working environment, the expectation of employers and employees in the work place and then subject to assessment leading to a professional qualification (Cache) that could enable the learner to immediately pursue relevant employment in that area of accreditation.

For further details about all adult learning courses available at Leeds City College:

**Visit:** [www.leedscitycollege.ac.uk](http://www.leedscitycollege.ac.uk)

**Tel:** 0113 386 1997

**Email:** [courses@leedscitycollege.ac.uk](mailto:courses@leedscitycollege.ac.uk)

**TERM ONE**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>ESOL Classes</b> Leeds City College <b>9.30-12pm</b>	<b>Cake Decorating</b> Leeds City College <b>9.30-12pm</b>	<b>ESOL Family Healthcare</b> Leeds City College <b>10-12.30pm</b>		
	<b>ESOL Classes</b> Path Yorkshire <b>12-2pm</b>	<b>ESOL Classes</b> Path Yorkshire <b>12-2pm</b>		<b>ESOL Classes</b> Leeds City College <b>9.30-12pm</b>
<b>Childcare NVQ 1 and 2</b> Leeds City College <b>12.30-3pm</b>	<b>ESOL Driving</b> Leeds City College <b>5-7pm</b>		<b>Vocational Modules</b> Leeds City College <b>12.30-3pm</b>	
<b>Basic IT Skills / IT for Employment</b> Library sessions booking available				

**TERM TWO**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>ESOL Classes</b> Leeds City College <b>9.30-12pm</b>	<b>Arts and Crafts</b> Leeds City College <b>9.30-12pm</b>			
	<b>ESOL Classes</b> Path Yorkshire <b>12-2pm</b>	<b>ESOL Classes</b> Path Yorkshire <b>12-2pm</b>		<b>ESOL Classes</b> Leeds City College <b>9.30-12pm</b>
<b>Childcare NVQ 1 and 2</b> Leeds City College <b>12.30-3pm</b>			<b>Vocational Modules</b> Leeds City College <b>1-3.30pm</b>	
<b>Basic IT Skills / IT for Employment</b> Library sessions booking available				



## Beginners English (ESOL) classes

**Tuesday and Wednesday 12 - 2pm**

Learn beginners English for everyday life, improve your communication skills, develop your confidence and make friends.

To enrol, contact PATH Yorkshire **0113 2624600**

## Accredited English (ESOL) classes

**Monday 9.30 - 12pm and Friday 9.30-12pm**

Learn beginners English for everyday life, improve your communication skills, develop your confidence and make friends. You will receive accreditation for your achievement.

To enrol, contact Leeds City College on **07770 821612**

## Driving Theory (ESOL) classes

**Tuesday 5 - 7pm**

**Please ask at Jobshop**

English for Driving Theory a course to help you with the language of the driving theory test. For Entry 2 and above. You will learn the vocabulary of driving and the names for the different parts of the car. Difficult ideas and words are made easy to understand. Ideal for those who want extra help with reading and understanding the language of the driving theory test.

To enrol, contact Leeds City College on **07770 821612**

## Family Healthcare (ESOL) classes

**Wednesday 10 - 12pm**

**From 1 Nov - 6 Dec**

This short 6 week course is to help families to administer basic first aid, understand the NHS provision in Leeds. Helping families who have English as an additional language to understand medical words and language used. You will learn how to register with a GP and use online NHS services.


To enrol, contact Leeds City College on **07770 821612**

## Basic IT Skills and IT for Employment

Leeds Library and Information Service

**Tel: 0113 378 5005**

**or visit [www.leeds.gov.uk/libraries/](http://www.leeds.gov.uk/libraries/)**

- Learn to how to use your internet and e-mail skills to help you find a job
  - Create letters for reports using word processing software.
  - Create spreadsheets to work with figures
  - Create presentations
  - Use the internet to find answers to specific software problems.
- 

# Childcare



24 week course  
2.5 hour classes

Thursday

12.30-3pm

First Steps

From 25th Sept - 16th Oct

City and Guilds

From 30th Oct - 11th Dec

NVQ 1 and 2

From 8th Jan - 11th Jun

Course content includes:

- Child & Young person development
- Safeguarding and welfare of children and young people
- Support children and young people's Health & Safety
- Understanding positive behaviour
- Maintain and support relationships with children and young people.

All elements are subject to viable numbers of learners and assessment if the learner is suitable to advance to other course levels.

# Customer Service



24 week course  
2.5 hour classes

Thursday

12.30-3pm

Introductory

From 2nd Nov - 14th Dec

NVQ 1

From 4th Jan - 29th Mar

Course content includes:

- Improve your communication skills
- Complaints handling
- Giving and receiving feedback
- Conflict resolution
- Personal approach
- Listening to the customer

All elements are subject to viable numbers of learners and assessment if the learner is suitable to advance to other course levels.

# Health & Social Care



12 week course  
2.5 hour classes

Thursday

12.30-3pm

Introductory

From 19th Apr - 24th May

City and Guilds

From 7th Jun - 12th Jul

Course content includes:

- Looking at opportunities in health, social care
- Learn how to maintain safe, caring and stimulating environment
- Health & Safety
- Positive relationships and how you make a difference to people's lives

To book on any of these courses speak to a member of staff on the hub or in the Jobshop or email

[CLF.Reginald.Centre@leeds.gov.uk](mailto:CLF.Reginald.Centre@leeds.gov.uk)

# Cake Decorating



12week course  
2.5 hour classes

Tuesday

9.30-12pm

From 12th Sept - 12th Dec

Course content includes:

- How to use sugar paste
- Covering a cake and making decorations
- Learners leading on designing decorations

Classes starting for anybody wanting to learn cake decorating to a higher level. Whether you are serious about cake decorating or just want to have some fun, there is something for everyone. Opens the possibilities of starting your own business with your new skill.

Basic materials and tools are provided.



# Arts & Crafts



12week course  
2.5 hour classes

Tuesday

9.30-12pm

From 2nd Jan - 27th March

Course content includes:

- Learn the technical and design skills to make your own crafts using paints, fabrics, sewing and more.

Classes starting for anybody wanting to develop their arts and crafts. Basic materials will be provided however participants are encouraged to invest in their own resources to accomplish more advanced crafts.

# Health & Wellbeing



12week course  
2.5 hour classes

Tuesday

9.30-12pm

From 2nd Jan - 27th March

Course content includes:

- Find your strengths
- Learn techniques to manage mood
- Become more assertive
- Explore mindfulness techniques

Classes starting for anybody wanting to improve their health and wellbeing, connect with others and improve their self-esteem.



## Westfield Medical Centre

As a General Practice we deal with a whole range of health problems. General Practitioners (GPs) treat all common medical conditions and can refer patients to hospitals and other medical services for urgent and specialist treatment. Our GPs and our wider health practitioner team focus on the health of the whole person combining physical, psychological and social aspects of care.

### Health Promotion Services

We have Practice Nurses & Health Care Assistants - who along with the Midwife and District Nurses provide a comprehensive service and patients have easy access to all the services which the Health Centre provides:

- Maternity Services & Family Planning
- Child Health Clinic
- Diabetic Clinic
- Cardiovascular Risk Factor/ Hypertension Clinic
- Asthma Clinic/ COPD
- Weight management/ Diet Counselling/ Life Style Coaching
- Travel Information
- Flu Vaccination
- Alcohol Advice & Information Services
- Minor Surgery

We also carry out cervical smears, breast examinations, dressing and removal of sutures, ear syringing at doctors request and home visits for long term housebound patients.

### Opening Times

<b>Monday</b>	<b>8:00am - 6:30pm</b>
<b>Tuesday</b>	<b>8:00am - 6:30pm</b>
<b>Wednesday</b>	<b>8:00am - 6:30pm</b>
<b>Thursday</b>	<b>8:00am - 6:30pm</b>
<b>Friday</b>	<b>8:00am - 6:30pm</b>
<b>Extended Hours</b>	<b>Please ask at Reception for further information on the Extended Hours opening times. Appointments are pre-booked only appointments for those who are unable to attend during normal hours due to work commitments etc.</b>

# Sexual Health Clinic

**Tel: 0113 843 4410**

Tuesday 12-7:30pm

Services Available:

- C-Card Registration (free condoms for under 25s)
- C-Card Pick Up
- Pregnancy Testing
- Chlamydia Testing
- Emergency Contraception
- Support and Advice
- STI Testing
- Contraception
- HIV Testing
- PePSE (HIV treatment)
- Drop-in Clinic
- Condoms (over 25s)

# Community Dental Service

**Tel: 0113 843 4333**

The Community Dental Service provides NHS dental care for children and adults who have dental treatment needs which cannot be met in a general dental practice. The majority of our patients have physical, sensory, intellectual, mental, medical, emotional or social impairment, or more often a combination of these factors.


We are a **referral-only** service, which means that a healthcare professional or social care professional would need to refer you to us for assessment.


## Lloyds Pharmacy


Lloyds Pharmacy is a chain of dispensing chemists that sell all the usual shampoos, cleansers, make up and pharmaceutical products. Sited in the Reginald Centre so you can pick up your prescription after seeing the doctor.

**Tel: 0113 843 4333**

**Visit: [www.lloydspharmacy.com](http://www.lloydspharmacy.com)**

 Diabetes Testing


 Vaccinations

 Medicines Check-up

 Online Doctor Pick-up

 Click & Collect

 Stop Smoking Service

 Respiratory Support Service

 Blood Pressure Testing

# Connect Well Social Prescribing Service



## About the service

Connect Well is a social prescribing service. Our aim is to connect you to relevant services within your local area which will benefit your overall health and wellbeing.

Feeling connected to your community has lots of health and wellbeing benefits that support resilience, independence and good physical and mental health.

Our Wellbeing Coordinators are based within GP practices and can provide 1-2-1 support over the phone and face to face. They will work closely with you to understand your particular needs and will then assist you to access the relevant services and groups within your community.

**Tel: 0113 336 7612**

**Email: [connectwell@commlinks.co.uk](mailto:connectwell@commlinks.co.uk)**

Our referral form can be downloaded by visiting our website:

**[www.commlinks.co.uk/services/leeds/connect-well/](http://www.commlinks.co.uk/services/leeds/connect-well/)**

# Adult Social Care Talking Point



## About the service

Talking Point is a service offered by Adult Social Care in Chapeltown where customers can have a conversation with a social worker in the community rather than at home. Appointments are booked, usually with 10 days, facilitating a much better and faster response than previously.

The conversation focuses on what is important to the individual and aims to solve problems often using the person's own strengths and those of their family and the community. Our aims are to promote independence, help people achieve their chosen outcomes and be in control. Often only a bit of support is needed for a short period to overcome a problem and get back on your feet but can be the place to start considering longer term support if required.

If you think you might benefit from a conversation please call the Adult Social Care Contact Centre:

**Tel: 0113 222 4401**

# Community Activities

At the Reginald Centre we have a huge range of activities to keep you fit, stretch your mind and let you socialise. Many activities are run by volunteers, engaged as Community Health Champions.



**Bike Library**  
Rent a bike for FREE  
for up to TWO weeks



**Fusion Cafe**  
Coffee/Salad boxes/Toasties  
8.30-4pm Tues-Fri



**Table Tennis**  
Play for free  
Mon - Fri 5-7pm

<b>MONDAY</b>	<b>Chair Based Exercise</b> <b>10.30 - 11.30am</b> <b>(£1.50)</b> Keep fit and make friends. Part of Healthy Homes Healthy Lives project.	<b>Amé Group</b> <b>10-12 pm</b> Woman's group for new emerging communities	<b>Zumba (£1)</b> <b>5.30 - 6.30pm</b> Keep fit and make friends.	
<b>TUESDAY</b>	<b>Chess Club</b> <b>5 - 7pm</b> Beginners, intermediate and advanced players welcome. Friendly atmosphere	<b>Yoga (£1)</b> <b>6 - 7pm</b> Great way to stay flexible and keep fit.		
<b>WEDNESDAY</b>	<b>Arthritis Care</b> <b>9.30 - 11.30pm</b> Drop-in support session various weeks. Call Monica for more info. <b>Tel: 07857594210</b>	<b>Secret Cinema Club</b> <b>5-6pm</b> Monthly family friendly movies screened. Popcorn and Juice provided.	<b>Soca (£1)</b> <b>5.30 - 6.30pm</b> Family fun to get fit and feel the rhythm.	
<b>THURSDAY</b>	<b>More Than a Coffee Morning</b> <b>10 - 12pm</b> Keep active with gentle Zumba sessions, arts & crafts, dominoes, knitting. @ Leeds Polish Centre	<b>Bollyfitness (£1)</b> <b>5.00 - 6.00pm</b> Bollywood dance fitness classes. Starts 14 <sup>th</sup> September. <b>Tel: 07540395526</b>	<b>Meditation (£2)</b> <b>6 - 7.30pm</b> Reduce stress, calm your mind with guided, followed by silent classes. <b>Claire - 07807246030</b>	
<b>FRIDAY</b>	<b>A New Connection</b> <b>11 - 1pm</b> Stay connected with gentle Zumba, thread art, relaxation and storytelling. @ St Aiden's Community Hall	<b>Irish Men's Group</b> <b>11 - 1pm</b>	<b>Duara: Womens Healing Circle</b> <b>5 - 7pm</b> Every 3 <sup>rd</sup> Friday of the Month: A free community health & wellbeing workshop.	
<b>SATURDAY</b>	<b>Social Saturday</b> <b>10.30 - 1pm</b>	<b>Chess Club</b>	<b>Dominoes Club</b>	



Looking for an opportunity to volunteer in Chapelton?  
Call Joseph on 07891 272 150  
Come see how you could share your passions and skills.

In partnership:



Please make enquiries at front desk as we are always adding more.

# Fusion @ Reginald Community Cafe

## Good Food your way



A warm and friendly space to meet with friends and others in the neighbourhood. The café gives young people studying hospitality and catering at Leeds City College the opportunity to gain work experience, helping them on in their future careers.

**Tuesday- Friday 9:00-3:00pm**

**Build your own salad box £3.50**

### Select one from...

Chicken  
Ham  
Feta  
Tuna  
Cheddar Cheese

### Add five from...

Spicy Peppers  
Beetroot  
Jalapeños  
Mixed Green Salad  
Cucumber  
Pasta Salad

Tomatoes  
Olives  
Sweet corn  
Red Onions  
Potato Salad  
Coleslaw

### Sandwiches & Toasties £2.50

#### Select from...

Chicken, Brie & Onion Chutney  
Cheese & Ham  
Cheese & Tomato  
Tuna & Cheese

#### Or Build your own..

**Choose any two fillings for £2.50 -  
additional fillings 25p each**

### Maureen's Specials

Homemade dishes with varying prices. Keep your eyes peeled.

#### Jacket Potatoes £2.00

##### Select from...

Cheese  
Cheese & Beans  
Tuna

**Create your own with one filling  
Additional filling 25p each**

### Hot Drinks

Latte	£1.80
Mocha	£2.00
Cappuccino	£1.80
Espresso	£1.20
Americano	£1.50
Yorkshire Tea	£1.00
Herbal Tea	£1.00
Hot Chocolate	£2.00

### Cold Drinks

Bottled Water	£0.55
Fruit Juice	£0.75
Cans	£0.75
Bottles	£1.00

**Twitter: @BHILeeds**

**Facebook: Black Health Initiative**

**Email: [admin@bhileeds.org.uk](mailto:admin@bhileeds.org.uk)**





## CHAPELTOWN COMMUNITY HEALTH CHAMPIONS

# You can make a difference!

Become a Community Health Champion, working with local GP practices to improve the health & wellbeing in your neighbourhood.

We are looking for active citizens who have **skills, passions and gifts** to share with others. We train and support individuals who are able to volunteer for **3 hours a week**.

### What would a good candidate have?

- The enthusiasm to be open, welcoming and compassionate.
- Confidence to promote health & wellbeing messages.
- Willing to share their interests and skills with others.
- A passion and commitment to volunteering.

All candidates will be DBS checked and asked for references.

Interested, find out more and **JOIN OUR TEAM!**

Contact Joe by calling: **07891 272 150**

Or email: **[CHC.recruitment@leeds.gov.uk](mailto:CHC.recruitment@leeds.gov.uk)**

## Some helpful numbers

Adult Social Care:	0113 222 4401
Anti-Social Behaviour:	0113 222 4402
Housing Leeds:	0800 188 4000
Housing Leeds:	0113 376 0410
Children & YP Social Care:	0113 222 4403
Council Tax and Benefits:	0113 222 4404
Highways including street lighting and cleaning and car parking:	0113 222 4407
Registrars :	0113 222 4408
Planning:	0113 222 4409
Disabled parking badges and bus passes:	0113 222 4444
Housing Options:	0113 222 4412
For financial support for higher education:	0300 100 0607

Textphone for deaf and hard of hearing people:

Tel: 0113 222 4419

Fax: 0113 245 7890

## Out-of hours emergency phone numbers

### Council House Repairs

0800 188 4000 (free from a landline)

0113 376 0410 (alternative local rate)

### Social Care and Homelessness

0113 240 9536

All Community Hubs are Hate Reporting Centres for reporting Hate Crime and getting advice.