OPAL NEWS

Older People's Action in the Locality



Welcome to the July/August newsletter.

We will be closed Tuesday 25th August until Tuesday 1st September (Monday 31st August is a bank holiday!). During this time there will be staff in the office taking phone calls, but the café will be closed and there will be no activities. This is to give staff a chance to catch up on admin work, and for any maintenance to be done in and around the building. Let's hope we have some nice weather this summer! If it does get hot, head to page 7 to learn some tips and tricks on keeping cool at home and outside!

Buckingham Palace Garden Party

Staff members Hattie, Shelley, Ellen and Nikki were lucky enough to be nominated to attend the Royal Garden Party in May, in recognition of the work they do for OPAL and the Welcome In Community Centre.

They all had a lovely time, the rain stayed away, and they got to see King Charles and Prince William!





Drop-In Office

OPAL's drop in office is open from 10am – 1pm Monday and Tuesday, and 10.30am – 1.30pm Wednesday to Friday to access information, book onto trips, and get support. Alternatively, you can call OPAL on 0113 261 9103.

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What's on...

Monday Lunch Club



We have three lunch clubs a week here at OPAL. At present, we have space on our Monday lunch club!

If you would like to join us for a hearty, healthy, and delicious homecooked two-course meal followed by a cuppa every Monday, please ring OPAL on 0113 261 9103 to book your place. Lunch costs £7, and transport can be provided for an additional £5.

Dance On

Join in the fun with Dance On Sessions! Looking for a great way to stay active, meet new people and boost your physical and mental wellbeing?

Dance On sessions are the perfect place to start. Whether you're a complete beginner or have been moving and grooving your whole life our sessions are for you. Led by professional dance artists you will learn new skills and movements adaptable to different mobility levels. You can take the session at your own pace, some of our dancers stand, some sit – but everyone has a great time staying active together. No experience needed, just bring yourself and your enthusiasm! Your first session is always FREE! Mondays 2.15 – 3.15pm at the Welcome In Community Centre.



Exercise Class – Physio Tai

Thursdays 1 – 2pm in the Sunshine Room.



Join physiotherapist Ammit Mistry for an hour of physiotherapist-led Tai Chi. This class is £5 per person. There is **NO** transport for this class.

Price Changes

Our Tai Chi classes have changed from £5 to £6, as has our Yoga class. Our lunch clubs have also increased in price from £6 to £7. If you have any problems, or wish to speak about this, please call OPAL on 0113 261 9103.

Royal Voluntary Service Virtual Village Hall

Is a free online community and activity hub designed to help people stay physically active, socially connected and support their overall wellbeing.

The platform offers a wide range of live and on-demand sessions, including exercise, mindfulness, cooking and creative activities, particularly benefiting people living with long-term conditions or experiencing loneliness. **Visit www.royalvoluntaryservice.org.uk to find out more.**

PCSO Contact Point

Local PCSOs come to the Welcome In Café every Thursday morning, 10am – 11am.

If you have any problems and would like to speak to your local PCSOs, there is no need to book, just pop in and have a chat with them!

Book Club

OPAL's book club is a free activity which takes place on the first Friday of each month in the Welcome In Cafe. It currently has a core group of 12 members, and we read a variety of books, one each month, each chosen by the members, then get together to discuss it over a cuppa.

If you enjoy reading and fancy joining us, please get in contact with Morgana (Drop-In Office on a Wednesday 10.30am – 1.30pm), Ellen, or speak to any of our team.



Adult Social Care Drop-In

Adult Social Care will have a drop in at OPAL at our Games Morning and in our café 11am – 1pm on Thursday 23rd July and Thursday 27th August. Pop in to have a chat with them to find out information and advice.

OPAL Trips

Hands On Trip
Tuesday 7th July
11:30am-3pm, £25
A trip to **Wetherby Whaler in Pudsey** for a delicious 3-course meal of a starter, fish and chips followed by a pudding. This trip is accessible and open to ALL. If you need assistance, please let us know when you book your place. Transport from home can be provided for an additional £5.

Hands Off Trip
Tuesday 4th August
9:30am-5pm, £20
A trip to **Yorkshire Sculpture Park** to see the artwork and sculptures! This trip is over an hour away and involves lots walking including on uneven surfaces. This is a hands off trip meaning you need to be able to manage independently, there will be no volunteer support for this trip, and no transport from home. If you need support you will need to bring a carer.

Friday Social

Every Friday, 2pm-3:30pm. An activity followed by refreshments. £3 per person, transport available for £5.

July:

3rd - Athill Ukuladies Performance
10th - Indoor Kurling
17th - Richard and Honey
24th - Bingo
31st - Shopping Online Safely Talk

August:

7th - Marks and Spencer Archive Talk
14th - OPAL Sports Day
21st - Quiz
28th - Oldest Churches in Leeds Talk

Shopping Trips

This trip is also door-to-door. The minibus will pick you up from home, take you to Pudsey Owlcotes, then take you home again afterwards. Pick up is 11am and you will be home around 3pm.

The trips cost just £5 thanks to Headingley Rotary Club's donations, allowing OPAL to keep this trip as low in cost as possible. Please note: the trip price may increase in July 2026.

2026 Dates

July: 2nd and 16th
August: 6th and 20th
Sept: 10th and 24th
Oct: 8th and 22nd
Nov: 5th and 19th
Dec: 3rd and 17th

Men's Trips

The OPAL Men's Trips run once a month. 6 trips of the year are an afternoon out somewhere, such as Cartwright Hall or Cliffe Castle Museum. The other 6 trips of the year are a meal out.

July Trip:
Tuesday 14th July, 10:30am-3pm, £20
A day at the **Lotherton Hall**! Visit the cafe or bring a packed lunch.

August Trip:
Tuesday 11th August, 12pm-3pm, £25
Enjoy a three-course lunch at **Wetherby Whaler**!

Transport available from home for an additional £5. Call 0113 261 9103 to book.

A reminder phone call will be made the week of the trip. Cancellations less than a week before the trip will not be refunded. To book your place on a trip, please call 0113 261 9103 or visit our drop-in office that's open Monday and Tuesday 10am-1pm, and Wednesday to Friday 10:30am-1:30pm.

MONDAY

Health and Wellbeing Coach R
9am-4pm
By GP referral only

Musical Communication
9:15am-10am, £10
A fun and effective intervention for children with social-communication needs. Call Ros on 07546429018 to enquire

Drop-In Office
10am-1pm
For information and advice

Massage W
10am-12pm
£10 for 45 minutes

Lunch Club
12:30pm-2pm, £7
Transport £5
A homecooked meal, dessert and a hot drink

Memory Support
Fortnightly
1:30pm-3:30pm, £5
Free transport
For those with memory problems and their carers

Dance On
2:15pm-3:15pm, £5
For all abilities, can be done seated or standing

Brownies
5:45pm-7:45pm
To enquire, visit Girlguiding Leeds

Cookridge Writers Collective
6:30pm-8:30pm
SECOND Monday of the month. Come along for a chance to get creative with peer support, no need to book - just turn up!

W Wait List
R Referral Only
OPAL Members
Open to ALL
Appointment Only

TUESDAY

Foot and ankle massage
9am-4pm, appointment only
Call Nick 07751078787 to book

Line Dancing
10am-11am, £5
For all abilities

Men's Trips
The OPAL Men's Trips run once a month. 6 trips of the year are an afternoon out somewhere, such as Cartwright Hall or Cliffe Castle Museum. The other 6 trips of the year are a meal out.

OPAL Trips
Our OPAL Trips run monthly, alternating between a trip with support and a trip for independent members

Drop-In Office
10am-1pm
For information and advice

Active Leeds Strength and Balance R
12:45pm-3:30pm
Improve your strength and balance
Referrals only. To refer, visit Active Leeds-Falls Prevention or call 0113 3783680

Memory Support
Fortnightly
1:30pm-3:30pm, £5
Free transport
For those with memory problems and their carers

Carers Support W
Fortnightly
1:30pm-3:30pm, £5
Free transport
For carers and people they care for

PACT Meeting
7pm-8pm
Every SIX weeks
A chance to chat with your local Weetwood Ward PCSOs. The 2026 dates are:
11th August
22nd September
3rd November

WEDNESDAY

Café
9am-3pm

Drop-In Office
10:30am-1:30pm
For information and advice

Tai Chi W
Bramhope Methodist Church
10:15am-11:15am, £6
For all skill levels

Gentle Exercise W
10:15am-11:15am, £5
Seated and standing exercises

Craft Group
10am-12pm, £3
For all skill levels

Chair-Based Exercise W
11:30am-12:30pm, £5
Transport £5
A seated exercise class

Lunch Club
At the High Farm Pub
12:30pm-2pm, £7
Transport £5
Homecooked meal, dessert, hot drink and bingo

Chair-Based Yoga
1:15pm-2:15pm, free
Relaxed seated yoga for those age 18 and above

Digital Support
1:30pm-4:30pm, £5
Group setting for help with all things digital

Youth Group
6:30pm-8:30pm, free
For 11-19 years of age
A place to meet for activities and support

Milfield Memory Clinic R
9am-4pm
By GP referral only

THURSDAY

Café
9am-3pm

Foot and ankle massage
9am-4pm, appointment only
Call Nick 07751078787 to book

Wellbeing Walks
Leave Welcome In at 10am on the public bus or car share

PCSO Contact Point
10am-11am
Visit the cafe to have a chat with Weetwood Ward PCSOs

Drop-In Office
10:30am-1:30pm
For information and advice

Tai Chi W
Adel and Ireland Wood Community Centre
10am-11am, £6
For all skill levels

Games Morning
10:30am-12pm, £2
Transport £5
A morning of board games

ASC Drop-In
11am-1pm
Every THIRD Thursday
Pop in to the café for an informal chat with Leeds Adult Social Care

Shopping Trips
Fortnightly, 11am-3pm, £5

Yoga
11am-12:15pm, £6
Standing and floor yoga

Chair-Based Exercise W
12:30pm-1:45pm
and 2pm-3:15pm, £5
Transport £5
A seated exercise class

Physio Tai Chi
1pm-2pm, £5
Tai Chi with physiotherapist, seated and standing options

Table Tennis
2:15-3:45pm, £3
For all skill levels

FRIDAY

Café
9am-3pm

Foot and ankle massage
9am-4pm, appointment only
Call Nick 07751078787 to book

Fast 5 Mile Wellbeing Walk
Welcome In at 10am on the public bus or car share, monthly

Drop-In Office
10:30am-1:30pm
For information and advice

Bereavement Café R
10:30am-12pm, fortnightly
Referral from OPAL staff only

Scalextric
10am-12pm
LAST Friday of the month
Have fun racing round the track!

Tai Chi W
10:15am-11:15am, £6
For all skill levels

Book Club
FIRST Friday of the month
11:30am-12:30pm
Each month's book is chosen by a group member

Hearing Aid Clinic
12pm-2pm
QUARTERLY for tube changes and battery replacements. Must be NHS hearing aids. Drop-in session.

Lunch Club W
12:30pm-2pm, £7
Transport £5
A homecooked meal, dessert and a hot drink

Councillor Surgery
1pm-2pm
FOURTH Friday of the month
Pop in to talk to your local Weetwood Ward councillors

Friday Social
2pm-3:30pm, £3
Transport £5
Weekly entertainment

WEEKEND

Cook Stars
SATURDAY 9:30am-11:45am
Teaching kids and teens to cook from scratch.
Call Laura on 07356211366 to book

JOIN THE COMMUNITY

Incredible Edible
A community growing area at the back of the Welcome In, for anyone to help grow and take home the produce. On certain days throughout year we plant and maintain the growing patch, but we always need individuals to check in on it as and when. Seed donations or plants happily accepted to help us thrive!

Community Compost
Take a compost bin and get filling! Bring it back to the Welcome In to empty it into one of our three compost bins. When the compost is ready you can take some home.

Little Library
Borrow a book, swap a book for one you already have, or bring books in for others to enjoy! Our little library is located by our patio.

We Can't Sing
Join us for a relaxed sing-a-long at the Fox and Hounds Pub, monthly on a Thursday evening, 7pm-8:30pm. Keep an eye on our Facebook or chat to Ellen in the cafe to find out the next date.

PLEASE HELP US BY COMPLETING OUR QUESTIONNAIRE!

You can complete our questionnaire in many ways:

- **Over the phone –** give us a call on **01132619103** and tell us your feedback verbally!

- **At OPAL –** complete our questionnaire when you next pop into OPAL! We will have copies in our drop-in office.

- **At home –** you can complete the questionnaire at home, and either post the form back to us, bring it with you when you next pop in, or give us a call and we can arrange for a volunteer to pick it up from you!

- **By email –** if you are tech savvy, you can also email admin@opal-project.org.uk with your answers!

Every person who answers our questionnaire will be added to a prize draw to win a hamper. The questionnaire helps us to tailor our services to YOU, our members, as well as helping us apply for additional funding.

The feedback we get gives us the evidence we need to show potential funders the difference we make to the people we support.

Keeping Cool In Summer

Tips for Staying Cool Indoors

Close Windows and Curtains: Keep windows and curtains closed during the hottest parts of the day to prevent warm air from entering. Open them in the evening or early morning when temperatures drop.

Use Fans Wisely: Electric fans can help circulate air. Position fans to blow air towards you, but avoid direct airflow to prevent dehydration.

Stay Hydrated: Drink plenty of water throughout the day to stay hydrated. Avoid caffeine and alcohol, as they can lead to dehydration. Isotonic drinks can help replenish lost salts and sugars.

Cool Showers and Baths: Taking cool showers or baths can help lower your body temperature. You can also run cold water over pulse points like your wrists and neck for quick relief.

Limit Cooking: Minimize the use of ovens and stoves during the hottest parts of the day. Opt for cold meals or prepare food during cooler times.

Tips for Staying Cool Outdoors

Avoid Peak Sun Hours: Try to stay indoors or in the shade between 11 AM and 3 PM when the sun's rays are strongest.

Wear Appropriate Clothing: Light, loose-fitting clothing can help keep you cool. A wide-brimmed hat and sunglasses can protect you from direct sunlight.

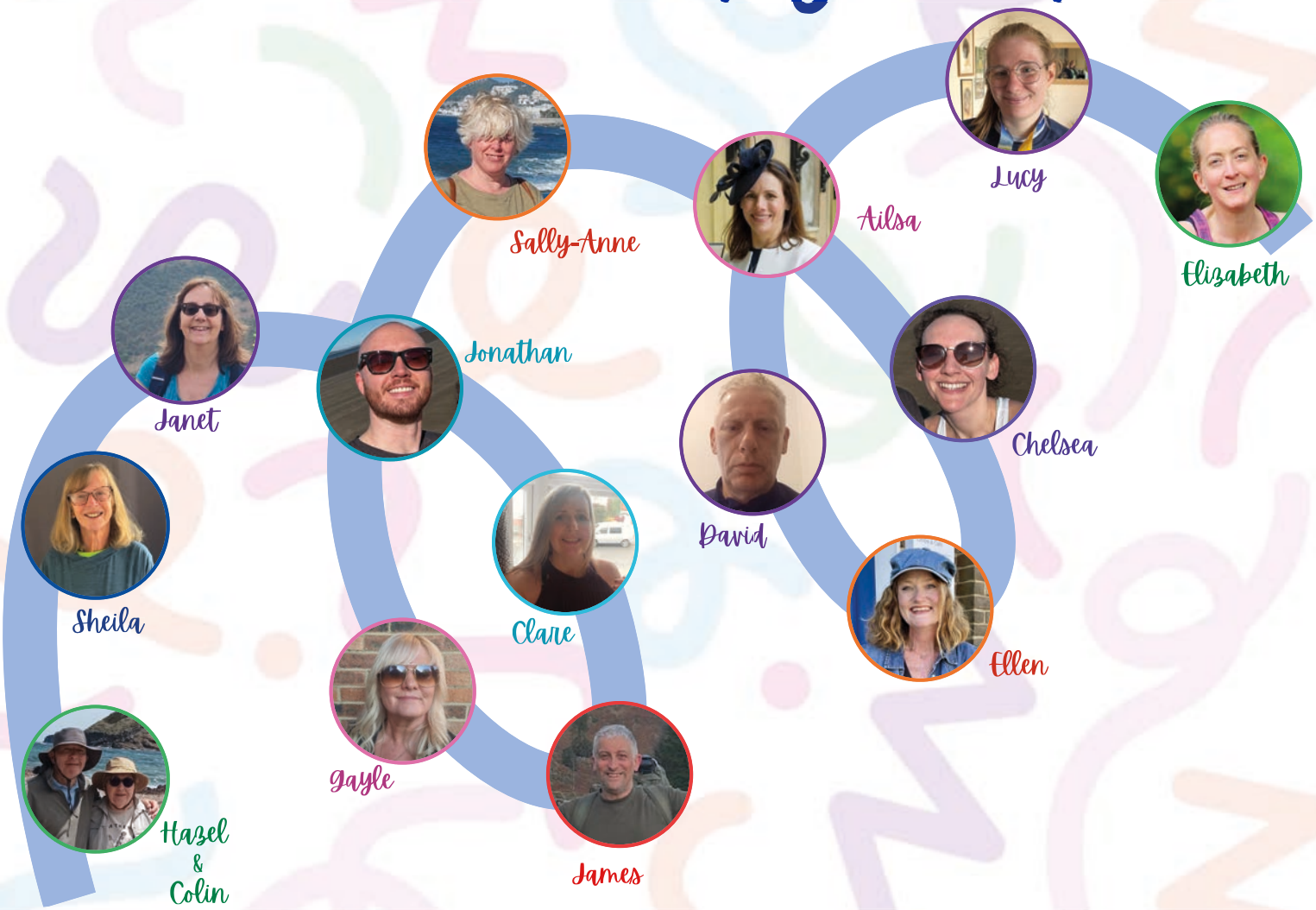
Use Sunscreen: Protect your skin from sunburn, which can make you feel hotter. Apply sunscreen with a high SPF before going outside.

Cool down with Water: If you're outside, keep cool by splashing water on your skin or using a damp cloth. Visiting a shaded area can also help.

Health Considerations

Recognise Heat-Related Illnesses: Be aware of the signs of heat exhaustion and heatstroke, such as dizziness, nausea, and excessive sweating. If you or someone else shows these symptoms, seek medical help immediately.

The OPAL Loopy Loopers!



It's almost time for the OPAL Loopy Loopers to take on the 'The Ultra Loop Temple Newsam'.

The challenge is to complete as many 5k loops as you can in an 8 hours period (9am-5pm), raising money for OPAL.

The ages of the Loopy Loopers span 7 decades!

Each team member has predicted the number of loops they hope to achieve and as a team, that makes 84 loops. If we complete our 84 loops then between us we will cover 420k!

To donate you can: pop into OPAL and chat to a member of staff, visit our fundraising page at www.localgiving.org/charity/opal send a cheque in the post to Welcome In Community Centre 55 Bedford Drive LS16 6DJ, or you can pay via bank transfer account number: 24503274 sort code: 53-70-00.

Gift Aid

Gift Aid is a scheme that lets UK taxpayers easily supercharge their charity donations. If you say 'yes' to Gift Aid, every £1 you donate becomes £1.25 for the charity at no extra cost to you!

Your donations will qualify as long as they're not more than four times what you have paid in tax in that tax year (6 April to 5 April).

The tax could have been paid on your income or capital gains.

To claim Gift Aid on your donation, OPAL needs:

- Your name and address
- You to declare that you pay tax in the UK of an amount at least equal to the amount the charity will claim in Gift Aid on your donation (those who pay no tax shouldn't use the Gift Aid scheme).
- Your signature and the date

We have a Gift Aid form that you can complete here at OPAL. You only need to complete the form once, then we can claim Gift Aid on your current donation, any donations going forwards and any donations made in the previous four years.

If you donate to OPAL through our online Local Giving page, you can select 'yes' to Gift Aid. Local Giving will claim the gift aid and pass both the donation and gift aid on to us.

If there are any changes in your circumstances such as a change in your address or you no longer pay tax, please let us know!

An example of how much difference Gift Aid can make to your donation!

YOUR DONATION	CHARITY RECEIVES
£10	£12.50
£50	£62.50
£100	£125.00
£500	£625.00

The uplift is 25p per £1 — this comes from HMRC, not you.

Gift Aid really helps us get even more from your generous donations!

Cancer Support

We are working in partnership with Yorkshire Cancer Alliance and NHS partners to offer local support for people living with and beyond cancer.

Throughout May, we delivered four “Living With and Beyond Cancer” sessions, providing information, guidance, and opportunities for people to connect with others affected by cancer.

Available support at OPAL:
OPAL now holds a range of resources for people affected by cancer. A selection of Macmillan leaflets is available in the Silk Mill entrance for anyone to access.

We also have a general overview of local and national support services (provided by one of our guest speakers), which can be printed on request.

Advice is available across a wide range of areas, including:

- Attendance Allowance
- Personal Independence Payment (PIP)
- Universal Credit
- Pension Credit
- National Insurance
- Blue Badge applications
- Council tax reductions
- NHS travel costs
- Support with utility bills.

This support aims to ensure people affected by cancer are aware of their entitlements and can access help to reduce financial pressure during and after treatment.

If you need any support, or just fancy a chat, call OPAL 0113 261 9103.

Local Healthcare Professionals

Doctor

General practitioners (GPs) treat all common medical conditions and refer patients to hospitals and other medical services for urgent and specialist treatment.

Care Coordinator

Care co-ordinators help to co-ordinate and navigate care across the health and care system, helping people make the right connections, with the right teams at the right time.

Social Prescriber

Connects people to activities, groups, and services in their community to meet the practical, social and emotional needs that affect their health and wellbeing.

Health and Wellbeing Coach

Health and wellbeing coaches support people to increase their ability to self-manage, motivation levels and commitment to change their lifestyle.

Practice Nurse

A Practice Nurse is a highly skilled and essential member of the primary care team, delivering a wide range of clinical services that support patient health and well-being.

Home Ward

The Home Wards allow patients living with frailty to get the care they need at home safely and conveniently, rather than being in hospital.

Millfield House

Supports people aged 65 and over and includes a Memory Assessment Service, which offers assessment, diagnosis and treatment for dementia and mild cognitive impairment.

Ageing Well Team

They aim to provide a multidisciplinary team approach for patients with mild/moderate frailty, dementia, and those experiencing mental health decline.

Neighbourhood Team

The Neighbourhood Team in Leeds provides essential community nursing and therapy services, supporting residents to live independently and access healthcare in their homes. They are made up of Occupational Therapists, Physiotherapists, District Nurses, Community Matrons and Care Coordinators. Staff deliver services in a range of settings, in your home, in a clinic or by telephone or virtual consultation.

Care and Repair Info

Care and Repair: Home Plus is for those at serious risk of falling, are struggling to heat their home or pay heating bills, who need help with repairs that may cause hazards in their home or who need information and advice to maintain their independence.

Home Plus can help with preventing falls, hospital discharge, heating and energy, hazard repairs and can give lots of information and advice.

Falls Prevention Works include:

- Stair/grab rails
- Lighting improvements
- Securing loose carpets
- Removing trailing electrical cables
- Provision/installation of equipment that assists those at risk of falling (e.g. bath boards, bath steps).

The criteria for the Care and Repair Home Plus Service is:

- Anyone where there is an immediate risk of a fall which will necessitate a hospital admission if minor adaptations are not provided;
- or the person has a history of recurrent falls and or admissions to hospital as a result of falls and frailty; or The person struggles to access facilities, e.g., the toilet, which impacts on their medical condition and would require a hospital admission;
- or has a rapidly deteriorating health condition; or has an end-of-life health condition

For help and support when it comes to heating your house, you need to meet the following criteria:

- You must be over 60 years of age, have a household income of less than £30,000, and savings of less than £16,000, pay council tax to Leeds City Council **AND**
- Have a disability or long-term health condition (respiratory, cardiac or enduring mental health),
- **OR** live in a single person household.

For more information you can visit their website **www.care-repair-leeds.org.uk** or give them a call **0113 240 6009**.

If you would like any Care and Repair information printing out, or help making a referral, please speak to an OPAL staff member or call OPAL on **0113 261 9103**.

What's On at the Welcome In Community Centre?

Did you know? Our rooms at the Welcome In Community Centre are available to hire! We have had people hire them for birthday parties, engagement parties, wakes, meetings, garden shows and many more. We can even fit a bouncy castle in our Sunshine Room! If you or your friends or family want to hire our space, call us on 0113 261 9103.



Cookridge Brownies hire our Sunshine Room every Monday evening during term-time.



Cook Stars hire our Sunshine Room most Saturday mornings.

Millfield Memory Services hire our Meeting Room every Wednesday to see individuals in the community. An NHS Health and Wellbeing Coach also hires our Meeting Room every Monday.

Sonja hires a room in our cellar where she dyes yarn.



Cookridge Creative Writing hire our Heather Room for their monthly session.

Clayton Cleaning hire an office upstairs in our building.

Leeds City Council hire our Sunshine Room once a week for their Youth Group.

Nick hires the Therapy Room where he offers reflexology and foot massage.



PAXTON Horticultural Society hire our Meeting Room for their weekly and monthly meetings, as well as hiring the whole building for their garden shows. They had their Summer Show on Saturday 20th June. Their Autumn Show is Saturday 26th September 1:30pm-3:30pm. They will have plants for sale as well as tea, coffee and homemade cakes!

BITS AND BOBS

Thank you to B&Q Foundations and Morrisons for the grant for us to transform a section of our grounds that was once wasted into a fantastic sensory garden! With thanks to our wonderful gardeners, the space has become a peaceful and lovely environment for all to enjoy. Thank you to all our members, the Brownies, cafe visitors, staff, volunteers and all who have decorated stones to line our new pathway. They look amazing! We can't wait to watch the garden bloom and grow.













In Loving Memory

Our thoughts go out to the family and friends of:

David Losh
Jack Spencer
John Smith
Margaret Froggatt
Roy Sykes



Councillors' Surgery

Every 4th Friday 1 – 2pm councillors from the Weetwood Ward hire our meeting room to have their councillor surgery.

If you live in the Weetwood Ward and wish to speak to your councillors, there is no need to book, you can just turn up! **The next dates they will be at OPAL are Friday 24th July.**



Annual Questionnaire

It's that time of year again where we ask all our members to complete a questionnaire! It is important that we get as many complete questionnaires back as possible.

The answers help us tailor our services for our members and help us when applying to funds. Page 6 explains the different ways you can get your complete questionnaires back to us. Thank you very much for taking the time to complete the questionnaire, we really appreciate it!



AccessBus

The AccessBus by Metro is a door-to-door transport service, operating locally throughout West Yorkshire seven days a week between 9am and 5pm.

It is of benefit to people who encounter difficulties using standard bus services, as the driver assists passengers from door-to-door, including boarding and alighting where required. Many people use the AccessBus to go shopping. **It is a FREE service to those who have a senior or disabled bus pass.** To register and book your journey, please call 0113 348 1903.

OPAL Trips

In May we enjoyed a lovely day out at Burnby Hall and Gardens on our 'hands on' trip.

This trip came with staff and volunteer support. We had a fantastic lunch and then gave the fish their lunch! A few members got splashed by the fish, they were very excited about the food we gave them!

In June we went to Yorkshire Wildlife Park on our 'hands off' trip. This trip was for independent members who didn't need any support, and who were able to walk further. It was a great day out seeing all the animals! Head to page 3 to see what trips we have planned for July and August.





Men's Trip

Our men's trip went to the Royal Armouries in Leeds in May.

They had a great afternoon exploring the museum and enjoyed a spot of lunch in the café. In June, the men went to The Dexter Pub in Eccup where they had a hearty 3-course dinner. Thank you to Gay and Peter Hartley's Hillards Charitable Trust for supporting our Men's Trips.

This funding allows us to subsidise our trips!

To find out more about the men's trips in July and August, head to page 3, or call 0113 261 9103 and speak to Shelley.









Westward Care

Discover Headingley Hall.
Leeds' best kept secret
for care & retirement living.

Book your personal show around today

Call Cathie
07834 804186

At Headingley Hall, we're proud to provide a place residents love to live—and families trust completely.

Set in peaceful, landscaped gardens just a short walk from local shops and cafés, Headingley Hall blends a beautiful, historic building with modern, luxurious retirement apartments for sale.

Premium care suites also available for respite and long-term care.

Headingley Hall, Shire Oak Road, Leeds LS6 2DD

westwardcare.co.uk

Hearing Aid Maintenance at The Welcome In

Hearing aid drop-in clinic will be held in the meeting room at the Welcome In on Friday 24th July 12pm – 2pm for NHS patients.

At the clinic we can change batteries, provide replacement tubing and service hearing aids. Please bring your white or yellow NHS card with you, and please be aware there may be a wait as it can be a popular session.



Exercise Class – Chair-Based Yoga

Wednesdays 1 – 2pm in the Sunshine Room.

Join us for a FREE hour of chair-based yoga run by Jenny from BARCA! There is **NO** transport for this class.

Trades List

At OPAL we have a trades list full of local traders, ranging from chiropodists right through to chimney sweeps!

These traders have been recommended to us by OPAL members. If you have any traders to recommend, or if you would like to see the trades person list, please speak to a member of staff!

Thank you

Thank you to our local Nisa corner shop who have an OPAL collection box by their till.

Nisa customers donated £40 last month, so a huge thank you to all of those. Every little really does help! Thank you very much to all who paid their membership and to those who donated along with it, we really appreciate it!

Welcome In Community Centre, 55 Bedford Drive, Leeds, LS16 6DJ

Telephone: 0113 261 9103
admin@opal-project.org.uk

www.opal-project.org.uk
www.welcomein.org.uk

Facebook: OPALLeeds16

WelcomeInCommunityCentre&Café

Instagram: @welcomeinls16

Part funded by

Leeds City Council

The OPAL newsletter is available in large print and can be sent to you via email. Please call on 0113 261 9103 if you would prefer your newsletter in one of these formats.