




Community update : Foodbank / Food Pantry – December 2022

This is the first of a series of bulletins linking help available in our community to support Temple Learning Academy families.

Unfortunately, due to limited storage areas, Temple Learning Academy is unable to provide a Foodbank or Food Pantry for our families. However, the following services are available locally.



 <p>Zarach eat sleep learn</p>	<p>Food Pantry in Burmontofts run by Zarach –</p> <p>Contact – info@zarach.org</p> <p>Bridge Community Church, Rider Street, LS9 7BQ</p> <p>Referrals for food pantry must be made by a professional agency</p>
 <p>SVP</p>	<p>St Vincent's Centre</p> <p>Referrals for food parcels must be made by a professional agency</p> <p>0113 248 4126 hello@svp.org.uk 4 Berking Avenue, Leeds, LS9 9LF https://www.svp.org.uk/stvincentsleeds/emergencysupport</p> <p>To donate food items or to make a referral, please call us.</p> <p>Referrals: Monday - Friday between 9:00am and 1:00pm Same day collection: Monday - Friday between 1:30pm and 3:30pm</p> <p>☎ 0113 248 4126</p> <p>Come visit Vinnie's, our centre's community café where you can meet, eat and treat yourself or others!</p> <p>Monday - Friday: 10:00am - 2:00pm</p> <p>Saturday & Sunday: Closed</p>
<p>Halton Moor and Osmondthorpe Project for Elders (HOPE)</p>	<p>HOPE (HALTON MOOR & OSMONDTHORPE PROJECT FOR ELDERS / EVERYONE)</p> <h1>COMMUNITY FOOD PANTRY</h1> <p>USING YOUR COMMUNITY FOOD PANTRY COULD SAVE YOU AROUND £250 OVER 6 MONTHS.</p> <p>£3 FOR 14 ITEMS PLUS FREE FRUIT & VEGETABLES, HERBS AND SPICES, SANITARY PRODUCTS & DAILY SPECIALS!!</p> <p>TO BOOK A SLOT OR FOR MORE INFORMATION CALL 07510 387034 YOU CAN ALSO DO THIS VIA OUR WEBSITE!</p> <p>WWW.HOPEPROJECTLEEDS.COM</p> <p>We accept all payment types including CASH</p> 



Food Bags on Sundays at St. Aidan's

Each Sunday carrier bags are issued, free, to those in need who approach our Church. Each carrier bag contains five tins: one cooked meat product (usually a vegetarian equivalent is available as a substitute), one tin of potatoes, one of peas or other vegetable, one tin of baked beans and a fifth tin of either soup or pasta in tomato sauce. Please contact the Foodshare Co-ordinator on Tel: 0775 445 0967 if you can help in any way.

Email: enquiries@staidan-leeds.org.uk

St Aidan's Church, Elford Place West, Leeds LS8 5QD



Leeds South and East Foodbank is Part of the Trussell Trust Foodbank Network. We are one of over 400 Foodbanks, providing emergency food to people in crisis, nationwide.

We give food to people in a state of crisis who are living in the South Leeds area of the city. People access one of the foodbank outlets via a **referral from a statutory or voluntary organisation** such as doctors, health visitors, Citizen Advice Bureau, welfare offices etc... All food given out by the foodbank is donated often from schools, churches, businesses, individuals or through supermarket collections.

<https://leedssouthandeast.foodbank.org.uk/>

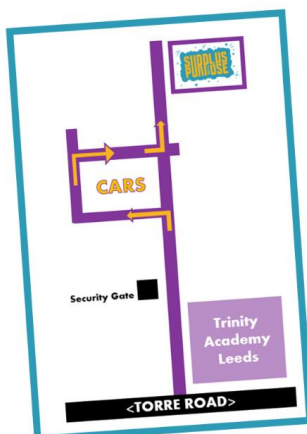
. Halton Distribution Centre, Open Wednesday 11 – 13:00. St Wilfrid's Church, Selby Road, LS15 7NP

' Osmondthorpe Distribution Centre (Open on Thursday 11am to 1pm. Four square Church, 41 Ings Road, LS9 9ES



If you would like to donate to our food bank, please e-mail: catchfoodhub@arkleeds.co.uk

*Please note that we have changed the way we support families with food. We are still offering support but in a different way. Anyone who would like support needs to **be referred through LWSS** and should call 01133760330.*



<https://surplus2purpose.com/warehouse/>

Build A Box

- £12 full box
- £6 half box
- Surplus stock arriving daily
- Chilled and frozen produce available (subject to availability)

For warehouse enquiries, contact Adam Smith:

adam@surplus2purpose.com



From today, people aged 60 and over can enjoy soup, a roll and unlimited tea and coffee at Asda cafes for just £1.



THE OLD
FIRE STATION

WARM WELCOME
@ THE OLD FIRE STATION
MONDAYS 5 - 8PM / STARTS 14TH NOV



- FREE, WARM & WELCOMING SPACE TO SPEND AN EVENING
 - WARM AND NUTRITIOUS FOOD (PAY AS YOU FEEL)
 - GAMES, TOYS AND TV
 - SIGNPOSTING TO ADVICE AND SUPPORT
- FOR MORE INFO CONTACT JESS:
JESSA@SPACE2.ORG.UK / 0113 320 0159
THE OLD FIRE STATION, GIPTON APPROACH, LS9 6NL



SLATE'S FEEL GOOD CAFE



THE OLD
FIRE STATION

Not only do SLATE's Feel Good Cafe serve freshly made food from their onsite 5 star hygiene rated kitchens but they also believe that people with learning and other difficulties should have the same right to employment, training and volunteering as everyone else so you'll find that many of the staff at the cafe are training whilst serving you.

SLATE also sell quality second hand furniture from the cafe - grab a coffee and grab a bargain!

The opening times of the cafe are Mon - Fri 8am - 4pm



Thursday 2.00 – 4.00 pm
Friday 8.30 - 10.30am

How it works

All welcome - no referral needed
Sign up as member & pay £3.50 per visit - cash only
Choose 12 items from our fridge/baskets (subject to availability)

Where are we?

St James' Church Hall off Church Lane, LS15 8JB
Entrance – Side door in room nearest church)

Contact Details

Andy Atkinson 07840 033637 andy@connectingcrossgates.com



Cross Gates & Whinmoor Community Hub



Winter Food Pantry Donations Needed

Leeds Community Foundation

This Winter, the Hub will be providing a **Weekly Food Pantry** for local people who need a little extra support.

Are you able to donate cereal, soup, pasta, rice, tinned tomatoes / pasta sauce, lentils, beans and pulses, tinned meat, tinned vegetables tea/coffee, tinned fruit, biscuits, UHT milk and fruit juice as well as non food items such as washing powder, toiletries and hygiene products?

For further information, drop into the Hub, call/text Claire Wall on 07543 761171 or email Claire.Wall@crossgatesgns.org.uk

56 Crossgates Shopping Centre, Station Road, Leeds LS15 8EU
Telephone: 07903 639879 | Email: cwcommunityhub@crossgatesgns.org.uk
Cross Gates & Whinmoor Community Hub is managed by
Cross Gates & District Good Neighbours' Scheme CIO
Registered Charity Number 1160095 | www.crossgatesgns.org.uk

SPACE2

CREATE CHANGE

See activities timetable for more details

People's Pantry

Lots of amazing food for sale 3 items for £1!

Absolute bargains!

Thursdays 11am—2pm

Also have pre-loved and great quality second hand clothes.

SPACE2

MMA Group



Money Buddies

27 Oct at 09:41 · 🌐

It's a raining day in Leeds this morning but the Money Buddies are still out and about to assist anyone who is experiencing financial difficulties.

Today you can find us at **OPAL (Older People's Action in the Locality)** 9am - 12pm

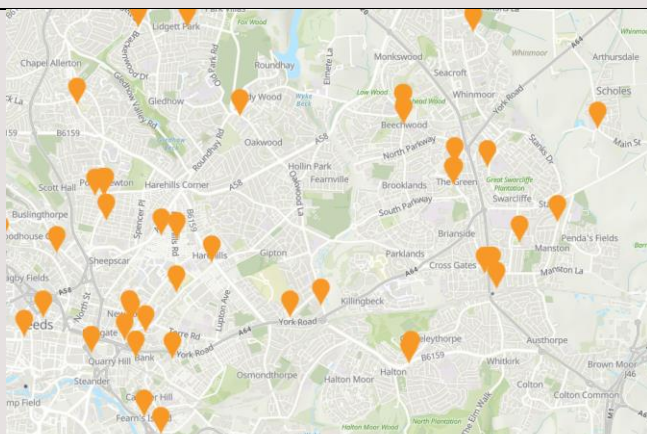
Ebor Gardens Advice Centre 9am - 12pm

Seacroft Community Hub 1pm - 4pm

The Reginald Centre Community Hub 1pm - 4pm

No appointment is needed.

<https://moneybuddies.org.uk/contact-us/>



<https://www.leeds.gov.uk/campaign/warm-spaces>

ACTIVITIES TIMETABLE



	2022							2023			
MON	31 OCT	7 NOV	14 NOV	21 NOV	28 NOV	5 DEC	12 DEC	9 JAN	16 JAN	23 JAN	30 JAN
		MINDFULNESS FOR HEALTH COURSE	MINDFULNESS FOR HEALTH COURSE	MINDFULNESS FOR HEALTH COURSE	MINDFULNESS FOR HEALTH COURSE	MINDFULNESS FOR HEALTH COURSE	MINDFULNESS FOR HEALTH COURSE				
	MEN @ MEANWOOD	MEN @ MEANWOOD	MEN @ MEANWOOD	MEN @ MEANWOOD	MEN @ MEANWOOD	MEN @ MEANWOOD	MEN @ MEANWOOD	MEN @ MEANWOOD	MEN @ MEANWOOD	MEN @ MEANWOOD	MEN @ MEANWOOD
	GATHERING OUR STORY	GATHERING OUR STORY									
	GIPTON PICKERS	GIPTON PICKERS	GIPTON PICKERS	GIPTON PICKERS	GIPTON PICKERS	GIPTON PICKERS	GIPTON PICKERS				
TUES	1 NOV	8 NOV	15 NOV	22 NOV	29 NOV	6 DEC	13 DEC	10 JAN	17 JAN	24 JAN	31 JAN
	THREADING TALES	THREADING TALES	THREADING TALES	THREADING TALES	THREADING TALES	THREADING TALES	THREADING TALES	THREADING TALES	THREADING TALES	THREADING TALES	THREADING TALES
	TAI CHI	TAI CHI	TAI CHI	TAI CHI	TAI CHI	TAI CHI	TAI CHI	TAI CHI	TAI CHI	TAI CHI	TAI CHI
	SEACROFT MEN	SEACROFT MEN	SEACROFT MEN	SEACROFT MEN	SEACROFT MEN	SEACROFT MEN	SEACROFT MEN	SEACROFT MEN	SEACROFT MEN	SEACROFT MEN	SEACROFT MEN
	SEASONAL WALKS...	SEASONAL WALKS...	SEASONAL WALKS...	SEASONAL WALKS...	SEASONAL WALKS...	SEASONAL WALKS...	SEASONAL WALKS...				
		TINY ADVENTURERS	TINY ADVENTURERS								
	GIPTON GROWERS	GIPTON GROWERS	GIPTON GROWERS	GIPTON GROWERS	GIPTON GROWERS	GIPTON GROWERS	GIPTON GROWERS	GIPTON GROWERS	GIPTON GROWERS	GIPTON GROWERS	GIPTON GROWERS
	SPACE 2 CREATE	SPACE 2 CREATE	SPACE 2 CREATE	SPACE 2 CREATE	SPACE 2 CREATE	SPACE 2 CREATE	SPACE 2 CREATE	SPACE 2 CREATE	SPACE 2 CREATE	SPACE 2 CREATE	SPACE 2 CREATE
WEDS	2 NOV	9 NOV	16 NOV	23 NOV	30 NOV	7 DEC	14 DEC	11 JAN	18 JAN	25 JAN	1 FEB
		THE ART SHED	THE ART SHED	THE ART SHED	THE ART SHED	THE ART SHED	THE ART SHED	THE ART SHED	THE ART SHED	THE ART SHED	THE ART SHED
	COFFEE AND CHILL	COFFEE AND CHILL	COFFEE AND CHILL	COFFEE AND CHILL	COFFEE AND CHILL	COFFEE AND CHILL	COFFEE AND CHILL	COFFEE AND CHILL	COFFEE AND CHILL	COFFEE AND CHILL	COFFEE AND CHILL
	HEART 2 ART	HEART 2 ART	HEART 2 ART	HEART 2 ART	HEART 2 ART	HEART 2 ART	HEART 2 ART	HEART 2 ART	HEART 2 ART	HEART 2 ART	HEART 2 ART
	LANTERN WORKSHOP	LANTERN WORKSHOP									
	VOICES HEARD	VOICES HEARD									
THU	3 NOV	10 NOV	17 NOV	24 NOV	1 DEC	8 DEC	15 DEC	12 JAN	19 JAN	26 JAN	2 FEB
	THRIVE	THRIVE	THRIVE	THRIVE	THRIVE	THRIVE	THRIVE	BREATHE EASY	BREATHE EASY	BREATHE EASY	BREATHE EASY
	BREATHE EASY	BREATHE EASY	BREATHE EASY	BREATHE EASY	BREATHE EASY	BREATHE EASY	BREATHE EASY				
	POCKET & PLANET	POCKET & PLANET	POCKET & PLANET	POCKET & PLANET	POCKET & PLANET						
	POP UP SHOP	POP UP SHOP	POP UP SHOP	POP UP SHOP	POP UP SHOP	POP UP SHOP	POP UP SHOP	POP UP SHOP	POP UP SHOP	POP UP SHOP	POP UP SHOP
FRI	4 NOV	11 NOV	18 NOV	25 NOV	2 DEC	9 DEC	16 DEC	13 JAN	20 JAN	27 JAN	3 FEB
	PEOPLE POETRY	PEOPLE POETRY	PEOPLE POETRY	PEOPLE POETRY	PEOPLE POETRY	PEOPLE POETRY	PEOPLE POETRY	PEOPLE POETRY	PEOPLE POETRY	PEOPLE POETRY	PEOPLE POETRY
	SINGING COURSE	SINGING COURSE	SINGING COURSE	SINGING COURSE	SINGING COURSE	SINGING COURSE	SINGING COURSE				

CHRISTMAS HOLIDAYS

For more information please contact Emma Goodway or Camille Thomas:
 emmag@space2.org.uk camillet@space2.org.uk 0113 320 0159 or 07749 691 376



Please note we cannot work with unaccompanied children. All children must be accompanied by an adult.

THE ART SHED - Wednesday 10am - 11:30am
 Join artist Kevin Hickson to learn new art skills and express your creativity.
 Contact Jelena: jelenaz@space2.org.uk

HEART 2 ART - Wednesday 1pm - 2:30pm
 Learn new art skills and express yourself in a supportive and welcoming environment.
 Contact Jelena: jelenaz@space2.org.uk

VOICES HEARD - Wednesday 3:30pm - 5pm [Zoom/Face to face]
 Writing and performance skills, confidence, empowerment, no experience necessary.
 Contact Jelena: jelenaz@space2.org.uk

THRIVE: HERBAL DESIGNS - Thursday 10am - 12pm Church of Epiphany, Gipton LS9 6SW
 Seasonal cookery, herbal makes & creativity whilst creating a garden of welcome.
 Contact Donna: donnac@space2.org.uk

PEOPLE POETRY - Friday 11am - 12:30pm [Zoom/Face to face]
 Spark your creativity; find your voice! Weekly sessions on Zoom with monthly face to face meet ups.
 Contact Natalie: natalied@space2.org.uk

SINGING COURSE - Friday 2pm - 3:30pm
 Learn songs together in a friendly environment. Contact Paul: paulb@space2.org.uk

MEN @ MEANWOOD MEN'S GROUP - Monday 11am - 1pm Meanwood Institute, 92 Green Rd. LS6 4LD
 Activities and a freshly cooked lunch. Chat with other men, play games and have a laugh.
 Contact Lawrence: lawrence@space2.org.uk

GIPTON PICKERS - Monday 1pm - 2:30pm Various locations
 Litter picking close to the Old Fire Station or Church of the Epiphany. See the difference you make!
 Contact Donna: donnac@space2.org.uk

GATHERING OUR STORY - Monday 1:30pm - 2:30pm
 Help us gather Space2's story. Learn to collect oral histories. Work with archive material. Co-curate a community exhibition. Contact Coralie: coralied@space2.org.uk

SEACROFT MEN'S GROUP - Tuesday 10am - 12:30pm Denis Healey Centre LS14 6RD
 Activities and a freshly cooked lunch. Chat with other men, play games and have a laugh.
 Contact Jelena: jelenaz@space2.org.uk

COFFEE AND CHILL - Wednesday 11am - 12pm
 Women's group. Come for a cuppa and a friendly chat with volunteers Dee and Gina.
 Contact Paul: paulb@space2.org.uk

LANTERN WORKSHOP - Wednesday 3pm - 5pm
 Join artist Kevin Hickson in a festive workshop at Feel Good Café. Contact Jelena: jelenaz@space2.org.uk

POCKET & PLANET - Thursday 11am - 12:30pm LS14 Trust LS14 1BT
 Help with the cost of living crisis! Save money on food and energy bills and learn to support the environment. Contact Natalie: natalied@space2.org.uk

POP-UP SHOP - Thursday 11am - 2pm
 Pre-loved clothes from 20p - £2! The People's Pantry offers food hampers and individual items affordably priced for those on benefits or with a low income. Contact Sally: sallyn@space2.org.uk

ACTIVITIES in EAST LEEDS

NOV '22 - JAN '23

Sessions take place at SPACE2 & The Old Fire Station, Gipton Approach LS9 6NL unless otherwise stated. Check out "Space2 Leeds" on Facebook for full information!

TAI CHI - Tuesday 10am - 12pm - Beginners: 10am - 11am. Intermediate/advanced 11am - 12pm
 With David from Swirling Cloud - gentle exercise inspired by Tai Chi and Qi Gong. No experience needed.
 Contact Camille: camillet@space2.org.uk

SEASONAL CHANGES WALKS - Tuesday 10am - 12pm Killingbeck Meadows
 Connect with nature and your community in Killingbeck Nature Reserve.
 Contact Donna: donnac@space2.org.uk

MINDFULNESS FOR HEALTH COURSE - Monday 10:30am - 1pm [Zoom/Face to face]
 Learn the tools for living well with difficult experiences such as pain, fatigue & Long Covid. Over 60s.
 Contact Jelena: jelenaz@space2.org.uk

TINY OUTDOOR ADVENTURERS - Tuesday 10am - 11:30am Gipton South Children Centre LS9 6QJ
 For parent/carers with young children. Come and enjoy seasonal activities. All welcome!
 Contact Camille: camillet@space2.org.uk

SPACE 2 CREATE: YOUNG PEOPLE'S ART CLUB - Tuesday 4pm - 6pm [Zoom/Face to face]
 A safe space for young people to socialise in a fun and creative environment. Ages 12-18.
 Contact Jelena: jelenaz@space2.org.uk

GIPTON GROWERS - Tuesday 1:30pm - 3:30pm
 Get involved with your local community garden, meet others, learn and share new skills.
 Contact Camille: camillet@space2.org.uk

BREATHE EASY - Thursday 10:30am - 11:30am
 Join us for a gentle chair based exercise group. Have fun and meet others in a friendly and warm environment! Contact Janet: janet.evans69@icloud.com

THREADING TALES - Tuesday 9:30am - 11:30am
 Come along if you enjoy sewing, knitting and good conversation. Contact Jelena: jelenaz@space2.org.uk