

News



Welcome to the OPAL September/October 2026 Newsletter!

Can you believe we're in the autumn months already? It has been a hot summer, let's hope we don't get a snowy winter! Look inside to find out about the activities we host for ALL the community.



Join us on Saturday 12th September 11am – 2pm for our Community Day! The day is always filled with fun and laughter and is all about bringing the community together and raising money for OPAL. In this issue, you can find information on how to find OPAL, what we do, the results from our annual questionnaire, as well as information on Steve's Digital Lessons and useful information on toilets!

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 24th September and Thursday 22nd October. Pop in to have a chat with them to find out information and advice.

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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!



Leeds City Council Bin Service

If you can't manage to put your wheelie bin out on bin days, you can ask the council to do it for you.

If you would like OPAL's help in setting this up, please talk to a member of staff.

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**.



OPAL Trips

In July we went to Wetherby Whaler for fish and chips. Luckily, the restaurant was nice and cool as it was quite a hot day when we went!

In August we went to Yorkshire Sculpture Park for our 'hands off' trip with members who are more independent. We had a lovely day looking at all the different sculptures and walking around the lakes and in the countryside. Some members visited the café and others enjoyed a nice picnic!



Chair-Based Yoga

Wednesdays 1 – 2pm in the Sunshine Room. For anyone aged 18yrs+

Join us for a FREE hour of chair-based yoga run by Jenny from BARCA!

Whether you're new to yoga or an experienced practitioner looking for a gentler approach, our chair yoga sessions are a welcoming way to improve your wellbeing. Suitable for all abilities, including those with health conditions, the sessions help build strength, improve flexibility, support cardiovascular fitness, and leave you feeling calmer and more relaxed. Join in at your own pace and do as little or as much as feels right for you.

There is NO transport for this class.



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 25th September and Friday 23rd October.**

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!

OPAL Trips

Hands On Trip

Tuesday 8th September, 10:30am-4pm, £15.
A trip to **Batley Mill Outlet** for a chance to do some shopping and to visit the cafe for lunch. Lunch is not provided. 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 6th October, 10am-4pm, £15.
A trip to **Halifax Piece Hall** to do some shopping. Bring a picnic or visit a cafe for lunch. This trip is over an hour away and involves walking on uneven surfaces and cobbles. 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 with you.

Friday Social

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

September:

- 4th - OPAL Sports
- 11th - Music Quiz
- 18th - Richard and Honey
- 25th - People of Leeds Craft

October:

- 2nd - St John's Ambulance CPR Talk
- 9th - AGM - NO SOCIAL
- 16th - Horse Racing
- 23rd - Vikings Talk
- 30th - Halloween Musical Bingo

Shopping Trips

This trip is 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

- | | |
|------------|-------------------|
| Sept: 10th | Nov: 5th and 19th |
| Oct: 8th | 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, and the other 6 trips of the year are a meal out.

Tuesday 15th September, 10:30am-4pm, £25.
A day at the **Elvington Air Museum!** Visit the cafe or bring a packed lunch.

Thursday 29th Oct, 12pm-3pm, £25.
Two course Pub Lunch - venue to be confirmed.

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		TUESDAY	WEDNESDAY
Health and Wellbeing Coach 9am-4pm By GP referral only R	Foot and ankle massage 9am-4pm, appointment only Call Nick 07751078787 to book	Café 9am-3pm	
		Drop-In Office 10:30am-1:30pm For information and advice	
Musical Communication 9:15am-10am, £10 A fun and effective intervention for children with social-communication needs. Call Ros on 07546429018 to enquire	Line Dancing 10am-11am, £5 For all abilities	Tai Chi Bramhope Methodist Church 10:15am-11:15am, £6 For all skill levels W	
Drop-In Office 10am-1pm For information and advice	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.	Gentle Exercise 10:15am-11:15am, £5 Seated and standing exercises W	
Massage 10am-12pm £10 for 45 minutes W		Craft Group 10am-12pm, £3 For all skill levels	
Lunch Club 12:30pm-2pm, £7 Transport £5 A homecooked meal, dessert and a hot drink	OPAL Trips Our OPAL Trips run monthly, alternating between a trip with support and a trip for independent members	Chair-Based Exercise 11:30am-12:30pm, £5 Transport £5 A seated exercise class W	
Memory Support Fortnightly 1:30pm-3:30pm, £5 Free transport For those with memory problems and their carers	Drop-In Office 10am-1pm For information and advice	Lunch Club At the High Farm Pub 12:30pm-2pm, £7 Transport £5 Homecooked meal, dessert, hot drink and bingo	
Dance On 2:15pm-3:15pm, £5 For all abilities, can be done seated or standing	Active Leeds Strength and Balance 12:45pm-3:30pm Improve your strength and balance Referrals only. To refer, visit Active Leeds-Falls Prevention or call 0113 3783680 R	Chair-Based Yoga 1:15pm-2:15pm, free Relaxed seated yoga for those age 18 and above	
Brownies 5:45pm-7:45pm To enquire, visit Girlguiding Leeds	Memory Support Fortnightly 1:30pm-3:30pm, £5 Free transport For those with memory problems and their carers	Digital Support 1:30pm-4:30pm, £5 Group setting for help with all things digital	
W Wait List R Referral Only  OPAL Members  Open to ALL  Appointment Only	Carers Support Fortnightly 1:30pm-3:30pm, £5 Free transport For carers and people they care for W	Youth Group 6:30pm-8:30pm, free For 11-19 years of age A place to meet for activities and support	
	PACT Meeting 7pm-8pm Every SIX weeks A chance to chat with your local Weetwood Ward PCSOs. The 2026 dates are: 22 nd September 3 rd November	Milfield Memory Clinic 9am-4pm By GP referral only R	

THURSDAY	FRIDAY	WEEKEND
Café 9am-3pm	Café 9am-3pm	Cook Stars SATURDAY 9:30am-11:45am Teaching kids and teens to cook from scratch. Call Laura on 07356211366 to book
Foot and ankle massage 9am-4pm, appointment only Call Nick 07751078787 to book	Foot and ankle massage 9am-4pm, appointment only Call Nick 07751078787 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.
Wellbeing Walks Leave Welcome In at 10am on the public bus or car share	Fast 5 Mile Wellbeing Walk Welcome In at 10am on the public bus or car share, monthly	
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	
Drop-In Office 10:30am-1:30pm For information and advice	Bereavement Café 10:30am-12pm, fortnightly Referral from OPAL staff only R	
Tai Chi Adel and Ireland Wood Community Centre 10am-11am, £6 For all skill levels W	Scalextric 10am-12pm LAST Friday of the month Have fun racing round the track!	
Games Morning 10:30am-12pm, £2 Transport £5 A morning of board games	Tai Chi 10:15am-11:15am, £6 For all skill levels W	
ASC Drop-In 11am-1pm Every THIRD Thursday Pop in to the café for an informal chat with Leeds Adult Social Care	Book Club FIRST Friday of the month 11:30am-12:30pm Each month's book is chosen by a group member	
Shopping Trips Fortnightly, 11am-3pm, £5	Hearing Aid Clinic 12pm-2pm, 23 rd October QUARTERLY for tube changes and battery replacements. Must be NHS hearing aids. Drop-in session.	
Yoga 11am-12:15pm, £6 Standing and floor yoga	Lunch Club 12:30pm-2pm, £7 Transport £5 A homecooked meal, dessert and a hot drink W	
Chair-Based Exercise 12:30pm-1:45pm and 2pm-3:15pm, £5 Transport £5 A seated exercise class W	Councillor Surgery 1pm-2pm FOURTH Friday of the month Pop in to talk to your local Weetwood Ward councillors	
Physio Tai Chi 1pm-2pm, £5 Tai Chi with physiotherapist, seated and standing options	Friday Social 2pm-3:30pm, £3 Transport £5 Weekly entertainment	
Table Tennis 2:15-3:45pm, £3 For all skill levels		

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Annual Questionnaire Results

Thank you to all who answered our annual questionnaire. If you didn't, or you have something extra to add, please do get in touch! We had 76 members complete our questionnaire, which is around 12% of all members.

How would you describe OPAL to someone who has never heard of us?

- It's a nice place to go and you can make new friends.
- A social community hub where people are always willing to talk.
- A great place where you feel like part of the community.

What are OPAL's strengths?

- Community, humour, dedication to our needs.
- They are very approachable no matter what your circumstances are and will do their best to help.
- They really look out for peoples' wellbeing.

What do you think of OPAL's pricing?

24% said cheap, 73% said affordable and 3% said expensive.

What could OPAL do to improve?

- Open the café on a Monday so we can go there after Dance On.
We would love to open the café on more days including Mondays, but unfortunately we don't have the resources or staff to be able to.
- Try to start more classes where there are waitlists.
We try to meet demand, but we also have to consider staff/instructor availability, room availability and we need to make sure that there are enough people to attend the new class to make it financially viable.
- Unless you have one, get a letterbox.
We do have a letter box but agree it is hidden out of the way. It is located to the right of the building, by the ramp to the Sunshine Room.

What do you use OPAL for? the top three reasons given were:

- 58% said for friendship
- 60% said for information and advice
- 37% said so they are not lonely

To see more feedback and OPAL member quotes from our annual questionnaire, come to our AGM as more information will be in our annual report. If you can't make it to our AGM but would like to see the report, please phone OPAL.



OPAL AGM Friday 9th October 12:30pm-3:45pm

12:30pm-1:30pm - light lunch
1:45pm-2:15pm - business
2:15pm-3:15pm - entertainment
3:15pm-3:45pm - tea/coffee and end

There is no Lunch Club or Friday Social on this day. The AGM is free to attend, and transport is available. There are limited places, so please phone to book your place.



25TH SEPTEMBER AND 23RD OCTOBER, 2026

THE WELCOME IN GP

SCALEXTRIC RACING

WELCOME IN
Community Centre & Cafe

DROP IN BETWEEN 10.30AM & 12.30PM FOR A RACE, A CUPPA AND LOTS OF FUN! DONATIONS KINDLY REQUESTED

55 BEDFORD DR, LEEDS LS16 6DJ

The Welcome In We Can't Sing! Group

The Fox & Hounds
Cookridge

Thursday 24th September and
Thursday 29th October 7pm til 8.30pm

Join us for another great evening of singing with Ellen and John.

So grab a drink, find a seat & songbook and have some fun!



OPAL
OLDER PEOPLE'S ACTION IN THE LOCALITY

Please email ellen@opal-project.org.uk to confirm attendance or for more info!

WELCOME IN
Community Centre & Cafe

WELCOME IN COMMUNITY PARTY

SEPTEMBER 12TH 2026

11AM TO 2PM

FREE ENTRY!!

With a dance performance by SABHRANG VIRSA & WELLNESS group. And musical performances from OLEG - UKRAINIAN TENOR, and more!

JOIN US FOR A FABULOUS FUNDRAISING DAY WITH FUN GAMES & ACTIVITIES, RAFFLE, TOMBOLA, LIVE MUSIC, BBQ & REFRESHMENTS, LOCAL POLICE AND FIRE BRIGADE AND MUCH MORE!!

WELCOME IN COMMUNITY CENTRE
55 BEDFORD DRIVE, LS16 6DJ

PLEASE NOTE: NO PARKING ON SITE!






welcomein.org.uk

OPAL Christmas Fayre

Saturday 5th December

11am-2pm

Join us for Christmas shopping, a visit to see Santa, fundraising stalls, yummy cafe treats and festive live music!




Useful Toilet Information



For those having cancer treatments, you can get this FREE toilet card as a physical card, or download a copy to your phone. Visit www.macmillan.org.uk to download or order.



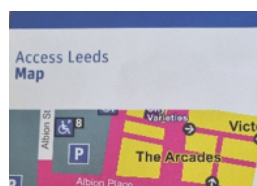
You can download a FREE 'Just Can't Wait' card onto your mobile phone, or you can pay £3.95 for a physical, plastic card. Visit www.bladderandbowel.org.uk to order or download.



An app that can be downloaded onto your smart phone. It is an interactive map that shows you where toilets are nearby.



A key that allows you to unlock disabled toilet doors. You can buy one online for £3, or you can ask OPAL to order one on your behalf.



OPAL have copies of physical maps of Leeds City Centre that show toilets and blue badge parking.

Leeds Continence Service:

Leeds Community Health team provide assessment and treatment for adults with bladder, bowel, stoma and catheter problems. A nurse with specialist training in bladder and bowel care will talk to you so you can decide the best way we can help. Bladder and bowel problems are very common and there is no need to be embarrassed. The NHS continence service can assess and prescribe continence products. Once approved these will be delivered on a 6-monthly prescription. Speak to the Leeds Continence Service on **0113 843 3715**.

At OPAL, we have **self-management** guides as booklets from the University of Leeds (funded by LBSSL) for **older women with urinary incontinence**. If you would like a copy, please call OPAL on 0113 261 9103 or speak to a member of staff and we can discreetly get you a copy.

If you need help with downloading apps, ordering, or applying online, our Digital Worker, Steve, can help. Come to his class/drop-in on Wednesdays 1:30pm-3:30pm. Alternatively, you can visit the OPAL Drop-In Office open Monday and Tuesday 10am-1pm, and Wednesday to Friday 10:30am-1:30pm.

Companion Voices

Singing for the end of life

Do you know someone who is
unwell or nearing end of life?

Would they like to be sung to, by a small
group of singers.

We offer a handful of songs to bring comfort
to the recipient & their loved ones.

This service is free of charge.

Or

Do you yourself like to sing?

Are you open to exploring end of life issues in
a small group?

Our friendly group welcomes new singers!

We are part of

Companion Voices Network

Call Ana- 07951776278

ana_hayrabadian@hotmail.com

www.companionvoices.org

Supporting OPAL

OPAL relies heavily on fundraising and
donations to fund our services and
activities.

Ellen runs our 500 club in the cafe.

Each entry is £1, with the monthly winner,
winning half of all funds raised.

A team of staff and volunteers **completed
64 loops (320km in total)** at Temple
Newsam on the 8th of August and raised
over £7300.

Standing orders are another way to help us.
You can set one up using our standing order
form, phoning your bank, or doing it online
for as much or little each month.

OPAL Bank Details

Account number: 24503274

Sort Code: 53-70-00

Scan with the camera setting
open on your smart phone or
tablet to visit our fundraising
and donation website.



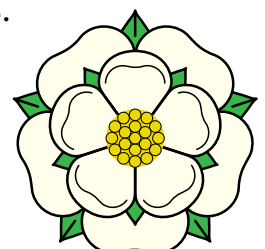
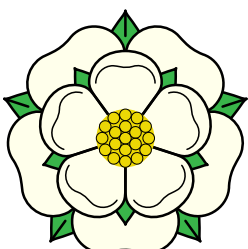
Shopping Trip to White Rose Centre

As a trial, we will be going to the White Rose Shopping Centre for two of our shopping
trips! If members enjoy going to the White Rose Shopping Centre as well as Pudsey
Owlcotes, we will look at doing one of each trip every month going forwards.

Thursday 24th September and Thursday 22nd October
10:45am-3:30pm

The cost for the shopping trips to the White Rose Centre will
be £8 per person, as it is further away than Pudsey Owlcotes.

To book your place, please call OPAL on 0113 261 9103.



What do we do?

Transport Assistance

If you have a doctor or hospital appointment but have no way of getting there, you can let a member of staff know and we will try and find a volunteer to take you. There is a charge for this service. Door-to-door support. Volunteers will walk with you into the waiting room, and can even accompany you in the appointment if you wish.

Home Visits

If you are an OPAL member, are over 60 and live in our catchment area, you are entitled to a home visit from OPAL staff. If you have yet to sign up as a member, OPAL staff can do an introductory home visit to chat about OPAL and what we do. Home visits are good if you need a little bit more support.

Odd Jobs and Trades People

At OPAL we try to help out whenever we can. This includes passing on the information of trades people that other OPAL members have used and recommended. We have also helped with arranging bin collections, and loaning equipment.

Regular Activities and Trips

We run a range of regular activities each week, as well as trips that we run monthly. All of our activities reduce isolation and increase socialisation. Our shopping trips enable our members to shop independently, and our trips are a wonderful day out.

Welfare Calls

We aim to call all 700+ OPAL members each year to see how they are, and to offer any support they may need. We also often call our older and more frail members when the weather is bad, to make sure their heating is working and they have enough food.

Digital Support

Our Digital Support Worker Steve runs a digital support class on a Wednesday afternoon, 1:30pm-3:30pm. You can come to this with any digital issues you may have. He also offers home visits on a Monday afternoon for £10.

Room Hire

All of our rooms are available to hire, and can be hired for any number of events. In the past, our rooms have been hired for baby showers, bridal showers, meetings, birthday parties, wakes and more! All funds from the room hire come to OPAL.

Form Filling

Lots of forms now are quite complicated. If you have any forms you are struggling to complete, we can help with this. We can help with Attendance Allowance claims, Blue Badge applications, bus pass applications and renewals and more!

What do we do?

Carers Support

We run a group for carers and those they care for every fortnight. This gives some respite to the carers, as well as providing peer support and information. We have a Carers Handbook that we keep updated that we can give to carers. We can do home visits to carers to offer support and guidance if needed.

Memory Support

We have two memory support groups that we run fortnightly. These groups are for those with memory problems and their carers/family. The sessions are two hours long and include refreshments as well as a range of different activities. We also offer home visits to those with memory problems to see how we can help.

Signposting

If you are ever stuck and don't know where to turn, we will try our best to help you. Wherever possible we signpost members to the correct services they need. If we don't know the answer, we will find someone else who does!

Advocacy

We will always advocate on your behalf if there is something you can't manage to do alone. Do you need help speaking to the council? Do you need to get in touch with your water supplier? Let us know and we can assist you with this in our OPAL Drop-In Office.

Community Events

Every year we have a Community Day in September that helps us raise money for OPAL. Every December, we have our Christmas Fayre, perfect for Christmas shopping! We also have a singing group, and scalextric, as well as some kids activities throughout the year.

Community Cafe

Our Community Cafe is open to all Wednesday to Friday, 9am to 3pm. We serve breakfast until 11am, then lunch 11:30am-2pm. You can get hot and cold drinks and cake all day. We also have a Pay As You're Able item on the menu, where you pay what you can.

Additional Support

Some of our members at OPAL need a little bit more support than others. We are lucky enough to have a flexible and skilled staff and volunteer team that can offer extra support to those who need it. This includes offering continuing support, as well as more intense one off support. Some of the support we can offer include: helping to set up meal deliveries, helping to organise cleaners, weekly visits and phone calls, and more. If you need any help, please get in touch with OPAL by calling 0113 261 9103.

Digital with Steve

**Every Wednesday
1:30pm – 3:30pm
Heather Room
£3 per person
Refreshments provided**

Work through independent digital problems you may have, or learn together as a group

Digital issues Steve can help with:

- helping members with backup strategies to ensure important documents or photos are saved and accessed on multiple devices
- helping those whose first language is not English, to install and use translation programmes to help them communicate with doctors
- helping to source an internet provider
- getting peoples' printers working on their home network and help people print off photographs for the first time
- saving people money by helping them with their phone contracts
- helping by talking to the various call centres/network providers
- introducing members to software that helps them monitor the buses, access the NHS app, access local doctors' patient portals

Steve has availability for one-to-one appointments, at your own home or here at the Welcome In Community Centre. To chat to Steve, please call 0113 261 9103

Where To Find Us

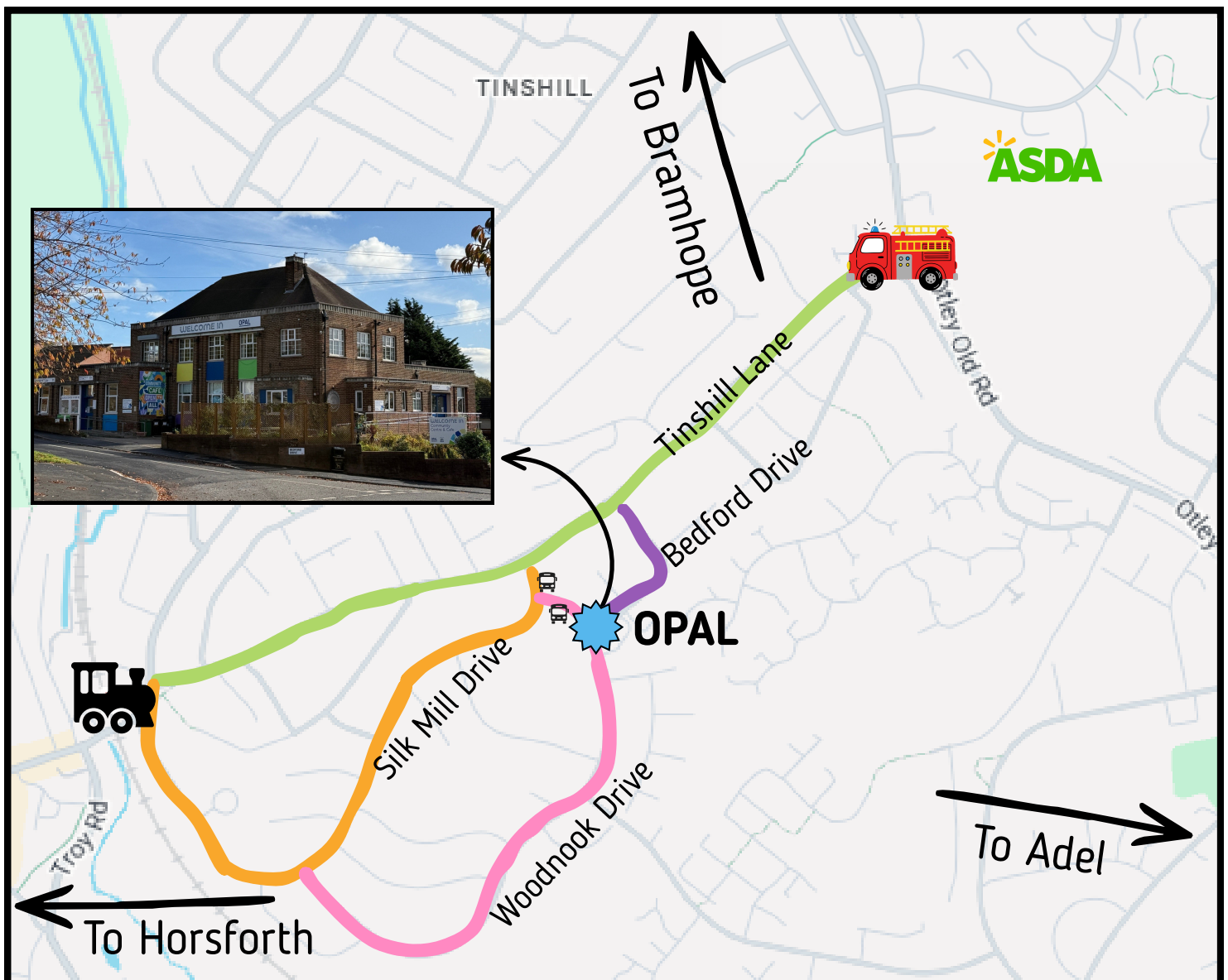
If you have never visited us before, this is how you can find us!

We are located at the Welcome In Community Centre and Cafe, on the corner of Bedford Drive. We are halfway up Tinshill Lane, between Horsforth Train Station at the bottom of the hill, and Cookridge Fire Station at the top of the hill.

The easiest way to find us is to turn onto Silk Mill Drive from Tinshill Lane - fourth right coming up the hill, fifth left coming down the hill. Then turn left onto Woodnook Drive, and we are right there on the corner. Our car park is behind the building, or there is street parking all around.

There are two bus stops right by OPAL for the number 23 and number 19 bus.

Welcome In Community Centre and Cafe, 55 Bedford Drive, LS16 6DJ, 0113 261 9103.



BITS AND BOBS

Below are some photos members don't normally get to see. This is the varied work of an OPAL staff member! From fixing blinds and emergency fire doors, to being a dummy for the raizer II lifting equipment training, sweeping gravel, and strimming the grass!



In Loving Memory

Our thoughts go out to the family and friends of:

Mery French

Eric Greaves

Pam Atherton

Bernie Laidler

June Cromack





What do you want to see in the newsletter?



You might have noticed we have had a revamp of our newsletter! Our newsletters are our way of letting you know what is happening at OPAL and the Welcome In Community Centre.

This newsletter is designed for you. If there is anything that you feel is missing, or you've seen the same thing one too many times, if you like the layout, or if you think it could look better, please let us know. If you have anything to add to the newsletter, we would love to hear it! Please speak to a member of staff or call 0113 261 9103.

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 with a new quiz and bingo (with prizes!), 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.



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 23rd October 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.



Get in Touch

Do you have any stories to tell?

Would you like to feature in our newsletter? Then get in touch! Call us on 0113 261 9103 and we will see what we can do!

Ison Harrison Solicitors

Ison Harrison Solicitors are kindly offering OPAL members a 25% discount on Will Writing and Lasting Power of Attorney Applications.

Call Liz Stephen directly on 0113 284 5079 or email her liz.stephen@isonharrison.co.uk for more information.

They have multiple offices across Leeds, and can do home visits.



ison harrison
solicitors

New Signs

Have you seen our lovely new signs?



We have one on Tinshill Lane and one on Woodnook Drive pointing to our community centre. Thank you to Leeds city council for providing them!

Sept/Oct

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AWARD WINNING SPECIALIST DEMENTIA DAY CARE SERVICES IN NORTH LEEDS

The RainbowCareGroup
Specialist Dementia Day Services

We are offering all new members a **FREE MONTH OF CARE** at one of our **North Leeds** day clubs

Call us on **0113 5211037** to book your place or email us at northleeds@therainbowcaregroup.com

www.therainbowcaregroup.com

Alwoodley
Monday & Friday

Roundhay
Tuesday & Thursday

Seacroft
Friday

Horsforth
Wednesday

Kirkstall
Thursday

Leeds Bradford Airport, Leeds University, Leeds Golf Centre, Tropical World, Headingley

Thank you

A big thank you to Outer North West Community Committee for funding some adjustments to our kitchen.

The funding has allowed us to buy new ovens and to replace the windows in the kitchen! This will help to keep it cooler in the summer months, as the new windows are much easier to open.

The new ovens are also a much needed improvement, to keep the kitchen safe and to enable us to continue cooking for our lunch clubs and cafe.



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

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

Facebook: OPALLeeds16

WelcomeInCommunityCentre&Café

Instagram: @welcomeinls16

Part funded by



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.

Registered Charity Number: **1131792**
 Company Number: **06961204**