

Newsletter

Autumn 2022

Allerton High Christmas Party

We were delighted to be invited back to Allerton High School for their Strawberry Tea in July.

Nearly 40 people attended the event which was organised by students and included transport (for those who weren't able to make their own way there), a strawberry tea, a quiz on the subject of tea, and ended with some dancing to favourite tunes.

We hope to organise a Christmas Party in December. If you're interested, please ring to let us know. We should have a date by the end of September.



The Art Group returns

Our popular Art Group is returning after a 2 year absence. A chance to explore your creative side – no experience necessary.

The first class is on September 19th and classes will take place on the 3rd Monday of each month, between 12.30 and 2.30pm. The cost is £7 for MAECare members, and £8 for non-members and includes materials. The tutor's name is Doc. Please contact Beccy if you are interested.



New Enhance project

Our new Enhance service has now been launched. It is a pilot project initially running till March next year. The programme is managed by Leeds Older People's Forum in partnership with Leeds Community Healthcare Trust. The service will support people who have recently been discharged from hospital, with a view to preventing readmission by helping to access any relevant support.

Some examples of the type of support we can provide are: ensuring that your home is suitably heated and lit, supporting you with undertaking exercises prescribed by the physiotherapist, and linking you with social activities. For more information please contact Shabana on 0113 2660371.



MAECare's Big Breakfast – Watch This Space!

We are hoping to run our weekly breakfast club between the months of November and March again this year, pending a funding application. People could come along for a chat and a hot breakfast of sausage or bacon sandwiches, porridge or cereal and more. Staff are available to give benefits or health related advice with hints and tips about how to get through the winter months. If you would like to attend, please call up and register your interest and we will let you know nearer the time. You will have to book as places are limited, and it will be on Friday mornings on a weekly basis. Hope to see you there!



Christmas Pantomime

This year the Christmas Pantomime will be "Annie" performed by the excellent North East Producers at St Stephens Church Hall, Cranmer Road, LS17 5DR on 28th November, 2pm. Phone to book your place. Cost to be confirmed.



Your Local Neighbourhood Network Scheme supported by

Coming up at MAECare

Wednesday short trips for Autumn

Since the last newsletter many of you have enjoyed the trips to Stephen Smiths Garden Centre, Lotherton Hall and Temple Newsam. The following trips are planned for Autumn:

Crag House Farm, Cookridge, Wednesday 14th September 12.45pm.

Crag House Farm near Cookridge is a beautiful garden centre, café, restaurant, farm shop and working farm, run by a charity Caring for Life.

We will leave MAECare offices at 12.45pm and have a look around the farm and nurseries followed by an afternoon tea at 2.30pm. Everyone will be dropped off at their home. The cost for this trip is £20. Places are being booked up fast, please get in touch if you want to reserve your place.



Murgatroyds Fish and Chip Restaurant, Harrogate Road, Yeadon, Wednesday 19th October 11.00am.

The last trip for 2022 will be to the popular Murgatroyds Fish and Chip restaurant in Yeadon.

We are meeting at MAECare at 11.00 and we will return at 2.30pm. The cost for this trip will be £20.00 and we are having the Senior Citizens Extravaganza menu which is a 3-course lunch with tea or coffee. This menu can be accessed online.



The shorter trips will come to an end in October 2022 and will resume in April 2023. Unfortunately we are no longer in a position where we can accommodate longer trips.

Monday Matinée

We are pleased to announce that the Monday Matinée will be held at MAECare on the 2nd Monday of the month. Thank you to Moor Allerton library who were able to host it for the last few months. The date has been changed to be more inclusive. Please note the matinees will be at the same time – 1.30 – 3.30pm. The cost is just a donation for refreshments.

Films coming up:

September: no Monday Matinee.

10th October:

“Andre Rieu: Magical Maastricht Together in Music”

Together with his wife Marjorie, Andre Rieu has personally selected his most impressive & romantic performances from the last 15 years.

14th November:

“The Duke”

In 1961, Kempton Bunton, a 60-year-old taxi driver, stole Goya's portrait of the Duke of Wellington from the National Gallery in London. What happened next became the stuff of legend, in this wonderfully uplifting tale.

12th December:

“Downtown Abbey: A New Era”

The cinematic return of Downton Abbey follows the Crawleys and their staff as they welcome a movie crew to Downton for the filming of a new silent movie.



Twilight Zone

The Twilight Zone social group has enjoyed fish and chips and bingo at MAECare over the summer. This is a monthly group, which is open to people from the Moor Allerton local area. The next dates are 12th October, 16th November, and 14th December. The cost is usually £6 plus transport.

Men's Den

The Men's Den meet on the first Tuesday of the month. Over the summer we have had a talk on scams, enjoyed visiting our favourite places on Google Earth, and had a spinner in taking us through the journey of wool. The cost is £2 for members plus transport.

Upcoming activities and talks are: 4th October: Crime Prevention, 1st November: Curling and Games, 6th December: Afternoon Tea.

CAMEO

The CAMEO group meets on the 3rd Tuesday of the month, and over the summer we have enjoyed potting plants, and talks from local PCSO's, and one on Iceland. The cost is £2 for members plus transport. Future activities and talks are: 13th September: Sheep wool and spinning; 18th October: Crime prevention; 15th November: Christmas card making, 20th December: Afternoon Tea.

Games Group

The Games Group is every 4th Tuesday at MAECare. We have a good selection of games. If Scrabble, draughts, dominos or cards is your thing please come along and join us. The cost is £2 for members plus £5 for transport if required. Dates are: 27th September, 25th October, 29th November, 13th December

Health & Wellbeing News

Price Increase – Exercise classes.

The price for non-MAECare members attending Extend, Chair Based Dance, Tai Chi, and Dance-On has increased by 50p to £5.50 per class from September. This is so that we can keep covering the cost of the classes. Payment for members will stay the same at £4.50.

Complementary Therapies

Complementary Therapies with therapist Ali is now up and running on the first Monday of the month with half hour slots from 10.30am to 4.00pm. There is a £10 contribution paid in advance or on the day.



The following are offered:

- Massage – using oils to relax and soothe aching muscles
- Reflexology – working on points on the feet to promote relaxation, balance and wellbeing.
- Reiki – a gentle hands-on therapy to encourage emotional and physical healing.

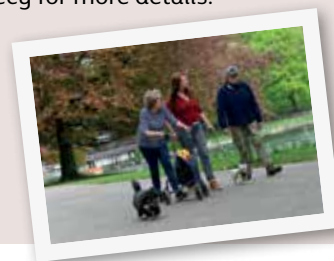
Places are booking up fast! Contact Beccy for more details.

Walking Group

We run a walking group twice a month on a Monday morning. One walk each month is from the MAECare office, ending up at a local community café for a cuppa, for people who want a shorter, easier walk.

The other walk each month is for people who want a longer walk. We meet at a local park, have a walk, and usually end up in a café!

If you enjoy getting out for a walk and would like to meet up with a small group of people, contact Beccy for more details.



Activities for people living with Dementia

We offer three regular social groups specifically for people living with dementia:

Active Minds

A weekly discussion and activity group which follows a cognitive stimulation therapy (CST) programme, with a different theme each week to stimulate the mind. This takes place on Tuesday mornings.

Autumn Dates: first group 15th Sept (Thurs), then every Tues until 20th Dec, apart from 25th Oct.

Silver Linings Club

A fortnightly activity group which takes place on alternate Thursday mornings. This group is also based on CST principles and a range of activities are adapted to suit the group members' strengths and needs.

Autumn Dates: 15th Sept (Seaside Special – see right), 29th Sept, 13th Oct, 27th Oct, 10th Nov, 24th Nov, 8th Dec.

Sporting Memories

A fortnightly group on alternate Wednesdays where members share their love of sport and take part in some gentle physical activities together, such as balloon tennis and sporting charades!

Autumn Dates: 7th Sept, 21st Sept, 5th Oct, 19th Oct, 2nd Nov, 16th Nov, 14th Dec.

September Seaside Special

For people living with dementia and their carers.

Thursday 15th September 10.30 – 12.30 – outside MAECare, 57 Cranmer Bank, LS17 5JD

With Fish and Chips at 12.00pm and ice cream to finish. Cost £8.

Singalong to seaside songs and enjoy holiday reminiscences!



Also, we warmly welcome people living with dementia at our other MAECare events which are open to all – perhaps you might like to try our new art class, join in our fortnightly walk or something else? If so, please get in touch as we can support you in a variety of ways e.g. with a reminder call on the day organising transport if needed.



Regular Activities

Please enquire about transport if needed.

Please call for information and to book.

- Weekly Groups
- 2/3 times a month
- Monthly Groups

Monday	Tuesday	Wednesday
<p>Extend Class Weekly Monday, 11.00am – 12.30pm and 1.20pm – 2.50pm Moortown Baptist Church, 204 King Lane, LS17 6AA A gentle exercise class, mostly chair based with some standing, designed to improve fitness and mobility. £4.50 members / £5.50 non-members. First class free.</p>	<p>Active Minds Weekly from 10.30am – 12.00 noon MAECare 57a A lively and fun group for people living with dementia and memory problems. Cost: £3</p>	<p>Sporting Memories Fortnightly Weds from 15th June 11.00 – 12.30pm Alwoodley Cricket Club, Crag Lane, Leeds LS17 5PR A friendly and supportive group for those living with dementia, where we share memories of watching and enjoying sport. Cost: £2</p>
<p>Tai Chi Weekly Monday 11.00am – 12.00 noon Moortown Methodist Church, Alderton Rise, LS17 5LH Combining deep breathing, relaxation and slow movements, Tai Chi can help reduce stress and improve balance. Wear loose clothing and comfortable shoes. £4.50 per session for members/£5.50 non-members. First class free</p>	<p>Dance On Weekly Tuesday, 1.30 – 2.30pm Moortown Methodist Church, Alderton Rise, LS17 5LH Fun, accessible dance sessions designed for older people. Paid for in advance by block booking. £4.50 members/£5.50 non-members. First class free.</p>	<p>Tech Wednesday Weekly Wednesday, 1.30 – 3.30pm MAECare 57a Relaxed IT support in a small group, with a different theme each week. Free Places are limited so please call the office to book.</p>
<p>Complementary Therapies 1st Monday of month – see page 3 for details.</p>	<p>Men's Den Monthly 1st Tuesday, 2.00 – 4.00pm MAECare 57a Lively discussion and activity group for men, £2 members, £3 with transport. See page 2 for more details.</p>	<p>Twilight Zone Monthly, 4.30 – 6.30pm MAECare 57a Enjoy a takeaway meal of your choice, dessert and games, £6 charge plus £5 transport if required. Transport available. See page 2 for more details.</p>
<p>Monday Matinee 2nd Monday of month – see page 2 for details.</p>	<p>CAMEO Group Monthly 3rd Tuesday, 2.00 – 4.00pm MAECare 57a Activity based group for those living with a long term health condition. £2 members, £3 with transport. See page 2 for more details.</p>	<p>Legal Advice Appointments Monthly, 3rd Wednesday, 2.00 – 4.00pm MAECare 57a Half hour free advice on wills, probate and Power of Attorney only. Please contact the office to make an appointment.</p>
<p>Art Group 3rd Monday of month – see page 2 for details.</p>	<p>Games Group Monthly, 4th Tuesday, 2.00 – 4.00pm MAECare 57a Enjoy playing games such as Scrabble, Monopoly, cards, dominos and chess in a friendly atmosphere. Cost: £2</p>	
<p>Book Group 4th Monday of month – 2.00 – 3.30pm, at MAECare</p>	<p>Walking Football Weekly Monday from 31st October, 6.30 – 8.00pm Allerton Grange School, Talbot Avenue, Leeds LS17 6SF. Cost: £5</p>	
<p>Walking Group Fortnightly Monday, 10.00 – 12.00pm see page 3 for details.</p>		

Regular Activities

Please enquire about transport if needed.
Please call for information and to book.

- Weekly Groups
- 2/3 times a month
- Monthly Groups

Thursday	Friday	Weekend
<p>Silver Linings Club Fortnightly Thursday, 10.30am – 12.00 noon MAECare 57a A social group for people living with dementia. A chance to socialise with others over a cuppa and a biscuit... and to take part in our energising activity of the day! £2.00 for members.</p>	<p>Legal Advice Appointments 1st, 2nd & 4th Friday, 2.00 – 4.00pm Half hour free advice on wills, probate and Power of Attorney only. Please contact the office to make an appointment.</p>	<p>Walking Football – To end October, weekly Sunday 10.45 – 12.15pm Alwoodley Primary School, Cranmer Rise, LS17 5HX A fun, non-contact sport for men and women, run by our volunteer coach David Wynick, £5.00. For more information, contact David Wynick on: 07921528499.</p>
<p>Chair Based Exercise Weekly Thursday 12.30 – 1.30pm St Stephens Church Hall, Cranmer Road, LS17 5DR Exercise to get you moving from the comfort of your chair. Good to get fitter if you have problems standing for long periods of time. £4.50 members, £5.50 non-members. Paid for in block bookings of 8 weeks.</p>	<p>Creative Writing Fortnightly Friday from 9th September 1.30 – 3.30pm Thackrah Court, Squirrel Way, Shadwell Lane, LS17 8FQ Regular group who meet to share their creative writing. £50 per term members, £60 per term non-members. Half price if participating remotely. Call the office for more information.</p>	<p>Shared Tables See separate item on page 6. PLEASE BOOK YOUR PLACE WITH THE OFFICE. We cannot provide transport for Shared Table meals, so you must be able to get to the venues independently.</p>
<p>Walking Football Weekly Thursday, 2.00 – 3.00pm YMCA, Lawnswood Sports & Leisure Centre, Otley Road, LS16 6HE From 3rd November, at Scott Hall Sports Centre, Scott Hall Road, Leeds LS7 3DT A fun, non-contact sport for men and women, run by our volunteer coach David Wynick, £5. For more information, contact David Wynick on: 07921528499.</p>		
<p>Knit and Natter Weekly Thursday, 2.00 – 4.00pm MAECare 57a Knit or bring your own craft activity. Relaxed and sociable session. £2 Members, £3.00 Non-members</p>		

Community Connections

IT support @MAECare

MAECare offers 121 Support for all your technical questions with appointments available on Mondays and Wednesdays.

We also offer group sessions on Wednesday Afternoons between 1.30 and 3.00pm.

From September these sessions will be themed as below. Please call to book your place.

14th September How to save money on household bills: Using comparison websites

21st September NHS App: How to register and use the app, booking appointments viewing test results etc.

28th September Transport: Using bus, train and taxi apps.

5th October Booking Theatre tickets online

12th October Wellbeing Apps - helpful apps for health and wellbeing

19th October History online: looking at Leodis and other websites.

We are looking to start another Family History Group, details to be confirmed.

Please be aware dates may change so please call to confirm before attending or check our Facebook and Twitter pages.

@OlderPeopleLS17
@maecareleeds

Volunteer Social

MAECare couldn't do what we do without our Volunteers, so to say thank you, we are planning on having a Volunteer Fuddle at MAECare on 7th December 2022 4.00 – 7.00pm.

More details will be sent out to all volunteers. It's probably going to be a popular event so it will be first come first served.



Creative Writing Group

If you enjoy writing, or have always wanted to try, come along to these fun and friendly sessions run by published writer James Nash.

You will be amazed at what you achieve and there will be many laughs on the way. From September the group will move back to the MAECare offices, and the session will run every two weeks from 1pm until 3pm. The first session will be on Friday, 9th September. Payment is taken in advance, and is £50 a term for members, £60 per term for non-members. Those who wish to participate remotely either online or by post will pay half price.

For more info please contact Baksh on 0113 2660371.



Shared Tables

Our popular lunches out in the local area are for those who may not normally have the opportunity to go out for a meal, but are able to make their own way to the venue.

Once there, they will be met by a volunteer, shown to the table and introduced to the other guests. It's a good way to meet new people in a friendly and relaxed environment. We would really like your suggestions for any new venues – it's always great to try new places!

A Big thank you to Gusto at Cookridge for their very generous donation to MAECare by kindly providing our volunteer's meal free again!

Dates coming up are below:

Sunday, 18th September – 12.30pm
The Lord Darcy, LS17 8DH

Saturday, 1st October – 12.30pm
The Ego at the Wellington,
Wetherby Road, LS17 8LZ

Sunday, 16th October – 12.30pm
The Red Lion, Main Street,
Shadwell, LS17 8HH

Saturday, 29th October – 12.30pm
The Olive Branch, 4-6 The Avenue,
LS17 7BE

Sunday, 13th November – 12.30pm
The Beck and Call, Stainbeck Road,
LS7 2NP

Saturday, 26th November – 12.30pm
Gusto, Old Otley Road, LS16 6HN

Sunday, 11th December – 12.30pm
Marinella's, 139 The Avenue, LS17 7PA

Saturday, 17th December – 12.30pm
The Mustard Pot, Stainbeck Lane,
LS7 3QY

Sunday, 11th December – 12.30pm
Marinella's, 139 The Avenue, LS17 7PA

Saturday, 21st January – 12.30pm
The Roundhay Fox, Princes Avenue,
LS8 2EP



Information and Advice

Financial Help This Winter

There is various financial help available this winter to help with the fuel and cost of living crisis. What is available to you depends on your circumstances.

None of the amounts are re-payable and are all tax-free. Here is what is known at the time of this newsletter going to press:

Everyone with a domestic electricity connection and regardless of their financial circumstances will receive a £400 grant which will be paid directly to their fuel supplier. This is called the **Energy Bills Support Scheme**. You don't have to pay this back, it will start to be paid from October 2022 onwards, in the form of a £66 discount to your bill in October and November and then £67 a month from December to March 2023. If you have a 'smart' prepayment meter, the meter will be automatically topped up but if you have an 'old-style' prepayment meter, you will be sent vouchers monthly by email, text or post that you can use where you usually get your top-ups.

If this applies to you, keep an eye on your post and if you need help with this please contact Julie at MAECare. Beware of scam texts or emails which may be sent – they should never ask for your bank details.

There are also the **Cost of Living Payments** which have 3 elements to eligibility and how much you would receive. These are:

Cost of Living Payment for people who are on a low income benefit such as Universal Credit, Jobseeker's Allowance, Income Support, or Pension Credit. This is £650 in total and will be paid in 2 amounts, the first is £326 which will have been paid between 14th -21st July for most people, as long as you were receiving the benefits on the 'qualifying date' of 26th April- 25th May 2022. The date of payment for the 2nd amount of £324 has not yet been announced, but will be in the autumn. This will be paid into your bank account.

Disability Cost of Living Payment is a lump sum of £150 payable to people who receive a disability benefit such as Attendance Allowance, Disability Living Allowance (DLA) or Personal Independence Payment (PIP) and will be paid from September 2022 onwards. This will be paid into your bank account.

Pensioner Cost of Living Payment is for people who already receive the Winter Fuel Payment and includes that in the total amount- the table below summarises what people might receive. This will be paid into your bank account (see table below).

There is potential for someone of State Pension age, who also receives Pension Credit and a Disability Benefit such as Attendance Allowance or PIP to receive up to £1500 over the course of the winter months. For some, this won't be enough to counter-balance the financial strain, and the predicted increases. **If you are struggling in any way, please contact MAECare – we will do our very best to help you or direct you to other services which can help you.**

Pensioner Cost of Living Payment/ Winter Fuel Payment	Born on or before 25th September 1956	Born on or before 25th September 1942
You qualify & live alone (or with someone who doesn't qualify)	£500	£600
You qualify & live with someone under 80 who also qualifies	£250	£350
You qualify & live with someone over 80 who also qualifies	£250	£300

Help with the Cost of Living

MAECare is managing the Household Support Fund on behalf of Leeds City Council for people struggling with the cost of living who live in the Alwoodley Ward.

The Household Support Fund is targeted at 'vulnerable' households such as pensioners, families and others in receipt of benefits who are struggling to make ends meet. It can be used to help with the cost of food and/or fuel in a crisis, through shopping and fuel vouchers.

This is another example of the wider community role played by MAECare during times of crises. People struggling who live in the Moortown Ward will be encouraged to approach Interact in Meanwood who can provide similar help.



Funding

We are delighted to announce that we've received a grant from the Bupa Foundation to support our Complementary Therapy sessions. These resumed in August (see page 3).

MAECare Calendars 2022-23

We still have plenty of our 2022-23 Calendars if you would like to call in and collect one, or if you are unable to we can post out on request.

Staffing

Shabana Akhtar joined us in July as the new Enhance Project Worker. She is an experienced caseworker, having worked at Age UK Leeds for several years in the past.

She will be working with the Meanwood Neighbourhood Team to support older people being discharged from hospital back into their homes (see more on the front page)



Dates for your diary

September 2022

Wednesday 14th

- Trip to Crag House Farm
- IT Group Session: Using comparison websites

Sunday 18th

- Shared Tables – The Lord Darcy

Wednesday 21st

- IT Group Session: Using the NHS app

Wednesday 28th

- IT Group Session: Using bus, train and taxi apps

October 2022

Saturday 1st

- Shared Tables – The Ego at the Wellington

Wednesday 5th

- IT Group Session: Booking theatre tickets online

Monday 10th

- Monday Matinee – “Andre Rieu”

Wednesday 12th

- IT Group Session: Using wellbeing apps

Sunday 16th

- Shared Tables – The Red Lion, Shadwell

Wednesday 19th

- Trip to Murgatroyds Fish and Chips
- IT Group Session: History online

Saturday 29th

- Shared Tables – The Olive Branch

November 2022

Sunday 13th

- Shared Tables – The Beck and Call

Monday 14th

- Monday Matinee – “The Duke”

Saturday 26th

- Shared Tables – Gusto

Wednesday 30th

- Christmas Pantomime – “Annie”

December 2022

Monday 12th

- Monday Matinee – “Downton Abbey: A New Era”

Saturday 17th

- Shared Tables – The Mustard Pot

January 2023

Sunday 8th

- Shared Tables – The Lord Darcy

Saturday 21st

- Shared Tables – Toby Carvery Chapel Allerton



We always go the extra mile – but don't just take our word for it.

Retirement apartments with 24/7 care and support on-site. Available to buy or for respite / holiday stays.

To see how we can go the extra mile for you call **0113 265 5876** or visit **westwardcare.com**



Southlands
Wetherby Road
Roundhay
Leeds LS8 2JU



I can honestly say I haven't missed our old house at all. I feel like we've left all our worries behind. All of the stresses and strains have gone away and we're enjoying our life again.

ANNA AND JOHN APARTMENT OWNERS