

# Newsletter

Spring 2022

## Welcome to the Spring 2022 newsletter

**As we move into early spring, MAECare is planning to resume more activities, albeit still cautiously.**

**Along with some new funding, we also have new staff starting which will increase our capacity to deliver more activities.**

Mary has resumed the monthly Games Group. She is also in discussion with Moor Allerton Library with a view to the return of Film Friday using their facilities – although it will be on a different day so we'll be renaming it. It's also a good time of year to plan some short outings.

The new Silver Linings Group sees the return of the Thursday social group for people living with Dementia and will be run by Carole.

Numbers are still limited, so that we can maintain social distancing and keep people safer.

Whilst nationally many restrictions have lifted, the advice is still to wear masks in crowded or enclosed spaces, and locally our public health team are asking people to continue to adopt safer behaviours which include wearing masks, fresh air and social distancing.

Although reducing, case numbers are still high, nearly as high as they were in January 2021 when we were in Lockdown. The good news is that hospitalisations and deaths are significantly lower which is mainly due to the impact of the vaccination programme. If you haven't yet had your first, second or booster vaccination, please do consider getting them as they are our strongest defence against serious illness. The advice remains that if you have symptoms (a new continuous cough, a temperature, changes in sense of smell), get a PCR test and if positive self-isolate.

## Creative Writing

MAECare member Betty Bennison introduces the group:

We meet twice a month with our tutor James Nash, who has written many books of verse and is a great teacher. He leads the way to help us improve our writing skills and makes it fun as well. He will produce some odd items out of his briefcase, such as an old trumpet or a battered violin, and we then learn how to make stories or poetry out of these peculiar items, by touching or even smelling them.

We then write a piece for the following session, when we read them to each other and are amazed.

If you would like to join in, please ring the MAECare office on 0113 2660371.

We meet on alternate Thursdays 1.30 – 3.30pm at Thackrah Court, Squirrel Way, Shadwell Lane, LS17 8FQ

## Book Club

The MAECare Book Club is now meeting face to face on the 4th Monday of the Month.

There's lots of lively discussion about books and it's a great place to meet new friends and chat.

These are the next 3 books we will be discussing:

- The Strawberry Thief by Joanne Harris
- The Secret Life of Cows by Rosamund Young
- A book by P.G. Wodehouse

If you would like to join, please give us a call.



## \*NEW\* Silver Linings Club

A social group for those living with dementia, who are seeking to enjoy the sunny side of life... through meeting people, music, movement and making things!

From 31st March, our fortnightly meetups will be a chance to socialise with others over a cuppa and a biscuit. See centre pages for full details.



# MAECare regular activities

If you are interested in any of the groups, classes or activities below (apart from Walking Football – see item below) then please ring **Mary Baillie on 074986 14227** or email her at [mary@maecare.org.uk](mailto:mary@maecare.org.uk)

## Exercise classes update

Our exercise classes are still going strong. Some are full, but you can opt to go on the waiting list, until a place becomes available. All classes cost £4.50 to MAECare members and £5.00 to non-members. They are paid for in blocks of one month in advance at the end of the month. See the centre pages for full details of times and venues.

## Extend

This gentle exercise class is mostly chair-based, and the tutor Elaine runs two sessions on a Monday morning and afternoon. Both classes are currently full, but please contact us to express an interest.



## MAECare Extra Timers Walking Football

Our very popular walking football sessions take place twice a week in winter and summer, and are run by our volunteer David Wynick. Walking football is a non-contact, slower paced version of football, is a great way to keep fit and healthy, and can bring mental health benefits too. See centre pages for details.



## Dance on

Run by tutor Mary, this class has an emphasis on fun whilst keeping fit at the same time. The class runs on Tuesday afternoons, and there are still a couple of places left.

## Chair-based exercise

Tutor Sophie aims to get you moving from the comfort of your chair, on a Thursday afternoon. This class is suitable for people who may struggle to stand for long periods of time, and there are currently places available.

## Tai Chi

Run by experienced tutor Barbara on Monday mornings, this is a class of gentle repetitive movements designed to focus on building strength, balance and for relaxation. There are a couple of places left.



## Update on regular activities

### Knit and Natter

Knit and Natter takes place every week on a Thursday afternoon at MAECare, with a group of up to 8 people, as we are still trying to keep everybody safe. Enjoy good company while you knit, crochet or engage in any other craft activity.



### Games Afternoon is back!

We have a wide selection of games at MAECare, including Scrabble, Monopoly, cards, dominos and chess. Join us for a game in a friendly welcoming atmosphere. See centre pages for details.

### Twilight Zone

This is a monthly early evening meet up at MAECare for people who live very local to MAECare. We always have something to eat and some games of bingo. The most important thing is that people are getting together, chatting and socialising with each other. This group is currently full and is a local group with a specific geographical requirement.

### CAMEO

CAMEO, a social group for people living with long term health conditions, meets monthly at MAECare on a Tuesday afternoon. Some recent activities include card making, going out to lunch and playing bingo, and we are always open to suggestions. See centre pages for the next dates.

### Men's Den

This is a group for men to come and socialise together. We meet at MAECare monthly and can only accommodate 8 people at present, so places are very sought after. We have tried our hand at Soft Archery which has been very popular as well as having various interesting talks. See centre pages for the next dates.

### Local Walks

We run fortnightly walks with groups of up to 8 people. The walks are of two types – once a month they start from MAECare and cover the local area, and once a month we go further afield to a local park, such as Roundhay Park or Golden Acre Park. The walks are between 2 and 3 miles long. Contact the office for information on dates and times.

## Sporting Memories

**This is a relaxed and friendly group for people living with dementia and memory difficulties. During Covid we had Zoom meetups online but we are now meeting in person again every 1st and 3rd Wednesday in the month, in the morning.**

It has been brilliant to gather at Alwoodley Cricket Club to share our memories, stories, opinions and love of all things sport. Our sports of interest so far include canoeing, cricket, football, rugby, netball, athletics, darts and formula one – many of which we have taken part in, most of which we have watched!



Would you like to come and join us and talk about the sport you love? Our recent sessions have also included some gentle physical activities such as balloon tennis. We hope to try out adapted table tennis soon!

If you would like further information about joining the group, please get in touch with Carole on the MAECare office number or by email to [carole@maecare.org.uk](mailto:carole@maecare.org.uk)

## Active Minds

This is a lively and fun group for people living with dementia and memory problems. The group is based on a Cognitive Stimulation Therapy approach (CST) which helps to improve language, thinking and wellbeing through fun and stimulating activities that give your brain a mental 'workout'. The activities take place in a small group of 6-8 people where everyone is encouraged and supported to share their opinions, interests and personality.

The group meets at the same time each week for a programme of 14 sessions. Each session lasts approximately an hour and a half and has a different theme. Sessions start with introductions and refreshments, with two main activities per session (and a break in the middle).

Themes included in the programme include current affairs, places we have lived and travelled, art discussion, faces and fashions, music and sounds, word and number games, physical games and being creative. Get in touch with Carole at MAECare by phone or email to find out more.



## And coming soon at MAECare...

**We have plans to expand our activities that are in too early a stage to be included in this Newsletter, but to give you a taster of what is coming up, see below.**

**Films!** In partnership with Moor Allerton Library we will be starting the monthly film shows from April, probably on a Monday or a Wednesday. We will be continuing to keep everybody safe and 20 people will be able to attend. Please ring MAECare with your top three films and we will try our very best to accommodate this.

**Trips and outings** In the spring we hope to get small trips up and running on a monthly basis.

Again, we would welcome suggestions of local venues.

**Intergenerational Chess** We are currently working in partnership with Moor Allerton Library, to set up a weekly intergenerational chess project where elders will teach children, and they will engage in the game together. Start date will probably be April. Contact Mary at MAECare if you are interested.

**Annual Celebration** We are hoping to be able to hold our Annual Celebration again this year, after a two year gap. More details will be in the Summer Newsletter.

**Dementia Action Week 16th – 20th May 2022** This national event is an opportunity for people to take action to improve the lives of people living with dementia. MAECare will be taking part and encouraging you to join us! Look out for details on the MAECare website and social media, and in the window of 57a Cranmer Bank nearer the time.

## 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. Dates coming up are below:**

Saturday, 2nd April – 12.30pm – The Lord Darcy, LS17 8EH

Saturday, 16th April – 12.30pm – The Red Lion, Shadwell, LS17 8HH

Sunday, 1st May – 12.30pm – The Beck and Call, LS7 2NP

Saturday, 14th May – 12.30pm – Gusto, Old Otley Road, LS16 6HN

Sunday, 29th May – 12.30pm – The Dexter, Wigton Lane, LS17 8RZ

**Please make sure you book your place on all activities by ringing MAECare on 0113 2660371.**

**If you turn up without booking, there may not be a place for you. Thank you.**

# 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><b>Extend Class</b>  <b>Weekly Monday</b>  <b>11.00 – 12.30pm and</b>  <b>1:20 – 2:50pm</b>                      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 / £5.00 non-members                      First class free.</p>	<p><b>Active Minds</b>  <b>Weekly starting Tuesday 19th April</b>  <b>for 14 weeks, 10.30 – 12.00 noon</b>                      MAECare 57a                      A lively and fun group for people living with dementia and memory problems. £3.00</p>	<p><b>Sporting Memories</b>  <b>1st &amp; 3rd Wednesdays,</b>  <b>11.00 – 12.30pm</b>                      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. £2 charge</p>
<p><b>Tai Chi</b>  <b>Weekly Monday</b>  <b>11.00 – 12.00 noon</b>                      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 non-members.                      First class free</p>	<p><b>Dance On</b>  <b>Weekly Tuesday, 1.30 – 2.30pm</b>                      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 non-members.                      First class free.</p>	<p><b>Tech Wednesday</b>  <b>Weekly Wednesday, 1.30 – 3.30pm</b>                      MAECare 57a                      Relaxed IT support in a small group, with a different theme each week. Places are limited so please call the office to book. Free</p>
<p><b>Book Group</b>  <b>4th Monday of month,</b>  <b>2.00 – 3.30pm</b>                      MAECare 57a                      See front page or call MAECare for more info.</p>	<p><b>Men's Den</b>  <b>Monthly 1st Tuesday,</b>  <b>2.00 – 4.00pm</b>                      MAECare 57a                      Lively discussion and activity group for men, £2 members, £3 with transport.                      Spring Dates: 1st March, 4th April, 3rd May</p>	<p><b>Twilight Zone</b>  <b>Monthly, 4.30 – 6.30pm</b>                      MAECare 57a                      Enjoy a takeaway meal of your choice, dessert and games, £6.00                      Transport available                      Spring Dates: 20th April, 18th May, 15th June</p>
<p><b>Walking Football – to end March</b>  <b>Weekly Tuesday, 6.30 – 8.00pm</b>                      Allerton High School, King Lane,                      Leeds LS17 7AG                      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><b>CAMEO Group</b>  <b>Monthly 3rd Tuesday,</b>  <b>2.00 – 4.00pm</b>                      MAECare 57a                      Activity based group for those living with a long term health condition. £2 members, £3 with transport.                      Spring Dates: 15th March, 19th April, 17th May</p>	<p><b>Legal Advice Appointments</b>  <b>Monthly, 3rd Wednesday,</b>  <b>2.00 – 4.00pm</b>                      MAECare 57a                      Half hour free advice on wills, probate and Power of Attorney only. Please contact the office to make an appointment.</p>
	<p><b>Games Afternoon</b>  <b>Monthly, 4th Tuesday,</b>  <b>2.00 – 4.00pm</b>                      MAECare 57a                      Enjoy playing games such as Scrabble, Monopoly, cards, dominos and chess in a friendly atmosphere.                      Spring Dates: 22nd March, 26th April, 24th May</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><b>Silver Linings Club</b> <b>Fortnightly Thursdays from 31st March, 10.30 – 12.00 noon</b> 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 Contact Carole Smith for more information and to book into the group, on 0113 2660371.</p>	<p><b>Walking Group</b> <b>Fortnightly Friday 10.00 – 11.00am</b> Starting at MAECare Meet at MAECare, or at a park, for a short local walk, 2 – 3 miles. Free – call for more information</p>	<p><b>Walking Football – Weekly Sunday from April 10.45 – 12.00 noon</b> 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><b>Chair Based Exercise</b> <b>Weekly Thursday 12.30 – 1.30pm</b> 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 non-members. Paid for in block bookings of 8 weeks.</p>	<p><b>Legal Advice Appointments</b> <b>1st, 2nd &amp; 4th Friday, 2.00 – 4.00pm</b> Half hour free advice on wills, probate and Power of Attorney only. Please contact the office to make an appointment.</p>	<p><b>Shared Tables</b> <b>See separate item on page 3. PLEASE BOOK YOUR PLACE WITH THE OFFICE.</b> We cannot provide transport for Shared Table meals, so you must be able to get to the venues independently.</p>
<p><b>Walking Football</b> <b>Weekly Thursday, 2.00 – 3.00pm to end March</b> Scott Hall Leisure Centre, Scott Hall Road, LS7 3DT, from April YMCA, Otley Road, LS16 6HQ 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><b>Creative Writing</b> <b>Fortnightly Thursday, 1.30 – 3.30pm</b> 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. Call the office for more information.</p>		
<p><b>Knit and Natter</b> <b>Weekly Thursday, 2.00 – 4.00pm</b> MAECare 57a Knit or bring your own craft activity. Relaxed and sociable session. £2 Members, £2.50 Non-members</p>		

## Digital support @MAECare

**At MAECare we offer two kinds of one-to-one IT Support for our service users.**

In collaboration with students from Allerton High School and The Grammar School at Leeds, we hold sessions called **Tech Wednesdays**.

Places must be booked in advance, with two 45-minute sessions on Wednesday each week at these times:

1.30 – 2.15pm

2.15 – 3.00pm

Bring your device along and we can answer your questions and support you to learn to get the most from it.

In addition, our Digital Inclusion Worker Anna-Marie is also able to offer one to one support on Mondays. For more information, please call Anna-Marie 0113 2660371 or mobile 07904 643233.



## Digital one-to-one drop in at Moor Allerton Library

**Tuesday 8th March 1.30 – 2.30pm**

**Need help to use your tablet, smartphone or computer to try something new, say hello or get tech savvy?**

Come along with your device or use a library PC and talk to our friendly librarians who will answer any questions about digital you may have.

Learn how your device can help you improve your health, access library services to read eBooks and magazines online and even save you money.

This is a free event, no booking required. Call 0113 378 5005 for more information.



## Dying Matters Week

**This year, Dying Matters Awareness Week takes place from 2nd – 6th May 2022.**

It is an opportunity for older people to get information and advice about planning for death and dying in a relaxed informal setting. We are planning an information display in Reception, and an opportunity for a Question-and-Answer session with a local solicitor on Lasting Power of Attorney, Making a Will and Living Wills etc.

## MAECare Digital Update

**Did you know that MAECare is on Facebook and Twitter???**

Why not follow us and keep up to date?



@OlderPeopleLS17



@maecareleeds

## The Queen's Platinum Jubilee

This year the country will be celebrating the Queen's Platinum Jubilee on 2nd and 3rd June. Queen Elizabeth is the first British monarch to reign for 70 years. At MAECare we are planning a special display in our Reception area.

**Do you remember the Coronation in 1953? Do you have any photos (e.g., of street parties), memorabilia (e.g. mug, spoons), or just your memories in words to share with us?**

Maybe you would like to produce a work of art or piece of craft to celebrate this event. We would love to hear from you! Just call in or ring 0113 2660371.



## Coming Soon in digital...

Have you ever checked out the MAECare website at [www.maecare.org.uk](http://www.maecare.org.uk)? We are currently in the process of revamping it to make it even more appealing and informative. Watch out for more information on the relaunch in the next Newsletter. If you would like to let us know what you think of our current website, give us a ring or email us on [info@maecare.org.uk](mailto:info@maecare.org.uk)

As more of our service users are starting to use email, we are also looking at the possibility of a regular **email bulletin** to provide more frequent and up to date information. If you would be interested in going onto our mailing list, please call **0113 2660371** or email [info@maecare.org.uk](mailto:info@maecare.org.uk)

# Whats on in the local community



## From Moortown to Alwoodley – Mapping Moor Allerton with Local People

**In Spring Term 2022, Allerton CofE Primary School will be embarking on a new project to map the history and heritage of Moor Allerton. Children from Years three, four and five will work with local artists Emma Baim and Matthew Bellwood, to find out more about the local area.**

As part of their explorations, the children will visit the Local and Family History Library and Leeds Discovery Centre; go on a walk to the Seven Arches Viaduct; attend a workshop at Moor Allerton Library; take part in an “archaeological dig” in the school grounds; build a junk model map of the area and work with Community Historian Nigel Grizzard to learn about Moor Allerton’s Jewish History. They will also work with Graphic Design students at Leeds Beckett University, to create a series of illustrated panels. The panels will go on display at Moor Allerton Library and will aim to tell the story of the area in words and pictures.

The project has been funded by the National Heritage Lottery Fund. In addition to the work with the children at the school, we will also be running some public talks with the Library service. These will take place in July to coincide with the launch of the panels at the library.

As part of the project, the school is keen to interview members of the local community and learn about people’s memories of living in Moor Allerton. We are hoping to connect with people who’d be willing to share their thoughts and feelings about living in the area. This would involve being interviewed by a small group of children. Interviews would take place in the week of March 21st, 2022. We imagine that each interview would take about 45 minutes to an hour.

If you’re interested in taking part, please contact Mary Baillie at MAECare.



## Update on funding

**MAECare is delighted to have received two grants to support the delivery of activities and services.**

**The Masonic Charitable Foundation** have made a grant of £5,000 for each of the next 3 years to support our befriending service. For service users who are unable to get out and about we have volunteers who will provide telephone support or a friendly visit. They will be matched with a service user and arrange calls or meet ups to suit each other. Both volunteer and service user get something from this – companionship, a chance to have a chat with someone which is especially valuable if you don’t have many opportunities to do so.

MAECare volunteer Margaret says “I enjoy talking to them, and got to know them well...”

Marian says of Margaret: “I really look forward to her ringing every week and enjoy chatting”.

**Evan Cornish** are funding our Keep in Touch activities for another year with a grant of £10,621. This is the fifth grant we have received from them. Activities to reduce social isolation include CAMEO and Men’s Den. We also have activities that take place in the evenings and weekends such as Shared Tables and Twilight Zone. We will explore how to resume the monthly Film Friday in a safe way. And we would like to be able to support groups which are more accessible for local Asian Women – the AMAN group. Watch this space for more information.

## Tax, Care & New Partners

MAECare is exploring whether to offer a free talk on “Tax, Care and new partners” which would be delivered by an external speaker. It takes a light-hearted look at inheritance issues such as long-term care fees and how to protect your home and savings, Inheritance Tax, Lasting Power of Attorney, and new partners, which delves into the issues of sideways disinheritance.

If this might be of interest to you, please contact us. No date has been arranged yet but if there are enough people, we will arrange to set it up.

## Mindfulness and gardening group at Meanwood Valley Urban Farm

**Tuesday group for people over 60 - Mindfulness and gardening & nature activities: This group is suitable for people with higher support needs and reduced mobility.**

Table top gardening activities and nature based crafts, short walks into the raised bed garden and wilder areas of the farm, but mainly indoors. This group also has free lunch and free transport provided.

The group is based at Meanwood Valley Urban Farm, Sugar Well Road, Meanwood, Leeds, LS7 2QG

For more information, please contact Isabel Swift: [isabel@lemonbalm.org.uk](mailto:isabel@lemonbalm.org.uk) – 07595 471597

## The ReFresh Natter Café

**New from March**

The Natter Café is a pop up café which will be open in March Monday mornings from 9.30am to 1pm at The Moortown Methodist Centre in Moortown. The aim is to provide a space for friendship and refreshments, so everyone is welcome!



# Information and advice

## If you need any general help & advice, we're here to give a helping hand!

Things like bills, debt, pensions, benefits or housing worries can seem confusing and overwhelming. Julie at MAECare can help you with these issues – and if we can't help you directly at the office, there are many services out there which we can refer you on to for more specialist help. If you want a confidential chat, please call the MAECare office to make an appointment with Julie.



## Staff news

### Beccy Marsden

is joining us on 1st March. She will be picking up the Health and Wellbeing services and activities which will be handed over by Mary. Some of you may recognise her – she used to deliver our massages before COVID-19.

In addition to coordinating the exercise classes (Dance On, Tai Chi, Extend and Chair Based exercise) and local walks, she will also look at extending the range of services we can offer to support mental wellbeing.

**Mary Baillie** will continue as our Activities Coordinator. She hopes to be able to broaden the range of activities we can offer so that more people will be able to attend more activities.

## A word about the upcoming rise in fuel prices...

There is free help with energy bills and debt available from a number of organisations across Leeds – they offer free, confidential and impartial help and advice to Leeds residents. They include: Leeds Welfare Support Scheme, Green Doctor, Money Buddies Energy Plus Service, Citizens Advice in conjunction with Northern PowerGrid & Scope Disability Energy Support. If you want more details or help with how to access these services, please contact Julie at MAECare.

**Trevor Bush** has recently joined the team. He is our new Finance Officer; his role is to keep track of all our finances.



## Struggling to manage at home? A care home is not your only option.

Our luxurious one or two-bedroom self-contained apartments offer you the best of both worlds. Flexible purchase or rent options, 24-hour on-site care and support with packages to suit your individual needs.

Southlands  
Wetherby Road  
Roundhay  
Leeds LS8 2JU



We're here to help, when you're ready to call.

0113 265 5876

[www.westwardcare.co.uk](http://www.westwardcare.co.uk)

