

Newsletter

Spring 2023

Zumba returns to MAECare!

We are excited to announce that ZUMBA is back!!

The tutor is called Zoe, and classes start on 13th of March.

They will be held at St Stephens Church Hall on Tynwald Drive, 1.30pm – 2.30pm every Monday.

Zoe says the class is 'a fun easy to follow dance class focusing on balance and co-ordination. Leave every class feeling happy and wanting more!'

Ring Becky at MAECare or call in at the office to book your place!!



Membership fees held at 2022 prices!

Despite the cost of living crisis we're delighted to let you know that the membership fee for 2023/24 will be the same as last year – £15 for a single membership or £25 for joint membership.

Members who attend classes and activities continue to benefit from a discounted price – in 2022 the average saving for someone attending our classes/events was £16, so we think it's great value for money.

Plus the benefits have been extended to include the cost of arranging transport to attend our events/activities which is also cheaper if you are a member. Of course you will also receive our quarterly newsletter. And if you are able to gift aid the membership, this helps us with an additional 25% at no extra cost to you.

If you wish to pay for membership, please call us to pay by card, pop into the office or send us a cheque. And if you can help with gift aid, don't forget to fill in the form with this newsletter, and return it to us.

Donations for MAECare transport to increase from £5 to £7 for members and £8 for non-members from 3rd April 2023

We offer transport to everyone who would otherwise not be able to attend our activities/events, as long as you live in the MAECare area.

We ask everyone to make a donation towards the cost of transport.

Currently, we suggest a minimum of £5 per person per return journey. The suggested donation has been the same since 2018; as our costs are rising, Trustees agreed to increase the suggested donation to £7 per person per return journey for members and £8 for non-members – another reason to join MAECare. If you are going on a trip the donation will be worked out separately.

If you are able to arrange your own transport we encourage you to do so as we subsidise the costs of providing transport to the tune of £1,500 per year.



Special discounted rate for new members!

If you've never been a MAECare member then we're offering a special discounted rate of £10 for a single membership and £15 for joint membership. This is only available if you join before 30th June 2023 and applies for 1 year only.



Your Local Neighbourhood Network Scheme supported by

Coming up at MAECare



Spring Trips

We are planning the following short trips for Spring.

29th March – Abbey House Museum, Kirkstall

The Abbey House Museum opposite Kirkstall Abbey explores social history and childhood in Victorian-era Leeds with authentically recreated Victorian streets. The trip includes transport from MAECare and back to your home, the museum visit, and afternoon tea in a private room. The total cost is £25 for members and £27 for non-members. Meet at MAECare at 10.30am.



3rd May

– Bluebells trip to Middleton Woods

This trip includes transport from MAECare to the woods, then a tour via minibus of the woodland to see the gorgeous carpet of spring bluebells, followed by lunch and transport to your home. Meet at MAECare at 10.30am. Please note you will need to make your own way to MAECare. The cost for this trip is £15, members, £17 non-members.

7th June – Skipton canal trip

**** Please note this trip is only open to current members of the Men's Den and CAMEO groups – a July trip open to all is being planned ****

This boat cruise on the Leeds & Liverpool canal, starting at Skipton, also includes a picnic and refreshments. We will meet at MAECare at 9.45am, leave at 10.00am to arrive in Skipton at 11.00am, and return at 2.00pm approximately. We hope to then have you home for 4.00pm. This will be a long day so be prepared. The boat is fully adapted for people who may experience compromised abilities. The cost for this trip is £20 for members and £22 for non-members.

Monday Matinée

Monday Matinee takes place on the second Monday of every month from 1.30pm to 3.30pm – these times are approximate as some films end earlier than others. Everybody is welcome and it would be good to see a crowd at MAECare again.

The next dates for Monday Matinee are as follows:

13th March 2023:

“The Phantom of the Open”

This film tells the remarkable true story of Maurice Flitcroft, a crane operator and optimistic dreamer from Barrow-in-Furness who managed to gain entry to the 1976 British Open qualifying, despite never playing a round of golf before.

There is no Monday Matinee in April as the second Monday is a bank holiday.

12th May: “Elvis”

Please note this is a Friday as there are three bank holidays in May and it seems unfair that you should miss two months in a row. It will be at the same time 1.30pm.

This new film, starring Austin Butler and Tom Hanks, explores the life and music of Elvis Presley, seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker.

12th June:

“West Side Story” (the 2022 version)

From producer and director Steven Spielberg, this adaptation of the 1957 musical, tells the tale of forbidden love and the rivalry between the Jets and the Sharks, two teenage street gangs of different ethnic backgrounds.



IT Support at MAECare

MAECare is starting to use WhatsApp to enhance the way we get information out to you our members. Watch this space for more information.

The MAECare WhatsApp number is 07341 949298. Add us to your phone contacts and message to say hello.



Wednesday Welcome Drop In

Our Drop In sessions at MAECare on Wednesday afternoons have been a big hit.

“It’s great to get out and meet people, thank you MAECare” Dorothy.

A friendly space to meet people, have a chat, play games if you want to and ask tech questions too. We have visitors from The Grammar School at Leeds every week as well.



Coming up at MAECare

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.

Please ring the office to cancel your place if you can no longer attend the event then we can let the Host know.

Dates coming up are below:

Sunday, 5th March –
The Olive Branch, LS17 7BE

Saturday, 18th March –
The Beck and Call, LS7 2NP

Sunday, 2nd April –
Gusto, Old Otley Road, LS16 6HN

Saturday, 15th April –
The Mustard Pot, LS7 3QY

Sunday, 30th April –
The Lord Darcy, LS17 8DH

Saturday, 13th May –
The Ego at the Wellington, LS17 8LZ

Sunday, 28th May –
The Red Lion, LS17 8HH

Saturday, 10th June –
The Olive Branch, LS17 7BE

Sunday, 25th June –
The Beck and Call, LS7 2NP

Saturday, 8th July –
Gusto, Old Otley Road, LS16 6HN

Sunday, 23rd July –
The Mustard Pot, LS7 3QY



Cricket Tickets



Yorkshire Cricket Club offer MAECare opportunities to attend the cricket free of charge – let us know if you are interested in attending a cricket match.

We have a limited number of tickets for the following matches: Yorkshire v Gloucestershire (second day) start 11am, Friday 5th May and Yorkshire v Sussex (first day) start 11am, Wednesday 19th July.

Ring the office to reserve your ticket. We will coordinate transport, but this trip will not be attended by staff.

Booking is essential – ring the office for more information.

Fuel Vouchers

If you have an 'old style' pre-payment meter, have you got your £67 government fuel vouchers yet?

1.8 million vouchers which have been delivered to households with old-style prepayment meters haven't been claimed yet and many of those issued in October have now expired. The vouchers would have been sent to people via text, email or post, depending on what contact details energy companies hold for their customers.

If the details are out of date – an old email or mobile number – they won't have been accessed by the customer. If you think any of this applies to you, you can contact your energy supplier and ask for them to be re-issued, or contact Julie at MAECare for more help and information.

We need your help

As our Drop In has been so popular we would like to take it "Out and About" to a café near you. This will be on a Monday morning not a Wednesday, so there will still always be a Wednesday Drop In at MAECare,

We want to reach out to the whole area we cover and have sessions in local cafes. But we need to know the best places to go. Please let us know where you think would be a good place and we can go from there.

Contact Anna-Marie at MAECare.

Digital Inclusion

At MAECare we offer one to one support to help you get online.

Help with any questions you may have. Our support worker will happily write easy to follow instructions for your device and give ongoing support to embed your learning.

If you don't have a device, don't worry we can lend you one to try.

Appointments are available on Mondays all day and Wednesday mornings.

Support is also available during our Wednesday Welcome Drop In, this will be within the group, good if you have a quick query.



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>Silver Linings Group Fortnightly Tuesdays, 10.30am – 12.00 noon, MAECare 57a A relaxed social group for people living with dementia – enjoy a cuppa and an energizing activity! £2.00 members / £3.00 non-members Upcoming dates: 14th, 28th March; 11th, 25th April; 9th, 23rd May.</p>	<p>Sporting Memories Fortnightly Wednesdays, 11.00am – 12.30pm, MAECare 57a A friendly group for those living with dementia, where we share our love of all things sport, and get a little bit active! £2.00 members, £3.00 non-members Upcoming dates: 8th, 22nd March; 5th, 19th April; 3rd, 17th May.</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. £4.50 per session for members/£5.50 non-members. First class free.</p>	<p>Dance On Weekly Tuesday, 1.30pm – 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>Twilight Zone Monthly, 4.30pm – 6.30pm MAECare 57a Enjoy a takeaway meal of your choice, dessert and games, £6 charge to cover cost of meal. Transport available. Next dates: 15th March, 19th April, 17th May, 14th June.</p>
<p>Complementary Therapies 1st Monday of month – half hour slots from 10.30am – 4.00pm, MAECare 57a A half hour of either massage, reflexology or reiki, bookable in advance. £10. No transport.</p>	<p>Men's Den Monthly, 1st Tuesday, 2.00pm – 4.00pm MAECare 57a Lively discussion and activity group for men, £2 members, £3 non-members. Transport available. Next dates: 7th March, 4th April, 2nd May, 7th June.</p>	<p>Wednesday Welcome Drop-In Weekly, 1.30pm – 3.30pm MAECare 57a Join us for a cup of tea and a chat, with the chance to get digital help or play board games if you like. Booking not necessary. £2 Members, £3 Non-members, Transport extra if required.</p>
<p>Zumba Weekly Monday, 1.30pm – 2.30pm St Stephens Church Hall, LS17 5PX Dance-based exercise class. Call Beccy at MAECare to book.</p>	<p>Art Group 3rd Monday of month, 12.30pm – 2.30pm, MAECare 57a Monthly art class with tutor Doc – all materials provided. Cost: £7 members, £8 non-members</p>	
<p>Walking Football To 31st March – Weekly Monday, 6.30pm – 8.00pm Allerton Grange School, Talbot Avenue, Leeds LS17 6SF. A fun, non-contact sport for men and women, run by our volunteer coach David Wynick, £5. For more information, contact David Wynick on: 07921 528499.</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 non-members. Transport available. Next dates: 21st March, 25th April, 23rd May, 7th June.</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>Active Minds Weekly from 10.30am – 12.00 noon MAECare 57a 14 sessions starting 20th April 14 week group for people living with dementia, using a cognitive stimulation therapy approach, which can improve wellbeing, and language and thinking skills. £2.00 members, £3.00 non-members.</p>	<p>Big Breakfast Weekly Friday, 10.30am – 12.00 noon MAECare 57a Ends 31st March A hot breakfast at MAECare. Pay as you feel – transport extra. Booking essential – ring the office.</p>	<p>Shared Tables See separate item on page 3. 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>Chair Based Dance Weekly Thursday 12.30pm – 1.30pm St Stephens Church Hall, Cranmer Road, LS17 5DR A combination of low intensity exercise and dance. 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>Legal Advice Appointments Fortnightly on a Friday, 10.00am – 12.00 noon Half hour free advice on wills, probate and Power of Attorney only. Please contact the office to make an appointment. May appointments are for Will Writing Month only – see insert.</p>	<p>Walking Football From 1st April – Weekly Sunday, 10.45am to 12.15pm, at Alwoodley Primary School, 21 Cranmer Rise, LS17 5HX A fun, non-contact sport for men and women, run by our volunteer coach David Wynick, £5. For more information, contact David Wynick on: 07921 528499.</p>
<p>Walking Football Weekly Thursday, 2.00pm – 3.30pm To 31st March – at Scott Hall Sports Centre, Scott Hall Road, Leeds LS7 3DT, From 1st April – at YMCA, Otley Old 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: 07921 528499.</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>		

Focus on Dementia Action Week 15th – 21st May



Dementia Action Week

This is a national awareness raising campaign started by the Alzheimer's Society which encourages people to take action on dementia in different ways.

Increasing understanding of dementia, helping people to access support and campaigning for change to services could make a real difference to those living with this condition and also to the families and friends who are alongside them.

There will be lots of events going on around Leeds which will be advertised nearer the time – keep an eye out for information updates on our social media pages and also on our window at Cranmer Bank.

MAECare are taking part this year with an information and support event:

A Cuppa and a Conversation' – Dementia Information Event at MAECare

You are warmly invited for a cuppa, a cake and a conversation with us on:

- Tuesday 16th May 2023
- 1.30pm – 3.30pm – Pop in any time
- We are hosting our local memory support worker and the Carers Leeds Dementia Team who can talk to you about their roles and support on offer, along with our MAECare dementia support worker and our activity worker. Other invitees to be confirmed.

- Open to all – people living with dementia, their family and friends, others who are interested to hear about dementia and services available
- There will be an information stand with leaflets and books to take away on a wide range of aspects of living with dementia.

Please get in touch with Carole at MAECare if you would like more information or need help with transport to attend this event.



MAECare groups and support for people living with dementia

We offer 3 groups which are specifically for people living with dementia – Active Minds, Sporting Memories and The Silver Linings Club.

See the centre pages of this newsletter for details on these groups and all our other activities which are also open to and inclusive of people living with dementia.

Also, Carole Smith, MAECare dementia support worker runs our Circles of Support scheme which can help people living with dementia to access groups, activities and support from MAECare and other Leeds services.

Contact Carole in the office on 0113 266 0371 or carole@maecare.org.uk

Other sources of support:

Alzheimer's Society offers dedicated advice and support for anyone concerned that they or someone close to them may be experiencing signs of dementia and can help too. They can be contacted on 0333 150 3456 or visit their website: <https://www.alzheimers.org.uk/>



Dementia UK offer a helpline staffed by dementia specialist Admiral Nurses who consider the complex needs of people living with dementia and the families and friends around them. They can advise on a wide range of issues and now offer virtual clinic online appointments for free.

Contact them on 0800 8886 678 or visit their website: <https://www.dementiauk.org/>. Dementia UK specialist nurses have produced a new 'Living with Dementia guide' which is free to download and includes some of the common questions that come up on their helpline, along with the expert advice offered in response. The guide is available here: <https://www.dementiauk.org/ilivewithdementia/>



MAECare Member Musings!

Interview with MAECare service user Warren Berman who is living life to the full with dementia.

Tell us a bit about your background Warren:

I've lived in Leeds nearly all my life. I started work in retail and had my own curtain business later on. My most recent job was as a community mental health worker. This role gave me great satisfaction when helping people to move forward but it could also be challenging.

How long have you been living with dementia and how did that diagnosis come about?

I was diagnosed in November 2019. Some friends of mine who I see every day had noticed a change in my behaviour and I went to the GP to talk about this. I had a scan and was diagnosed with frontal lobe dementia. Initially I wasn't shaken at all by this diagnosis but I had a delayed reaction and some depression later on.

How has life changed for you since you have been living with dementia?

My short-term memory is affected and I can forget things more easily. Also, sometimes I will lose my thread in a conversation or give an answer to a question which doesn't quite match what has been asked.

What coping strategies do you have to help you manage day to day?

I have a hardback diary which I use to make a note of appointments and things coming up further ahead. I also have a daily diary which is on an A4 pad and I write things on that I need to know just for that day e.g. I wrote that you would be ringing me today between 1.30 and 2pm to interview me! I also use a smart speaker (Alexa) for various things – a reminder of day and time, what the weather is going to be, listening to the radio and music, various quiz topics and singing to me! Regular telephone calls with friends and family are also very important – these people have been there for me over many years.

I like going for walks and reading the paper. Also, doing painting by numbers helps me to relax, stay calm, feel confident and be able to concentrate.

These things help to keep my mind busy and occupied and can also improve my mood. I have bought frames for the artwork and hung them on the wall. When I look at the finished piece of art and think of all the hours I've put in, it makes it seem all worthwhile.

I also take part in the MAECare Sporting Memories group each fortnight where we chat and reminisce about our shared love of sport. It's nice to hear what the other members are saying and also to interact with them.

I know you have been involved in some dementia research and other groups since your diagnosis – how did that come about?

I got in touch with Leeds Older People's Forum and they put me in touch with DEEP which stands for the 'Dementia Engagement and Empowerment Project'. The Leeds branch of DEEP includes the 'Up and Go' group which meets to influence and support the development of Leeds as a dementia friendly city. We have consulted on issues including public transport and dementia-friendly performances and arts events, both locally and nationally. We have also recently been involved in a research project called 'Can a dementia diagnosis open doors to new opportunities?' We meet fortnightly on zoom and welcome people with dementia to take part.

I was also asked to be on an interview panel for the Alzheimer's Society who were recruiting for a Memory Support Worker. I had to come up with three questions for the people being interviewed and to think about what was important for me about their roles. It took me a while, a week or so, as I'd never done it before. Then I took part in the interview itself, where we rated the different candidates and decided who was the best for the job. I have also been on two other interview panels since then for roles which involve working with people who have dementia.



One positive thing since being diagnosed with dementia?

New opportunities have arisen for me – I'd never been on an interview panel before, for example. I was very apprehensive at first during the interviews but I became more confident. I am also a mentor for a person who is working as a dementia voice assistant.

One challenging thing since being diagnosed with dementia?

Having to wait for a cure and for medication for my type of dementia which can treat the symptoms and slow it down.

What advice would you give to a person who is newly diagnosed with dementia?

Get a daily diary to help with remembering things, as it really helps. Contact MAECare, the Alzheimer's Society, Leeds Older People's Forum and other services (or ask someone to contact them on your behalf). There are lots of groups and things to take part in if you would like to!

I would say that if you are diagnosed with dementia, make the most out of life, keep busy, gain new ventures and opportunities.

Thank you Warren for your willingness to tell us about your experiences and help others in doing so!

Did you know...?

That from 5th May 2023 you will need photographic I.D in order to vote.

This can be: passport, drivers licence, Blue Badge, or an Older Person's or Disabled Bus Pass (these can be out of date, as long as the photo still looks like you). If you have none of these, you can apply for something called a Voter Authority Certificate online, you would need your N.I number and a digital photo (MAECare can help with this). If you vote by post, you won't need I.D.



Dates for your diary

March 2023

- Sunday 5th**
– Shared Tables – The Olive Branch
- Monday 13th**
– Monday Matinee –
“The Phantom of the Open”
- Saturday 18th**
– Shared Tables – The Beck and Call
- Wednesday 29th**
– Trip to Abbey House Museum

April 2023

- Sunday 2nd**
– Shared Tables – Gusto
- Saturday 15th**
– Shared Tables – The Mustard Pot
- Sunday 30th**
– Shared Tables – The Lord Darcy

May 2023

- Wednesday 3rd**
– Trip to Middleton Woods
- Saturday 13th**
– Shared Tables – The Ego
at The Wellington
- Sunday 28th**
– Shared Tables – The Red Lion, Shadwell

June 2023

- Wednesday 7th**
– Canal trip to Skipton
- Saturday 10th**
– Shared Tables – The Olive Branch
- Sunday 25th**
– Shared Tables – The Beck and Call

July 2023

- Saturday 8th**
– Shared Tables – Gusto
- Sunday 23rd**
– Shared Tables – The Mustard Pot



Shire Oak House at Headingley Hall Specialised Dementia Care

**Only 11
Rooms
Available**

ENQUIRE NOW

11 beautifully re-purposed rooms providing specialised dementia care within a supportive environment.

Shire Oak House at Headingley Hall encourages people to build on what they can do and thrive in a community setting.

The space benefits from views over landscaped gardens, a separate kitchen and lounge and an enclosed courtyard – creating a sense of calm and a home from home.

ENQUIRE NOW

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