

Newsletter

Winter 2022

MAECare Satisfaction Survey 2022

Thank you to everyone who returned the forms. We had responses from four percent of our service users.

100% thought the response of MAECare Staff was excellent or good.

93% thought the MAECare response was very prompt or prompt.

100% would use MAECare again and would recommend MAECare to a friend.

65% said they had got to know new people and made new friends, and that being involved improved their wellbeing.



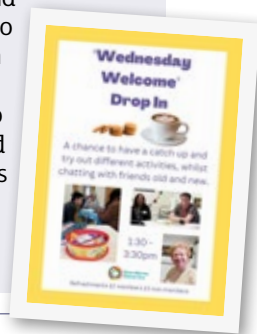
When asked if there was anything more you'd like MAECare to do or any way it could improve, a couple of the most common suggestions were a support group for people who've experienced bereavement/loss, and coffee mornings/drop ins. We are always interested in the suggestions we receive so will be considering what is feasible for us to deliver. Service users still ask us about Zumba Gold. We would like to be able to re-open this class but it is wholly dependant on finding an instructor and we are still looking.

Overall there were many positive comments such as this one

"I look forward to my MAECare visits, very friendly and supportive."

NEW Wednesday Welcome Drop-In

We now have a weekly drop-in session at MAECare, on Wednesday afternoons, 1.30pm to 3.30pm.. Come along, bring a friend for a cuppa and a catch up. We have activities around, games, word puzzles and even tablets to have a go on, or not. You can even bring some knitting along. A relaxed time to come in keep warm and connect with old friends and new. No need to book just pop in.



Focus on Chair-Based Dance

Chair-Based Dance on Thursday afternoons is a combination of modified exercise and dance choreography that you know and love at a low-intensity for active older adults – although advertised as chair dance this class can be done standing.

The benefits of attending this class include improved muscular strength and endurance, improved cardiovascular system, improved posture, and enhanced quality of life.

This isn't your average dance class – we dance, we laugh, we have fun!!

See centre pages for full details.



Leeds 2023 Year of Culture – 1001 stories

A major project for LEEDS 2023 Year of Culture puts the voices, histories and stories of older people centre-stage by gathering your stories and using them as inspiration for a new artistic work, made by older people in Leeds for audiences of all ages when they take over Leeds Playhouse for a week.

Do you have a story to tell?

It could be anything from a funny anecdote to a milestone in your memory. Your story doesn't have to be a long one; if it is true and means something to you then come along to our workshop on **Tuesday 14th February at 2-3.30pm at MAECare**. Contact MAECare to book a place. If you're unable to come you can still submit your story: thepformanceensemble.com/1001stories

Walking Group update

The Walking Group has stopped for the Winter, but if you feel able to get out for even a short walk, when the weather allows, it can boost your physical and emotional wellbeing! The Natter Café at the Moortown Methodist Church Hall is open on Monday mornings, and a lovely welcoming place to call into for a cuppa.

Your Local Neighbourhood Network Scheme supported by

Coming up at MAECare

Endings and Beginnings

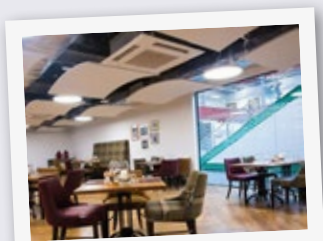
Three of our long standing groups/activities have ended. We've taken this decision because of the very low take-up by service users. They are the Book Group, Creative Writing and Games. We know for the few who did attend, there will be disappointment. However it does mean that we have more capacity to look at developing more activities and services.

A new weekly Drop-in started in November (see front page). It is open to anyone, no need to book. You can drop in for a cuppa and chat, if you need IT help, or if you fancy a board game.

It will take place at MAECare, 57a, on Wednesdays 1.30 – 3.30. If you want more information contact Anna-Marie or Mary.

Lunch out at The Printworks restaurant

We will be having a trip to the Printworks Kitchen and Bar for lunch on February 22nd. 2023. The last time we went to The Printworks was Feb 2020 just before the pandemic, when the quality of the food was praised by all. The three course lunch will cost £35.00 including transport to the venue from MAECare and back to your home. Places are likely to go quickly, so please ring and book early.



Trips coming up for 2023

We are not planning any short trips for the winter, but here is a quick preview of what we are planning for Spring and Autumn 2023. Dates and cost to be confirmed.

April – Abbey House Museum with afternoon tea or lunch

May – Middleton Woods Bluebell trip with lunch

June – Thackray Medical Museum

July – Crimble Hall

September – Crag House Farm, with Afternoon Tea

October – Murgatroyds

For Crimble Hall and the Thackray Medical Museum people will need to have reasonable/good mobility as there will be walking involved.

Monday Matinée

We can now seat 20 at MAECare for films, and they take place on the second Monday of the month from 1.30 – 3.30pm. The cost is just a donation for refreshments. We very much look forward to seeing you.

Details of upcoming films are below:

9th January 2023:
“Andre Rieu – Welcome to My World”

This documentary follows the acclaimed violinist as he performs a number of concerts around the world. Featuring live performances and behind-the-scenes footage, and in-depth interviews.

13th February 2023:
“Where the Crawdads Sing”

From the best-selling novel comes a captivating mystery. Where the Crawdads Sing tells the story of Kya, an abandoned girl who raised herself to adulthood in the dangerous marshlands of North Carolina.

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.

Big Breakfast is back!

Come along to MAECare on Friday mornings for a bacon or sausage butty, toast, scrambled eggs, porridge, a teacake and last but not least, a chat!

This will run all winter until the end of March 2023. If you need advice or help with anything, staff will be available to talk to as well. We only ask for people to pay if they can afford it, so don't worry if you feel you can't contribute. You will need to call to book a place on 0113 2660371.



Living with Dementia

Activities for people living with Dementia

MAECare offers 3 groups for people living with dementia: **Active Minds**, **Sporting Memories** and **The Silver Linings Club**. People living with dementia are also warmly welcomed at any of our other groups and activities – we seek to make these as dementia friendly and inclusive as possible. Transport can be arranged for those who need it, and reminder phone calls made on the day of the group.

Active Minds

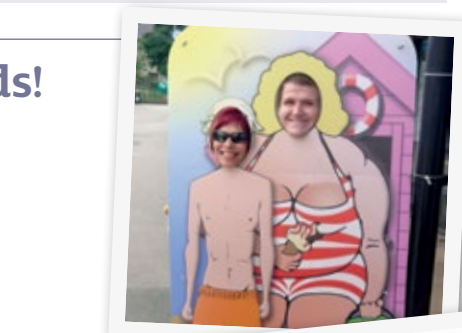
14 weekly sessions starting on **Thursday 24th November 10.30am – 12 noon** at MAECare – some spaces still available! This is a fun and friendly group, and the approach we use (Cognitive Stimulation Therapy) has been shown to help improve language, thinking and wellbeing. The group is for 6-8 people and staff and volunteers support everyone to take part at their own pace. We enjoy lively conversations and sharing of opinions – it is not about testing memory! Each session lasts an hour and a half and has a different theme such as physical games, music and sounds, food, art and current affairs.



Sporting Memories

This is a relaxed and friendly group for people who love sport and who are living with dementia. We meet **fortnightly on Wednesdays from 11.00am to 12.30pm** at Alwoodley Cricket Club, to share our memories, stories, opinions and love of all things sport.

See centre pages for next dates. Please get in touch with Carole Smith, MAECare Dementia Support worker if you would like to discuss joining Active Minds or Sporting Memories on: 0113 2660371 or carole@maecare.org.uk



September Seaside Special with Engage Leeds!

Just before the autumnal weather set in, we hosted a Seaside Special under a gazebo outside MAECare for people who attend our Active Minds and Silver Linings Groups.

We enjoyed some seaside-themed bingo, a sing-a-long with a local musician and fish and chips together. We also had a visit from the Engage Leeds team who provided some fabulous reminiscence resources and dressed up for the occasion in their vintage swimwear!

Engage Leeds told us about their specialist housing support service for people living with dementia, which offers help to people who need to move home or need support to stay in their current home. Engage Leeds can also help people to register with utility providers and access other community support.



If you would like to find out more about Engage Leeds, they can be contacted on 0300 5000 890 and they have a website at www.engageleeds.org.uk

Look out for more special events for people living with dementia in 2023!

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 Next dates: 6th, 20th Dec; 17th, 31st Jan; 14th, 28th Feb MAECare 57a A social and activity group for people living with dementia. £2 for members, £3 non-members.</p> | <p>Sporting Memories Fortnightly Wednesdays, 11.00am – 12.30pm Next dates: 14th Dec, 11th Jan. Alwoodley Cricket Club, Crag Lane, Leeds LS17 5PR A group for those living with dementia, where we share memories, £2 members, £3 non-members.</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>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: 18th Jan, 15th Feb, and 15th March</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. No transport.</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. Next dates: 3rd Jan, 6th Feb and 6th March.</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 £5 extra if required.</p> |
| <p>Monday Matinee 2nd Monday of month, 1.30pm – 3.30pm, MAECare 57a Monthly film shows at MAECare – see page 2 for details.</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>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. Next dates: 17th Jan, 21st Feb and 21st March.</p> |  |
| <p>Walking Football Weekly Monday from 31st October, 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: 07921528499</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 24th November A lively and fun group for people living with dementia and memory problems, £2 members, £3 non-members.</p> | <p>Big Breakfast Weekly Friday, 10.30am – 12.00 noon MAECare 57a A hot breakfast at MAECare. Pay as you feel – transport £5 extra. Booking essential – ring the office.</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>Chair Based Dance Weekly Thursday 12.30 – 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.</p> |  |
| <p>Walking Football Weekly Thursday, 2.00 – 3.00pm 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> | | |

IT and Tech

Support @MAECare

IT Support is still available at MAECare. We do have one to one support - you need to book a time with Anna-Marie, our Digital Inclusion Worker, anytime on a Monday, or on Wednesday mornings. We are no longer running group sessions.

We have our tablet lending scheme, where you can borrow a device and see if it's something you could benefit from. Anna-Marie is happy to provide notes and simplified instructions on your specific difficulties. For more information call 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!



Dates coming up are below:

Sunday, 5th February – The Ego at the Wellington, LS17 8LZ

Saturday, 18th February – The Red Lion, LS17 8HH

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

The cost of living and delivering MAECare services

In our satisfaction survey, there were a couple of comments about the cost of attending activities plus the more recent increase in the cost of exercise classes.

We sympathise with and understand concerns about the rise in the cost of living and want to clarify and reassure service users about our donations/charges:

- All activities have two levels of cost, a lower amount for members and a higher amount for non-members (a minimum of £1 difference). This has been a long standing principle agreed by Trustees several years ago to encourage service users to see the financial benefits of paying an annual subscription.



- Most activities that take place at MAECare will be either £2 or £3 depending on membership, to cover the cost of refreshments. Where we have additional costs such as paying for an entertainer, we will increase the donation to cover the cost of hiring the entertainer.
- The cost of exercise classes for members hasn't increased for two years; the recent increase was only for non-members in line with our policy.
- The cost of trips which resumed this year is largely the same as they were pre-covid. For example a recent trip to Caring for Life Crag House Farm cost £20 for members; the same trip in 2019 cost £20 for members in spite of the increase in the cost of hiring a minibus, entrance fees, hospitality etc.

- When we organise transport such as taxi or volunteer car driver to help service users attend our activities we ask for a £5 donation for the round trip. This has remained unchanged since 2018 in spite of the actual costs almost doubling. Trustees recently agreed to continue to subsidise transport costs for the time being.

So please be assured that we continue to subsidise the delivery of many of our services in order to make sure they are as affordable as possible.



Information and Advice



Help with the Cost of Living

MAECare is continuing to manage 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 the cost of fuel in a crisis, through shopping and fuel vouchers.

People struggling who live in the Moortown Ward will be encouraged to approach Interact in Meanwood, phone 0113 393 0600 who can provide similar help.



Play the MAECare Lottery

Join our Lottery today to support local older people and be in with a chance of winning £25,000!

How does it work?

The draw takes place every Saturday and each entry costs just £1. You will be allocated a 6-digit lottery number which is yours for as long as you play. The lucky winners are selected at random each Friday and all winners are notified – so there's no need for you to claim.

Where does my money go?

For every £1 you spend, at least 50p comes directly to us. A minimum of 50% of the total lottery proceeds are spent on supporting the work carried out by MAECare, 18.4% on prizes and 31.6% on the running cost and administration of the lottery.

You can pay for as many weekly entries as you like!

£1/week – 1 chance to win – at least 50p towards services for local older people

£2/week – 2 chances to win – at least £1 towards services for local older people

The likelihood of winning a prize is 1 in 63, and you can pay monthly, quarterly, biannually or annually. The prize for matching 6 digits is £25,000 plus a £2,500 donation to MAECare. Smaller prizes are £1,000, £25 and 5 free draw entries.

To join either sign up online go to the MAECare website (maecare.org.uk/support-us/maecarelottery), visit the Unity Lottery website (unitylottery.co.uk/causes/category/older-persons-organisations) and select MAECare) or contact MAECare for an application form.

Prepared meal delivery services in our area

There are a few reasons why you might find preparing a hot meal difficult – it may be you struggle to cook due to mobility issues, perhaps you've just come out of hospital, or have a short-term illness which makes it hard for you to be able to cook a daily hot meal. It can also be difficult to motivate yourself to cook when you live alone. There are a number of meal delivery services available which can be set up on a short- or long-term basis covering our local area.

Presto is run by Leeds City Council and offers a number of services, including companionship, gardening and cleaning, but also Meals on Wheels. They will deliver a hot meal at lunch-time, and/or a cold tea-time pack 7 days a week, from a menu you can select from for the week ahead – they include vegetarian, halal, kosher, Afro Caribbean, diabetic, gluten free etc. You can choose how many days a week they deliver and for how long you need it. Contact Presto on 0113 378 3750 for more information and prices.

Breaking Bread With Katie is a local service based in Alwoodley, which delivers freshly made, high-quality meals 7 days a week. Again, you choose from a menu and the hot option is served at lunch-time, with a sandwich or soup in the evening, or you can opt for the hot meal only. Contact 07503 549371 for more details and prices.

If you prefer, you can have frozen or ready-made meals delivered, which you can then heat up yourself when it's convenient. **Wiltshire Farm Foods** are one such service, you can order on their website or by phone with one of their brochures and they will deliver frozen meals which can be heated directly from your freezer. There are a huge range of meals available, including smaller portions for one and special diets. Contact Wiltshire Farm Food on 0800 0773100 for more information, or to order a brochure.

Another option is **Parsley Box**, which is a company that delivers longer-life meals which can be stored in the cupboard and re-heated in the microwave or oven. There is a wide range of meals available, similar to Wiltshire Farm Foods, but no freezer needed to store them. You can order by phone or online. Call 0131 326 0131 for more details or to order a brochure.



Changes to the free legal advice sessions

We are moving our free legal advice sessions from weekly to fortnightly. The sessions will all be on a Friday, from 10.00am to 12.00 noon, and each lasts for half an hour. Four local firms of solicitors (Levi, Morrish, Milners and Oakwood) provide advice on wills, probate and Power of Attorney only. Booking is essential – ring the office for more information.

Christmas Opening

There will be no regular groups or activities at MAECare from Wednesday 21st December to Monday 2nd January. Activities will resume on Tuesday 3rd January 2023.



Dates for your diary

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
- Monday 9th**
– Monday Matinee – “Andre Rieu: Welcome to My World”
- Saturday 21st**
– Shared Tables – Toby Carvery Chapel Allerton

February 2023

- Sunday 5th**
– Shared Tables – The Ego at the Wellington
- Monday 13th**
– Monday Matinee – “Where the Crawdads Sing”
- Saturday 18th**
– Shared Tables – The Red Lion
- Wednesday 22nd**
– Lunch out at The Printworks

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

April 2023

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



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.

ENQUIRE NOW

westwardcare.co.uk
0113 275 9950

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.

Headingley Hall
Shire Oak Road
Headingley
Leeds LS6 2DD

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Headingley Hall
HEADINGLEY