

# Newsletter

Summer 2023

## Allerton High Strawberry Tea

Wednesday 5th July 12.00 – 2pm

**Its back again!**

You're invited to attend the Strawberry Tea on Wednesday 5th July, 12.00 – 2pm at Allerton High School, organised by the students. Join us for a light lunch, games and dancing at this delightful annual event.

To book a place ring the office. Transport can be arranged if needed. For those making their own way, use the Park and Ride parking area.



## Special discounted membership rate still available!

**We're still offering a discounted rate of £10 for a single membership and £15 for joint membership for new members.**

More than 20 new members have already signed up and can now take advantage of the discounts to classes and trips that membership brings. This offer ends at the end of June so there's still time to join.

## The MAECare website – a mine of information!

**When is the next drop-in? Do you run any groups for people living with dementia? How much does the trip cost? How do I become a volunteer for MAECare?**

Did you know that you can find the answers to these questions and many more on the MAECare website – just go to [www.maecare.org.uk](http://www.maecare.org.uk)

There you'll find information on all our activities and events, including a handy calendar for the full month ahead.

You can see an electronic copy of the Newsletter, and earlier editions, find out about free legal advice, or volunteering, or make a donation to MAECare.

Why not have a look? If there's something you would like to see that isn't there, please let us know – we are always trying to make improvements.



## New Ladies United Walking Football group

**A new women-only walking football group has started up.**

Open to all women over 40 – a great way to stay fit and meet new people, and the first session is free! See below for details:



## and for the Men...

**Why not give MAECare's Men's Den a try?**

We meet every month and have a varied programme of talks and activities, with plenty of time for discussion and chat. Last quarter we had speakers from the Canal and River Trust, Men's Shed community groups and a Mediterranean trip, and next quarter includes a canal trip out, and a talk on the Leeds Blitz by Leeds Museums. Just ring the office for more information.



## Annual Celebration

**Our Annual Celebration will be on Monday 17th July at Alwoodley Park Methodist Church, 11am – 1.30pm.**

A chance to celebrate the last year and to look forward to the future. A light lunch with entertainment is provided and transport can be arranged if needed.

To book your place call the office.



Your Local Neighbourhood Network Scheme supported by

# Coming up at MAECare

## Trips Out – Wednesday Wanderings

Our Wednesday trips continue through the summer.

### Wednesday July 26th – Otley Garden Centre (formerly Stephen H Smith's)

A trip around the Otley Garden Centre, followed by afternoon tea at Hattie's Kitchen. We will leave MAECare at 12 noon, and this will give you time to look around the shops/garden centre before tea at 1.30pm. The cost will be £30 for members and £35 for non-members. You will need to be independently mobile as it is a large centre and there will be some walking.



No trip in August due to school holidays.

### Wednesday September 27th – Visit to Crag House Farm with afternoon tea.

Crag House Farm is a working farm, garden nurseries, farm shop and restaurant. Our trip includes a peruse around the farm and shops before settling down to a lovely afternoon tea. The cost will be approximately £30 members, £35 non-members. There will also be some walking involved.



## Monday Matinée

Monday Matinee is the second Monday of every month 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:

### 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.



### 10th July – The Oscar award winning “Banshees of Inisherin”

This is a period tragicomedy film directed, written, and co-produced by Martin McDonagh. Set on a remote, fictional island off the west coast of Ireland, the film stars Colin Farrell and Brendan Gleeson as two lifelong friends who find themselves at an impasse when one abruptly ends their relationship, with alarming consequences for both of them.

### 14th August – “Operation Mincemeat”

“Operation Mincemeat” takes its title from the real-life mission that tricked Hitler into believing the Allies were going to invade Greece, rather than Sicily, in 1943. It's based on this true story of wartime daring and heroism, with a cast that includes Colin Firth and Matthew Macfadyen.



## MAECare Out and About

Our monthly Out & About sessions are a chance to meet the MAECare team and find out what MAECare is all about. We meet in local cafes, and you can come along anytime for a cuppa and a chat. The first drink is on us! We look forward to seeing you soon.

Upcoming venues:

### Monday 19th June:

Marinella's, The Avenue, Alwoodley  
10:30am – 12:00 noon

### Monday 10th July:

Lans Coffee, 394a Harrogate Road.  
10:30am – 12:00 noon

### Tuesday 22nd August

Shadwell Library TBC



### 11th September – “A Man called Otto”

Based on the comical and moving No.1 New York Times bestseller, A Man Called Otto tells the story of Otto Anderson (Tom Hanks), a grumpy widower who is very set in his ways. When a lively young family moves in next door, he meets his match in quick-witted and very pregnant Marisol, leading to an unlikely friendship that will turn his world upside-down.

# Regular Activities 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.

Following feedback from Service Users and Hosts that restaurants/pubs are very busy during the weekend, we are going to move every other Shared Tables event to a day during the week. We will review how this goes and hopefully it will improve your enjoyment!

When booking Shared Tables, your name will be added to the "Interest" list, and your booking will be confirmed by a phone call from MAECare during the week before the event. This allows more people to access these popular events.

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:

**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

**Thursday, 3rd August –**  
Marinella's, The Avenue, LS17 7PA

**Saturday, 19th August –**  
The Red Lion, LS17 8HH

**Friday, 1st September –**  
The Roundhay Fox, LS8 2EP

**Sunday, 17th September –**  
The White House, Wetherby Road, LS8 2JU

**Thursday, 28th September –**  
The Olive Branch, LS17 7BE

## IT Support at MAECare

**MAECare has received some funding which means we can now offer 1-2-1 digital support on Mondays, Wednesdays, and Tuesday afternoons.**

Do you want to know how to send photos by email, use WhatsApp or order tickets for events?

If you would like some support, please get in touch. It takes time to learn new things, so we offer clear written instructions specific to your needs, to take away, further aiding your learning.

We are also happy to announce we will soon become a Digital Health Hub, part of a new network in Leeds, with 100%DigitalLeeds. This means we will be working more closely with local health services to provide advice and support for managing your health online. From doctor's appointments to ordering prescriptions online, and help with Apps to support you with long term conditions.

MAECare is now using WhatsApp to help communicate more effectively with our members. If you would like to join the MAECare WhatsApp group, please message the office mobile on 07341 949298.



## Waiting Lists for Exercise Classes

**We have several classes that are oversubscribed, and in this situation, we operate a waiting list system.**

When a space becomes available, we offer it to the person who has been on the waiting list the longest. If, as is the case with Zumba, there are people on the waiting list who have all been on it from the same date, we put all names in a hat, and pull them out, so we can try to be as fair as possible!!



# 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><br/>Weekly Monday, 11.50am – 12.20pm and 1.20pm – 2.50pm<br/>Moortown Baptist Church, 204 King Lane, LS17 6AA<br/>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><b>Silver Linings Group</b><br/>Fortnightly Tuesdays, from 20th June, 10.30am – 12.00 noon, MAECare 57a<br/>A relaxed social group for people living with dementia – enjoy a cuppa and an energizing activity! £2.00 members / £3.00 non-members</p>                            | <p><b>Sporting Memories</b><br/>Fortnightly Wednesdays, from 14th June, 11.00am – 12.30pm, MAECare 57a<br/>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</p>        |
| <p><b>Tai Chi</b><br/>Weekly Monday 11.00am – 12.00 noon<br/>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><b>Dance On</b><br/>Weekly Tuesday, 1.30pm – 2.30pm<br/>Moortown Methodist Church, Alderton Rise, LS17 5LH<br/>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><b>Twilight Zone</b><br/>Monthly, 4.30pm – 6.30pm<br/>MAECare 57a<br/>Enjoy a takeaway meal of your choice, dessert and games, £6 members, £7 non-members charge to cover cost of meal. Transport available.<br/>Upcoming dates: 19th July, 16th August, 27th September.</p>   |
| <p><b>Complementary Therapies</b><br/>1st Monday of month – half hour slots from 10.30am – 4.00pm, At MAECare – book in advance<br/>A half hour of either massage, reflexology or reiki, £10 members / £12 non-members.</p>   | <p><b>Men's Den</b><br/>Monthly, 1st Tuesday, 2.00pm – 4.00pm<br/>MAECare 57a<br/>Lively discussion and activity group for men, £2 members, £3 non-members. Transport available.<br/>Upcoming dates: 5th June, 1st August and 5th September. See front page for more details.</p>  | <p><b>Wednesday Welcome Drop-In</b><br/>Weekly, 1.30pm – 3.30pm<br/>MAECare 57a<br/>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><b>Zumba</b><br/>Weekly Monday, 1.30pm – 2.30pm<br/>St Stephens Church Hall, LS17 5PX<br/>A fun, easy to follow dance class. £4.50 members/£5.50 non-members.</p>  | <p><b>CAMEO Group</b><br/>Monthly, 3rd Tuesday, 2.00 – 4.00pm, MAECare 57a<br/>Activity based group for those living with a long term health condition. £2 members, £3 non-members. Transport available.<br/>Upcoming dates: 27th June, 25th July, 22nd August, 26th September</p> |    |
| <p><b>Art Group</b><br/>3rd Monday of month, 12.30pm – 2.30pm, MAECare 57a<br/>Monthly art class – all materials provided. Cost: £5 members, £6 non-members.</p>  | <p><b>Monday Matinee</b><br/>2nd Monday of month, 1.30pm – 3.30pm MAECare 57a<br/>Monthly film shows at MAECare – see page 2 for upcoming films. Donations requested for refreshments.</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>Active Minds</b><br/>Weekly from 10.30am – 12.00 noon<br/>MAECare 57a<br/>14 sessions starting 8th June<br/>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><b>Big Breakfast</b><br/>Weekly Friday, 10.30am – 12.00 noon<br/>MAECare 57a<br/><b>Ends 30th June</b><br/>A hot breakfast at MAECare. Pay as you feel – transport £7/£8 extra. Booking essential – ring the office.</p> | <p><b>Shared Tables</b><br/>See separate item on page 3.<br/><b>PLEASE BOOK YOUR PLACE WITH THE OFFICE.</b><br/>We cannot provide transport for Shared Table meals, so you must be able to get to the venues independently.</p>   |
| <p><b>Chair Based Dance</b><br/>Weekly Thursday 12.30pm – 1.30pm<br/>St Stephens Church Hall, Cranmer Road, LS17 5DR<br/>A combination of low intensity exercise and dance. Good to get fitter if you have problems standing for long periods of time.<br/>£4.50 members, £5.50 non-members. Paid for in block bookings of 8 weeks.</p> | <p><b>Legal Advice Appointments</b><br/>Fortnightly on a Friday, 10.00am – 12.00 noon<br/>Half hour free advice on wills, probate and Power of Attorney only.<br/>Please contact the office to make an appointment.</p>     | <p><b>Walking Football</b><br/>Weekly Sunday, 10.45am – 12.15pm, at Alwoodley Primary School, 21 Cranmer Rise, LS17 5HX<br/>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><b>Walking Football</b><br/>Weekly Thursday, 2.00pm – 3.30pm Bodington Football Club, Otley Old Road, LS16 6HQ<br/>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><b>Knit and Natter</b><br/>Weekly Thursday, 2.00 – 4.00pm<br/>MAECare 57a<br/>Knit or bring your own craft activity. Relaxed and sociable session.<br/>£2 Members, £3.00 Non-members.</p>  |    |   |

# Focus on MAECare Volunteers

At MAECare, we have a wonderful team of over 70 volunteers, who are essential to the smooth running of our events and activities.

We want to say a heartfelt "THANK YOU" to our wonderful team of amazing volunteers! You are brilliant and make a huge difference to people's lives! In particular, we would like to give a big shout out for our volunteer car drivers – who gave over 250 lifts to MAECare activities in the last financial year!

Here's how some of our volunteers feel about their involvement with MAECare



**Pauline Roylance** is a longstanding volunteer at MAECare. She has had many volunteer roles, from being a trustee of MAECare to volunteering at groups for those living with dementia.

Pauline says **"Volunteering maintains my link to the community and I enjoy meeting people. MAECare plays such an important part in people's lives."**



**Natasha** has been volunteering with MAECare, helping with groups and trips, since July 2022.

Natasha says of MAECare **"It feels like home. Talking to everyone is wonderful – they are kind and welcoming. I really enjoy being involved – it has helped build my confidence and self-belief. I have a chance to serve others. Happy to be with MAECare!"**



**Janet Gourley** is a longstanding MAECare volunteer, who is a valued volunteer driver, and has also helped with trips and groups and is currently a Friendly Visitor.

Janet says **"I feel good helping out in my local area. I personally get a lot of enjoyment out of volunteering. It's fun and makes me happy!"**



**Samuel Garcia** is a new volunteer who has been volunteering since January 2023. He has a full-time job but works flexibly to fit in volunteer car driving.

Samuel says **"I want to help as much as possible in the local community. It's great to build up a relationship with the lady I support and am enjoying myself."**



## Why not give volunteering for MAECare a try?

**King Charles has shown his support for Volunteers through The Big Help Out, a festival of volunteering, an official part of the Coronation celebrations!**

So how about getting into the spirit of this campaign and start volunteering with MAECare? Mark the Coronation in your own way!

### Current roles:

Volunteer Car Driver/Sporting Memories Session Supporter/Friendly Visitor/Volunteer Transport Planner.

**Ring Baksh at MAECare on 0113 2660371, or email baksh@maecare.org.uk, for more details.**

# Activities for people living with Dementia



## Focus on Active Minds

**The Active Minds group consists of 14 weekly sessions starting on Thursday 8th June 10.30am – 12.30pm – some spaces still available!**

### What is Active Minds?

This is a group programme for people living with mild to moderate dementia or memory loss. There is good evidence that the approach we use (Cognitive Stimulation Therapy or CST) helps improve thinking skills and wellbeing. See <http://www.cstdementia.com> to find out more about this group treatment or contact Carole or Anna-Marie at MAECare.

### What happens in the group sessions?

Active Minds involves a range of discussions and activities which are designed so that there is something for everyone to enjoy. The aim is to have fun and meet new people – it is not about testing anyone's memory! The group is for 6-8 people and staff and volunteers support everyone to take part at their own pace.

Each session has a different theme such as physical games, music and sounds, food, current affairs, places we have lived and travelled, art discussion, faces and fashions and being creative.

### Who is it for?

Anyone with a diagnosis of dementia or memory problems who has some ability to communicate and can manage to take part in structured activities for the 2 hour session (with breaks and refreshments).

The group is designed for the person living with dementia to attend, independently from family/carers. MAECare staff can support carers with any concerns about leaving the person and suggest they treat the session as a short break.

### Where is it taking place?

Active Minds takes place in the MAECare activity room at 57a Cranmer Bank. Transport can be arranged for those people who need it and reminder phone calls made to them on the day of the group.

Cost is £2 a week for MAECare members/£3 non-members to cover refreshments. £7/ £8 for transport if needed (taxi or volunteer driver).

Please contact Carole Smith, MAECare Dementia Support Worker on 0113 266 0371 to book your place.

### Comments from previous group members:

**"I've really enjoyed coming to this – I've liked everything about it, I look forward to it"**

**"I enjoy the conversation and hearing different opinions which are quite intriguing. It brings back memories"**

**"It's nice to get to know people here"**



## FREE Workshop for Carers of people living with dementia

**Monday 26th June, 10.30am-12.30pm, in the training room at Yew Tree Court (the building behind MAECare).**

This workshop will cover:

- Communication / dealing with unusual behaviours
- Coping with emotions
- Power of Attorney
- Emergency Care Plan
- Future care options

It will also be an opportunity to meet other carers who live in this area.

We are pleased to be able to offer a limited number of spaces for the carers' loved ones who are living with dementia to take part in a group activity with us at MAECare whilst the workshop takes place nearby. This will be particularly appropriate for people who take part in MAECare groups currently so are familiar with the environment and the staff.

Carers are then invited back to join us for fish and chips at MAECare at 12.45pm. Contact Carole or Anna-Marie for more information and to book.

## Art

**We have a new Art tutor starting in June for the monthly Art sessions.**

Her name is Bea, and she has lots of experience of working with lots of community Art groups. Thanks to funding from the Outer North East Housing Advisory Panel we are able to reduce the cost of the Art group to £5.00 for MAECare members and £6.00 for non-members until the end of March 2024.

Ring Becky if you would like to know more.

## 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 Yorkshire v Sussex (first day) start 11am, Wednesday 19th July. Ring the office to reserve your ticket. You must be able to make your own way there, and this trip will not be attended by staff.

Also, on Thursday 7th September 10.00am – 11.45am, there will be an opportunity to see behind the scenes at Headingley Stadium in a special stadium tour. The cost will be £13 for under-60s and £9 for over 60s. Contact 0113 2660371 for further information.



## Dates for your diary

### June 2023

#### Saturday 10th

– Shared Tables – The Olive Branch

#### Monday 12th

– Monday Matinee –  
“West Side Story”

#### Sunday 25th

– Shared Tables – The Beck and Call

### July 2023

#### Wednesday 5th

– Allerton High Strawberry Tea

#### Saturday 8th

– Shared Tables – Gusto

#### Monday 10th

– Monday Matinee –  
“The Banshees of Inisherin”

#### Monday 17th

– Annual Celebration

#### Wednesday 19th

– Trip to see Yorkshire v  
Glamorgan cricket

#### Sunday 23rd

– Shared Tables – The Mustard Pot

#### Wednesday 26th

– Trip to Otley Garden Centre

### August 2023

#### Thursday 3rd

– Shared Tables – Marinella’s

#### Monday 14th

– Monday Matinee –  
“Operation Mincemeat”

#### Saturday 19th

– Shared Tables – The Red Lion

### September 2023

#### Friday 1st

– Shared Tables – The Roundhay Fox

#### Thursday 7th

– Behind the scenes tour of  
Headingley Stadium

#### Monday 11th

– Monday Matinee –  
“A Man Called Otto”

#### Sunday 17th

– Shared Tables – The White House

#### Wednesday 27th

– Trip to Crag House Farm

#### Thursday 28th

– Shared Tables – The Olive Branch



## Cut your living costs with a Westward Care Retirement Apartment.

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**Enquire today – Call Helen on  
0113 331 4830 or visit [westwardcare.co.uk](http://westwardcare.co.uk)**



**Westward Care**

**Headingley Hall**  
5 Shire Oak Road  
Headingley LS6 2DD

**Southlands**  
Wetherby Road  
Roundhay LS8 2JU

\*Visit the website for full Terms and Conditions. Must complete by 30 September 2023

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