

Newsletter

Autumn 2023

The Walking Group is Back!

We will be meeting on the last Tuesday of the month.

i.e. 26th September, 31st October, and 28th November, at 10.30am – 12.30pm for a longer walk, meeting in a park, and 1.30pm – 3.00pm for a shorter local walk, meeting at the office.

Please contact Beccy for more information!



Allerton High Xmas Party

The students at Allerton High School invite you to attend the annual Christmas Party on Wednesday 6th December 12 noon – 2pm.

Come along and share in the fun with festive refreshments served. Transport is available. If you are bringing your own car, space is available in the Park and Ride. Santa will not be expecting anyone to arrive before 11.45am.

Swimming at David Lloyd

We are delighted to announce the return of our partnership with David Lloyd Leeds on Tongue Lane, Moortown LS6 4QW.

We have a limited number of places for swimmers on Tuesdays, 2 – 3pm. Cost £4.50 members, £5.50 non-members, payable monthly in advance. Contact MAECare to book a place. Transport not available.

Funding for services

We're delighted that Leeds City Council are funding us to deliver some of our activities.

Both Inner North East and Outer North East Housing Advisory Panels are funding our Digital Inclusion work, enabling us to continue to provide one to one advice and deliver the monthly Digital Health Hubs. 100% Digital are also funding our Digital Health Hubs and the purchase of new tablets and smart phones to loan out. Outer North East Housing Advisory Panel is also funding our Complementary Therapy and Art class tutors.

Both Inner North East and Outer North East Area Committees are funding our Health and Wellbeing Activities i.e. our exercise classes and mental wellbeing support.

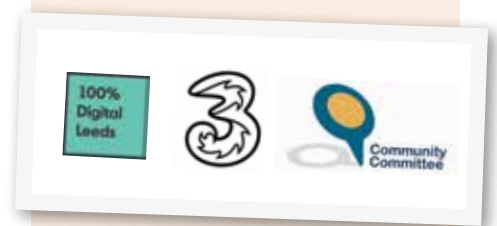
What do you want to see?

We've teamed up with ABA to consult on what services/activities local Black and Minority Ethnic elders would like to access in the area.



Join us at MAECare on Thursday 21st September, anytime between 4-7pm for a chat. Light refreshments available.

Phone up either MAECare on 0113 2660371 or ABA on 0113 2103347 to let us know if you'd like to attend.



Your Local Neighbourhood Network Scheme supported by



0113 266 0371

www.maecare.org.uk

Coming up at MAECare

Trips Out – Wednesday Wanderings

The next trips will be as follows:

25th October Murgatroyd's Senior Citizens' Extravaganza lunch.

This is a three-course lunch at the popular fish and chips restaurant in Yeadon. The cost will be £33.00 for members and £35.00 for non-members. This includes transport from MAECare, and return to your home. Meet at MAECare at 11.30am

29th November Tong Garden Centre – a peruse around the shops and garden centre followed by Afternoon Tea.

The cost will be £30.00 for members and £33.00 for non-members. This includes transport from MAECare and return to your home. Meet at MAECare at 11.00am.

20th January 2024 – please note this trip is on a Saturday Pantomime "Sleeping Beauty" at Yeadon Town Hall Theatre, afternoon matinee.

The cost will be £27.00 for members and £30.00 for non-members. This includes transport from MAECare to your home. Meet at MAECare at 1.00pm.



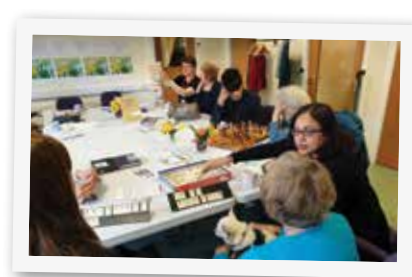
The trips will start again in April 2024

Regular Activities at MAECare

Upcoming meetings of some of our regular groups.

Men's Den

Sadly we have decided not to continue Men's Den. This is due to dwindling numbers to the point where it was not feasible in terms of resources to continue. Watch this space though as this creates more capacity within our resources to potentially create another group/activity.



Wednesday Welcome Drop-In.

Our weekly Drop-In sessions have been a great success, so much so we are relocating to give us more space.

From Wednesday 6th September we will be at Moortown Methodist Church, Alderton Rise, Leeds LS17 5LH. All the same games will be available as well as tea coffee and stimulating chat. Hope to see you there. Also, from this date the cost will increase from £3 to £4.

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.

The next dates for Monday Matinee are as follows:

11th September

"A Man Called Otto" – Devastated and lonely, a widower decides to take a drastic step. However, his plans are disrupted by a lively family that moves in next door.

9th October

"Living" – A deeply moving story about a civil servant (Bill Nighy) who gets a shattering health diagnosis. It dawns on him he has not been living life to the full.

13th November

"Allelujah" – A warm, moving story of surviving old age.

11th December

"Andre Rieu – Happy Days Are Here Again" presenting his brand new summer concert.



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.

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.
Times for all are
12.30pm – 2.30pm:

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

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

Wednesday, 27th September –
The Olive Branch, Alwoodley, LS17 7BE

Saturday 14th October –
The Beck and Call, LS7 2NP

Sunday 29th October –
Marinella's, Alwoodley, LS17 7PA

Friday 10th November –
Gusto, Cookridge, LS16 6HN

Saturday 25th November –
The Red Lion, Shadwell, LS17 8HH

Sunday 10th December –
The White House, Wetherby Road, LS8 2JU

Friday 12th January 2024 –
Ego at The Wellington, Shadwell, LS17 8LZ

Saturday 27th January –
The Olive Branch, Alwoodley, LS17 7BE

Regular Activities at MAECare

Twilight Zone

This is a monthly supper group for people from the local estate. We have a fish and chip supper, followed by a singer or bingo. The sessions run from 4.00pm to 6.00pm. The dates for the next 3 sessions are as follows: 18th October; 15th November; 20th December. There is no session in September as it clashes with a trip.



CAMEO

A group for women who may be experiencing health issues. Why not come along and enjoy a sociable afternoon at MAECare? The sessions run from 2.00pm to 4.00pm.

The next dates for Cameo are: 26th September (Ping Pong Pete Adapted Games); 24th October ("We all have a book inside us."); 21st November (Tea, cake and a catch-up) and 19th December (Christmas Celebration).

Resilience means:

"Determination to get out and about & trying to keep cheerful."



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, 10.50am – 12.20pm and 1.20pm – 2.50pm Moortown Baptist Church £4.50 Members / £5.50 non-members. First class free.</p>	<p>Silver Linings Group Fortnightly Tuesdays, 10.30am – 12.00 noon, MAECare For people living with dementia. £2.00 members / £3.00 non-members</p>	<p>Sporting Memories Fortnightly Wednesdays, from 11.00am – 12.30pm, MAECare 57a For those living with dementia, £2.00 members, £3.00 non-members</p>
<p>Tai Chi: Weekly Monday 11.00am – 12.00 noon Moortown Methodist Church £4.50 per session for members/£5.50 non-members. First class free</p>	<p>Dance On Weekly Tuesday, 1.30 – 2.30 pm, Moortown Methodist Church £4.50 members/£5.50 non-members.</p>	<p>Twilight Zone Monthly, 4.30pm – 6.30pm MAECare 57a Enjoy a takeaway meal, dessert and games, £6. Upcoming dates: 18th October, 15th November & 20th December.</p>
<p>Complementary Therapies: 1st Monday of month – half hour slots from 10.30am – 4.00pm, at MAECare Massage, Reflexology or Reiki, book in advance, £10 members, £12 non-members.</p>	<p>Swimming Weekly, Tuesdays, 2.00pm – 3.00pm, David Lloyd Centre, Tongue Lane, LS6 4QW. £4.50 members, £5.50 non-members</p>	<p>Wednesday Welcome Drop-In Weekly, 1.30pm – 3.30pm Moortown Methodist Church, LS17 5LH. Join us for a cup of tea and a chat, with the chance to get digital help or play board games. Booking not necessary. £3 Members, £4 Non-members, Transport £7 or £8 extra if required.</p>
<p>Zumba: Weekly Monday, 1.30pm – 2.30pm St Stephen's Church Hall</p>		
<p>Art Group: 3rd Monday of month, 12.30pm – 2.30pm, MAECare 57a £8 non-members, £7 members</p>	<p>CAMEO Group Monthly, 3rd Tuesday, 2.00 – 4.00pm, MAECare 57a £2 members, £3 with transport.</p>	
<p>Monday Matinee 2nd Monday of month, 1.30pm – 3.30pm MAECare</p>		
<p>Walking Football (from November) Weekly Mondays, 6.30 – 8.00pm, Allerton Grange School, LS17 6SF</p>	<p>Walking Group Monthly, last Tuesday, 10.30am – 12.30pm (long walk), OR 1.30pm – 3.30pm pm. (short local walk)</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 8th June For people living with dementia. £2.00 members, £3.00 non-members</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 (to end October) 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: 07921528499</p>
<p>Chair Based Dance Weekly Thursday 12.30pm – 1.30pm St Stephen's Church Hall, Cranmer Road, LS17 5DR £4.50 members, £5.50 non-members.</p>		
<p>Walking Football Weekly Thursday, 2.00pm – 3.30pm Bodington Football Club, Otley Old Road, LS16 6HQ From November, 2.00 – 3.00pm, Scott Hall Sports Centre, LS7 3DT. For more information, contact David Wynick on: 07921528499</p>		
<p>Knit and Natter Weekly Thursday, 2.00 – 4.00pm MAECare 57a £2 Members, £3 Non-members Knit or bring your own craft activity. Relaxed and sociable session.</p>		

New Activities at MAECare

Live Well with Dementia Course

Thursday mornings,
10.30am – 12.30pm, at
MAECare, from 12th October
to 30th November

This 8 week course is for people who are living with dementia and will be run by our local Memory Support Workers from the Alzheimer's Society.

The course offers an opportunity to talk about dementia and to explore coping skills. Topics discussed include ways to manage your health, communication and relationships, and how you wish to be supported. Call Carole at MAECare to book or for info.



IT Support at MAECare

MAECare offers 1to1 digital support on Mondays, Wednesdays and Tuesday afternoons.

It takes time to learn new skills, so we offer clear written instructions specific to your needs, to take away, further aiding your learning.

We are happy to announce MAECare is now a Digital Health Hub. We are working with local GPs to provide help for people wanting to access digital services.

New Carers Group for Leeds 17



Are you caring for someone?

Come along to the LS17 Carers Support Group run by MAECare and Carers Leeds

Meet other carers who may be in a similar situation to you, have some time for yourself and find out what support is available to you as an unpaid carer.

When: Second Friday of the month at 1pm - 2.30pm

Where: MAECare, 57 Cranmer Bank, LS17 5JD

To book your place, please call either MAECare on 0113 266 0371 or Carers Leeds on 0113 380 4300.

Dates for 2023: 13th October, 10th November & 8th December



6-8 The Headrow, Leeds, LS1 6PT
Carers Advice Line 0113 384300
Email advice@carersleeds.org.uk



57 Cranmer Bank, Leeds, LS17 5JD
MAECare office 0113 266 0371
Email info@maecare.org.uk

These sessions will take place on Wednesday afternoons in place of our Drop-In sessions. 1:30pm – 3pm. Dates of the sessions are: 13th September; 18th October; 15th November.

Session themes TBC.

If there is something you would like to learn about, please let us know and we will try and accommodate it into our programme.



News and Information

International Day of Older People

International Day of Older People is celebrated annually on October 1st – it acknowledges the contribution older people across the world make to society.

At MAECare we know some very resilient older people and want to acknowledge their positivity. It's not possible to always be positive, there will always be bad days too, but we asked a group of our members who live with chronic illness what resilience meant to them and throughout the newsletter you'll find some hopefully inspiring quotes from them!

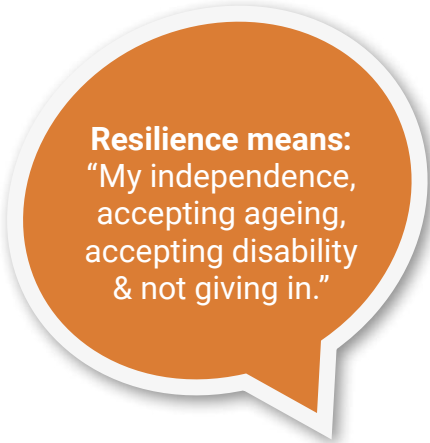
Attendance Allowance

Come to a session at MAECare and find out more about Attendance Allowance – you may be eligible for an extra £68.10 or £101.75 per week

This is an under-claimed benefit for people of state pension age who may have long-term health conditions or disabilities, even if you think you are 'coping ok'. Things like diabetes, arthritis, COPD or dementia all impact on how people manage everyday tasks. Come along to an information session at MAECare.

This will cover all aspects of Attendance Allowance – what is it? How do I claim? Can I get help to claim (Yes! From MAECare!) Is it tax-free?

Please call the office to book. Friday 6th October 1.30pm



Resilience means:
"My independence, accepting ageing, accepting disability & not giving in."

Play the MAECare Lottery

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.

Dates for your diary

September 2023

Monday 11th

- Monday Matinee –
“A Man Called Otto”

Sunday 17th

- Shared Tables –
The White House

Thursday 21st

- Consultation event for
Black and Minority Ethnic
Elders

Wednesday 27th

- Trip to Crag House Farm
- Shared Tables –
The Olive Branch

Resilience means:
“Being active, keeping
emotionally strong &
positive thinking”

October 2023

Monday 9th

- Monday Matinee – “Living”

Saturday 14th

- Shared Tables –
The Beck and Call

Wednesday 25th

- Trip to Murgatroyd’s

Sunday 29th

- Shared Tables – Marinella’s

November 2023

Friday 10th

- Shared Tables – Gusto

Monday 13th

- Monday Matinee –
“Allelujah”

Saturday 25th

- Shared Tables –
The Red Lion, Shadwell

Wednesday 29th

- Trip to Tong Garden Centre

December 2023

Wednesday 6th

- Allerton High
Christmas Party

Sunday 10th

- Shared Tables –
The White House

Monday 11th

- Monday Matinee –
Andre Rieu

January 2024

Friday 12th

- Shared Tables –
Ego at The Wellington

Wednesday 20th

- Trip to Pantomime at
Yeadon Town Hall

Saturday 27th

- Shared Tables –
The Olive Branch



Struggling to manage at home?

Southlands Retirement Apartments –
Luxury independent living in later life

Join us for Afternoon Tea and a Tour
at Southlands Retirement Apartments
to find out more about your options
in later life.

Meet our friendly team, explore the wonderful
surroundings of Southlands Retirement Apartments
and relax and enjoy a lovely Afternoon Tea.

BOOKING ESSENTIAL

Contact Catherine Reuben
to arrange your visit:
creuben@westwardcare.co.uk
07834 804 186

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