

Newsletter

BUPA Foundation funding complementary therapy

We are delighted to announce that we've received a second grant from the Bupa Foundation to support our immensely popular Complementary Therapy sessions.



As a result we are able to increase the number of sessions available each month by a further 6; they will take place on the first Tuesday of the month in the afternoon. The cost is £10 for half an hour for members, £12 for non-members, with a choice of Massage, Reiki or Reflexology.

The Intercultural event is back!

The international students are coming to MAECare again to do a session with us on Tuesday 5th of March between 1.30pm and 3.30pm.

The session is free of charge. The activity is yet to be decided. Please contact Beccy at MAECare if you would like to register your interest.



New Men's Group

We are working in partnership with Leeds Jewish Housing Association (LJHA) to set up a new Men's Group for older men in January.

It will run once a month on the last Tuesday of the month, alternating the venue between MAECare and LJHA.

The first session will be on 23rd January, 2024 at LJHA, 2-4pm. Please contact Mary at MAECare for more information.



Come along and have your say!

New to MAECare: Local Councillors from the Alwoodley Ward and Moortown Ward will come to our Wednesday Welcome Drop In once every 3-4 months.

It's an opportunity to come along and raise any issues, or find out what's going on in your area. The first of these will be **Wednesday 7th December 1.30 – 3.30pm** when Cllr Dan Cohen (Alwoodley) and Cllr Mohammed Shazad (Moortown) will attend this informal session.

Christmas Closure

The office will be closed from Friday 22nd December to 2nd January. We can be contacted by phone on 27th to 29th December, and 2nd January. We will re-open on 3rd January when our activities will resume.



Coming up at MAECare

Trips Out

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 May 2024 with the Middleton Woods Bluebells outing. Please note future trips will be on Thursday, not Wednesday.

In April we will have a special social event, details below:

Thursday 18th April 2024 at St Stephens Church, 3.30pm – 5.30pm.

Afternoon tea, and entertainment from vintage singer Kitty LaMare. Let Kitty take you for a stroll down Memory Lane with the songs you love.



Regular Activities at MAECare

Upcoming meetings of some of our regular groups.

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: 17th January; 14th February; 20th March.

CAMEO

A group for people 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: 16th January and 20th March (no meeting in February).

Monday Matinée

Monday Matinée 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 is great to see a crowd again at MAECare.

The next dates for Monday Matinée are as follows:

15th January

“Empire of Light” – set in an English coastal town in the 1980s, this is a moving drama about powerful human connection during turbulent times, starring Olivia Coleman and Micheal Ward.

12th February

“Ticket to Paradise” – George Clooney and Julia Roberts team up as exes on a shared mission to stop their lovestruck daughter from making the same mistake that they made.

11th March

“An Ideal Husband” – based on the play by Oscar Wilde, and starring Cate Blanchett, Rupert Everett and Minnie Driver. Critics described it as a “roaringly funny comedy”.



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.

Following the trial of holding some Shared Tables during the week, we have now reviewed the situation and will be reverting to holding them at weekends only.

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:

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

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

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

Sunday 11th February –
The Dexter,
Wigton Lane, LS17 8RZ

Saturday 24th February –
The Beck and Call,
Stainbeck Road, LS7 2NP

Sunday 10th March –
The Lord Darcy,
Harrogate Rd., LS17 8EH

Saturday 23rd March –
The Mustard Pot,
Chapel Allerton, LS7 3QY

Sunday 7th April –
Marinella's,
Alwoodley, LS17 7PA

Saturday 20th April –
Ego at The Wellington,
Shadwell, LS17 8LZ

Regular Activities at MAECare

Swimming at David Lloyd

Are you interested in Swimming at David Lloyd Leeds on Tongue Lane in Moortown? 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.



Walking Group

There will be no walking group in December as it falls on Boxing Day.

In the New Year we will be walking again on Tuesday January 30th meeting in Roundhay Park and February 27th meeting in Golden Acre Park.



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
Extend Class: Weekly Monday, 10.50am – 12.20pm OR 1.20pm – 2.50pm Moortown Baptist Church £4.50 Members / £5.50 non-members. First class free.	Silver Linings Group Fortnightly Tuesdays, 10.30am – 12.00 noon, MAECare For people living with dementia. £2.00 members / £3.00 non-members.	Sporting Memories Fortnightly Wednesdays, from 11.00am – 12.30pm, MAECare 57a For those living with dementia, £2.00 members, £3.00 non-members
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.	Dance On Weekly Tuesday, 1.30pm – 2.30pm, Moortown Methodist Church £4.50 members/£5.50 non-members.	Twilight Zone Monthly, 4.00pm – 6.00pm MAECare 57a Enjoy a takeaway meal, dessert and games, £6. £7.50 non-members.
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.	Swimming Weekly, Tuesdays, 2.00pm – 3.00pm, David Lloyd Centre, Tongue Lane, LS6 4QW. £4.50 members, £5.50 non-members.	Wednesday Welcome Drop-In Weekly, 1.30pm – 3.30pm Moortown Methodist Centre, LS17 5LH. 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. £3 Members, £4 Non-members, Transport £7 or £8 extra if required.
Zumba: Weekly Monday, 1.30pm – 2.30pm St Stephen's Church Hall £4.50/£5.00	CAMEO Group Monthly, 3rd Tuesday, 2.00 – 4.00pm, MAECare 57a £2 members, £3 non-members.	
Art Group: 3rd Monday of month, 12.30pm – 2.30pm, MAECare 57a £6 non-members, £5 members.	Complementary Therapies 1st Tuesday of month, half hour slots 1 to 4pm, MAECare Massage, Reflexology or Reiki, bookable in advance. £10/£12	Digital Health Hub Monthly, 1.30pm – 3.00pm, MAECare 57a Help for people to access digital services, with a different theme each month.
Monday Matinee 2nd Monday of month, 1.30pm – 3.30pm MAECare	Men's Group Monthly, 4th Tuesday Details TBC.	
Walking Football Weekly Mondays, 6.30 – 8.00pm, Allerton Grange School, LS17 6SF. Contact David Wynick 07921528499.	Walking Group Monthly, last Tuesday, 10.30am – 12.30pm (long walk), OR 1.30pm – 3.30pm (short local walk).	

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
Active Minds Weekly from 10.30am – 12.30pm MAECare 57a 14 sessions starting 7th December. For people living with dementia. £2.00 members, £3.00 non-members.	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.	Shared Tables Weekly Saturdays and Sundays (variable) – see page 3 for details.
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.	Breakfast Club Weekly Friday, 10.15am – 11.45am, MAECare 57a A hot breakfast at MAECare. Pay as you feel – transport £7/£8 extra. Booking essential – ring the office.	
Walking Football Weekly Thursday, 2.00pm – 4.00pm, Scott Hall Sports Centre, 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 07921528499.	Carers Group Monthly, 2nd Friday, 1.00pm – 2.30pm MAECare 57a A support group for all carers in the Leeds 17 area, run by MAECare and Carers Leeds.	
Knit and Natter Weekly Thursday, 2.00pm – 4.00pm MAECare 57a £2 Members, £3 Non-members Knit or bring your own craft activity. Relaxed and sociable session.		

New Activities at MAECare

Active Minds Group starts again

This group will restart on Thursday 7th December 10.30am – 12.30pm for 14 weekly sessions. 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. 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 8–10 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.

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



Circles of Support Service

The Circles of Support service is offered by MAECare for people living with dementia and memory loss.

Circles of Support aims to improve wellbeing by supporting people to engage in social activities, build a support network, and help people to live well and remain independent for as long as possible. Support is tailored to the individual, and can include offering support to try out MAECare activities, home visits, and liaising with family, friends and carers.

Contact Carole at MAECare for further information.

IT Support at MAECare

MAECare offers one to one 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. These sessions will take place monthly on Wednesday afternoons, at MAECare, in place of the Drop-In sessions on those days, from 1.30 to 3.00pm.

Dates of upcoming sessions are:

17th January – Scams:
what to look out for online.

14th February – BT Voice:
Naveed Hussain from BT will be coming to talk about the digital switch over.

20th March – Making your device more accessible.

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



Support for Carers in Leeds 17

Our new support group for unpaid carers in the Leeds 17 area, run jointly with Carers Leeds, started in October, and now meets monthly on the second Friday of the month at MAECare, from 1.00pm – 2.30pm.

If you are caring for someone with physical or mental disabilities, it is a chance to meet others in a similar position, and have some time to yourself.

To book your place, please call either MAECare on 0113 2660371 or Carers Leeds on 0113 380430.

News and Information

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 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.

Power Of Attorney

Setting up a Power of Attorney (POA) when you're well and managing things fine may seem hasty, but it really would make the world of difference for family or next of kin in managing your affairs, if you became unable to do so yourself.

There are two kinds of Lasting Power of Attorney: financial decisions, and health and care decisions. If you were deemed as not having capacity to make financial decisions for yourself, it could cause delay and stress for family or next of kin in setting up care or managing bills, if you need it.

A health and care decision POA means you can make decisions in advance about what sort of care you would like if you were ill and unable to express your wishes & a financial decisions POA allows a nominated person(s) to manage your finances.

It is possible to arrange a POA yourself via the gov.uk website and costs £82 to register, however having professional advice if your affairs are complex or you're unsure of the process is sensible. MAECare's partnered solicitors offer free half hour advice sessions on POA, which you can call the MAECare office to book.



If you have a smartphone, scan this code to go straight to our website!



Dates for your diary

December 2023

Sunday 10th

- Shared Tables –
The White House

Monday 11th

- Monday Matinee –
Andre Rieu

January 2024

Friday 12th

- Shared Tables –
Ego at The Wellington

Monday 15th

- Monday Matinee –
Empire of Light

Wednesday 17th

- Digital Health Hub – Scams

Saturday 20th

- Trip to Pantomime at
Yeadon Town Hall

Saturday 27th

- Shared Tables –
The Olive Branch

February 2024

Sunday 11th

- Shared Tables –
The Dexter

Monday 12th

- Monday Matinee –
Ticket to Paradise

Wednesday 14th

- Digital Health Hub –
digital phone switchover

Saturday 24th

- Shared Tables –
The Beck and Call

March 2024

Tuesday 5th

- Monday Matinee –
An Ideal Husband

Sunday 10th

- Shared Tables –
The Lord Darcy

Monday 11th

- Intercultural Event

Wednesday 20th

- Digital Health Hub –
Making your device
more accessible

Saturday 23rd

- Shared Tables –
The Mustard Pot

April 2024

Sunday 7th

- Shared Tables –
Marinella's

Thursday 18th

- Afternoon tea and
entertainment,
St Stephen's Church Hall

Sunday 20th

- Shared Tables –
Ego at The Wellington

Westward Care Retirement Apartments – a 'no worries' package for later life.



Westward Care

The excitement of buying a new home is a great feeling. Own a luxury apartment in stunning grounds with onsite care and support as needed.

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

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*Visit the website for full Terms and Conditions. Must complete by 31st March 2024

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