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Newsletter

Spring 2024

Welcome to the Spring edition

Welcome to the Spring edition and the new logo. For many years we've been mistaken for a 'Care' home or agency; we also want to remain relevant, especially to a new cohort of 'younger older people' and our name was a barrier. We hope the new logo offers a more contemporary image whilst we remain focussed on older people.

Winter brought some exceptionally cold and icy days which meant some activities had to be cancelled. We also had some longer term staff sickness; whilst remaining staff endeavoured to cover as many activities as possible, unfortunately some had to be cancelled. We're back to our full complement of staff so we can resume a fuller timetable of activities.

Bring a friend to MAECare for Free!

Do you have a friend who might be interested in MAECare activities?? Why not bring them along to try it out? – their first session will be free! For activities that need to be booked, please ring to let us know they will be coming.

We're pleased to have received Funding from the **Community Organisations Cost of Living Fund** delivered by the **National Lottery Community Fund** which has helped us to bridge the funding gap this year caused by an increase in the demand for one to one advice, specifically help with claiming benefits and support with Utility bills, coupled with an increase in our own organisational costs from higher gas bills.

Membership subscriptions will remain the same: £15 Single, £25 Joint for existing members, and £10 Single, £15 Joint for new members. **If you can pay us by debit/credit card wherever possible that keeps our costs low.**

Funding

We have received a grant from Windmill Grants towards transport costs, specifically hiring minibuses for our trips out in 2024. This will enable us to subsidise the costs.



Your Local Neighbourhood Network Scheme supported by



0113 266 0371

www.maecare.org.uk

Coming up at MAECare

Trips Out

Please note: All trips will be on a Thursday from now on rather than Wednesday.

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

**Thursday 18th April 2024
at St Stephens Church Hall
2pm – 4pm.**

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

**Thursday 9th May –
Middleton Woods**

This includes transport to and around the woods, lunch and transport home. Meet at MAECare at 10.45am. Please note you will need to make your own way to MAECare. The cost for this trip is £12 members / £17 non-members.

**Thursday, June, Date TBC –
Day trip to Bridlington.**

For this trip you will need to be fully mobile and independent. The cost will be confirmed later, as Blue Sky coaches have not yet arranged the date.

Please Note:

For trips, your booking will only be confirmed when we receive payment i.e. when you book you will need to pay. If you cancel and we cannot fill your place, unfortunately we cannot refund your payment.



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, held on a Wednesday. We have a fish and chip supper, followed by a singer or Bingo. The sessions run from 4pm – 6pm. The dates for the next 4 sessions are as follows:
**20th March, 24th April,
22nd May, 19th June**

CAMEO

A group for women who may be experiencing long term health issues. Why not come along and enjoy a sociable afternoon at MAECare? The sessions run from 2pm – 4pm.

The next dates for Cameo are:

Tuesday 19th March

Dave Maltby, Therapy Dogs

Tuesday 16th April

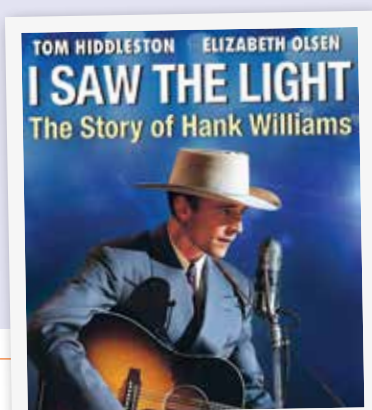
How to write a book, with Brigid Baillie

Tuesday 21st May

Tea, cake and a natter

Monday Matinée

Monday Matinee is the second Monday of every month 1.30 to 3.30pm.



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”

April 15th

“I Saw the Light”, the story of the legendary country and western singer Hank Williams (Tom Hiddleston).

May 13th

“Kind Hearts and Coronets”. Hailing from the Golden-Age of Ealing comedies, “Kind Hearts & Coronets” stars Dennis Price and Alec Guinness.

June 10th

“Showboat”, the 1951 classic starring Ava Gardner and Howard Keel.

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.

Following suggestions from attendees of Shared Tables we have booked a few different venues. We hope everyone enjoys them! New suggestions always welcome.

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 12.30 – 2.30:

- 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

Sunday 5th May –
Red Lion, 60 Main Street,
Shadwell, LS17 8HH

Saturday 18th May –
West Park Lounge,
251 Otley Road, LS16 5LQ

Sunday 2nd June –
Lavanta,
269 Otley Road, LS16 5LN

Saturday 15th June –
Marinella's,
Alwoodley, LS17 7PA

Men's Group

This is on hold for the moment.

Walking Group

There will no longer be a separate shorter walking group, as very few people attended. The walking group will still meet on the last Tuesday of the month at 10.30am in a local park.

People who don't feel able to do the full walk, can do as much as they would like, and then wait for us in the café. Please speak to Beccy for more details.

Art Group

The Art Tutor is no longer coming to run our Art Group due to other commitments. We have cancelled it for now but will be looking for other options.

Complementary Therapies

Our funding for the additional Complementary Sessions held on a Tuesday has come to an end. From April there will only be one day of appointments each month.

Exercise Class Price Increases

The Trustees have made a decision to increase the price of the weekly exercise classes, with effect from the 1st of April. It is the first increase since 2021, and the cost will now be £5 for MAECare members, and £6 for non-members.

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 OR 1.20pm – 2.50pm Moortown Baptist Church £5.00 Members / £6.00 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, New Rover Cricket Club, LS16 8HF 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 £5.00 per session for members / £6.00 non-members. First class free.</p>	<p>Dance On Weekly Tuesday, 1.30pm – 2.30pm, Moortown Methodist Church £5.00 members, £6.00 non-members.</p>	<p>Twilight Zone Monthly, 4.00pm – 6.00pm MAECare 57a Enjoy a takeaway meal, dessert and games, £6. £7.50 non-members.</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. £5.00 members, £6.00 non-members.</p>	<p>Wednesday Welcome Drop-In 3 times a month, 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.</p>
<p>Monday Matinee 2nd Monday of month, 1.30pm – 3.30pm MAECare See page 2 for details.</p>	<p>CAMEO Group Monthly, 3rd Tuesday, 2.00 – 4.00pm, MAECare 57a £2 members, £3 non-members.</p>	
<p>Zumba: Weekly Monday, 1.30pm – 2.30pm St Stephen's Church Hall A fun, easy to follow dance class, £5.00 members, £6.00 non-members.</p>	<p>Complementary Therapies 1st Tuesday of month, half hour slots 1 to 4pm, MAECare – To 2nd April Massage, Reflexology or Reiki, bookable in advance. £10 members, £12 non-members.</p>	<p>Digital Health Hub Monthly, 1.30pm – 3.00pm, MAECare 57a Help for people to access digital services, with a different theme each month. Free</p>
<p>Walking Football TO END MARCH Weekly Mondays, 6.30 – 8.30pm, Allerton Grange School, LS17 6SF. Contact David Wynick 07921528499.</p>	<p>Walking Group Monthly, last Tuesday, 1.30pm – 3.30pm Local Park, Free</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 – 12.30pm MAECare 57a 14 sessions from 6th 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>Shared Tables Weekly Saturdays and Sundays (variable) – see page 3 for details.</p>
<p>Chair Based Dance Weekly Thursday 12.30pm – 1.30pm To 25th Feb at St Stephen's Church Hall, Cranmer Road, LS17 5DR. From 7th March at Wigton Moor Church, 82 High Ash Drive, LS17 8RE £5.00/£6.00</p>	<p>Breakfast Club Weekly Friday, 10.15am – 11.45am, MAECare 57a LAST DATE 22nd March A hot breakfast at MAECare. Pay as you feel – transport £7/£8 extra. Booking essential – ring the office.</p>	<p>Walking Football FROM APRIL Weekly Sundays, 10.45am – 12.15pm, Alwoodley Primary School, Cranmer Rise, LS17 5HX. A fun, non-contact sport for men and women, run by our volunteer coach David Wynick, £5.00. Contact 07921528499.</p>
<p>Walking Football TO END MARCH Weekly Thursday, 2.00pm – 4.00pm, Scott Hall Sports Centre, LS7 3DT FROM APRIL Weekly Thursday, 2.00pm – 3.30pm, Bodington Football Hub, LS16 8GY A fun, non-contact sport for men and women, run by our volunteer coach David Wynick, £5. Contact David Wynick 07921528499.</p>	<p>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.</p>	
<p>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.</p>		

Activities for people living with Dementia

Active Minds – New 14 week group starts on Thursday 6th June, 10.30am – 12.30pm at MAECare.

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 www.cstdementia.com to find out more about this group treatment or contact Carole or Anna-Marie at MAECare.

Each session has a different theme such as physical games, music, food, current affairs, art and word games. A recent session focussed on 'being creative' and the group wrote this lovely poem together, inspired by the snowdrops we had in vases on the table. We hope you enjoy reading it as much as we all did creating it!



Pushing Through Life

Snowdrops are the first sign of hope –

Fragile, pure white

Look Japanese

Simple elegance

–

Courage after the winter,

They push through the snow

There is life!

There is hope!

–

Bold green stems

Thin, delicate, waxy petals.

Nothing but snowdrops in my bridesmaid's bouquet

With beautiful roses in mine.

Dementia information and activity event at MAECare

You are warmly invited to join us at our Dementia Action Week Event on Tues 14th May 2024, 1.30pm – 3.30pm – Pop in any time.

We will have a range of dementia friendly activities to try out, and we are hosting our local memory support worker Belinda Connolly along with MAECare dementia support workers. Open to all.

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 have our **Digital Health Hubs** once a month on a Wednesday, in place of the Drop In, and sessions take place from 1.30 to 3.00pm at MAECare.

The following are upcoming themes:

20th March – Making your device more accessible.

24th April – Patches: how to access your GP online

22nd May – How to shop online. How to use Amazon, eBay and other online stores.

19th June – Booking holidays and trips online. Airbnb, hotels, flights and coach trips etc.

MAECare has been gifted free tablets and phones from Three which have free sim cards with data which renews each month. If you are digitally excluded and would like further information, please contact the office.

If you have any suggestions for themes for our Digital Health Hubs please get in touch with Anna-Marie Garbutt, Digital Inclusion Worker, on the MAECare number.

News and Information

Incredible Edible Alwoodley gets off the ground

You may have already seen the new planter that has been built just by the war memorial on King Lane.

It will soon be joined by two more, all built by new local group Incredible Edible Alwoodley. The group is made up of local residents who are keen to show their local friends & neighbours what fun growing fruit & veg can be. The planters will contain easy to grow fruit, veg & herbs that passersby will be able to harvest & enjoy for their tea – or eat straight away if it's a juicy strawberry!

If you live locally & would like to join in, the group would love to hear from you. If growing isn't your thing, but you're interested in other local activities which benefit the climate, like composting or having more trees on our streets, get in touch.

They can be contacted via Alwoodley 2030, a local group working for positive local climate action: visit their website: <https://www.alwoodley2030.org/>, email: info@alwoodley2030.org or visit their Facebook page.

We'd love to hear from you!



Leeds Compassionate City Awards 2023

Our volunteer David Wynick was nominated by MAECare for the Unsung Sporting Hero of the Year, and at the awards ceremony on 7th December 2023, David was recognized as "Highly Commended" – one of two runner ups for the award.

Congratulations David from everyone at MAECare!

David is a selfless, tenacious, very hardworking retiree, who puts others first, and is always looking for new ways to help the community. David runs the MAECare Walking Football group which started in September 2019.

Originally meeting weekly with 25 players (men and women), it now meets twice weekly with up to 80 players, and calls itself "MAECare Extra Timers".

David showed fantastic leadership during lockdown, keeping the group together by involving everyone remotely. He delivered kit to players' homes, and provided training through video tutorials and telephone support. David has managed to reduce people's isolation, and give them a feeling of belonging and ownership within the group, as well as some healthy competitiveness.

David also organises celebration evenings and social events for players, and started the "Coffee Timers"; a chance to meet at a local café every 6 weeks.

David is a fantastic volunteer; we really value everything he has achieved for Walking Football.



Dates for your diary

March 2024

Sunday 10th

- Shared Tables –
The Lord Darcy

Monday 11th

- Monday Matinee –
"An Ideal Husband"

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

Monday 15th

- Monday Matinee –
"I Saw the Light"

Thursday 18th

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

Saturday 20th

- Shared Tables –
Ego at the Wellington

Wednesday 24th

- Digital Health Hub –
Patches – how to access
your GP online

May 2024

Sunday 5th

- Shared Tables –
The Red Lion, Shadwell

Thursday 9th

- Trip to Middleton Woods

Monday 13th

- Monday Matinee –
"Kind Hearts and Coronets"

Tuesday 14th

- Dementia Action Week
Event at MAECare

Saturday 18th

- Shared Tables –
The West Park Lounge

Wednesday 22nd

- Digital Health Hub –
How to shop online

June 2024

Date to be confirmed

- Day trip to Bridlington

Sunday 2nd

- Shared Tables – Lavanta

Monday 10th

- Monday Matinee –
"Showboat"

Saturday 15th

- Shared Tables – Marinella's

Wednesday 19th

- Digital Health Hub –
Booking holidays and
trips online

Discover how good later life can be at Southlands Retirement Apartments

Imagine a life without the worry of housekeeping, gardening or keeping on top of bills. Owning a luxury retirement apartment gives you the opportunity to live life at your own pace – enjoying as much or as little of the active social programme. Even better, the reassurance that we offer 24/7 care and support on-site if, or when, you need it.

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