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Summer 2024

Newsletter

Welcome to the Summer edition

Spring was late coming but I hope by the time you read this we will have warmer days and can look forward to some better weather.

We've got trips to look forward to, the Annual Allerton High Strawberry Tea (which really does herald the start of summer), and our biannual Satisfaction Survey in this edition. Please do take the time to tell us what you think about the activities we offer and if there is anything you'd like to see more of.

We can't guarantee to meet everyone's needs, especially as funding becomes more challenging to secure and we're already facing cuts in some areas, but we will do our best. Finally, our Annual Celebration, which normally takes place in the summer, will be in the autumn this year. We've found that two big events within a short space of each other, can put some people off attending both.

Change in Office Hours

From now on, the MAECare office will be closed to callers on Fridays. This won't affect any activities that take place. Visits to the office on that day will be by appointment only. The office will also be closed from 26th to 30th August.

Feel Good and Keep Moving!

Unusually, there are a few spaces on our popular Dance On class on a Tuesday run by Yorkshire Dance. Contact Beccy at MAECare if you are interested.



SAVE THE DATE – WEDNESDAY 10TH JULY

Allerton High Strawberry Tea

Join us with the pupils from Allerton High School for music and dancing, games and a Strawberry Tea. The event is free. There will be a donation if you want transport. Parking is also available at the park and ride next door. Contact MAECare to book a place and let us know if you have any dietary requirements.



Your Local Neighbourhood Network Scheme supported by



0113 266 0371

www.maecare.org.uk

Coming up at MAECare

Trips Out

Please note: All trips are on a Thursday.

25th July – Murgatroyd’s
Come and enjoy a lovely 3 course meal at Murgatroyd’s. The cost will be £20 for members and £25 for non-members for the Senior Citizens Extravaganza menu. This includes transport from and to your home. Pickups will be from 11.00am.

No trip in August due to transport availability during school holidays.

5th September – The Leeds Discovery Centre – Explore this incredible museum store, where you’ll find an astonishing collection of over one million objects. The trip includes talks on several subjects, lunch, and transport from and to home. Cost £15 members, £20 non-members.

October – Salt’s Mill This trip will enable you to wander around the mill and enjoy the art gallery and shops. You will need to be able to walk unaided, but there are lifts between floors. This trip includes lunch and transport from and to home. Date and time TBD.

Monday Matinée

Monday Matinee is usually on the second Monday of every month approx. 1.30pm to 3.30pm. **Please note on occasions the films will be held on a different Monday.**

June 10th “Showboat” – A Broadway smash by Kern and Hammerstein

July 15th “One Life” – A true story of a London stockbroker who before the Second World War rescued 669 predominantly Jewish children from Nazi-occupied Prague”. N.B this is on the 3rd Monday due to staff holidays.

August 12th “The Pyjama Game” – A Doris Day classic.

September 9th “The Scent of a Woman” – Starring Al Pacino, a heart-wrenching and heart-warming story of attraction of opposites when they embark on a wild weekend trip.

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 4.00pm to 6.00pm. The dates for the next 4 sessions are as follows: 19th June, 24th July, 14th August, 11th September.

NEW EVENT AT ROUNDHAY GOLF CLUB

MAECare is very sad to announce that the **CAMEO** group will no longer be continuing, due to a fall in numbers, as well as being no longer able to secure the Access Bus for transport.

However, we are now able to offer another event which will be open to all MAECare service users. It will take place at the Bar on the Lane at Roundhay Golf Club on the third Thursday of every month



11.30am – 1.30pm. It is a “Senior Sing Along” followed by bingo, tea, coffee, sandwiches and cakes. Transport to and from your home to the venue is included. The cost is £7/8 for transport paid to MAECare then £2.50 paid to Bar on the Lane. The first sing-a-alongs will be on Thursday 20th June and 15th August.

Comedy Script Reading at the Drop-In

We are also pleased to announce we will be hosting a new group at our Drop-In. This will be a script reading comedy session led by Susan Walls. This group will run monthly until November. The first dates will be 5th June, 26th June and 31st July. This is great fun, and much laughter is had.

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:

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

Saturday 29th June – The Dexter, Wigton Lane, LS17 8RZ

Sunday 14th July – The Lord Darcy, Harrogate Road, LS17 8EH

Saturday 27th July – Ego at The Wellington, Shadwell, LS17 8LZ

Sunday 11th August – Marinella's, Alwoodley, LS17 7PA

Saturday 24th August – The Red Lion, 60 Main Street, Shadwell, LS17 8HH

Men's Den

We are very happy to announce that Men's Den will be returning to MAECare in partnership with Leeds Jewish Welfare Board and Leeds Jewish Housing Association. This is a group for men of all ages and will be held at Leeds Jewish Housing Association, Stonegate Way, Queenshill Avenue, Leeds LS17 6FD.

The group will be held monthly starting Wednesday 19th June from 5.30pm – 7.00pm. Transport will not be provided. Please contact Mary Baillie on 0113 2660371 if you are interested in this group.

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 A social group 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, £10.00 members, £12.00 non-members.</p>	<p>Art Group Monthly, 1st Tuesday, 2.00pm – 4.00pm, MAECare £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. £3.00 Members, £4.00 Non-members, Transport £7.00 or £8.00 extra if required.</p>
<p>Monday Matinee Usually 2nd Monday of month, 1.30pm – 3.30pm, at MAECare, donation for refreshments See page 2 for details of films.</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>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>Zumba Weekly Monday, 1.30pm – 2.30pm St Stephen's Church Hall A fun, easy to follow dance class focusing on balance and co-ordination. £5.00 members, £6.00 non-members.</p>	<p>Walking Group Monthly, last Tuesday, 1.30pm – 3.30pm Local Park, Free</p>	



Regular Activities

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- 2/3 times a month
- Monthly Groups

Thursday	Friday	Weekend
<p>Active Minds Weekly from 10.30am – 12.30pm MAECare 57a 14 sessions from 13th 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 Wigton Moor Church, 82 High Ash Drive, LS17 8RE £5.00 members, £6.00 non-members.</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>Walking Football 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 Weekly Thursday, 2.00pm – 4.00pm, Bodington Football Hub, LS16 8GY A fun, non-contact sport for men and women, run by our volunteer coach David Wynick, £5.00. For more information, contact 07921528499</p>		
<p>Knit and Natter Weekly Thursday, 2.00pm – 4.00pm MAECare £2.00 members, £3.00 non-members.</p>		

Spotlight On A MAECare Service User – a new regular feature!

Our staff member Mary spoke to long time MAECare service user Margaret.

How long have you been coming to MAECare ?

After my husband died, I had a friend from Church who used to volunteer for MAECare. My friend volunteered for the Stroke Club and invited me along in 2005. I used to make the sandwiches and assist with helping people in and out of the car. The Stroke Club then became CAMEO which stood for "Come and Meet Each Other ". I then came to CAMEO and other groups as a service user.

Have your needs changed and how has MAECare helped with these changes?

I used to go on trips and everything MAECare had to

offer, but i'm no longer able to do this. Really enjoying that the Drop In has become more interactive, I love the chat and connections you make.

What do you enjoy most about MAECare?

The company and friendship- over the years I have met so many lovely people and made friendships.

What would you like to see more of at MAECare?

Nothing for me at the moment – I am happy with everything. Other younger older people may need other things. I am very happy with everything.



How do you feel after you have been to MAECare?

I feel great – uplifted! I have friends to chat with, and I'm connecting with others. My family come first then it is Church and friends then MAECare. I have always been a firm supporter of MAECare.

Is there anything MAECare could do differently?

No not really, but I did prefer the drop in at the office.

Activities For People Living With Dementia

Active Minds Group starts again

This group will restart on 13th June 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 6-8 people, and staff and volunteers support everyone to take part at their own pace.



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 to find out more or to book a place.

Volunteering at MAECare

Volunteer Profile – Najam, Group Volunteer at Knit and Natter

Najam started volunteering with MAECare at the end of February 2024 and has become a valuable member of the Knit and Natter group which runs on Thursday afternoons.

She has three children – 16, 14 and 10 – who keep her busy, but she still finds time to give back to the community. Najam has lived in Pakistan, Saudi Arabia, and UAE so she has lots of experiences of different countries and cultures.

Najam says: “I like talking to the ladies in the group and my English is improving all the time. Everyone is so welcoming and co-operative – they have even taught me how to knit, as I’ve never done it before. The ladies in the group kindly share good shopping ideas and also suggest local parks to visit with my family. This is my first volunteering experience in Leeds and I am thoroughly enjoying the experience”

Everyone in the group loves her kind, softly spoken manner and feel they can approach her if they need to.



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 1.30pm to 3.00pm at MAECare. The following are upcoming themes:

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

24th July – Emails, how to send and receive emails. Attachments, downloads, subscribing and unsubscribing from email lists.

14th August – Managing your health online. NHS App, Please call Anna-Marie Garbutt on 0113 2660371 to book your place.



Lottery winner

We had a lottery winner in March – one of our players won £1000! If you would like to join the MAECare Lottery to support older people and have a chance of winning up to £25,000, either sign up online on 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.

The Art Group returns!

We are happy to announce that the Art Group is back!

Classes will be monthly, on the first Tuesday of the month from 4th June, between 2.00pm and 4.00pm.

The cost will be £5 for members and £6 for non-members. The class is open to both beginners and those with some experience. Please contact Becca for further information.

Leaving a Legacy to MAECare

Leaving a legacy to MAECare is one of the most effective ways that you can support people in later life to live independently in our area. You can help us to

- Provide a friendly visitor for a housebound older person.
- Ensure that those who need it get transport to our activities.
- Support trips out.
- Offer a range of exercise classes to keep people healthy.

You can leave a specific sum of money – any amount can make a difference.

You can leave a percentage of what's left of the value of your estate after all bills have been paid and all other legacies have been distributed.

If you already have a will, it's quick and simple to include a gift to MAECare. You won't need to rewrite your will; a qualified solicitor can draft an amendment (called a codicil) for a minimal cost.



If you want to find out more about making a will, MAECare has four firms of solicitors who offer free legal advice at the office – Oakwood, Levi, Morrish and Schofield Sweeney.

You can also find a list of solicitors who belong to the organisation Solicitors for the Elderly at www.solicitorsfortheelderly.com

In need of a break?

Are your family members going away on holiday, perhaps your carers need a short break, or you might be recuperating from an operation?

- ★ Suite or one bedroom apartment
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- ★ 24/7 on-site care and support
- ★ Healthy dining options
- ★ Companionship

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*Subject to availability. Applicable for stays between 1st June 2024 – 30th September 2024. £500 discount on a minimum 2 week stay booking.