

Newsletter

Autumn 2024

Welcome to the Autumn edition

It felt like a late start but here's hoping you enjoyed a warm summer. The arrival of the newsletter also signals a change of season as we move into autumn.

We're trying a new date for our Annual Celebration and we're also trying a change of venue so we look forward to seeing you there.

Thank you to all of those who responded to our biannual satisfaction survey. We'll be collating the responses and feeding back what people have told us. We always like to hear back from you on activities attended, services that you've used and ideas for the future. In the summer we organised a successful trip to Bridlington through Blue Sky coaches. We hope to repeat that next year and will aim to add a second trip, also with Blue Sky, for people who are happy to travel unaccompanied by MAECare staff. They complement our supported local trips.

Spread the word

Some ways you can spread the word about MAECare.

- Bring a friend to try any MAECare activity for free (Excludes trips).
- Pass the Newsletter on to a friend or acquaintance.
- Could you take extra copies of the newsletter for a communal area?

Thank you!

MAECare Annual Celebration

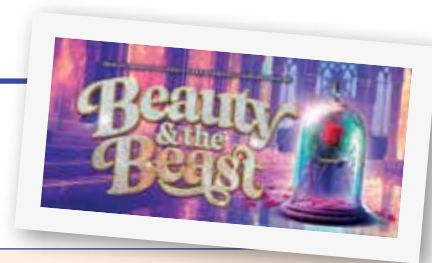
Our Annual Celebration will be on Tuesday 15th October 2024 at 1.30 – 3.30pm at St Barnabas Church. A chance to celebrate the last year and to look forward to the future.

A late light lunch with entertainment is provided and transport can be arranged if needed.

To book your place call the office on 0113 2660371. Make sure to let us know if you have any dietary requirements.



Coming up at MAECare



Trips Out

Please note: All trips are on a Thursday.

5th September – The Leeds Discovery Centre, 11am – 2pm. 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 £22 members, £27 non-members.

17th October – Salt's Mill, time TBC. This trip will enable you to wander around the floors of 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. Cost £17 members, £22 non-members

28th November – Pantomime "Beauty and the Beast" at The Carriageworks, 1.30pm. Join a whole host of colourful characters on a journey to discover that true beauty is more than just skin-deep. Beauty & the Beast is the traditional family pantomime that will leave you spellbound! Transport from and to home included. Cost £22 members, £27 non-members.

Monday Matinée

Monday Matinee is 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.** e.g. if the first Monday is a bank holiday.

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.

October 14th "Six Minutes to Midnight" – In the summer of 1939, influential families in Nazi Germany send their daughters to a finishing school in an English seaside town to learn the language and be ambassadors for a future National Socialist state. A teacher (played by Eddie Izzard) sees what is coming and tries to raise the alarm. Also starring Judi Dench and Jim Broadbent.

November 11th "The Miracle Club" – A heartfelt story of friendship, family, and forgiveness, set in Dublin in 1968, and starring Maggie Smith and Kathy Bates.

December 9th "Respect" – Following the rise of Aretha Franklin's career from a young child singing in her father's church's choir to her international superstardom, Respect is the remarkable true story of the music icon's journey to find her voice and become the Queen of Soul.



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 to 6pm. Upcoming dates: 11th September, 9th October, 13th November.

Thursday Sing Along at The Bar on the Lane

The Thursday Senior Sing Along takes place at the Bar on the Lane at Roundhay Golf Club on the third Thursday of every month from 11.30am to 1.30pm. It is followed by bingo, tea, coffee, sandwiches and cakes. Transport to and from your home is included. Cost: £9.50 members, £10.50 non-members. The next dates are: 19th September, No trip in October, 21st November.

Regular Activities at MAECare

Men's Den

Men's Den is run in partnership with Leeds Jewish Welfare Board and Leeds Jewish Housing. This is a group for men of all ages.

It is held at L.J.H.A., Stonegate Way, Queenshill Avenue, Leeds LS17 6FD, monthly on a Wednesday from 5.30pm to 7.00pm. Transport will not be provided.

Next dates are:

- 18th September,
- October TBC,
- 20th November and
- 18th December.

Please contact Mary Baillie on 0113 2660371 if you are interested.



IT Support at MAECare

Are you digital media literate?

At MAECare we offer one to one support on Mondays and Wednesdays, and we give clear written instructions specific to your needs, to take away, further aiding your learning.

Our Digital Health Hubs are monthly on Wednesday, 1.30pm – 3pm.

Upcoming themes are:

11th September: Becoming digital media literate, reliable sources of information, scams and how to spot them.

9th October: Online shopping. Ideal to know if you are ever ill and can't get to the shops. Learn now before you need it.

13th November: Patches GP appointment system – managing your health online.

To book your place call 0113 2660371 or email info@maecare.org.uk

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.

Dates coming up are below. All are 12.30pm – 2.30pm:

Sunday 8th September – Mustard Pot, Chapel Allerton

Saturday 21st September – Olive Branch, Alwoodley

Sunday 6th October – West Park Lounge

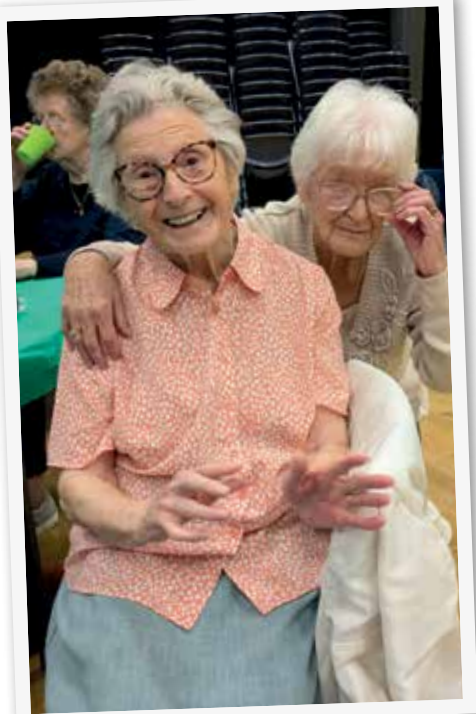
Saturday 19th October – Lavanta

Sunday 3rd November – The Dexter

Saturday 16th November – The Roundhay Fox

Sunday 1st December – The Red Lion, Shadwell

Saturday 7th December – Ego at The Wellington



Funding

We're delighted to have received grants from Garfield Weston and Woodroffe Benton towards our running costs.

Writing Back

Could you be pen pals with a University of Leeds student? The university are looking for older Yorkshire residents to exchange emails with a student.

You will be matched based on interests and exchange emails fortnightly. Contact MAECare for further details.

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, MAECare 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 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. See page 2 for dates.</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, 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, different themes each month. Free.</p>
<p>Zumba Weekly Monday, 1.30pm – 2.30pm St Stephen's Church Hall £5.00 members, £6.00 non-members.</p>	<p>Walking Group Monthly, last Tuesday, 1.30pm – 3.30pm Local Park, Free</p>	
<p>Walking Football FROM NOVEMBER – Weekly Monday 6.30 – 8.30pm, Allerton Grange School, LS17 6SF £5.00 See Thurs for details.</p>	<p>Physiotherapy Monthly, Tuesday, 2.00pm – 4.00pm £10/£12 Ring Beccy at MAECare for info/to book.</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. To 10th Oct. Followed by Live Well with Dementia – see page 6. 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 TO END OCTOBER Weekly Sundays, 10.45am – 12.15pm, Alwoodley Primary School, LS17 5HX. A fun, non-contact sport for men and women, £5.00, call David Wynick 07921528499.</p>
<p>Walking Football Weekly Thursday, 2.00pm – 4.00pm, TO END OCTOBER Bodington Football Hub, LS16 8GY FROM NOVEMBER – Scott Hall Sports Centre, LS7 3DT A fun, non-contact sport for men and women, run by our volunteer coach David Wynick, £5.00. Contact 07921528499.</p>		
<p>Knit and Natter Weekly Thursday, 2.00pm – 4.00pm MAECare £2.00 members, £3.00 non-members.</p>		
<p>Thursday sing-along Monthly Thursday, 11.30am – 1.30pm, The Bar on The Lane, LS8 2EJ £9.50 members, £10.50 non-members.</p>		

Activities For People Living With Dementia

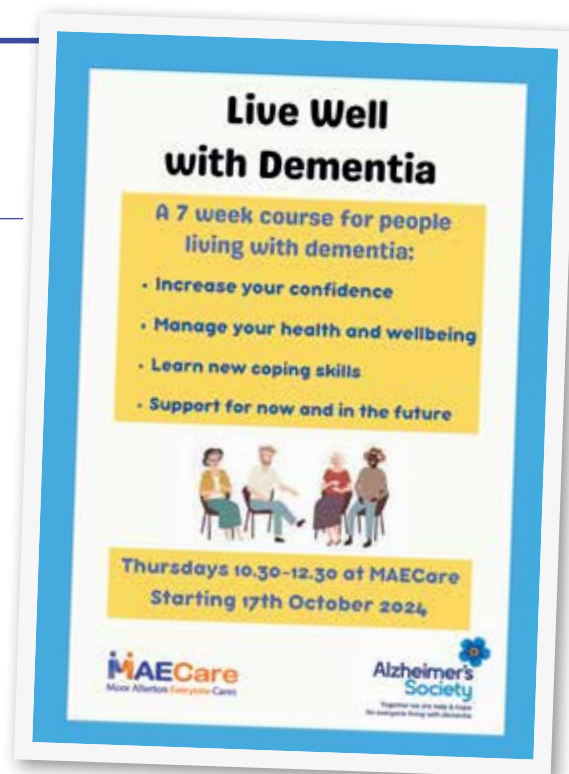
Live Well with Dementia Course

A 7 week course for people with a dementia diagnosis, Thursdays 10.30am – 12.30pm, at MAECare. Dates: 17th, 24th, 31st October; 14th, 21st, 28th November, 4th December

Have you been diagnosed with dementia? You may feel like your life has been turned upside down.

This course can help. You will gain the understanding, knowledge and skills to live better with dementia, and meet others living with this condition.

The sessions will be led by Memory Support Workers from the Alzheimer's Society, who will help the group to share ideas and find ways to increase confidence in managing day to day.



Understanding Dementia Better Training with Dementia Adventure Charity.

Thursday 7th November, 10.00am – 1.00pm.

This free training for the friends and family of those who are living with dementia, will support you to understand the condition better, offering small and easy steps that can make a big difference. It will be a live online session, and the trainer will lead it remotely on a screen to a group of friends and family in MAECare's activity room. There will be opportunities to ask questions directly to the trainer, and MAECare staff will help facilitate that and any discussion.

A follow-up training session on "Mood and Motivation" is also planned (the Understanding Dementia Better course should be completed first).

Please ring the MAECare office if you are interested.



Dementia Adventure offer supported holidays for people living with dementia and their families

NEW – Remember Me Cafes in Chapel Allerton, Roundhay and Meanwood

These new weekly cafes run by the Royal Voluntary Service (RVS) bring together people living with dementia, their caregivers, families and friends, to offer support in a relaxed and welcoming environment, featuring enjoyable and interactive activities for everyone.

Venues and times are:

Polish Catholic Centre, Newton Hill Road, LS7 4JE – Tues. 10.30am – 12.00 noon

Friends Meeting House, 136 Street Lane, LS8 2BW – Weds 11.00am – 1.00pm.

Meanwood Institute, 94 Green Road, LS6 4LD – Thurs 1.00pm – 3.00pm.

Any enquiries to RVS (not MAECare) on 0113 8873595.

Volunteering at MAECare

Silver Anniversary Congratulations to our Volunteers!

Two of our wonderful volunteers have reached their 25 year anniversary of volunteering with MAECare.

Christine Norwood on 16th June 2024 and **Alan Swift** will reach his milestone on 8th October 2024.

Christine has recently retired from her Teaching Assistant job at a local Primary School. She still does two shifts a week at Moortown Sainsbury's. As well as volunteering for MAECare she is involved in quite a few other activities including Scottish Dance, Border Morris, gardening (mostly her own) and at church.

Christine started as a Volunteer Car Driver when a friend at church told her that MAECare was very short of volunteer drivers. Christine initially agreed to drive at short notice 'as and when needed'. Over time she was able to commit more regularly; mostly with shopping, also for Companions in Concert and Moortown Baptist Church Lunch Club.

During her time as a volunteer she has also helped with the Newsletter (stuffing envelopes & delivering), the Gardening Project at Allerton High School, the Walking Group, Telephone Befriending (during COVID) and various trips, and has also been a Walking Buddy

Christine said she enjoys meeting people and talking to them; it gives her a lot of pleasure.

Thank you so very much Christine for your precious gift of time to MAECare!

Alan used to work as a Civil Servant and whilst still working he wanted to get involved in helping in the local community so started with MAECare as a Volunteer Car Driver from 5th November 1999. He's also been involved with Companions in Concert and Sporting Memories, and sometimes at Wednesday Drop-in, and distributes MAECare newsletters.

Additionally he volunteers at the Civil Services Pensioners' Alliance and Leeds Civic Trust – Heritage Open Days and Civil Service Motoring Association – now known as "Boundless" – on the local Leeds Group committee. When asked why he volunteers, Alan replied "it keeps me active and doing things. I enjoy meeting people and talking to them." When asked how he manages to do so much, Alan laughingly replied "I'm a bit of a volunteer nerd – I love volunteering!".

What would he say to anyone who's not sure about volunteering – "give it a go, you don't know until you try".



Christine's old badge



Christine today

Information & advice

Seasonal Vaccinations

Seasonal vaccinations are crucial in preventing serious illness, hospitalisations and deaths which can occur from flu and Covid-19, especially in winter.

There are also vaccinations available for Shingles, Pneumococcal Disease and RSV (Respiratory Syncytial Virus) all conditions which can also lead to more serious illness or hospitalisation. The RSV vaccine is a new vaccine being offered for the first time this year. You should be contacted by your GP when/if you are eligible. The eligibility for the vaccines for older people are as follows:

- Flu – (starting from 3rd October) aged over 65 or under 65 if have certain health conditions. Carers for elderly relatives are also eligible or those in close contact with immunosuppressed people.
- Covid-19 – Autumn vaccine eligibility still to be confirmed but likely to be over 75, those in care homes & those who are severely immunosuppressed.
- Pneumococcal Disease – aged over 65 & anyone with certain health conditions.
- Shingles aged 70-79, those who turn 65 on or after 1st September 2023 or those who are immunosuppressed.
- RSV – (starting this September) aged 70-79.

Changes to Winter Fuel Payments this year

There are some changes to the Winter Fuel Payment for older people this year – only those born before 23rd September 1958 **AND** claiming one of the following means-tested benefits will be eligible: Pension Credit, Universal Credit, Income Related Employment and Support Allowance (ESA), Income-Based Jobseeker's Allowance (JSA) or Income Support. For MAECare members, those on Pension Credit are likely to be the main beneficiaries for Winter Fuel Payments. Those eligible will receive a letter in October or November telling them how much they will receive, which will be between £100 & £300 depending on their circumstances.

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
- ★ 5-star care from fully trained staff
- ★ 24/7 on-site care and support
- ★ Healthy dining options
- ★ Companionship

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Inspected and rated

Good

 **Care Quality Commission**

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