

Follow us on X:  @OlderPeopleLS17
Like us on Facebook:  @maecareleeds

Newsletter

Winter 2024

Welcome to the Winter edition

A new season signals another newsletter. We've got some good news about funding and the return of some seasonal activities such as the Breakfast Club and the Allerton High School xmas party.

Winter also brings winter coughs and colds so a reminder about making sure we look after each other. And introductions to two new staff who joined us this year. Have an enjoyable festive period and new year.

Keeping ourselves safe

At this time of year there are a lot of illnesses circulating.

To keep each other safe, if you've recently been ill with anything that is infectious/contagious - please make sure you are free of symptoms for 48 hours before coming to any MAECare activities.

This is to reduce the risk of passing it on to other service users, staff or volunteers. Some people have weakened immune systems and can become very poorly. It can also mean we have to cancel activities because staff are off sick, other service users having to cancel exercise classes and other activities.

The Co-op Local Community Fund



We're delighted to let you know that Co-op Members can officially support MAECare – Moor Allerton Everyone Cares as part of the Local Community Fund.

The more members that choose our cause, the more money our project will receive. To find out more and choose us as your cause, go to: membership.coop.co.uk/causes/90123

If you're not a member, it's just £1 to join and in addition to being able to vote for local causes, you have access to lots of discounts when shopping at the Co-op Food stores or Funeral Homes in our area and nationally.

Xmas Closure

The office will be closed from Thursday 19th December 2024 and re-opens on Monday 6th January 2025.



Your Local Neighbourhood Network Scheme supported by



0113 266 0371

www.maecare.org.uk

Coming up

Monday Matinée

This runs 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. where there is a bank holiday.

December 9th "Respect" – Following the rise of Aretha Franklin's career from a young child singing in her father's church 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.

January 13th "Esio Trot" – Retired bachelor Mr Hoppy is in love with his neighbour, Mrs Silver, but she is only interested in her pet tortoise until Mr Hoppy hatches an audacious plan to win her love. Judi Dench and Dustin Hoffman star in this 2015 adaptation of the Roald Dahl novel.

February 10th "The Lady Killers" – Classic 1955 comedy from Ealing Studios starring Alec Guinness and Peter Sellers – two criminals from a gang, planning a bank robbery. They rent rooms on a cul-de-sac from an octogenarian widow under the pretext that they are classical musicians.

March 10th "Dreamgirls" – A trio of black female soul singers cross over to the pop charts in the early 1960s, facing their own personal struggles along the way. A work of fiction, it takes strong inspiration from the history of the Motown record label and its superstar act the Supremes and stars Beyonce, Eddie Murphy and Jamie Foxx.

Allerton High Xmas Party

The students at Allerton High School invite you to attend the annual Christmas Party on Tuesday 17th December 12pm – 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.



Breakfast Club

The winter Breakfast Club is back. Enjoy a light, hot breakfast at MAECare in friendly company. Booking preferred but not essential, pay as you feel. Wednesdays, 10am – 11.30pm.

Upcoming dates:

18th December, 8th January, 15th January, 22nd January, 5th February, 19th February, 26th February.

Thursday Sing Along

The Senior Sing Along takes place at the Bar on Park Lane at Roundhay Golf Club on the third Thursday of every month from 11.30am to 1.30pm.

Includes bingo, tea, coffee, sandwich and cake. Transport to and from your home included. Cost: £9.50 members, £10.50 non-members. The next dates are 16th January and 20th February 2025.

Twilight Zone

Monthly supper group for people from the local estate, held on Wednesdays, 4 – 6pm.

Upcoming dates:

11th December, 15th January, 12th February, 12th March.

Coming up

IT Support at MAECare

Are you digital media literate?

Do you know how to identify reliable sources of content online?

Do you know how to keep your personal information safe?

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.

We have our Digital Health Hubs once a month on a Wednesday, from 1:30-3:00pm.

The following themes are upcoming:

15th January: Storage and the cloud

12th February: Patches

12th March: Holidays

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



MEN'S DEN



Do you feel that you would benefit from being involved in a group that is specifically for men?

Join our new monthly social group for men of all ages run by three local organisations

Every 3rd Wednesday of the month
5.30 - 7.00pm

At Leeds Jewish Housing Association,
Stonegate Way, Queenshill Avenue

NO BOOKING REQUIRED

CONTACT NUMBERS:

SIMON PHILLIPS - LJHA 0113 320 7777
PAUL TOWNEND - LJWB 0113 268 4211
MARY BAILLIE - MAECARE 0113 266 0371

FREE OF CHARGE

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 1st December -
The Red Lion, Shadwell,
LS17 8HH

Saturday 7th December -
Ego at The Wellington,
Wetherby Road, LS17 8LZ

Saturday 4th January -
Heaney and Mill,
Otley Road, LS6 2AL

Sunday 19th January -
Hesco Lounge,
Street Lane, LS8 2DQ

Saturday 1st February -
The Red Lion, Shadwell,
LS17 8HH

Sunday 16th February -
Gusto, Otley Road, LS16 6HN

Saturday 1st March -
Ego at The Wellington,
Wetherby Road, LS17 8LZ

Sunday 16th March -
The Dexter,
Wigton Lane, LS17 8RZ


Any suggestions for new places to go are always welcome, please ring

Baksh on 0113 2660371 or email baksh@maecare.org.uk

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>Breakfast Club Wednesdays, 10am – 11.30am. MAECare 57a Winter activity 2-3 times a month till the end of February. Check dates. Pay as you feel.</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>Sporting Memories Fortnightly Wednesdays, from 11.00am – 12.30pm, New Rover Cricket Club See page 6 for info. £2.00 members, £3.00 non-members.</p> |
| <p>Complementary Therapies 1st Monday of month – half hour slots from 10.30am – 4.00pm, at MAECare Massage, Reflexology or Reiki, bookable in advance, £10.00 members, £12.00 non-members.</p> | <p>Walking Group Monthly, last Tuesday, 10.30am – 12.30pm Local Park, Free</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>Monday Matinee Usually 2nd Monday of month, 1.30pm – 3.30pm, at MAECare See page 2 for details of films.</p> | <p>Physiotherapy Monthly, Tuesday, 2pm – 4pm £10/£12 Ring Beccy at MAECare for more info/to book</p> | <p>Wednesday Welcome Drop-In 3 times a month, 1.30 – 3pm, check details for location 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>Zumba Weekly Monday, 1.30pm – 2.30pm, St Stephen's Church Hall £5.00 members, £6.00 non-members.</p> |  | |
| <p>Walking Football Weekly Monday 6.30 – 8.30pm, Allerton Grange School, LS17 6SF £5.00 See Thurs for details.</p> | <p>Digital Health Hub Monthly, 1.30pm – 3.00pm, MAECare 57a Help for people to access digital services – 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. Due to start January 2025, subject to funding. 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 U.R 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, 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, 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 Park Lane, LS8 2EJ Transport provided £7/£8 plus £2.50 on the day</p> | | |

Coming up

Introducing Sporting Memories!

Our Sporting Memories club began online during covid and has been meeting every fortnight in-person for 3 years since then.

We are a friendly group of people who love talking about sport from the past and present, and much more besides! The group is open to anyone and is inclusive of people who are living with dementia.

Recent highlights of the group have included taking part in quizzes and gentle seated sports such as boccia and curling.



Fortnightly on Wednesdays

Your local Sporting Memories club!

Join us to:

- Talk sport
- Make friends
- Take part in fun and inclusive activities

11:00am to 12:30pm

New Rover Cricket Club
Smithy Mills Lane
Adel, Leeds, LS16 8HF



We occasionally invite visiting speakers such as the former groundsman from Headingley cricket ground who regaled us with many a story!

We would love to welcome some new members – please get in touch with Carole at MAECare on 0113 266 0371 if you are interested.

Mood and Motivation – Training with ‘Dementia Adventure’ Charity

Free training for family and friends of people living with dementia.

Thursday 16th January, arrive 10.00am for a 10.30am start – 1pm.

Some people with dementia and their supporters have difficulty finding the motivation to ‘get up and do’.

This session looks at why that might be, from the perspective of both the carer and the person with dementia.

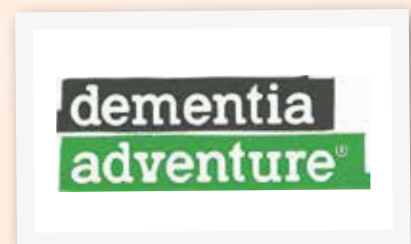
“The training was very accessible... really informative and gave me lots of food for thought and ideas to try”

The training will include:

- The impact a diagnosis of dementia has on the carers.
- Why the person you support may feel low.
- Strategies on how to lift mood and motivation levels.
- The health and well-being benefits of nature.

MAECare will host a group of carers and Dementia Adventure will lead us via a live online link, with plenty of opportunity for questions and discussion.

Please contact Carole or Julie at MAECare to book.



People at MAECare

Staff

Hellos to Amber and Geraldine. Geraldine Stone joined us as the new Finance Coordinator.

You won't see her often as she is mainly in the back office keeping on top of the books. She has also helped out at the Annual Celebration and the Drop in. She is a regular player with the MAECare Extra Timers. Amber Beardmore joined us as the new Admin and Communications Officer.

You will see her helping with the smooth running of the office. She replaces Caroline Wright who retired earlier this year. We wish Caroline well and hope she is able to make the most of her time doing the things she really enjoys such as bird watching and cycling.

A warm welcome to our new volunteers!

Gulshaker will be working alongside two other volunteers in Breakfast Club.

Janet, a Service User at MAECare, wants to help in the community and give something back.

Sharan wants to help people in her local community and hopefully make things better for them.

Kerry-Anne has a lot of experience with people who have memory loss, and wants to help in the community.

Inspirational Women of Leeds

Two familiar faces have been recognised as Leeds most inspirational women!

A sculpture created by artist Pippa Hale was unveiled in October to celebrate women who have contributed to the city. It comprises five steel ribbons engraved with the names of the nominated women. Penny Siller and Barbara Doyle are among the nominations.

Penny is a retired primary school teacher who took in homeless ex-Borstal boys. She qualified as a teacher and moved to Leeds in 1973 where she brought up her own children while fostering many others from North Yorkshire and Leeds. Later, she taught English to refugees in the One Community Centre for many years.

Barbara Doyle has also been nominated as an inspirational woman. For those who have yet to meet her, Barbara instructs our Tai Chi classes which receive rave reviews. Despite living with rheumatoid arthritis, she continuously remains positive and is an inspiration to her students. Congratulations Barbara! The sculpture, named "Ribbons", is located outside Leeds Playhouse in Quarry Hill.

Diversity in Leeds

Following our nomination, Ravinder was picked to celebrate Diversity in Leeds and her hand-painted portrait is being exhibited in the Leeds City Museum until 8th December 2024 – feel free to pop along to see it. It's a wonderful recognition of the backgrounds of our wonderful volunteers and one to be celebrated!



Information

The People's History of Leeds

Interested in writing or history?

The People's History of Leeds tells the story of the city through the voices of its citizens. A group of older writers is working with young people to explain why the city's past is relevant to the modern world. The stories will be presented online and in books and exhibitions – all of which reflect the diverse and fascinating heritage of Leeds.

This project is being organised and delivered by Leeds Older People's Forum and Leeds Museums and Galleries, and funded by Heritage Lottery. They are recruiting a team of older people (over 55) to join the Storytelling Team.

To find out more contact Tom Bailey on 07865 842666 or email: tom@peopleshistoryofleeds.com

Dorothy Taylor

Dorothy Taylor sadly passed away in August 2024 at the grand age of 98.

She was well known by many of you, she was a stalwart of MAECare – she used to be a Trustee and in later years was a regular service user and bingo caller at Twilight Zone. She will be much missed. We are grateful to her family for the kind donation of the collection made at her funeral and memorial at Alwoodley Park Methodist Church.

Funding

We're pleased to have received funding from the following:

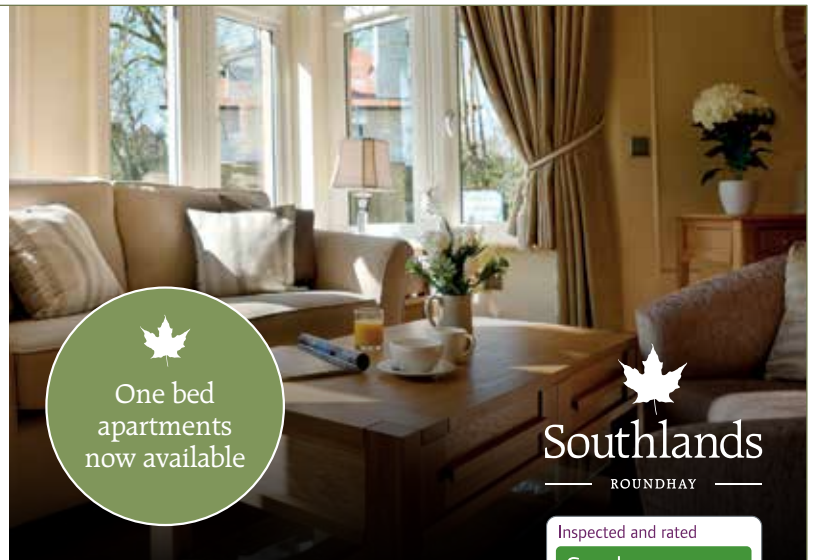
The Truemark Trust towards the direct cost of various activities; The Screwfix Foundation for a new boiler (no more cold mornings!); Leeds Community Foundation for our Winter Breakfast Club.

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.

The perfect choice for later life.

Book your personal show around today. Call Catherine on 07834 804186 or email: creuben@westwardcare.co.uk



Southlands
Wetherby Road
Roundhay
Leeds LS8 2JU

Twitter
[@WestwardCare](https://twitter.com/WestwardCare)
Facebook
Westward Care

