

Newsletter

Spring 2026

Welcome to the Spring Edition

Keeping in contact

Historically we've made reminder calls for most activities; this is time consuming and most people will have made a note on a calendar or in a diary. To free up staff time to organise activities we are moving towards using WhatsApp as the main means by which we remind you about activities. There will be exceptions e.g. we will continue to make telephone reminder calls to people living with dementia. Our Digital Inclusion worker, Anna-Marie, is on hand to help anyone with getting set up and using WhatsApp.

Trip to Settle – Tuesday 19th May 2026

In conjunction with the Settle–Carlisle Railway Trust, join us for a wonderful day out in Settle.

We'll meet at Leeds Train Station and travel together for a fascinating day exploring the heritage of the world-famous Settle–Carlisle Line. Highlights include a visit to the Settle Heritage Signal Box, where you'll have the chance to ring the bells and pull the levers, followed by an engaging guided tour of Settle Graveyard with a knowledgeable local guide.

Accessibility: standing for short periods of time and walking.

Members £35, non-members £40 – includes return rail tickets, lunch and refreshments.

Depart Leeds: 10.45am
Depart Settle: 4.30pm



Transport

It seems that there is some misunderstanding locally that we're a local transport provider for older people – this isn't true!

There are a limited number of circumstances when we may be able to organise transport – a taxi or a volunteer car driver – to help some people attend our activities, if they are unable to make their own way. We make an assessment on a case-by-case basis, using our Transport Policy as a guide.

We have a very limited pool of volunteer car drivers so will prioritise them for those people who find it the most difficult to travel e.g. people living with dementia.

In most cases we assume that you are able to travel independently so that even if you don't drive, you are able to catch a bus or book a taxi.

Coming up

Booking onto Activities and Waiting Lists

Some of our activities are very popular and there is almost always a waiting list or we use our discretion to decide who can attend each week/month.

- For many activities you will need to book a place; if you turn up without booking we won't be able to let you stay, or if you decide to invite a friend who hasn't booked on then they won't be able to stay. This is especially true of the Wednesday Social, Chippy Tea, Shared Tables and Monday Matinee.
- For those activities which are frequently oversubscribed, we will use our discretion each time to allocate places to ensure as many people as possible are able to attend. This means you can't assume that because you managed to book one month, you will automatically be able to book a place the next time as we won't always allocate places on a first come first served basis.



This is particularly true of Complementary Therapies and Shared Tables. Your place is only secured when we have confirmed it.

- Most of our exercise classes have waiting lists; we review them periodically and when a space becomes available we will contact people on the waiting list. Some of our waiting lists have had to close for the time being.

Spring Afternoon Tea

**Tuesday 17th March,
1.30pm – 3.30pm.**

Join us for afternoon tea at St Barnabas, with entertainment by The Blue Cards.

Members £10,
non-members £12.

Transport by request and parking available onsite:
13 The View,
Leeds
LS17 7NA



Trip to Temple Newsam House and Gardens

Tuesday 28th April 2026

Guided tour round Temple Newsam House including tea/coffee and biscuits followed by free time to walk round the grounds and café. Includes transport, departing MAECare at 10.30am. Lunch not included. Departing Temple Newsam at 2pm.

Members £13, non-members £15.



Coming up

Monday Matinées



Monday Matinée is the second Monday of every month, 1pm to 3.30pm – please note the change in time since our previous newsletter. Suggested donation £2/£3. Please call to book on.

9th March 2026 – The Salt Path (1hr 55m): Based on a true story and a moving memoir, The Salt Path is a journey about perseverance and hope. Starring Gillian Anderson and Jason Isaacs.

13th April 2026 – La Dolce Vita (1hr 40m): When his daughter decides to buy a crumbling Tuscan villa, Eric rushes over to Italy to try to talk her out of it, and instead finds beauty, romance and new purpose.

11th May 2026 – Back in Action (1hr 54m): Two ex-spies (Cameron Diaz and Jamie Foxx) living undercover in suburbia whisk their unsuspecting kids away on a global adventure in this action comedy.

MAECart

Our monthly arts and crafts group. Sessions are on Mondays from 2pm to 4pm.

- **20th April** – Zentangle
- **18th May** – Aboriginal Art
- **15th June** – Paper flowers

When you do attend, wear old clothes or an apron as we tend to get messy.



Shared tables

These events are primarily for people living on their own. All events start at 12.30pm unless otherwise stated.

Sun, 15th March – Hesco Lounge, LS8 2DQ

Sat, 28th March – Red Lion, Shadwell, LS17 8HH – fully booked

Sun, 12th April – La Palmera, LS8 2EJ, 1pm start. Paid parking or park on the street.

Sat, 25th April – The Stables, LS16 5PS (attached to Weetwood Hall)

Sun, 10th May – Mythos, Stainbeck Lane, LS7 3PJ

Sat, 23rd May – Red Lion, Shadwell, LS17 8HH

Sun, 7th June – Hesco Lounge, LS8 2DQ

Due to the popularity of some of the venues, where there are more people than places, priority will be given to those who are members of MAECare. The exception is if this is your first time and you want to try it.

If you are unable to attend due to unforeseen circumstances on the day, please ring the venue to leave a message for the host.



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 members, £6 non-mem. First class free.</p>	<p>Singing Group Fortnightly Tuesdays, 10.30am – 12pm, MAECare £3 members, £4 non-mem. Dementia Inclusive.</p>	<p>Info & Advice Drop In Fortnightly Wednesdays, 10am – 12pm, MAECare 57a Information & Advice drop in with our Advocacy & Case Worker Julie.</p>
<p>Tai Chi Weekly Monday, 11am – 12pm, Moortown Methodist Church £5 members, £6 non-mem. First class free. Waiting list closed until further notice.</p>	<p>Silver Linings Group Fortnightly Tuesdays, 10.30am – 12pm, MAECare A social group for people living with dementia. £2 members, £3 non-members.</p>	<p>Sporting Memories Fortnightly Wednesdays, 11am – 12.30pm, New Rovers Cricket Club on Smithy Mills Ln For those living with dementia, £2 members, £3 non-mem.</p>
<p>Complementary Therapies 1st Monday of month, half hour slots from 10.30am – 4pm, at MAECare Massage, Reflexology or Reiki, bookable in advance. £12.50 mem, £15 non-mem.</p>	<p>Dance On Weekly Tuesday, 1.30pm – 2.30pm, Moortown Methodist Church £5 members, £6 non-members.</p>	<p>Digital Health Hub Monthly, 1.30pm – 3pm, MAECare 57a Help for people to access digital services, different themes each month. Free.</p>
<p>Monday Matinee 2nd Monday of month, 1pm – 3.30pm, at MAECare See page 3 for details.</p>	<p>Swimming Weekly Tuesday, 1.30pm – 2.45pm, David Lloyd Leeds on Tongue Lane Cost £5 members, £6 non-members. This activity has a waitlist.</p>	<p>Wednesday Social 1st, 3rd and 4th Wednesdays of the month, 1pm – 3pm, MAECare 57a £2 members, £3 non-members.</p>
<p>Zumba Weekly Monday, 1.30 – 2.30pm, at St Barnabas' Church, LS17 7NA Fun and easy dance class. £5 members, £6 non-mem.</p>	<p>Walking Group Monthly, last Tuesday, 10.30am – 12.30pm Local Park, Free.</p>	<p>Chippy Tea Club 2nd Wednesday of the month, 4pm – 6pm, MAECare 57a £2 members, £3 non-members. Booking required.</p>
<p>MAECart Monthly, 3rd Monday of month, 2pm – 4pm, MAECare. see page 3 for details.</p>	<p>Physiotherapy Monthly, last Tuesday, 2 – 4pm, MAECare £10 members, £12 non-members.</p>	
<p>Walking Football See page 7 for details.</p>		

Regular Activities

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Please call for information and to book.

- Weekly Groups
- 2/3 times a month
- Monthly Groups

Thursday	Friday	Weekend
<p>Live Well with Dementia 10.30am – 12.30pm, MAECare 57a</p> <p>7 week course for people living with dementia. By invitation only. Run by the memory support worker from The Alzheimer’s Society. £2 members, £3 non-members.</p>	<p>Legal Advice Appointments Fortnightly on a Friday, 10am – 12 noon</p> <p>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 & Sundays (variable). See page 3 for details.</p>
<p>Chair Based Dance Weekly Thursdays 12.30 – 1.30pm, Wigton Moor U.R. Church, 82 High Ash Drive, LS17 8RE</p> <p>£5 members, £6 non-members.</p>	<p>Carers Group Monthly Fridays, 10.30am – 12pm, MAECare 57a</p> <p>A support group for all carers in the Leeds 17 area, run by Carers Leeds.</p>	<p>Walking Football Weekly Sundays (April to October only), 10.30am – 12pm, Alwoodley Primary School. See page 7 for details.</p>
<p>Walking Football Weekly Thursdays</p> <p>See page 7 for times and locations.</p>		
<p>Knit And Natter Weekly Thursdays, 2 – 4pm, MAECare</p> <p>£2 members, £3 non-members.</p>		

Coming up

MAECare Melody Makers

Our Dementia Inclusive Choir continues!

Singing together is a wonderful way to put a smile on your face. We meet fortnightly on Tuesdays from 10.30am – 12pm at MAECare:

- April 14th, 28th
- May 12th, 26th
- June 9th, 23rd



Complementary Therapies

Complementary therapies are very popular and there is a lot of demand for the lovely treatments that our therapist, Ali offers.

To make the booking system fairer, people will only be able to book in every other month, starting from the 30th of March.

You can still put your name on the waiting list. Please be aware that we will ask for payment when you book your session. Thank you for your understanding.

The Chippy Tea Club

2nd Wednesday of the month, 4pm – 6pm

Join us for a delicious fish & chips meal, followed by a fun session of bingo! Booking required – please call the office. Members £2, non-members £3.

- March: 11th
- April: 8th
- May: 13th



Wednesday Social

Come along to MAECare from 1pm – 3pm for a relaxed and friendly afternoon!

Enjoy a selection of sandwiches and refreshments while engaging in games or simply chatting with friends. Members £2, non-members £3.

- March: 18th, 25th
- April: 1st, 15th, 22nd, 29th
- May: 6th, 20th, 27th

News and Information

Play the MAECare Lottery

**Be in with a chance of winning £25,000!
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 each Friday and all winners are notified – so there's no need for you to claim.

For every £1 you spend, at least 50p comes directly to us.



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 through the Unity Lottery website (<https://tinyurl.com/y8ftdsdb>) or contact MAECare for an application form.

Walking football

**A fun, non-contact sport for men and women,
run by our volunteer coach David Wynick, £5.
For more information, contact David Wynick
on 07921 528499.**

Winter Season

- **Weekly Mondays** – 6.30pm – 8.30pm, Allerton Grange School, LS17 6SF. Last winter session 30.03.26.
- **Weekly Thursdays** – 2pm – 4pm, Scott Hall Leisure Centre, LS7 3DT. Last winter session 10.04.26.

Summer Outdoor Season

- **Weekly Sundays** – commencing 13.04.26. 10.30am to 12pm, Alwoodley Primary School, LS17 5HX.
- **Weekly Thursdays** – commencing 16.04.26. 2.30pm to 4pm, Bodington Football Hub, LS16 8GY.



News and Information

Alwoodley 2030 Greening up Local Areas

Alwoodley 2030 would like to create a wildflower corridor from the Cranmers, through the Lingfields and Nursery Lane, in private gardens and public spaces. They can supply seeds, some tools and instructions, and maybe some volunteers to help.

They would also like to undertake an active travel audit – a walk around an area of our choice to identify barriers to walking/wheel chairing and accessibility and consider how it could be made more attractive. If you live in the area and would like to take part in either of these activities then please get in contact.

Funding

A special thankyou to Norman Taylor and the Blue Cards for all their fundraising for MAECare over the last year.

The Blue Cards have raised over £600 from busking. In addition, Norman was 75 this year and asked friends and family to make donations to MAECare in lieu of gifts; through this very kind gesture, over £2500 has been donated to MAECare!



Norman and the Blue Cards played at our Annual Celebration and we are delighted that they will be playing again at our Spring Afternoon Tea. They also continue to play for other community activities, often inviting donations to be made to MAECare.

Local Coop Fund

We are delighted to have received another small grant of £1,748.88 from the Local Coop Fund, the result of the many people who voted for us when they went shopping. This brings the total over the last year to £9,084.15.

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