

Newsletter

Summer 2026

Welcome to the Summer Edition

Thanks to Adrienne Grant, in her new role as Activities Coordinator, we have been able to restart many of our former groups and activities. We are also planning various trips for the summer.

Summer Day Trip to Filey Tuesday 14th July 2026

With Leeds Jewish Welfare Board.

Depart MAECare:
10am

Depart Filey: 3pm
(to be confirmed)

Cost: £20



Funding

We're delighted to have received two grants towards our Circles of Support Service: £5,000 from the Charles Hayward Foundation and £1,000 from Alwoodley Parish Council.

This helps to make up the difference in the grant from the Intermediate Care Board which was cut by a third. We're also pleased to have secured a Lunch Club grant for the second year running. This means we can subsidise the cost of our Wednesday Social and Chippy Tea. We are always very grateful to our many funders.

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!



Your Local Neighbourhood Network Scheme supported by

Coming up



TRIPS OUT

Trip to Otley Garden Centre Tuesday 9th June 2026

Wander around Otley Garden Centre to look round the shops. Dine in Blooms Kitchen or Hattie's Kitchen which serve a large selection of delicious dishes and desserts.

You will need to be independently mobile as it is a large centre and there will be some walking.

The cost of the trip is £13 for members and £15 for non-members. Any costs incurred at the centre are not included. We will meet at MAECare and depart at 12 noon, leaving Otley at 3pm.

Payment must be made when booking your place.



Leeds 400 Summer Cream Tea at St Barnabas Wednesday 12th August 2026

Join us to celebrate Leeds at St Barnabas for delicious scones, tea and entertainment by Richard and Honey – the talented cockapoo.

From 1.30pm to 3.15pm.

Members £15, non-members £17.

Please advise dietary requirements at time of booking. Parking available onsite: 13 The View, Leeds LS17 7NA

Leeds 400 is a year-long celebration marking 400 years since Leeds received its first Royal Charter from King Charles I in 1626.



REGULAR ACTIVITIES

**TECHY
TEA**

AKA **DIGITAL
HEALTHHUB**

Our Monthly Digital Health Hub is changing! Instead of a themed session, Techy Tea is a drop in for any type of tech question.

Come along for a coffee and a chat about all things tech. Problem with your phone, can't get to your emails, what does this pop-up mean? Come along and we can help you.

Members £2, non-members £3.

Upcoming dates, all at 1.30pm – 3pm:

- 10th June
- 8th July

MAEC friends
Moor Allerton Everyone Cares

Our member led group is now up and running! This new initiative is all about helping you meet new people and enjoy time together.

If you'd like to make friends or meet others at a local café each week, go to the cinema or a trip out, try MAEC Friends.

All you need is WhatsApp on your phone. A group has been set up where you can post ideas ("anyone fancy going to see Wuthering Heights at the cinema?") and people can respond so you have people to do things with. MAECare's only involvement is to add you to the WhatsApp group. The rest is up to you. If you don't have WhatsApp our Digital Support Worker can help you with that. Call us to join the whatsapp group.

Coming up (continued p6 & 7)

REGULAR ACTIVITIES



A friendly group exploring art and crafts in a relaxed mindful way. No skills required, just come and play with different media! From 2pm – 4pm.

Dates:

- 15th June – Paper Flowers
- 20th July – Safe Print Printing
- 10th August – Painting with tissue paper

It can get messy so please wear old clothes or bring an apron.

£5 members

£6 non-members



Monday Matinée

From 1pm – 3pm. Suggested Donation £2/£3

8th June 2026 – The Wrong Paris (1hr 50m): A romantic comedy – aspiring artist Dawn, joins a reality dating show thinking it films in Paris, France – only to land in Paris, Texas.

13th July 2026 – Hamnet (2hr 8m): Hamnet tells the powerful story of love and loss that inspired the creation of Shakespeare's timeless masterpiece, Hamlet.

17th August 2026 – Mother's Pride (1hr 40m): A comedy starring Martin Clunes – After losing their matriarch, the Harley family must come together to save their pub and village through the art of beer-brewing.



Walking Cricket

Weekly, commencing Wednesday 3rd June, 2pm to 4pm at New Rover Cricket Club.

No experience needed. Call David Wynick for more information on 07921 528 499.

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
EXTEND CLASS Weekly Monday, 10.50am – 12.20pm OR 1.20pm – 2.50pm, Moortown Baptist Church £5 members, £6 non-mem. First class free.	SINGING GROUP Fortnightly Tuesdays, 10.30am – 12pm, MAECare £3 members, £4 non-members. Dementia Inclusive.	INFO & ADVICE DROP IN Fortnightly Wednesdays, 10am – 12pm, MAECare 57a Information & Advice drop in with our Advocacy & Case Worker Julie.
TAI CHI Weekly Monday, 11am – 12pm, Moortown Methodist Church £5 members, £6 non-mem. First class free. Waiting list closed until further notice.	SILVER LININGS GROUP Fortnightly Tuesdays, 10.30am – 12pm, MAECare A social group for people living with dementia. £2 members, £3 non-members.	SPORTING MEMORIES Fortnightly Wednesdays, 11am – 12.30pm, New Rovers Cricket Club on Smithy Mills Ln £2 members, £3 non-mem.
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.	DANCE ON Weekly Tuesday, 1.30pm – 2.30pm, Moortown Methodist Church £5 members, £6 non-members.	TECHY TEA Monthly, 1.30pm – 3pm, MAECare 57a Drop in for people to access digital support. £2 members, £3 non-members.
MONDAY MATINEE 2nd Monday of month, 1pm – 3pm, at MAECare (see page 3 for details) Suggested donation £2/£3.	SWIMMING Weekly Tuesday, 1.30pm – 2.45pm, David Lloyd Leeds on Tongue Lane Cost £5 members, £6 non-members. This activity has a waitlist.	WEDNESDAY SOCIAL 1st, 3rd and 4th Wednesdays of the month, 1pm – 3pm, MAECare 57a £2 members, £3 non-members.
ZUMBA Weekly Monday, 1.30 – 2.30pm, at St Barnabas' Church, LS17 7NA Fun and easy dance class £5 members, £6 non-mem.	WALKING GROUP Monthly, last Tuesday, 10.30am – 12.30pm Local park, free.	CHIPPY TEA CLUB 2nd Wednesday of the month, 4pm – 6pm, MAECare 57a £2 members, £3 non-mem. Booking required.
MAECart 3rd Monday of month, 2pm – 4pm, MAECare. Our arts and crafts group. £5 members, £6 non-mem.	PHYSIOTHERAPY Contact Beccy to make an appointment £10 members, £12 non-members.	WALKING CRICKET Weekly Wednesdays 2pm-4pm New Rover Cricket Club £7.50

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
CHAIR BASED DANCE Weekly Thursdays, 12.30 – 1.30pm, Wigton Moor U.R. Church, 82 High Ash Drive, LS17 8RE £5 members, £6 non-members.	LEGAL ADVICE APPOINTMENTS Fortnightly on a Friday, 10am – 12 noon Half hour free advice on wills, probate and Power of Attorney only. Please contact the office to make an appointment. Note: July's appointments are only for Will Making month – see flyer.	SHARED TABLES Weekly Saturdays & Sundays (variable). See page 6 for details.
KNIT AND NATTER Weekly Thursdays, 2pm – 4pm, MAECare, £2 members, £3 non-members.	CARERS GROUP Second Friday of the month,, 10.30am – 12pm, MAECare 57a A support group for all carers in the Leeds 17 area, run by Carers Leeds.	WALKING FOOTBALL Weekly Sundays, 10.30pm – 12 noon, MAECare, Alwoodley Primary School, £7.50.
WALKING FOOTBALL Weekly Thursdays, 2.30pm – 4pm, MAECare, Weetwood Playing Fields, £7.50.		

Coming up

Melody Makers

Singing together puts a smile on your face and this spreads even further when the Melody Makers perform.

We meet fortnightly on Tuesdays, 10.30am – 12 noon at MAECare.

Dates:

- June 9th and 23rd
- July 7th and 21st
- August 4th and 18th

Members £3,
non-members £4.



We are also performing at Sweet Memories Cafe in Shadwell on 14th July, sometime between 10.30am – 12.30pm.



Shared tables

Primarily for people living on their own.

All events start at 12.30pm unless otherwise stated.

Sun, 7th June – Hesco Lounge, LS8 2DQ

Sat, 20th June – The White House, Wetherby Road, LS8 2JU

Sun, 5th July – La Palmera, LS8 2EJ

– **1pm – paid parking or park on the street**

Sat, 18th July – De Baga Mehfil, Stainbeck Lane, LS7 3QY

Sun, 2nd Aug – Gallio, The Avenue, LS17 7BE

Sat, 15th Aug – The Stables (attached to Weetwood Hall), LS16 5PS – **Dog friendly**

Sun, 30th Aug – Ego at the Wellington, Shadwell, LS17 8LZ

Sat, 12th Sept – The Red Lion, Shadwell, LS17 8HH

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 on the day due to unforeseen circumstances, please ring the venue.

Coming up

Wednesday Social

**1pm to 3pm,
Members £2,
non-members £3**

Come along to MAECare for a relaxed and friendly afternoon! Enjoy a selection of sandwiches and refreshments while engaging in games or simply chatting with friends.

Dates:

- June: 17th, 24th
- July: 1st, 15th, 22nd, 29th
- August: 5th, 19th, 26th



The Chippy Tea Club

**4pm to 6pm, 2nd Wednesday of the month.
Members £2, non-members £3**

Join us for a delicious fish & chips meal, followed by a fun session of bingo! Booking required – please call the office.

Dates:

- June: 10th
- July: 8th



Walking Football

A fun, non-contact sport for men and women, run by our volunteer coach David Wynick, £7.50.

For more information, contact David on 07921 528499.

Summer Outdoor Season:

Sunday – From 13th April at Alwoodley Primary School. 10.30am – 12pm.

Thursday – From 16th April at Bodington Football Hub. 2.30pm – 4pm.

Complementary Therapies

If you haven't tried Complementary Therapies, why not book in for a relaxing massage, reflexology or reiki with Ali at MAECARE on the first Monday of the month, £12.50/£15 for 30 minutes. Ring Beccy to book!

News and Information

Exercise Group Payments

To ensure that our exercise classes remain financially viable, we are asking that all sessions are paid for in advance.

We understand that unexpected events crop up and for this reason exceptions are made for medical appointments and holidays. If you are on holiday, you can pause payments for up to two weeks, but we ask that remaining weeks in that month are paid for to keep your place. Thank you for your understanding and support.

Service User Satisfaction Survey

Every couple of years we send out a survey with our summer newsletter to get feedback on how we're doing.

This year we'll be trying a different approach: We'll ask you to complete a very short survey after attending a group/activity/event. It will be much shorter and timely so we hope that more of you will be willing to provide feedback.

Will Writing Month

It's been three years since we last arranged a will writing month so we felt it was high time to organise another.

All solicitor appointments during July will be reserved for getting a simple will prepared. Please see the flier insert which has all the details.

Advertise here

If you would like to place an advert in our quarterly newsletter which is sent to 800-900 older people in the area, please contact Julia on 0113 2660371

Discover Headingley Hall.
Leeds' best kept secret for care
& retirement living.

Join us for Afternoon Tea and Apartment Tour
Sunday 28th June. 11am–4pm

Booking Preferred Call Cathie 07834 804186


Westward Care

Headingley Hall
Shire Oak Road, Leeds LS6 2DD
westwardcare.co.uk

