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MAECare
Moor Allerton Everyone Cares

Autumn 2026

Newsletter

Welcome to the Autumn Edition

With crisp mornings and colourful days ahead, it's the perfect time to catch up on everything happening here at MAECare.

Since our last newsletter, we have taken the train to Settle, eaten ice cream at the seaside, enjoyed a private tour of Temple Newsam House and watched new performances at the Playhouse! Whether you've been coming along for years or are joining us for the first time, we're pleased to share another programme of activities and trips to connect with others this autumn.



Annual Celebration

Our Annual Celebration will be on Tuesday 13th October 2026 from 1pm to 3pm at St Barnabas Church Community Hall, 13 The View, Leeds LS17 7NA.

There will be music from the Blue Cards and the MAECare Melody Makers will also provide some entertainment. A late, light lunch will be provided. There is some parking at the venue. To book your place, call the office on 0113 2660371.

Make sure to 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

TRIPS OUT

Join us for a day out at Skipton Market!

Monday 21st September 2026



Come along and enjoy a relaxing day out at the famous Skipton Market, one of the oldest and most popular markets in Yorkshire! Wander around the independent shops, cafés and beautiful scenery; there's something for everyone to enjoy.

We will meet at MAECare and depart at 10:30am, leaving Skipton at 2:30pm.

The cost of the trip is £15 for members and £20 for non-members.

Payment must be made when booking your place.

Christmas Pantomime Trip – Jack and the Beanstalk

Tuesday 8th December 2026



Get into the festive spirit with a wonderful afternoon at the Carriageworks Theatre. It's a great opportunity to share a festive outing, reminisce about Christmases gone by and create some new memories together. We'd love you to join us for this special festive treat!

The cost of the trip is £30 for members and £35 for non-members.

We will meet at MAECare and depart at 12:30am, leaving The Carriageworks at 4pm.

Payment must be made when booking your place. There is a short walk into the theatre from the road and lift access inside.

REGULAR ACTIVITIES

Shared tables

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

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

Sun 27th Sept – La Palmera, LS8 2EJ – 1pm – paid parking or park on the street

Sat 10th Oct – The Myrtle Tavern, LS6 4NE

Sun 25th Oct – Deliziosa, Chapel Allerton, LS7 4NZ

Sat 7th Nov – The Dexter, LS17 8RZ

Sun 22nd Nov – Gallio, The Avenue, LS17 7BE

Sat 5th Dec – Ego at the Wellington, Shadwell, LS17 8LZ



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 to ensure they are not waiting for you.

Coming up

REGULAR ACTIVITIES

Monday Matinées

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

14th September 2026 – The Devil Wears Prada 2 (2hr): Andy (Anne Hathaway) returns to Runway magazine as the new features editor where she finds her formidable former boss Miranda (Meryl Streep) facing threats to her glossy print empire. Familiar frenemies and fresh faces join the catwalk in this stylish sequel.

12th October 2026 – I Swear (2hr): This is the powerful true-life story of Tourette Syndrome campaigner John Davidson. In a funny and moving account of his experiences, the story follows John throughout his adolescence and early adulthood and explores what was a little known and entirely misunderstood condition in 1980s Britain. Contains bad language.

9th November 2026 – Tinsel Town (1hr 40m): A Christmas comedy starring Kiefer Sutherland and Rebel Wilson, filmed in Knaresborough and Wetherby! A washed-up Hollywood action star takes a role in a small English village's Christmas panto.

14th December 2026 – Champagne Problems (1hr 40m): Ambitious Sydney doesn't believe in fate, but on a business trip to Paris, her chance encounter with a dashing champagne heir might just change her mind.



REGULAR ACTIVITIES



A friendly group exploring art and crafts in a relaxed mindful way. No skills required! 2pm – 4pm. £5 members, £6 non-members. It can get messy so please wear old clothes or an apron.

Dates:

- **21st September** – Card/Paper weaving a basket
- **19th October** – Colourful folded books
- **16th November** – Air drying clay Christmas decorations

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-members.
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.	WEDNESDAY SOCIAL 1st, 3rd and 4th Wednesdays of the month, 1pm – 3pm, MAECare 57a £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.	CHIPPY TEA CLUB 2nd Wednesday of the month, 4pm – 6pm, MAECare 57a £5 members, £7 non-members. Booking required.
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.	
MAECart 3rd Monday of month, 2pm – 4pm, MAECare. Our arts and crafts group. £5 members, £6 non-mem.	PHYSIOTHERAPY Monthly, last Tuesday, 2pm – 4pm, MAECare £10 members, £12 non-members.	

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
ACTIVE MINDS Weekly 10.30am – 12.30pm, MAECare 57a Starts 10th September. For people living with dementia. £2 members, £3 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.	SHARED TABLES Weekly Saturdays & Sundays (variable). See page 2 for details.
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.	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. Carers Leeds Tel: 0113 380 4300.	
KNIT AND NATTER Weekly Thursdays, 2pm – 4pm, MAECare, £2 members, £3 non-members.		

Call 0113 2660371 to find out more

Volunteer CAR DRIVERS



For many older people, a lift is much more than a journey—it's a lifeline that helps them stay independent, connected, and active in their community.

We are looking for friendly volunteer drivers to help older people get to exercise classes and social events at

MAECare
Moor Allerton Everyone Cares
LS17



Would you like to make a difference in your community?

Coming up

The Chippy Tea Club

**4pm to 6pm, 2nd Wednesday of the month.
Members £5, non-members £7.**

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

Please note: Due to rising food costs, we have had to make a small increase to the price of our Chippy Tea Club. We remain committed to providing a great meal, good company and excellent value, and we thank you for your continued support.

Dates:

- September 9th
- October 14th
- November 11th
- December 9th



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:

- September: 16th, 23rd, 30th
- October: 7th, 21st, 28th
- November: 4th, 18th, 25th
- December: 16th



Melody Makers

**Fortnightly Tuesdays,
10.30am – 12 noon. Members
£3, non-members £4.**

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

Dates:

- September: 1st, 15th and 29th
- October: 13th and 27th
- November: 10th and 24th

Tech Support

**We are no longer running our
Techy Tea Session.**

Digital support is available by booking a one-to-one appointment or on an ad hoc basis dependent on availability Monday to Wednesday.

Exercise Group Payments

Thank you for your understanding regarding the exercise group payment policy. This enables us to keep running the classes.

Volunteering at MAECare

“My name is Stephen Stubley, and I have been volunteering as a driver with MAECare for the past four months. Although it only takes a maximum of around three hours of my time, it has become something I genuinely look forward to. The role involves transporting service users living with dementia to various activities, helping them stay connected, involved and able to take part in things they enjoy.

I find volunteer driving both satisfying and rewarding because it is such a simple way to make a real difference. For some service users, having transport means they can get out, meet other people and enjoy activities that support their wellbeing. I enjoy spending time with them during the journeys, laughing and joking together, and hearing their stories about their lives, families, work and experiences.

The service users are always very grateful and appreciative, and that makes the time feel worthwhile. It is lovely to feel that a small amount of my time can help someone have a positive experience in their week.

I would definitely recommend volunteer driving to my friends and to anyone who has a little time to spare and wants to do something meaningful in their local community.”

Steve came to MAECare through our Walking Football and Walking Cricket Groups. He has been attending for 5 years and says it helped him when his wife passed away. He has made many friends from being in the groups and has a great social life with them. They go out for coffee, have BBQs and go walking during the winter months.

It was whilst attending football that one of our staff members approached him about volunteering. When his circumstances allowed, he signed up to be a volunteer driver.

If you feel this is something you'd like to offer, we're always on the lookout for more volunteer drivers so please give MAECare a ring – call Baksh on 0113 2660371.



News and Information

Winter Fuel Payments Pay Back

The government is recovering winter fuel payments that were made to pensioners with a total income of over £35,000 (not including your spouse/partner's).

They will do this via HMRC unless you had already opted out of receiving the payments. Future payments will also be recovered this way. It's likely to affect people who have additional income like private pensions or dividend payments from shares.

HMRC will start collecting the Winter Fuel repayments in the year it's paid, from the 2027/28 tax year, for those on PAYE. The 2026 repayment will also be recovered in the same tax year which may result in 2 amounts collected in the same year.

You can opt out of receiving the Winter Fuel payment online at the gov.uk website or calling the Winter Fuel Payment Centre on 0800 731 0160. You'll be able to opt in again at a later date if your circumstances change.

Changes to the way you pay for your afternoon Extend Class

From September, you will no longer pay Sophie when you go to the class.

Beccy will send out a letter/email at the beginning of each month starting in September, and you will pay MAECare directly for the month ahead.

You can do this over the phone by card or calling into the office to pay by card or cash, or by sending a cheque. Feel free to ring Beccy with any questions.

Discover how good later life can be at Headingley Hall 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



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