



South Leeds Live at Home Scheme



Supporting older people in the communities of Beeston, Cottingley & Hunslet

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Newsletter August 2015

Registered charity number: 1083995

Welcome to the August edition of the South Leeds Live at Home Newsletter and as I write this the sun is shining and summer is here! Let's hope it stays that way! We still have places on some of our day trips this year - so why not book yourself on one? We also hope to have details of all of next year's trips and walks in the next edition of our newsletter - so watch out for those!



As always, let us know if you have any suggestions or comments about the scheme, and also any contributions for the newsletter, which are always very welcome.

Jayne, Nicola, Susan, Jane, Ian & Jayne



Summer Fayre!

Saturday 8th August
St Andrew's Community
Centre, Old Lane, Beeston

10.00am to 12.00 Noon

If you have anything that you'd like to donate, please bring it into the office.

We are having stalls for books, bric-a-brac, crafts, produce, raffle, cakes, tombola & anything else we can think of!

There'll be tea & coffee & bacon butties too!

This should be a fun event so please come and support us and bring your friends, neighbours and family!

Pop In Coffee Morning!

Come along to our new weekly

coffee morning at
St Andrew's
Community



Centre in Beeston!

Every Tuesday

10am until 12 Noon

You might just want to pop in for a coffee & a chat, see a member of staff, get some advice or just get out & about!

Everyone is welcome!

Friendship Group Activities for August & September, come and join us!

Tuesday at Woodhouse Hill, Hunslet & Thursday at St Andrew's Beeston:

1.30pm—3.00pm. £1 inc. refreshments

4 & 6 Aug: Celebrating Yorkshire Day!

11 & 13 Aug: Winnie the Pooh & Honey talk

18 & 20 Aug: Eyes down for bingo!

25 & 27 Aug: No friendship club

1 & 3 Sept: Harvest Devotional

8 & 10 Sept: Body Shop visit/sale

15 & 17 Sept: Last night of the Proms

22 & 24 Sept: Craft: Languages afternoon

29 & 1st Oct: International day of Older People celebration



In the warm weather...**Remember to keep drinking fluids!** Drinking helps maintain your body temperature, as well as helping with the following:

- Helps your mental performance, keeps you alert
- Prevents falls through fainting
- Prevention of pressure sores
- Preventing constipation
- Preventing urinary tract infections
- Prevents kidney & gall stones
- Reduces the risk of heart disease
- Helps prevent low blood pressure
- Drinking more water will improve your oral health
- If you have diabetes, helps you manage your illness



Drinking plenty of fluid keeps you healthier even if it's not too hot. Drinking will in most cases help to reduce the amount of toilet visits you need. Tips for increasing your fluid intake:

- With any medication have a full glass of water.
- Have a drink between meal times.
- Always have a drink with you meal, not just a cuppa after.
- If you have a carer ask them to leave you a drink, so you can keep drinking throughout the day If you have a hot drink in a flask during the winter, the flask can be used to keep juice or squash cold on a hot day.

Scheme closure
Please note that the Scheme will be closed for one day on **Monday 24th August** for the August Bank Holiday.

We celebrated with our fantastic volunteers in June & presented each one with a certificate marking their achievements & the fabulous work they do! We have 65 volunteers and we couldn't run the scheme without them! So a **BIG THANK YOU** to them all! Why not join them & become a volunteer with us? We have various volunteering roles within the scheme.





Minibus Trip!

Sunday 30th

August 2015

Brass Band concert

At the bandstand in Middleton park

1pm until 4.30pm

£3.00 for transport

Contact the office to book your place!

Hunslet Remembered

Come and join us for a morning of
reminiscence

Hunslet Library

10-12 Noon: last Thursday of month

27.08.15: Slideshow & talk on old Leeds
cinemas

24.09.15: Tour of Central Library, Leeds

Phone Susan for details

Grand Christmas Lunch & Dance!

Monday 7th December 2015

Weetwood Hall Hotel

12.30pm until 4.30pm

Lovely 3-course lunch followed by your chance
to enjoy a dance & singing from a
professional entertainer.

Only £22: Including coach travel, lunch & en-
tertainment

A fabulous way to start your Christmas!

Bookings now being taken!

Pick up times to follow



Escorted Shopping Trips

Our new escorted shopping trip
is now up and running!

Every week

to Morrisons in Hunslet.

Door to door personal service and
help in the store if required.

For only £3!

Phone the office to book!

Get fit and keep healthy in 2015 with South Leeds Live at Home



Monday: Salsa at St An-
drew's Community Centre, Old Lane, Bee-
ston: 11.30am - 12.30pm: £3.00

Tuesday: Beeston exercise class at St An-
thony's Catholic Church, Old Lane: 10.00am
- 11.00am: £3.00

Tuesday: Cottingley gentle exercise class
at Cottingley Community Centre: 11.30am -
12.30pm.: £3.00



COP Shop Café

A café for people with memory
problems & their carers or any
older person who needs support.

Last Wednesday of every month 1pm until
3pm.

Next café is on 29th July 2015

At West Yorkshire Police HQ on Elland Road
Beeston Leeds 11: through the main
reception doors

Pot-a-Tea Dementia Café

First Wednesday of the month at
St Andrew's Community Centre, Beeston

1.30pm - 3.30pm

Next café is on August 5th 2015

Afternoon tea & entertainment £1.50

Everybody welcome to attend!

Are you interested in playing cards like bridge
or whist or any other type of games like drafts,
dominoes or chess? We are thinking of starting
a monthly cards or games group in the Autumn
to coincide with our Tuesday coffee morning.
Please let any member of staff know or ring the
office if you're interested in
something like this and we'll keep
you updated on progress.





**South Leeds Live at Home Scheme Regular activities:
cut out & keep!**

MONDAY:

- Salsa-cise: 11.30 - 12.30: St Andrew's Community Centre, Cardinal Road, Beeston: £3.00.
- Craft Club: 2.00pm - 4.00pm: St Andrew's Community Centre, Cardinal Road, Beeston: £2.00 (Alternate weeks - phone office for details).
- Reading Group: 2.30pm: St. Andrew's Community Centre, Cardinal Road, Beeston: £1.50 includes refreshments. (Approximately every 6 weeks - phone office for details.)
- Men's Group: Three monthly lunch trip: phone office for details.

TUESDAY:

- Luncheon Club: 12.00 Noon: Woodhouse Hill Community Centre, Hunslet: 2-course meal: £3.00.
- Hunslet Social Afternoon: 1.30 pm - 3.00pm: Woodhouse Hill Community Centre. Hunslet: £1.00: Quizzes, speakers, crafts, demonstrations and lots more. Refreshments included.
- Weekly drop in/coffee morning: 10.00am - 12.00 noon - St Andrew's Community Centre, Cardinal Road, Beeston
- Exercise Class: 10.00 am - 11.00am St. Anthony's Catholic Church, Old Lane, Beeston: £3.00.
- Gentle Physical Activity: 11.30am -12.30pm: Cottingley Community Centre, Cottingley Drive, Cottingley: £3.00.
- Mostly Men Group: first Tuesday of each month: 10.0-12.00: Northcote Community Centre

WEDNESDAY:

- Monthly walking group: usually first Wednesday of the month. Enjoyable, accessible walks to places of interest and local beauty spots. Programme available on request.
- Fortnightly Curling Group: 2nd and last Wednesday of the month at St Andrew's Community Centre, Cardinal Road, Beeston: 10.30am - 11.30am: £2.00.
- Singing Sensations Singing Group: Last Wednesday of every month: Woodhouse Hill Community Centre, Hunslet: 10am - 12Noon: £2.00.
- Pot-a-tea Dementia café: First Wednesday of the month. St Andrew's Community Centre, Beeston, 1.30-3.30: £1.50
- Cop Shop Dementia Café - Last Wednesday of every month. Police Station, Elland Road 1.00-3.00pm: £1.50

THURSDAY:

- Luncheon Club: 12.Noon, St Andrew's Community Centre, Cardinal Road, Beeston: 2-course meal: £3.00.
- Friendship Club: 1.30pm - 3.00pm: St. Andrew's Community Centre, Cardinal Road, Beeston: £1.00: Quizzes, speakers, crafts, demonstrations and lots more: refreshments included.
- Hunslet Remembered Group: Last Thursday of the month: Hunslet Library: 10.00 - 12.00

FRIDAY:

- Escorted shopping trip to Morrisons, Hunslet: £3.00 return.
- Ballroom Dancing: St Andrew's Community Centre, Cardinal Road, Beeston: 1.00pm - 2.30pm: £3.00

A LARGE PRINT VERSION OF THIS NEWSLETTER IS AVAILABLE UPON REQUEST

Many thanks to Evans Property Group for sponsoring this newsletter and it's distribution

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