

South Leeds Live at Home Scheme



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

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Newsletter June 2015

Registered charity number: 1083995

Welcome to the June edition of the South Leeds Live at Home Scheme newsletter. We hope that summer is finally on its way and we can look forward to some more sunshine at last! Have you booked your day trips yet? Why not take a look at where we're going during the rest of the year, there may be something you fancy! Or you may want to join us on a lovely walk. Whatever you enjoy, we hope there is something you will come and join in with. Also, if you're online, why not follow us on Twitter or like us on Facebook! Take care and enjoy the Summer!



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 would 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!

COP Shop Café



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

Launching on Wednesday 24th June:

1pm until 4pm

and then last Wednesday of every month
1pm until 3pm.

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

Everybody welcome to attend! Please
come along and
support this event!





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 & entertainment

A fabulous way to start your Christmas!

Bookings now being taken!



Minibus Trip

We're having a trip to Roundhay Park in our minibus on Tuesday 16th June.

The cost is £3 for transport

Home pick ups from 10.00am returning at 1.30pm
Limited places, please contact the office to book

Why not join us on a day trip to

Port Sunlight

On Wednesday 17th June 2015



We are visiting the museum and will have a guided tour of the village. The village was built by William Hesketh Lever for his soap workers in 1888. It is set in 130 acres of what can only be described as beautifully maintained parkland with a mature treescape.

Included in the price is a lovely lunch in the tea-rooms, return coach travel and entrance to museum and tour. Cost £26.00

Picking up: Hunslet 9.00am,

Beeston 9.15am,

Cottingley Hall 9.30am

Returning Approx 5.30pm



Our Craft Group recently went on a minibus trip to the Rivers Meet Café at Methley. They enjoyed looking round and lovely refreshments in the café. They were then all able to take part in a craft and chose to paint & decoupage plant pots as you can see by the lovely results in the photo above.

Why not come along to our craft group? It's alternate Monday afternoons from 2pm until 4pm. No experience necessary.

Next meeting: 8th June 2015

Get fit and keep healthy in 2014 with South Leeds Live at Home



Monday: Salsa-cise at St Andrew's Community Centre, Old Lane, Beeston: 11.30am - 12.30pm: £3

Tuesday: Beeston exercise class at St Anthony's Catholic Church, Old Lane: 10.00am - 11.00am: £3

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



Fundraising!

Thank you to the kind staff from The Leeds Building Society, Morley who are doing a charity abseil to raise funds for a tailgate for our minibus along with some of the staff from the Scheme! This is taking place on Sunday 22nd July! Photos to follow!

If you would like to sponsor us, there will be sponsorship forms available at our activities over the next few weeks or see any member of staff.

Your support would be greatly appreciated as it would enable us to use our minibus to transport a lot more people if we could have a tailgate fitted!



Pop In Coffee Morning!

Come along to our new weekly coffee morning at St Andrew's Community Centre in Beeston!

It starts on Tuesday 16th June at 10am until 12 Noon

& will then be a weekly event!

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

Everyone is welcome!

Please support us & help to make this an enjoyable weekly activity!

Birmingham Tattoo

Saturday 28th November to Monday

30th November 2015

Come with us on a trip to the Birmingham Tattoo.

It is one of the biggest indoor international tattoos with over 1000 performers.

Expect marching bands, exciting displays & a grand finale featuring all the performers!

We will be travelling down on Saturday 28th November with a lunchtime stop.

On the Sunday morning it's Birmingham Christmas market followed by the matinee performance of the Tattoo.

We travel back on the Monday with a stop around lunchtime, arriving back in Leeds early evening.

Only £199 including travel, half board accommodation & entrance to the Tattoo.



Places limited so
book now!

Volunteers are always needed to help run our activities & events. Maybe you'd like to help out by driving or escorting on our minibus? We also need people to help at our Beeston lunch club, help on our day trips & also to visit our housebound members in whatever time you can spare. Please get in touch if you think you can help in any way. Many thanks

Why not join us for a sociable afternoon. Meet new friends, have a chat, learn something new and enjoy a cuppa with friends old and new.

Hunslet: Woodhouse Hill Community Centre: Tuesday 1.30pm

Beeston: St Andrew's Community Centre: Thursday 1.30pm

£1 inc. refreshments



June

2nd & 4th June: Celebration event. Celebrating the work of our volunteers!

9th at Woodhouse: Robert's Chain store clothing. 11th June at Beeston: Jack's Slideshow: Around Britain

16th June at Woodhouse: Jack's Slideshow: Around Britain. 18th June at Beeston: Robert's Chain store clothing

23rd & 25th June: 'Codes' - come and crack the codes!

30th June at Woodhouse: Armed Forces Day: National Memorial Arboretum talk & slideshow

July

2nd July at Beeston: Armed Forces Day: National Memorial Arboretum talk & slideshow

7th & 9th July: Devotional

14th & 16th July: Archaeology artefacts; Hannah from Leeds Museum

21st & 23rd July: Cinema slideshow & reminiscence

28th & 30th July: Craft afternoon



Here's our member **Steve Lake** (with the plats!) entering into the spirit of things on a recent trip to Darwen. We went to

see an Old Time Music Hall show & enjoyed fish & chips. Steve was singled out to take part in the show and a great time was had by all!

Do you have sight loss? If you or someone you know has been diagnosed with sight loss it may be comforting to know that your local support service Leeds Vision Consortium, offers a 'Living with Sight Loss' course.

The course covers; – Getting out and making the most of your leisure time – Coping strategies to help with the emotional impact of sight loss – Practical solutions for everyday living – Using technology – A chance to meet people who are in similar situations to yourself.

Living with Sight Loss in your local area:

Starts Thursday 11th June at Hunslet Baptist Church, Low Road, Hunslet, LS10 1QR. Contact Sherieda Joseph on 0113 386 2888 to book your place or for more info.

A LARGE PRINT COPY OF THIS NEWSLETTER IS AVAILABLE ON REQUEST

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

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Registered Charity: 1083995