



South Leeds Live at Home Scheme

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

Telephone: 0113 2716201

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Newsletter April 2015

Registered charity number: 1083995

The Scheme office will be closed on Friday 3rd April, Monday 6th April, Monday 4th May and Monday 25th May due to the Bank Holidays.



Well Spring is finally here! The snowdrops and crocus are all around and the nights are definitely getting lighter! Springtime is a good time for thinking about getting fit and keeping active, especially after all those Easter eggs! So don't forget all the various classes, walking groups and exercise sessions that our scheme runs and all the new activities coming up. Also, why not think about joining us on some day trips?



We hope to see you soon!

Jayne, Nicola, Susan, Jane, Ian & Jayne



Why not join our walking group? This photo is at Lawns Lane Village on the last walk in 2014 in November! These are the walks for 2015:

- April 1st: Purston Park: 4m
- May 6th: Rothwell Country Park: 4m
- June 3rd: Nevisons Leap: 4m
- July 1st: Digley Reservoir: 4m
- August 5th: Walsden near Todmorden: 4m
- September 2nd: Darrington: 4m
- October 7th: Golden Acre: 4m
- November 4th: Otley Wharfe Meadows: 3m

Come & enjoy a fabulous afternoon of entertainment & singing by **David Apfel**

at St Andrew's Community Centre, Beeston.

On 22nd April 2015

1.00pm until 3.00pm

Tickets: £4.00

including refreshments



Please see a member of staff or call the office on 0113 2716201 to book your ticket

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

April

7th & 9th April: Easter talks, quizzes & hot cross bun tasting!

14th & 16th April: Craft afternoon: Easter frieze

21st & 23rd April: Bingo!

28th & 30th April: Speaker: Barbara Bailey—Silverlinks Housing options!

May

5th & 7th May: Devotional

12th & 14th: Florence Nightingale talk

19th & 21st May: Bread making demonstration with tasting!

26th & 28th May: Dancing! Sit down dancing & DVDs

ALL WELCOME!



Do you love singing?
Then why not come along to
The Singing Sensations Group
On the last Wednesday of every
month

Woodhouse Hill Community Centre, Hunslet, Leeds
10am to 12 Noon: £2.00

No singing experience is necessary! Everybody welcome! Willingness to have a good time is more important than singing ability!

Dates for 2015:

**Jan 28th, Feb 25th, March 25th, April 29th,
May 27th, June 24th,
July 29th, Aug 26th, Sept 30th, Oct 28th, Nov
25th**

Knit & Natter

Why not join us and come & knit, sew or
crochet or just come along & have a
natter!



The dates for 2015 are:

**Wednesday May 20th
Wednesday July 8th
Wednesday September 9th
1.30pm until 3.30pm**

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 inter-
national tattoos with over 1000 per-
formers. Expect
marching bands, exciting displays & a
grand finale featuring all the perform-
ers!

We will be travelling down on Saturday
28th November with a lunchtime stop.
On the Sunday morning it's Birming-
ham

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!**



Breakfast & Bingo Club
Whincup Gardens, Sheltered Housing, Hunslet, Leeds 10



9.00am to 11.00am

Prize Bingo starts at 10.00am

£2.50 including refreshments

(Breakfast priced separately)

Every Thursday morning!

All welcome!



Do you care for someone with dementia or memory problems?

South Leeds Live at Home Scheme is

running a 2-session short course in conjunction with Carers Leeds that can offer you support and help. This short course is to help carers of people with dementia understand what the illness is and to understand some of the problems and difficulties that affect a person living with dementia. We will explore ways of improving communication and look at local services and supports available to both carers and people with dementia. Participants will be given information packs to assist them with accessing further help and support if needed. The two sessions will take place on Wednesday 8th April & Wednesday 15th April at St Andrew's Community Centre, Beeston, Leeds: 1.00pm until 3pm with refreshments. Transport can be provided and also care for the person whom you support can be arranged in order for you to attend. Please phone the office for details

VOLUNTEERING!

Do you have a spare hour or two every week or fortnight? Do you like meeting new people & making friends or would you like to visit a house-bound person in their home for a chat now & again? If the answer to any of this is 'yes', then why not come along & become a volunteer with the South Leeds Live at Home Scheme? We are always in need of volunteers & have various volunteering roles within our scheme, including befriending, driving, social activities, support on day trips & helping out at our luncheon clubs.

Get to know more on 0113 2716201



Open Doors

every Wednesday morning

St Andrew's Methodist

Church, Beeston &

Hunslet Methodist Church

9.30am—11.30am

Free hot drinks, toast & friendship!

All welcome!



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

Monday: Salsa-cise at St Andrew's Community Centre, Old Lane, Beeston: 11.30am - 12.30pm: £3.00

Tuesday: Beeston exercise class at St Anthony'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

Come & join us!



Want to stay fit in later life?

Add years to life and life to years
Here are some easy tips that should help
keep you feeling happy and healthy:

- Read a book or two - helps with relaxation and sleep.
- Play cards and do crosswords - keeps the brain active.
- Sleep long and get up late - late risers have faster brains and lower stress levels.
- Go out into the fresh air as often as you can. Vitamin D, which is important for bones, teeth and happiness is boosted by sunlight (but keep the sunscreen on!)
- Walk and keep physically active - it's good for the heart and lungs
- Sing - the breathing control needed from singing is good for combating stress
- Drink at least 6 to 8 cups of liquid a day - preferably water and fruit juices - to give the body a chance to deal with all the toxins we consume on a daily basis.
- Eat five portions of fruit and vegetables a day - this will make you enjoy better health and vitality which in turn can make life more enjoyable.
- Keep your home safe and free from hazards (floor surfaces, trailing flexes), wear properly fitting slippers and increase the level of lighting everywhere - this will help you avoid slips, trips and broken hips.

If you are
worried about your health in any
way always consult your GP



A LARGE PRINT COPY OF THIS
NEWSLETTER IS AVAILABLE ON
REQUEST

Many thanks to Evans Property Group for sponsoring this newsletter and its distribution

Whilst every effort is made to ensure that the information in this newsletter is correct. South Leeds Live at Home Scheme cannot accept liability for errors or incorrect details, neither can we recommend products or services.

Visit our website @ www.padsnpets.co.uk



Pads 'n' Pets
Pet Sitting, Dog Walking
& Home Security Services
in South Leeds.

We can be there to tend to your
pets and home when you can't!

Our Flexible & Affordable Services include:

- ★ Pet Sitting for Cats and Small Animals (no need for catteries, let your pets stay where they are happiest... at home!)
- ★ A reliable & flexible Dog Walking Service.
- ★ Individual Walks for Doggy Divas!
- ★ Home Safety Checks whilst you're away.
- ★ Run Errands whilst you're away (come home to your essential groceries and a warm house!)

Relax whilst you're away
knowing your pets and home
are being cared for!



We are
fully insured
& CRB
Checked.

Going on holiday and worried
about the safety of your home?

With our 'Home Safe' Package,
we can visit your home and
discreetly ensure it looks lived
in to the outside world!

We can open/close curtains,
take out/bring in bins, turn lights
on/off, move post etc.

Your pets and homes are our priority,
for more information, please get in touch today!

CALL: 07403 170 777 / 0113 2703 480 EMAIL: hello@padsnpets.co.uk



**Happy Days
Dementia Café**
Last Wednesday of the
month at
Woodhouse Hill
Community Centre, Hun-
slet

12 Noon - 1.30pm
Refreshments available
at various

prices

Pot-a-Tea Dementia Café
First Wednesday of the month at
St Andrew's Community Centre, Bee-
ston

1.30pm - 3.30pm
Afternoon tea & entertainment £1.50