

South Leeds Live at Home Scheme



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

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Newsletter February 2015

Registered charity number: 1083995

Happy New Year to all of our members and welcome to the February edition of South Leeds Live at Home Scheme's newsletter.



We've got a busy year of trips lined up for you all in 2015 and we've also got the holiday to Tatton Park! We're also planning a Grand Summer Fair this year, details to follow. At friendship clubs we have got a busy programme of activities and lots of lovely lunches to look forward to, so please come along and join us at any of the groups, activities or exercise classes that we run.

A warm welcome awaits each and everyone of you!

Best wishes

Jayne, Nicola, Susan, Jane, Ian & Jayne

Do you love singing?

The Singing

Sensations Group

Meet on the last Wednesday of every month

At Woodhouse Hill Community Centre, Hunslet
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!



Computer Classes!

Join us for a 6 week basic computer course at

St Andrew's

Community Centre, Beeston

Learn the basics of how to use an Ipad, tablet or laptop & access social media.

Tuesday morning 10am until 12 Noon

£10 for 6 weeks including refreshments

First course starts 20.1.15

Tuition from the experts



VOLUNTEERING!

Do you have a spare hour or two every week or fortnight? Do you like meeting new people and making friends or would you like to visit a house-bound person in their home for a chat now and again? Then come along and become a volunteer with the South Leeds Live at Home Scheme! We are always in need of volunteers and have various volunteering roles within our scheme. **0113 2716201**



Hunslet Remembered Coffee Morning

Last Thursday of every month

At Hunslet Library, Waterloo Road.

10.00am to 12 Noon



Please remember to update the Scheme if any of your personal details change, for our records. For example: address, next of kin, medical circumstances etc. The information is kept in the strictest of confidence and not shared with any other third parties.

Friendship Group Activities for February & March - please come & join us!

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

1.30pm—3.00pm: £1 inc. refreshments

3rd/5th February: Chill 'n' chit chat week

10th/12th February: Valentine quizzes

17th/19th February: Jack's talk & slideshow: Continuing our trip around old Hunslet

24th/26th February: Getting crafty: Making cork hearts

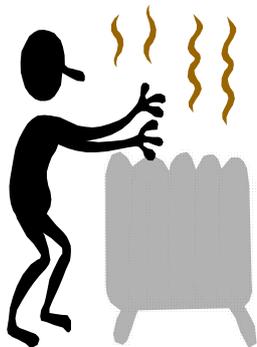
3rd/5th March: Devotional week with Sue

10th/12th March: World Book Day: Talk & quizzes

17th/19th March: Kellogs talk & cereal tasting

24th March: Bingo (Woodhouse Hill only) 26th March: AGM (Beeston only)

31st March/2nd April: Talk on Tichborne Dole - a traditional British Festival



Winter Support Visits

Would you like a free winter support visit at home?

Our fully insured and DBS checked handyman will visit you and offer advice on how to keep your house warm in winter and do any small jobs or repairs that will help you to keep your house warmer. He will also fit a letterbox draught excluder if you need one and bring you a

winter support pack too!

The visit will take approx. 30 minutes and we will ring to arrange a convenient time.

We only have a limited number of visits available, so if you are interested please call to put your name down and we will allocate them on a first come, first served basis.



Why not come along to our Luncheon Club at Woodhouse Hill, Hunslet on a Tuesday at 12 Noon.

Lovely, home-cooked, 2-course meal for £3.00

Then afterwards our Hunslet Social afternoon

1.30pm - 3.00pm

Games, speakers, craft, quizzes & lots more!

Only £1 including a cuppa!

All at Woodhouse Hill Community Centre, Hunslet, Leeds 10

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

Why not book on to one of our day trips...

Wednesday 18th March - Wigan Market: £12.00

Today we are heading to Wigan to experience the newly refurbished market, where you can shop till you drop, with over 200 stalls to look at. But don't forget that well needed drink and snack from the many cafes.

Price includes: Return coach travel.

Picking up: Hunslet 9.00am, Beeston 9.15am, Cottingley Hall 9.30am Returning Approx 5.00pm

Wednesday 15th April - Wentworth Garden Centre: £10.00

Situated in 16 acres of historic walled gardens, Wentworth Garden Centre is arguably the largest and most attractive centre in Yorkshire and the North Midlands. Established for more than 30 years, with plants to buy, the walled garden to explore and plenty more to see, then enjoy with a break in the walled garden restaurant. A day not to be missed.

Price includes: Return coach travel.

Picking up: Cottingley Hall 9.30am, Beeston 9.45am, Hunslet 10.00am - Returning Approx 5.00pm

Thursday 28th May - Burnby Hall & Breezy Knees gardens: £20.00

Today we start at Burnby Hall which is situated in the market town of Pocklington. The Gardens are often claimed to be 'a jewel in Yorkshire's crown.' The Lilypad café serves light meals and snacks. From here we travel on to Breezy Knees gardens and nursery which is situated on the outskirts of York. There is a café here also.

Price includes: Return coach travel and entrance to both gardens.

Picking up: Cottingley Hall 9.00am, Beeston 9.15am, Hunslet 9.30am - Returning Approx 5.30pm



Why not come on holiday with us?

We're travelling to stay at the Beaufort Park Hotel in Mold

We're going to the Tatton Park Flower Show &

Dunham Massey Gardens & there'll be a trip to

Plantation Garden Centre on the way home to stock up on all your plants.

Tuesday 21st July to Friday 24th July 2015

Cost: £219

Including: coach travel, hotel with dinner, bed & breakfast & entrance fee to Tatton Park Flower

Show & Dunham Massey Gardens





Annual General Meeting

The South Leeds Live at Home Scheme Annual General Meeting will take place on Thursday 26th March 2015 at 1.30pm, at St Andrew's Community Centre, Beeston. It's your chance to come along and see what's going on at the Scheme and a chance to give your views, suggestions and opinions about anything to do with the Scheme. There is also an opportunity for you to stand as or vote for committee representatives. Refreshments will also be served.

Any nomination for the committee should be made in writing to Jayne before 1st March 2015.



Over 110 members enjoyed a lovely Christmas party lunch at the Parkway Hotel in December! Entertainment was provided by Bruce & Pat and everybody enjoyed a dance and a laugh! A festive time was had by all! Why not join us this year on December 7th for the 2015 Christmas lunch - details will be in the next newsletter!

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

Come & join us!

All welcome!



Happy Days Dementia Café

Last Wednesday of the month at
Woodhouse Hill

Community Centre, Hunslet

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, Beeston

1.30pm - 3.30pm

Afternoon tea & entertainment £1.50

**Cafés for people with memory problems
and their carers**

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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