

# Newsletter

Autumn 2016

## A Great Big Thank You Sainsbury's Moor Allerton

You might remember that this time last year at Sainsbury's, we were nominated as Sainsbury charity of the year. I am pleased to say they have raised £2,237 for us, but in addition, they also nominated us to receive some of the money from the 5p charge for carrier bags and we received a cheque for £1,500 recently.

We are grateful for all the donations we receive, large and small as they all contribute to MAECare's work.

### Anonymous donation

We are particularly grateful to an anonymous donor who has given £15,000 of which some of the money will be spent on a new database.

## Strawberry Tea at Allerton High



## MAE Writers Publish Their Second Volume of Prose and Poetry

35 people were at the launch of the second volume of work by our creative writers group. Emotions ranged from laughter to tears as we heard each member read their work aloud.



The booklet (publication of which was supported by funds from the Big Lottery) is available at the office for a minimum donation of £1.



## Busy Summer and Autumn Ahead for MAECare

There are lots of different things to join in with at MAECare in the next few months. We hope you find something you are interested in, in the rest of the newsletter, whether it is an outing, a special event or one of our drop ins. We always want to hear your feedback about what we do, so don't hesitate to get in touch with a compliment but

also constructive criticism about how we can improve.

We are planning our outings for next year and we are hoping to organise a mixture of short and long trips. Is there anywhere you think would be a good place to visit? – Let any of the staff in the office know.

Follow us on Twitter...



@OlderPeopleLS17

Your Local Neighbourhood Network Scheme supported by



Office Telephone:  
0113 266 0371  
[www.maecare.org.uk](http://www.maecare.org.uk)

# Events at MAECare

For all events – Please ring the office to book a place

## Booking Policy

To make sure that everyone has a chance to book on activities and trips, we will not start taking bookings until **Tuesday 2nd August**.

## Treetops Summer Fun

Come along and enjoy an afternoon of fun whilst boosting your health and wellbeing. With outdoor games and indoor activities from table tennis, Wii, craft and information stalls, Tai chi and meditation, musicians and live artists (Jazz or classical), strawberries and cream and fruit cocktails.

**Tuesday 16th August, 1.30pm to 3.30pm.**  
**£2 members/£3 non-members.**  
Treetops Community Centre.

## Cake Stall

We will be having a cake stall on **Thursday 8th September** 10am to 12 noon @57a. All donations of cakes welcome and also come along and buy the cakes.

## Treetops Community Centre – Cats Pyjamas: My Fair Lady

Come along and be entertained by the autumn production of My Fair Lady from the Cats Pyjamas Theatre company followed by tea and cake.

Choose **one** date, complete the form and return to the office.



**Tuesday 13th and Tuesday 27th September, 2pm to 4pm.**  
**£4 members/£5 non-members.**  
Treetops Community Centre.

## International Day of Older People

Join us as we share songs and music to celebrate our sense of belonging and culture.

**Wednesday 5th October, 11am to 2pm. £4 members/£6 non-members. @57a**

## Treetops Community Centre – Fish and Chips

Come along and enjoy a traditional British meal followed by some excellent entertainment. Choose **one** date, complete the form and return to the office.

**Thursday 6th and Thursday 13th October, 12.30pm to 2.30pm.**  
**£7 members/£10 non-members.**  
Treetops Community Centre.

## Lunch at Food Academy at The Printworks at Thomas Danby in Hunslet

We have two great opportunities to have a high quality lunch in the pleasant surroundings of the Printworks. Enjoy one or two courses. Prices between £10-15 plus £5 transport. Transport will be available, but if you can make your own way that would be helpful. Deposit £10 to secure a place (plus £5 for transport).

**Tuesday 11th October 12 noon to 2pm.**

If you can't make this, there will be another opportunity in November.

## Expressions of Interest

There are some activities which we don't know about until after the newsletter goes out, but we'd like to know if there is any interest.

Please let us know if you are interested in these activities:

**Fish and Chip lunch on a Saturday or Sunday once a month** – let us know if you are interested. Priority will be given to those who don't usually go out at weekends for a meal.

**Yorkshire Cricket Club** offer opportunities to attend the cricket free of charge – let us know if you are interested in attending a cricket match.  
**Next opportunity 4th August.** Even if you can't attend this time, let us know if you would be interested in tickets in the future.

## MAECare Quiz

**Monday 17th October from 12.15pm to 2.30pm at St Paul's Church Hall, King Lane.**

Light lunch followed by an afternoon quiz, a special quiz for MAECare. Prizes for each round as well as a prize for the overall winning team. All hosted by the Women's Group at St John Vianney Catholic Church.

## Old and New Games

Have fun playing games from your youth and more recent games, meet new people and socialise. Play table tennis, Wii, dominos, jacks and cards.

**Tuesday 20th September, 18th October and 22nd November, 1.30pm to 3.30pm. £2 members/£3 non-members.** Treetops Community Centre.

## Winter Warmers

We don't yet know what weather the coming months may bring, but, MAECare newsletter readers can be winter-wise and warm by buying something from our selection of thermal underwear and nightwear to be ready for the chilly evenings.

Come along to a special Winter Warmers event on:

**Thursday 10th November 10am to 12 noon @57a Cranmer Bank**

We'll have a selection of Winter Warmers available for you to 'try and buy' and you'll be able to get information about keeping out the cold, as well as advice on fuel saving and using gas and electricity efficiently...you'll also be able to enjoy a piece of Yorkshire parkin with a cuppa. If you need transport to come along, please let us know.

# Events at MAECare

## MAECare Theatre Trips for All

As part of their Encore scheme we'll be offered cut-price tickets for Opera North's production of Strauss' "Der Rosenkavalier" for a performance at The Grand this Autumn. (NB: The running time for this production is 4 hours, including two intervals).

In December, there will be an opportunity to Cha Cha Cha to the West Yorkshire Playhouse and see "Strictly Ballroom – The Musical". The story of a championship ballroom dancer who defies all the rules to follow his heart; featuring songs from the classic 1992 Baz Luhrmann film.

Dates and times for these evening theatre trips are still to be confirmed, so call 266 0371 and let us know what you'd like to see. If you need support to come on a trip such as someone to push your wheelchair, please tell us when you book.

**£18.50 each for MAECare members/ £23.50 for non-members – including door-to-door transport to the theatre.**

### Cinderella

A seasonal treat – enjoy lunch and a matinee performance of this classic pantomime at The Carriageworks Theatre with time to browse the festive stalls of the Christkindelmarkt in Millennium Square after the panto.

**Tuesday 6th December, 11am to 5.30pm. £28.50 members/ £35 non-members – including door-to-door transport and lunch.**

These activities are open to all, but if oversubscribed priority will be given to those who haven't been to the theatre recently.

## Save the date

**30th November Coach Outing to Castle Howard at Christmas.**

## All Day Outings

Our coach outings are led by volunteers, and if you wish to go you need to be able to manage the day independently or to bring a carer with you to support you. The volunteers are there to make sure everyone gets on and off the coach safely and are safe during the day. They are not available on these outings to push wheelchairs.

We will be organising some shorter outings for people with extra support needs.

### Hornsea – Factory Outlet and Seaside

Enjoy the morning shopping at the factory outlet shopping centre, with over 30 stores offering large discounts on high street brands. Have lunch at one of the three onsite restaurants or enjoy an ice-cream in the landscaped grounds. The afternoon will be spent at the coast.

**The coach will leave MAECare at 9am and return at 6.30pm.**

Please send your payment by 13th August to secure a place.

**Wednesday 17th August, 9am to 6.30pm. £12 members/ £22 non-members.**

## Local Outings

**If you need any assistance, such as someone to escort you in your wheelchair, just let us know when you book for these outings.**

### 'In Their Footsteps – Following the Stories of Leeds' People during the First World War'

This unique exhibition at Leeds City Museum reveals the impact on local people from the Leeds Pals to the Barnbow Lasses, with fascinating artefacts including a doll's house made by a group of recuperating soldiers and a ration biscuit turned into a telegram.

**Wednesday 26th October, 12.30pm to 4.30pm. £7 members/£10 non-members. Door-to-door transport included.**

### McArthur Glen: Factory Outlet

Based in York, the factory outlet offers 120 fashion and retail stores to cater for your shopping preferences. There are plenty of places inside to relax and to choose refreshments from one of the 12 cafes and restaurants.

**Leaving MAECare office at 10am return at 4pm.**

Please send your payment by 2nd September to secure a place.

**Thursday 15th September, 10am to 4pm. £9.50 members/ £19.50 non-members.**

### Yarm River Cruise

Another chance to experience a river cruise up the River Tees. Starting at Stockton and sailing to Yarm and back. You will be provided with a 2 course meal of Fish and Chips, a dessert with tea and coffee.

**The coach will leave the MAECare office at 10am and return back to MAECare about 5.30pm.**

Limited spaces available – please send your payment by 16th September to secure a place.

**Friday 30th September, 10am to 5.30pm. £25 members/ £35 non-members.**

## Kirkstall Bridge Shopping Park

A chance to do some Christmas shopping or treat yourself – with Peacocks, Home Bargains, M&S Food Hall and Card Factory, with Dunnes just across the road. We'll have volunteers available to act as wheelchair escorts, so if you need any assistance, just let us know when you book.

**Wednesday 9th November, 11am to 4.30pm. £7 members/£10 non-members. Door-to-door transport included.**

# Regular Activities

## Thursday Club @57a

Come and join us on the third Thursday of the month at MAECare @57a between 10.30am to 12 noon. 'Thursday Club' coffee mornings will be held on:

**August 18th** – Musical memories with records of the “**Fabulous Fifties**”.

**September 15th** – sample the “Forever Living” aloe vera product range.

**October 20th** – **Barnbow Lasses** – the true story of women working in Leeds during the first World War.

**Each session, including refreshments, costs £2 for MAECare members/£2.50 non-members. Transport is available.**

## Thursday Drop In

'Call in for a cuppa' on **Thursday mornings 10 to 12 noon** when you can just pop in for a drink and a chat as well as join in with singing (1st Thursday of the month).

## Games Afternoons @57a

Scrabble, Monopoly, cards and dominoes and a chance to try Bridge for absolute beginners. Why not come and give Mahjong a go?

**Tuesday 9th August, 13th September, 11th October and 8th November, 2pm to 4pm. @57a. Free.**

## Singing Group

The first Thursday of each month 10.30am to 12 noon @57a. You can sing-along with favourite songs as John plays the keyboard. **£2 including refreshments.**



## MAECare Presents Film Friday

Join us for a complete cinematic experience with popcorn and interval refreshments as @57a becomes a mini-picture house.

**2nd September, 1.45pm to 4.30pm**  
**Eddie The Eagle**

Based on the true story of Eddie Edwards, the notoriously tenacious British underdog ski jumper, who charmed the world at the 1988 Winter Olympics.

**7th October, 1.45pm to 4.30pm**  
Performed live at London's Royal Albert Hall **John Wilson and his Orchestra** celebrate 75 years of classic MGM film musicals with a

plethora of songs from the great movies including 'The Wizard of Oz', 'High Society', 'Meet Me in St Louis' and many more.

**4th November, 1.45pm to 4.30pm**  
**The Jungle Book**

Mowgli, the man-cub embarks on a journey of self-discovery in a 2016 retelling of Rudyard Kipling's classic story.

Film showings are free, with interval refreshments available for a suggested donation of £1.50 – places are limited so please let us know you want to come. Films will start at 2pm.

## Arts @57a

**Our popular arts sessions will continue throughout the summer and autumn on the 3rd Monday of the month.**

Our talented tutor Jude, together with other tutors, will lead us in trying some exciting new ideas!

**All sessions start at 10.30am and finish at 12.30pm and cost £2.50 per person. As there are limited places available, please ring the office to secure your place.** All welcome, no art experience needed and all materials supplied. Please bring a painting shirt as you can be messy!



## Legal Advice

**MAECare has invited a number of solicitors to come to our office and provide free legal advice sessions.**

They can talk to you about writing a will, setting up a Lasting Power of Attorney or issues regarding care home fees, to name but a few of the legal concerns you may have.

The solicitors have asked us to emphasise that the advice they can give in this session is confined to issues concerning older people as outlined above. Any other concerns would need to be referred to one of their colleagues.

**Free legal advice sessions are available every Friday between 10am to 12 noon.**

We offer half hour appointments in our private interview room. The sessions are offered by Blacks, Levi, Morrish & Co and Milner solicitors. **Booking is essential**, so to book your free half hour appointment, **please ring the office on 266 0371.**

# Regular Activities

## Something for the Weekend

A monthly group offering a different activity every month. A chance to socialise and start your weekend. Try a new craft, sit and chat, play games, enjoy tea and cakes, go out for a meal, go for a walk.

**Fridays 1.30pm to 3.30pm at MAECare. £1 members/£2 non-members.**

**3rd Friday of the month:  
19th August, 16th September,  
21st October**

## Our Wednesday EXTEND Class is Changing Venue From Wednesday 3rd August

It will take place at St Paul's Church Hall, King Lane at the slightly earlier time of 1.25pm.

Payment arrangements are changing too; instead of paying per session we will be asking people to pay in advance (£30 for members, £40 non-members) for 10 sessions. This means that even if numbers are low from time to time, we can still pay our tutor. The EXTEND classes on Mondays will remain as pay per session at the moment, but the price will increase to £3 per session.

## Zumba Gold

Keep fit to music through dance and aerobics, with our experienced instructor. The low impact sessions are designed to accommodate all levels of fitness. Offered twice a week.



**Wed and Thu, 10am to 11am. Moortown Social Club, £3 members/£4 non-members. (Tickets purchased from MAECare in 5 or 10 week blocks).**

## Wellbeing Activities

MAECare offers a range of activities to improve your mood, help you unwind and feel good. Come along and give them a try.

### Massages

Take the stress away with a foot, neck or shoulder massage. Our experienced masseuse will help you to relax and calm those aching muscles. The sessions last for 30 minutes and are to be **paid in advance**. To book a session contact the office.

Sessions available twice a month on Tuesday and Friday afternoons between 1.30pm to 3pm.

**Tue/Fri afternoons, @57a. £8 members/£12 non-members for 30-minute treatment.**

Viv  
(Tuesdays)  
9th August  
13th September  
11th October

Ali and Beccy  
(Fridays)  
26th August  
23rd September  
28th October



### Meditation

Enjoy an hour of tranquillity, taking you away from daily life. Helping you to balance your mind and focus on the mind and body.

**Tuesdays 10am to 11am, St Paul's Church (Please note change of venue). £4 members/£5 non-members (per class) Starting back Tuesday 12th September. The payment will be for a 12 week block £48 members/£60 non-members.**

### Knitting

Come along to the weekly group, to chat, knit and take part in other art based activities. Taking place every Thursday @57a. Donate your knitted squares for our Yarn bombing activity.

**Thursdays 2pm to 4pm, @57a. £1**



## Social Strollers

Once a month – 2nd Friday of the month. Meet 10.30am at MAECare office. Note change of day.

Take a walk with us around local landmarks. Keep fit meet new people and stretch your legs.

Meet at MAECare office at 10.30am now meeting once a month on a **Friday** for a gentle stroll, to keep your mind and body active.

Wear comfortable shoes and clothing and bring your bus pass.

**12th August, 9th September  
14th October – FREE**

## Carers LS17 Group – Every 1st Monday of the Month

Are you giving support to a friend or looking after your partner or family member and doing practical tasks and personal care to help them each day? Do you sometimes feel you've no time for yourself?

This group offers a chance to relax and meet other carers in a warm, friendly environment. Run by Carers Leeds, the meeting is on the **1st Monday of each month at St. Paul's Church Hall, King Lane – 10.30am to 12 noon. Please call the office for more details.**

**There is no meeting on 1st August.**

# Community connections

## PenPals

The PenPal project with Alwoodley Primary School is looking to recruit more senior PenPals who would like to write letters to the schoolchildren from September. We already have a number of members who are thoroughly enjoying being pen pals. Ideally, letters are exchanged every week. However, this is not as time consuming as it sounds, as the letters from the children tend to be short. The children normally write letters for a term but it can be more or less than a term, depending on the child involved. If you would like to become a penpal or would like more information, please contact Barbara.



## 1-2-1 Tablet Support

Don't forget that we have a team of volunteers who are able to offer 1-2-1 support for those of you wishing to learn more about how to use a tablet computer. These sessions can take place at our MAECare offices or in your own home, if it is difficult for you to get to Cranmer Bank. For more information, please speak to Barbara.



We do have tablet computers for use by our members. So, if you haven't used a tablet computer before but would like to explore what they can do, why not come down to MAECare and have a play! You will need to book a time slot so that we can make sure there is a tablet available for you to use.

## New to Shadwell

A Memory café and community café will be opening at Shadwell library in September. For more information or if you would like to volunteer to help, please contact Pam on 0776 1288 133.

## Do You Enjoy Reading?

The MAECare Readers Group is looking for a few new members to join them. They meet on the 4th Monday in the month at 2pm. The Group is having a summer break so the next meeting will be on **26th September** when they will be discussing Brooklyn by Colm Toibin. If you are interested in joining the Readers Group, please speak to Barbara at MAECare.

## Share Your Stories and Memories

**Leeds Libraries and the Big Lottery have started a new project with the wonderful social history website Historypin and need your stories! MAECare will be working with Leeds Libraries on this project. Sally Hughes is the Outreach Librarian working on the project. She told us more about the project:**

"We aim to bring older adults together to share stories and memories of the history of Leeds, as told by the people who have lived through it. Do you have stories to share or know someone who does? We'll be having informal group meet-ups and reminiscence-style sessions around the city over the next year, using library resources and objects and photographs to start conversations and spark memories. We're also looking for volunteers to help out with the project itself,

from facilitating sessions to helping with oral recordings. We encourage anyone with an interest in heritage in Leeds to get in touch."

So if you have any stories or memories to share and would like more information on how to become involved, please speak to Barbara at MAECare.



# Information giving

## Preventing Falls

There are various risk factors for falling, but the physical ones increase as we get older. We naturally lose bone density and muscle mass, and our eyesight, hearing and balance generally deteriorate. However we shouldn't see falls as a normal part of ageing, or something that 'just happens' as you get older. There are lots of simple things you can do to help you stay steady on your feet.

So how can we avoid falling? Well the answer is not by staying at home, as 40% of falls in the over 65's occurs indoors, and an alarming 85% for the 85's and over.

- Exercise is one of the most effective ways to maintain independence and ensure we stay steady on our feet and reduce balance problems.
- Activities that improve muscle strength in our legs, arms, back, shoulders and chest are particularly important as we get older. They can make it easier to get up out of a chair, and improve our posture, co-ordination and balance which reduces our risk of falling. Using the stairs frequently, rising to a standing position from a chair, walking, gardening, Tai Chi and dancing are great examples.



- Balance exercises can be especially helpful if you have joint pain as they can help overcome stiffness.
- Talk to your GP if you haven't been exercising regularly, or if you have a condition that restricts your movements.
- Once you know what kind of activities are right for you, start gently and build up gradually, aiming to do a little bit more every day. You may be surprised by how much you can achieve and how much you enjoy it.
- You should always begin any exercise with a warm-up to prepare your body and finish with a cool down. If you experience any chest pains or feel faint, stop exercising immediately and contact your GP.
- Remember that the day after you have exercised your muscles will feel a bit stiff. This is normal and shows that you are benefiting from the exercise.

If you don't like doing exercise on your own, why not think about joining one of MAECare's classes. We have something for all abilities, everything from yoga to EXTEND, swimming, Zumba Gold or walking. For more information ask Rhonda at the office.

## New Member of Staff – Jenny Nayak

I have been working on a project called Circles of Support with MAECare since May 2016. The Project is about supporting people with dementia to develop their support network with the aim of maintaining a good quality of life.

I have worked as a Speech and Language Therapist for 18 years in a range of settings including hospitals, clinics and people's own homes. I am passionate about supporting people with communication difficulties. I am an active person with a range of interests including walking my dog, badminton, swimming and reading novels and plays. I also love to travel and my favourite destinations so far are Italy and Iceland.

Jenny works on a Monday, Tuesday and Thursday.



## Christmas Cracker Raffle

We're planning a Christmas Cracker Raffle at MAECare – can you help?

If you have any unwanted gifts or new items we can certainly put them to good use – please bring your donations to the MAECare office, take them to the group you attend or give us a call.

**Raffle tickets will be available at groups from Thursday 17th November at MAECare @57a.**

There will be a family day on Saturday August 20th 11.00 to 2.00pm, along the parade at 57 Cranmer Bank. MAECare will be hosting Games Old and New and Yarn bombing. Come along and find out more!

## Dates for your diary

### August

#### Thursday 4th August

Cricket Trip

#### Friday 5th August

Film afternoon @57a

#### Tuesday 9th August

Games Afternoon @57a

#### Tuesday 16th August (pm)

Summer Fun at Treetops

#### Wednesday 17th August

Hornsea Outing

#### Thursday 18th August

'Thursday Club' Coffee morning @57a

#### Friday 19th August (pm)

Something for the Weekend @57a

### September

#### Friday 2nd September

Film afternoon @57a

#### Thursday 8th September (am)

Cake Stall @57a

#### Tuesday 13th September

Games Afternoon @57a

Cats Pyjamas at Treetops (pm)

#### Thursday 15th September

'Thursday Club' Coffee morning @57a

McArthur Glen Outing

#### Friday 16th September (pm)

Something for the Weekend @57a

#### Tuesday 27th September (pm)

Cats Pyjamas at Treetops

#### Friday 30th September

Yarm River Cruise

### October

#### Wednesday 5th October

International Day of Older

People event @57a

#### Thursday 6th October

Fish & Chips Treetops

#### Friday 7th October

Film Friday @57a

#### Tuesday 11th October

Games Afternoon @57a

Thomas Danby Lunch

#### Thursday 13th October

Fish & Chips Treetops

#### Monday 17th October

MAECare Quiz

#### Tuesday 18th October (pm)

Old and New Games at Treetops

#### Thursday 20th October

'Thursday Club' Coffee morning @57a

#### Friday 21st October (pm)

Something for the Weekend @57a

#### Wednesday 26th October

Leeds City Museum Outing

## Help with Fundraising

Even though we have had some donations recently, MAECare is always looking for new sources of funding. There are 3 different ways outlined below, you can help with fundraising for MAECare.

**Are you well organised, good at keeping records, got a bit of spare time, then you could help MAECare**

MAECare is looking for new ways to fundraise and one of the ways that has been suggested is to set up a 100 club.

#### How does this work?

100 people pay £10 and then every week/month there is a draw and a prize of £10 and in the final week

a prize of £500. Over the course of a year we would raise £2,000 for MAECare.

#### We have a new link on our website

If you would like to donate to MAECare online, we have a new secure way to donate which allows you to use credit or debit cards and even to sign up for gift aid. Go to our website [www.maecare.org.uk](http://www.maecare.org.uk) and follow the page on how you can support us.

#### Cake Stall

We will be having a cake stall on **Thursday 8th September** 10am to 12 noon @57a. All donations of cakes welcome and also come along and buy the cakes.

## A true alternative to residential care in later life

### Luxury apartments with care and support

At Westward Care we know that as you get older it is important to retain your independence for as long as possible. We also know that everyday tasks can get harder and you may need that extra reassurance of having award-winning, quality accredited care and support on hand if, or when, you need it.

Our new luxury apartments located at Southlands, in North Leeds enable you to have the best of both worlds. You purchase your own stylish high quality apartment and if you wish, we can take care of the rest – from your bills to laundering your bed linen.

You'll be free to live life at your own pace and enjoy an active social programme. You'll also have the comfort of personalised care that supports you when you need help, and maintains your independence for longer.

**If you would like to find out more about Westward Care's Independent Living apartments at Southlands – or any of our other residential, nursing and respite services please contact Helen Lewis on 0113 265 5876 to organise a tour and chat.**



Thank you to Westward Care for sponsoring our newsletter.

[www.westwardcare.co.uk](http://www.westwardcare.co.uk)



Westward Care

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