

# Newsletter

Winter 2018

## Winter at MAECare

Welcome to our Winter Newsletter which contains details of activities we've got lined up until the beginning of February.

As you can see there are fewer events taking place over the next three months. The reason for this is we have fewer staff at the moment. Wendy Headley, who coordinated our volunteers, left in the summer; Lisa Baker also left – we are recruiting to her post and I hope to be able to announce a new member of staff in the next edition of the Newsletter; and sadly Barbara Bailey who runs our Community Connections Project will have left by the time you receive this.

Unfortunately this means we don't have the capacity at the moment to run as full a calendar of events as we usually do this winter. However there are still plenty of activities taking place and I hope spring will bring some more positive news on the staffing front!

**Julia Edmunds**  
Manager

## Allerton High School Christmas Party

The students invite you to attend the annual Christmas Party on Thursday 6th December 1.30pm to 3pm. Come along and share in the fun with festive refreshments served. Transport is available. If you are bringing your own car, space is available in the park and ride. Santa will not be expecting anyone to arrive before 1.15pm.

### FREE EVENT

6th December 2018

Time: 1.30pm to 3pm



## Christmas Craft Stocking Filler!

Come and buy some crafty Christmas items lovingly made by MAECare members. Christmas decorations, tasty treats, and more...There will also be a raffle to win a fabulous blanket created by MAECare's own knit and natter group.

**Items will be on sale  
11am to 3pm @57a Cranmer Bank  
on Thursday 29th November.**



## Walk leader volunteer required

Are you interested in becoming a walk leader for MAECare's 'Social Strollers' walking group?

If you have experience already or would like to learn more, there is a training session for Walk Leaders available via Leeds City Council running on Wednesday November 14th 9.30am to 4pm.

Becoming a walk leader for MAECare would require a commitment to lead 2 walks per month in spring/summer and 1 per month in Autumn. Walks are due to start again in Spring 2019. Contact Julie Morrison in the MAECare office for more details.



## Staff changes at MAECare

See page 7

## Outings

Find out more about our Outings on page 3

Your Local Neighbourhood Network Scheme supported by



**Office Telephone:  
0113 266 0371  
www.maecare.org.uk**

# Events at MAECare

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

## Health and Well Being Sessions

**Tuesday November 20th  
1.30pm to 3pm**

“Movement Matters at MAECare” Join Marian Emly, an experienced physiotherapist, to find out more about the importance of posture, movement and good seating to the physical and mental health and wellbeing of older people. An interactive session including some easy seated exercises you can do at home.

**Transport available for £5 to MAECare members. Booking required. Please contact Julie for more details. £1 members/£2 non-members**

**Tuesday December 11th  
1.30pm to 2.30pm**

Come along and be part of a new dance programme, “Dance On”, being launched by One Dance UK & Yorkshire Dance and funded by Sport England. Taster sessions will be taking place across Leeds: this is MAECare’s own taster session to gauge interest levels. Fun, accessible dance session designed for older people. No previous dance experience needed. The session will be open to all and will be adapted to welcome people with limited mobility or who may be living with health conditions. Existing evidence shows that dancing can improve mobility, prevent falls, enhance mental wellbeing and brain function.

**Free Session. Transport available to MAECare members for £5. Places limited, phone to book.**



**Tuesday 15th Jan  
1.30pm to 2.45pm**

Winter Warmers is the theme for this session, looking at ways to keep yourself warm and healthy in the winter months. There will be a small amount of reduced priced thermal clothing and insulated mugs for sale. There will be interesting conversation, free giveaways and a chance to make your own handwarmer, plus an interactive quiz all delivered with a warm drink.

**Free session, transport is available. Places are limited – phone to book.**

## Shadwell New Year Afternoon Tea

Celebrate the start of New Year with entertainment from Julianna, Soprano Diva Sensation, and cakes provided by our volunteers on Tuesday 8th January 2019, 2pm to 4pm at Shadwell Methodist Church.

**£5 for members/£6 for non-members. Booking required; please contact the office for more details.**

## Shared Tables

**Saturday 24th November 2018  
Charlie Bretts: The Allerton,  
Nursery Lane LS17 7HW  
Meet at 12.30pm**

**Sunday 16th December 2018  
Olive Branch: 4 – 6 The Avenue,  
LS17 7BE. Meet at 12.30pm.**

As the Shared Tables events are very popular and over-subscribed, priority will be given to those who have not been before.

Please book your place with the office. We cannot provide transport for the Shared Table meals so you must be able to get to the venues independently.

## Local Outings

**Wednesday Wonders.**

**Wednesday 28th November  
White Rose Centre**

A chance to do some Christmas shopping or treat yourself.

**11am to 4pm. £7 members/  
£10 non-members. Door-to-door transport included.**

These local outings offer door-to-door transport and are particularly suitable for people who only like to travel a short distance. If you need any assistance to come on a trip such as having someone to push your wheelchair or someone to walk with you because your eyesight is poor, please let us know when you book. Please make payment as soon as possible to secure your place.

**Places are limited and priority will be given to people who have not gone on a trip recently.**



## Booking policy

To make sure that everyone can read the newsletter and have a chance to book on activities and trips, we will start taking bookings on Monday 5th November.

# Events at MAECare

## MAECare Theatre for All

**A Christmas Carol**  
**Tuesday 20th November –**  
**Fully Booked**

**Aladdin – The Pantomime,**  
**Yeadon Town Hall,**  
**Saturday 19th**  
**January 2019**

Follow Aladdin as he attempts to win the heart of the beautiful princess, but there's a law decreeing that she can only marry a prince and the evil Abanazar is determined to stand in his way. Can his mum, Widow Twankey, and his brother, Wishee Washee, help or are they more interested in the soapy world of their Chinese laundry? Will Aladdin ever make his fortune and ensure his dreams come true?

Enjoy afternoon tea at the Billings Tea Room followed by an early evening performance of Aladdin at Yeadon Town Hall.

**Pick ups from 1.30pm – return approximately 8pm. £27.50 MAECare members/ £37.50 non-members – including door-to-door transport.**

**Theatre seats are available with level access and if you need support to come on a trip such as someone to walk with you, please tell us when you book. Please make payment as soon as possible for these trips to secure your place.**

## Burns Night Celebration 2019

Following on from last year's success, the return of our afternoon of all things Scottish celebrating the birthday of Robert Burns, the Scottish Bard.

Once again, singing, poetry and special guests to compliment a light lunch of sandwiches and cake with haggis for the Bravehearts to sample (and a wee dram of whiskey too!)

**Places limited, contact the office to book. Wednesday 23rd January 11.30am to 2pm.**



## MAECare presents Film Friday

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

**2nd November**

**I, Tonya – Fully booked**  
**1.45pm to 4.30pm**

**7th December**

**Andre Rieu and his Johann Strauss Orchestra**  
**1.45pm to 4.30pm**

Bringing festive music and magic to MAECare with mince pies and mulled wine.

**11th January ABBA Day!**

**Mamma Mia**  
**10.45am – 12.45pm**

Chase away the January blues and sing-along to the ultimate feel-good movie with sunshine and a stellar cast having fun in a fluffy rom-com, written around the classic pop hits of ABBA.

**Light lunch (£4) available if you're attending for both films – book in advance.**

**Mamma Mia – Here We Go Again**  
**1.45pm to 4.30pm**

Ten years after Mamma Mia! The Movie. You're invited to return to the magical Greek island of Kalokairi in an all-new musical based on the songs of ABBA and featuring the original cast and their 'younger' selves.

**2nd February**

**West Side Story**  
**1.30pm to 4.45pm**

West Side Story, updates Shakespeare's 'Romeo and Juliet' to the 1950s, with Natalie Wood and Richard Beymer as the star-crossed lovers. The highly charged and inventive song-and-dance numbers, the passionate ballads and moody sets produce a film which won 10 Academy Awards for this 1961 Bernstein and Sondheim musical. **This film will start at 1.45pm.**

**Film showings are free, with interval refreshments available for a suggested donation of £2 – please let us know you want to come as places are limited.**

# Regular Activities

## Arts @57a

No art experience is required and all materials are supplied. Bring an apron.

**Please ring the office to secure a place. Classes cost £2.50 per session, 10.30am to 12.30pm @57a.**

**Monday November 19th 2018** – Nature With Inks – Experiment with inks and some surprising ingredients to create beautiful textures, marks, lines and colours in your drawings from nature.

**Monday December 17th 2018** – Single Colour Painting Challenge – Create a range of tones and hues of one colour as you illustrate a popular song title.

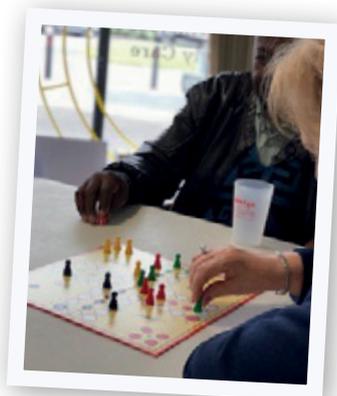
**Monday January 21st 2019** – Portrait Drawing – Learn the basic proportions of the face and do some fun exercises to help you make interesting portraits.

## 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 13th November and 11th December, Tuesday 8th January 2019 2pm to 4pm. @57a. Free. Transport**

**New @57a – enter the ‘Twilight Zone’ 5.30pm to 7pm on Wednesday 21st November and Wednesday 19th December With games from ‘Play Your Cards Right’ to picture quizzes and puzzles – join us in the twilight zone!**



## Singing Group

Sing-along as Liz and Reggie accompany us with favourite songs and music from different eras. **The first Thursday of each month 10.30am to 12 noon @57a 1st November and 6th December £2, including refreshments.**

## Thursday Drop In



Call in for a cuppa’ on **Thursday mornings 10.30am 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).

## 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:

**November 15th** – Triple Eight Hand Bell Ringers entertain us with the unique sound of bells.

**December 20th** – Festive songs and carols with the MAESingers – with mince pies and a surprise visitor ho ho ho!

**January 17th 2019** – New Year’s Quizzingo with prizes.

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

## MAEWriters

The weekly Creative Writing group welcomes new members. Tutor Liz McPherson from the WEA leads the group on a fortnightly basis and the group meet in between to share their compositions and writing.

The group currently meets on Thursday afternoons, 1.30pm to 3.30pm at MAECare at @57a Cranmer Bank.

**Thursday afternoons 1.30pm to 3.30pm. The cost for a term is £40.**

## 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 generally available on the first, second, and fourth Friday of the month from 10am to 12 noon. Please note some dates will change over the winter months due to Christmas and New Year.**

We offer half hour appointments in our private interview room. The sessions are offered by Oakwood, Levi, and Milner solicitors.

We also offer another advice session available once a month on a Wednesday afternoon with Morrish Solicitors. The dates of these additional available sessions will be 14th November, 19th December and 16th January from 2pm to 4pm.

**Booking is essential**, so to book your free half hour appointment, **please ring the office on 266 0371.**

# Regular Activities

## 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.

### Mindfulness

Mindfulness is an approach which aims to relax the mind and body by focussing on the present moment. Join our Mindfulness tutor Steve in weekly classes to learn more.

**St Paul's Church Hall,  
Tuesdays 10am to 11am.**

**Classes paid for in advance by block booking, please speak to Julie for more details. Try your first class for free. £2 members per class/£3 non-members per class.**

### Massage

Take the stress away with a foot, hand, neck or shoulder massage from our experienced and qualified masseurs from Phoenix Health & Wellbeing. We offer 30 minute sessions twice a month at the MAECare office on a Tuesday and Friday afternoon between 1.30pm to 3pm.

**The sessions cost £10 booked and paid for in advance.**

<b>Tuesday</b>	<b>Friday</b>
6th November	23rd November
4th December	14th December
8th January	25th January

### Knitting

Meeting weekly, come along to meet others, knit and do other craft activities.

**Thursdays 2pm to 4pm,  
@57a £1 per session.**



### Yoga

Enjoy 1 hour of relaxed gentle movements seated or standing in a therapeutic environment. Excellent for providing a calm, relaxed and positive frame of mind.

**St Paul's Church Hall,  
Fridays 10am to 11am.**

**Ring for more information.**

**£3.50 members/  
£4.50 non-members.  
Paid for in block booking.**



### Tai Chi

Promoting good health and wellbeing, combining deep breathing and relaxation with slow movements, this exercise can help to reduce stress and improve balance. Wear loose clothing and comfortable shoes.

**New members always welcome and try your first class free.**

**St Paul's Church Hall,  
Mondays 11am to 12 noon.**

**£3 per session for members/  
£4 non-members.**

### Social Strollers

This walking group is for those who would like to get out more, enjoy the company of others, get some exercise and may worry about their mobility.

These walks will be fully supported by our volunteers with planned regular stops throughout. We try to plan two routes on our walks – one which is less challenging if you want a gentler walk and one which is slightly more strenuous. You can choose which route you want, depending on how you feel on the day and the level of your mobility/fitness! We walk whatever the weather – please wear suitable clothes and shoes. There is usually a well-earned treat in a café at the end of walks.

**Our final walk this year is on November 22nd and will be to Roundhay Park. There will then be a break over the winter.**

**Please contact Julie for further details. Price: £5 for transport if it is required.**

### Chair Based Exercise

Offering exercise in the comfort of a chair, taking you through actions to music to get your muscles moving. The session includes a refreshment break.

**St Paul's Church Hall,  
Wednesdays (weekly), 1pm to 2.30pm, £3 members/  
£4 non-members.**

**Paid for in block bookings of 8 weeks at a time – contact the office for further details.**



# Community Connections

## Writing Back

Writing back is an award-winning and pioneering letter-writing project that matches University of Leeds students as pen pals with older Yorkshire Residents. The scheme is currently looking for older people to exchange letters with students during the 2018 – 2019 academic year.

Stationery and stamps are provided, and meet-up events are held across the year. All letters are sent via the School of English.

**For further information, please contact Dr Georgina Binnie, School of English, University of Leeds, Leeds, LS2 9JT. Tel: (0113) 343 6189. Email: G.E.Binnie@leeds.ac.uk.**

## Technology Made Easy – Android for beginners

We will be running a 4 week Android for Beginners Course in November. This course is for beginners who want to learn how to use an android tablet computer or smartphone. If you do not have your own tablet computer, we can lend you one to use on the course.

The course will take place on a **Friday morning from 10am to 12 noon on November 9th, 16th, 23rd and 30th.**

To book a place on this 4 week course, please contact the office. Places are limited so early booking is recommended.

Please note that this course is only for android devices and not iPads or iPhones. We will be running a beginners course for iPads and iPhones in the New Year.

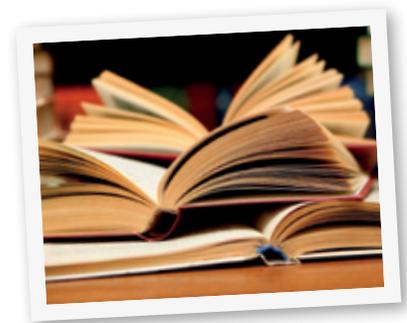
## PenPals

The penpal project is going from strength to strength. If you are interested in writing to a primary school child, please contact MAECare for more details.

## Readers Group

**The Group meets at 2pm on the fourth Monday of the month @57a Cranmer Bank.**

If you would like more information about the Readers Group, please ask at the office. The book for the meeting on 26th November is Three Things About Elsie – Joanna Cannon.



## IT Volunteers

Whether you are a total beginner or just need a little extra bit of help, we have a team of volunteers who can offer you help and support with your smartphone, iPhone, tablet computer and iPad.

Sessions can take place here at the office or in your own home. If you would like help from one of our wonderful volunteers, please contact the office for more details.

**We also have two 6th form students from the Grammar School at Leeds who offer support on a Wednesday afternoon between 1.30pm and 3.20pm.**

**If you would like to book an appointment with one of students, please contact MAECare.**



# Information

## Leeds Credit Union – Fortnightly on Thursdays @57a Cranmer Bank 10.30am to 12pm

Leeds Credit Union is a financial cooperative with over 35,000 members. It has no shareholders and is owned by its members, ensuring they receive appropriate and affordable financial services.

A money management coordinator will be on hand to offer many of Leeds Credit Union services apart from cash withdrawal. You will be able to open membership accounts and apply for loans, do same day bank transfers, set up standing orders, provide account balances or just make a query.

Support is available for anyone who are struggling to pay their bills by helping them to open a bill paying account. For this you would need photo ID and proof of address and the letters from the providers. You would be fully supported to set up affordable payment plans.

### November 2018

Thursday 15th November 2018  
Thursday 29th November 2018

### December 2018

Thursday 13th December 2018

### January 2019

Thursday 10th January 2019  
Thursday 24th January 2019

## Staffing News at MAECare

We sadly said goodbye to Lisa Baker who had been with MAECare for 8 years, supporting a lot of the activities and transport and coordinating communications.

## Leaving A Legacy To Moor Allerton Elderly Care

Leaving a legacy to MAECare is one of the most effective ways that you can support people in later life to live independently. You can help us to

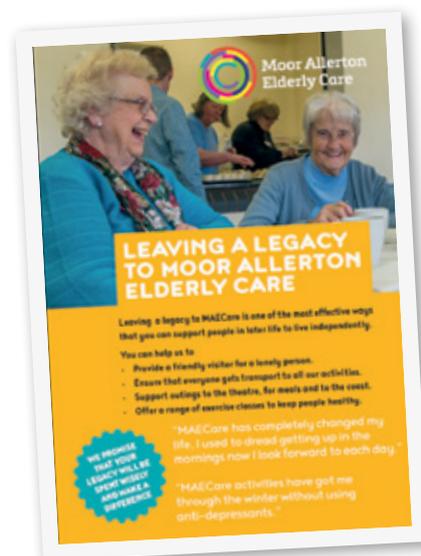
- Provide a friendly visitor for a lonely person.
- Ensure that everyone gets transport to all our activities.
- Support outings to the theatre, for meals and to the coast.
- Offer a range of exercise classes to keep people healthy.

You can leave a specific sum of money – any amount can make a difference.

You can leave a percentage of what's left of the value of your estate after all bills have been paid and all other legacies have been distributed.

If you already have a will, it's quick and simple to include a gift to MAECare. You won't need to rewrite your will; a qualified solicitor can draft an amendment (called a codicil) for a minimal cost. If you want to find out more about making a will, MAECare has four firms of solicitors who offer free legal advice at the office – Oakwoods, Levi's, Morrishes and Milners.

We can also find a list of solicitors who belong to the organisation  
**Solicitors for the Elderly at**  
[www.solicitorsfortheelderly.com](http://www.solicitorsfortheelderly.com)



## Poem

Look at me I am old and infirm  
But I still want to learn  
I'm not ready yet to go  
Though I am rather slow  
So, don't write me off just yet.

My hair may be white  
But I can read and write  
I can't walk very far  
And I still need a car  
So, don't write me off just yet

I can still enjoy a laugh  
But need help in the bath  
I can wash my own hair  
But need a stick to the chair  
Please don't write me off just yet.

My brain is still up for a game  
Though my eyes need a frame  
Some teeth are not all mine  
But the rest of me is fine  
So please, don't write me off just yet.

**B Bennison**  
16/09/2018



## Goodbye to Barbara

As some of you will know, I am going to be leaving MAECare at the end of October after 3½ very happy years working for MAECare on the Community Connections project. I have thoroughly enjoyed my time at MAECare and getting to know so many of you. MAECare is such a wonderful organisation to work for and I am fortunate to have worked with such a supportive staff team.

Thank you to everyone for making my time at MAECare such good fun and so very rewarding.

## Dates for your diary

### November

**Friday 2nd November**  
Film afternoon @57a

**Tuesday 13th November**  
Games afternoon @57a

**Thursday 15th November**  
Thursday Club @57a

**Tuesday 20th November**  
Movement Matters at Treetops  
Theatre for All: A Christmas Carol

**Wednesday 28th November**  
Wednesday Wonders trip  
White Rose Centre

**Thursday 29th November**  
Christmas Stocking Filler event @57a

### December

**Thursday 6th December**  
Allerton High School Christmas Party

**Friday 7th December**  
Film Friday at @57a

**Tuesday 11th December**  
Dance On at Treetops  
Games afternoon @57a

**Monday 17th December**  
Art @57a

### January

**Tuesday 8th January**  
Start the New Year at Shadwell  
Methodist Church  
Games afternoon @57a

**Friday 11th January**  
Film Friday @57a

**Tuesday 15th January**  
Winter Warmers event at Treetops

**Thursday 17th January**  
Thursday Club @57a

**Saturday 19th January**  
Theatre for All: Aladdin

**Wednesday 23rd January**  
Burns Night Event @57a

### February

**Friday 2nd February**  
Film Friday @57a

## 'It's A Wonderful Life'

Moor Allerton Community Hub are hosting a free festive film showing of this classic film with refreshments and mince pies.

Call **378 1881** or call in at the Library to book a seat

**Thursday 13th December at 2.30pm**



## Care, support and luxury living

Moving to a Westward Care apartment allowed Christine to carry on enjoying her freedom, without the worry of who to turn to if she ever needs help.

**Headingley Hall**, 5 Shire Oak Road, Headingley, Leeds LS6 2DD

**Southlands**, Wetherby Road, Roundhay, Leeds LS8 2JU

Find out more at [www.westwardcare.co.uk](http://www.westwardcare.co.uk) or call **0113 331 4830**

  
Westward Care

**Apartments available now**

Call **0113 331 4830** or email [rebecca@westwardcare.co.uk](mailto:rebecca@westwardcare.co.uk) to book a viewing

Christine's always been independent. Though sometimes, she likes a helping hand.

57 Cranmer Bank Leeds LS17 5JD Tel: 0113 266 0371  
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**Moor Allerton Elderly Care**