

Newsletter

Winter 2017

Christmas Party Invitation

Allerton High School Students extend a warm invitation to all MAECare members to a Christmas Party on **Thursday 7th December from 1pm to 3pm**. Transport is available. If you come in your own car, remember parking is available in the Park and Ride on King Lane.

If you would like to attend, please telephone the office to reserve your place by **Monday 27th November** at the latest.



(Guests are asked to arrive no earlier than 12.50pm). **Thursday 7th December, 1pm to 3pm. Allerton High School. FREE event.**

New Project Worker at MAECare

Welcome to our new Mind and Body Project Worker, Julie Morrison, who started working for us at the beginning of September. Julie will be working Tuesday to Friday in the office.

Rhonda has now taken over the Case Worker role vacated by Julie Harrison.

We wish both Rhonda and Julie success in their new roles at MAECare.

Burns' Night Celebration

Join us for an afternoon of all things Scottish and learn more about the life, poetry and songs of the Scottish Bard Rabbie Burns!

MAECare's first Burns' celebrations. There will be singing and poetry reciting with special guests. Other activities with a Scottish flavour planned! Sample some haggis if you are a Braveheart (vegetarian haggis available if you are not so brave!). Includes a light lunch of sandwiches/cake.

Contact Julie Morrison for more details and to book a place.

Wednesday 24th January, 11.30am to 2.30pm. @57a. £5 members/£6 non-members. Places limited to 25.

New Year Meal at Weetwood Hall

Some of the buildings at the Hall date back to a Manor House in the 16th Century, although most of the old building is 18th Century.

Join us for this great value meal, the cost is **£20 for a three course meal including tea and coffee. (£25 for non-members).**

Please return the enclosed booking form together with your payment and menu choices by Friday 12th January 2018.

Weetwood Hall has a large car park, but transport is available for an additional £4.

Wednesday 31st January, 12.15pm for 12.30pm. £20 members/£25 non-members, Weetwood Hall, Otley Road, LS16.



Follow us on Twitter...
@OlderPeopleLS17

Find out more about
our outings on page 3

Events at MAECare

Let's Dance Alwoodley Community Association

The Tea Dance will be continuing in the winter months. The music played will be a variety of ballroom and sequence, staged by a professional Dance presenter with 25 years' experience. Come along to dance on your own or with a partner, revive memories of the past with a swing in your step. The event is funded by the Alwoodley Parish Council with a small charge for refreshments. **Please ring the office if you would like any further details.**

Wednesday 1st November
Wednesday 6th December
3pm to 4.30pm, Alwoodley Community Association – £2.

Feeling Good

The Feel Good Theatre Company will be treating us to a performance of 'Benchmark', an exploration of the stories and secrets 'benches' hold dear. This very special theatre group is made up of older people from across Leeds, who meet weekly at the West Yorkshire Playhouse. Tea and cake will be served after the performance.

Tuesday 7th November,
2pm to 3.30pm,
Treetops Community Centre,
£5 members/£7 non-members.



Old and New Games

Play games of old and new in a friendly atmosphere offering table tennis, Wii, jacks, and many other games.

Treetops Community Centre,
Tuesday once a month,
1.30pm to 3.30pm.
£1 members/£2 non-members.

21st November, 19th December
and 16th January 2018.

Shared Tables

The Shared Tables events have, so far, gone well and seem to be popular. We have tried three different venues with the Toby Carvery being the most popular so far. The November meal will be at the Fisherman's Lodge on Street Lane, as several people have mentioned they would like fish and chips, and January 20th at Toby Carvery.

Saturday 11th November, 12.30pm at the Fisherman's Lodge, Street Lane

Saturday 20th January,
12.30pm at Toby Carvery

Please book with the office.
No transport available.



The first of our Shared Tables

Christmas Lights

Join us for Fish and Chips and a bus trip round the Leeds Christmas Lights on **Wednesday 22nd November.** We will be picking up from 5.30pm and return 9.30 to 10pm. The cost will be £12.00 including transport for a fish and chips meal, bread and butter and tea.

Wednesday 22nd November,
5.30pm to 10pm.
£12 members/£15 non-members.

Booking policy

To make sure that everyone has a chance to book on activities and trips, we will not start taking bookings until **Monday 30th October.**

Treetops Christmas Tea

This small but excellent theatre company, North East Producers, will be performing a well-known pantomime, singing a range of charming songs, with costume changes and captivating characters. There will be a range of festive goodies served afterwards.

Tuesday 12th December,
2pm to 3.30pm,
Treetops Community Centre,
£5 members/£7 non-members.



Shadwell New Year's Lunch

Celebrate the start of a New Year with entertainment and a fabulous lunch provided by our volunteers.

Tuesday 9th January 2018,
10.30am to 1.30pm,
Shadwell Methodist Church,
£4 members/£5 non-members.



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

Events at MAECare

Winter Warmers

MAECare will be continuing to help you keep warm and winter wise this year, by offering a range of thermal underwear and nightwear and some other items recommended by you....our members!



Come along and view our range of products, have access to our sale price stock and find out more about keeping cosy this winter, at our special Winter Warmers event on **Thursday 9th November, 10.30am to 12 noon @57a Cranmer Bank.** You'll be treated to hot chocolate and marshmallows.

If you can't get to our winter warmers event, you can still buy your items from the office or ring to find out what we have in stock.

Donation for Panto

We are delighted to say that we are to receive some funding from Wm Dodgson & Son, which will go towards providing refreshments for our service users attending our annual panto trip.



Outings – Your Help is Needed

Since February MAECare has organised seven outings by coach, for those who are more independent or who can come with a carer or relative, and seven shorter outings on Wednesday afternoons, to include those who need extra support and don't want to travel as far.

We are not offering any outings in December, January or February, as the weather is not so good and also we are organising meals out and activities which are mainly indoors, as well as two theatre trips and Christmas events.

We are planning the outings for 2018 and we would really like to know where you would like to go for both types of outing. We are especially interested to know the type of places you would like to visit and what you think of shopping trips and those that include meals. The Skipton barge trip and the Oswaldtwistle trip have not been fully booked, so we are wondering if they are too expensive or that you would prefer to get your own meal, rather than have it arranged? **Please let any of the staff know what you think.**

Night out in Leeds – Save the Date

We are planning ahead for our Nights out in February and March and so we have two dates for your diary. More details about the menus will follow.

We have booked **26th February 2018** and **12th March 2018** in the evening for a special night out at **Brasserie Blanc** owned by famous chef Raymond Blanc.

The restaurant is a converted Victorian Mill on the canal, on Sovereign Street, with menus inspired by Raymond Blanc's childhood.

Two courses are £11.95 and a third course is an additional £3.50. Menus are available a month before, so let us know you are interested and which date you prefer and we'll be in touch to get your food choices nearer the time.

Why not go out for a warming lunch at The Printworks at the Food Academy part of Leeds City College?

There are two dates available for MAECare, either **Tuesday 14th November** or **Monday 20th November.** Arrive at 12.15pm for lunch at 12.30pm.

The cost is £12 for two courses or £15 for three courses for members. The cost for non-members is £15 for two courses or £20 for three courses. Tea and coffee are included.

There is good parking so you are welcome to make your own way. If you need transport that will be an additional £4.00.

The menu choices are included with the newsletter. **Please make your choice of menu and return your form with payment to the office by 10th November.**

Regular Activities

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 14th November, 12th December and 9th January. 2pm to 4pm. @57a. Free.

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 16th

'Everybody's Got A Story To Tell' with local author, Kay Wadsworth.

December 21st

Festive Songs and Carols Sing-Along with mince pies and mulled wine.

January 18th 2018

New Year's Quizzingo with prizes.

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

Arts @57a

Taking place once a month led by our talented tutor, you will be able to try a range of artistic styles. 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 20th November – Painting with Acrylics – Experiment with water patterns, movement and shadows, creating a beautiful pond painting.

Monday 4th December – ***Please note this is an afternoon session 1.30pm to 3.30pm*** – Christmas Creativity – A fun session which will include cutting, sticking, colouring, drawing, using mixed media and lots of glitter!

Monday 15th January 2018 – Collage with drawing – Keep warm at MAECare while working on a Winter theme, muted colours, bare trees and snow.

Singing Group

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



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 on the second, third and fourth Friday of the month from 10am to 12 noon.

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

We also are now able to offer another advice session available once a month on a Wednesday afternoon with Morrish Solicitors. The dates of these additional available sessions are 15th November, 13th December and 17th January from 2pm to 4pm.

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

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).

MAECare presents Film Friday

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

December

For December only we are offering a choice of Film Friday or Sunday –

Andre Rieu 'Christmas in London'

A traditional musical treat with mince pies and festive spirit.

Join us on Friday 1st December 1.45pm to 4.30pm OR Sunday 3rd December 1.30pm to 4pm

5th January 2018

Greyfriar's Bobby 1.45pm to 4.30pm

Based on the true story of Skye Terrier, Bobby, whose faithfulness is still honoured today in Edinburgh.

2nd February

Brief Encounter 1.45pm to 4.30pm

Join us for 'Brief Encounter' – trains, railway refreshments and temptation with Celia Johnson and Trevor Howard.

Film showings are free, with interval refreshments available for a suggested donation of £2.00 – places are limited so please let us know you want to come. Films will **start** at 2pm.

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.

Massage

Take the stress away with a foot, neck or shoulder massage from our experienced masseurs. 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.**



Tuesday

14th November
12th December
9th January

Friday

24th November
15th December
26th January

Meditation

Helping you to balance body and mind, enjoy one hour of peace and tranquillity.

St Paul's Church Hall, Tuesdays (weekly) 10am to 11am. Ring for more information. £4.50 members/£5.50 non-members. Paid for in block booking.

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.

St Paul's Church Hall, Monday 11am to 12 noon. £3 per session. Paid for in block booking.

Social Stollers

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.

All types of mobility aids can be taken on the walks. 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 a well-earned treat in a café at the end of walks.

Over winter we are scaling back to once a month and no walk in December. In Spring, we will return to twice a month.

Thursday 16th November

Thursday 11th January

Thursday 15th February

Please contact Julie for further details. Price: **£4.00 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 per session. Paid for in block booking.

Photography

Join our experienced photography tutor **once a month on Mondays** to learn about different photography techniques, take photographs in different locations and meet other keen amateur photographers. You will need your own camera or smart phone to take photographs.

This may involve meeting out and about. **£4.00 per class.** Please call for more information.

Monday 27th November – Meeting in the city centre, we are doing some street photography and then lunch.

Monday 18th December – A festive meeting @57a to share some food and drinks.



Community Connections

Android Tablet Computers for Beginners

MAECare will be running a 6 week Android Tablet Computers for Beginners course at Moortown Methodist Church in Alderton Rise. The course is for android devices and not for iPads. Therefore, if you have a Samsung, Lenovo, Asus or any other make of android tablet and you would like to learn more about how to use it, why not join this fun, friendly, informative course. **The course will run on 9 November, 16 November, 23 November, 30 November, 7 December and 14 December from 10am to 12pm.** We will be asking you to pay a £10 deposit for the course, refundable if you attend all 6 sessions. If you don't have your own android tablet, we have a few we can loan out for the course. Contact Barbara for more information or to book a place.

Volunteers

Don't forget that if you are having problems with your tablet, computer or smartphone or just want to learn more, then we have a team of volunteers that can help you. **In addition, we currently have two students from Leeds Grammar School based at MAECare on a Wednesday afternoon for the next few months. Appointment times are 1.30pm and 2.30pm and must be booked in advance.** If you would like help from any of our volunteers, please contact Barbara at MAECare for more information.

Information Sessions

We will be offering some information sessions over the next few months led by our IT tutor, Steve Thompson, dates and locations yet to be confirmed. These will include sessions on looking at how to change energy suppliers on-line, how to shop on-line safely and registering for Leeds City Council on-line account. If you would be interested in attending these sessions or have any ideas for other sessions, please let Barbara know.

PenPals

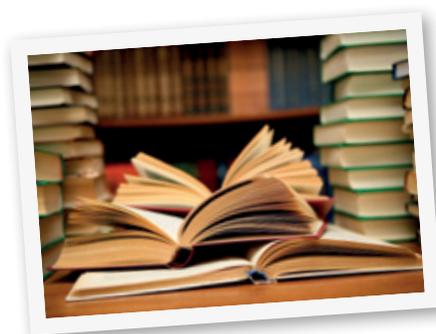
The PenPals project with Alwoodley Primary School goes from strength to strength. In the summer, the school submitted the penpal project for a Namaste Youth Project Award, celebrating diversity and community cohesion. We were delighted when the project was shortlisted for an award. A delegation from the school and MAECare attended the awards ceremony at the Civic Hall on 6 July. Unfortunately, we were not winners but it was wonderful that we were shortlisted.

We have more children than ever wishing to write to an older person. At the moment, we do have children who have not yet been paired with an adult penpal. If you would like to join the project, please speak to Barbara.



Readers Group

The Group have chosen the books for the meetings on 27th November and 22nd January. The book for November is Sweet Caress by William Boyd and the book to be discussed in January is Italian Shoes by Henning Mankel. **There is no meeting in December. 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 speak to Barbara.

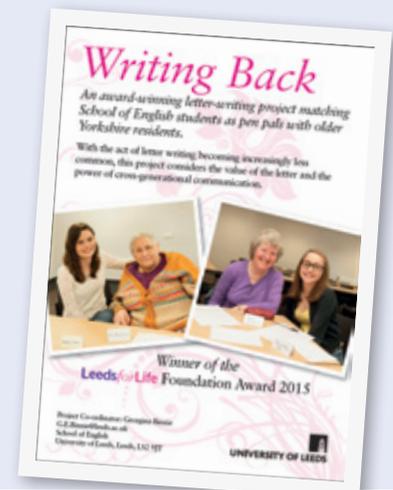


Writing Back

If you would prefer to write to a slightly older pen pal then the University of Leeds may have the scheme for you. One of our MAECare members is already involved in the scheme:

“From a person who has always written in a formal way, I am told, I hope my P.P. finds my letters lacking in formality and now in a more friendly manner. Getting to know my P.P. has been well worthwhile and the meetings on neutral territory was a good way to get to know each other. The special afternoon teas were most enjoyable, thank you. The links made at the meetings ensured we were happy to continue corresponding. Letter writing has always been of most value to me and remains a wonderful and satisfactory way to communicate with family and friends, so essential to my life”.

The School of English has now developed an international strand to the Writing Back project and is looking for pen pals for 15 of their international Postgraduate Students. If you would like to know more, speak to Barbara who can put you in contact with the Project Manager at Leeds University.



Attendance Allowance

Do I qualify for Attendance Allowance (AA)?

You can claim AA if you:

- Are 65 or over
- Could benefit from help with personal care, such as getting washed or dressed, or supervision to keep you safe at day or night
- Have any type of disability or illness, including sight or hearing impairments, or conditions such as dementia
- Have needed help for at least 6 months (if you are terminally ill you can claim straight away).

You can get AA even if you live alone and don't have anyone looking after you. It can make a real difference to your day-to-day life and help you to carry on living independently at home.

AA is not a means-tested benefit, so it doesn't matter how much other income and savings you have. It's also tax-free and it won't reduce any other income you receive. You may become entitled to other benefits i.e Pension Credit, Housing Benefit or Council Tax Reduction, or you may even get an increase in the amount of other benefits you receive.

You can spend any AA you receive however you like. You do not have to spend AA on a carer. You can spend it on other types of help, or on equipment.

If your claim for AA is successful, you will receive one of two weekly rates, depending on how much care you need either during the day, during the night or both:

- A low rate of £55.65
- Or a high rate of £83.10 (2017-18 rates)

If you have been turned down for AA it may be worth claiming again, as your circumstances may have changed.

Help and Support

You can get free, confidential help to claim for Attendance Allowance to ensure you make the best possible case.

Attendance Allowance helpline

Phone to get a claim form or download one from the government website.

0345 605 6055

www.gov.uk

Welfare Rights Unit (Leeds City Council)

Call for advice and to arrange an appointment with a welfare rights worker, who may be able to visit you at home if you are unable to go out.

0113 376 0452

Mon to Thurs: 9am to 4.30pm/
Fri: 9am to 4pm

Carers Advice Line (Carers Leeds)

If you are a carer of somebody claiming AA, a Support Worker can visit you at home and help you make a claim.

0113 380 4300

Mon to Fri: 9am to 4.30pm

Age UK Leeds Advice Line

You can make an appointment
0113 389 3004

Age UK

Advice and information

0800 678 1174

8am to 7pm daily

www.ageuk.org.uk/money-matters

Memory Walk

Jenny took part in the Memory Walk at Temple Newsam on Saturday 23rd September. She was joined by some MAECare friends.



Doodles the Donkey

Doodles the donkey came to visit at the Thursday Club on 17th August and was a hit with our service users.



Dates for your diary

November

Tuesday 7th November (pm)

Feeling Good Theatre at Treetops

Thursday 9th November

Winter Warmers events @57a

Saturday 11th November

Shared Tables lunch at Fisherman's Lodge

Tuesday 14th November

The Printworks Lunch at Thomas Danby

Thursday 16th November

'Thursday Club' Coffee morning @57a

Monday 20th November

The Printworks Lunch at Thomas Danby

Tuesday 21st November (pm)

Old and New Games at Treetops

Wednesday 22nd November (pm)

Christmas Lights Outing

December

Friday 1st December

Film afternoon @57a

Sunday 3rd December

Film afternoon @57a

Thursday 7th December (pm)

Allerton High Christmas Party

Tuesday 12th December (pm)

Christmas Tea at Treetops

Tuesday 19th December (pm)

Old and New Games at Treetops

Thursday 21st December

'Thursday Club' Coffee morning @57a

January 2018

Friday 5th January

Film afternoon @57a

Tuesday 9th January

Shadwell Lunch at Shadwell Methodist Church

Tuesday 16th January (pm)

Old and New Games at Treetops

Thursday 18th January

'Thursday Club' Coffee morning @57a

Saturday 20th January

Shared Tables lunch at Toby Carvery

Wednesday 24th January

Burns' Night Celebration @57a

Wednesday 31st January

New Year Meal at Weetwood Hall

February 2018

Friday 2nd February

Film afternoon @57a

'Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young.'

– Henry Ford

At our event celebrating International Day of Older People, we asked for thoughts on what things people enjoy about getting older...here are some responses...

Getting older means 'you have the confidence to stop worrying about what people think', 'you can please yourself' and can 'say things which are humorous and even a little bit cheeky – and get away with it!'

There's also the opportunity to 'enjoy a short snooze after lunch and not feel guilty', having time 'to enjoy the computer and write emails to family, especially when they are abroad' and, of course, the luxury of 'not having to get up early on cold mornings and go to work!'

The best piece of advice you've ever been given or mottos for life included 'think young and keep busy', 'keep "going" girl', 'waste not, want not', 'early to bed, early to rise and when you wake up in the morning 'say "Thank God, I'm not dead"' and 'keep on moving and grooving'.

Care, support and luxury living

Getting a Westward Care apartment was the perfect choice for Tony. It meant he kept his independence while his family had the reassurance of staff being there to help, if he ever needs them.

Southlands, Wetherby Road, Roundhay, Leeds LS8 2JU

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

Find out more at www.westwardcare.co.uk or call 0113 331 4830



Westward Care

Watch our new video

at westwardcare.co.uk to find out what it's like to live in our apartments

Tony has the freedom he wants. His family the peace of mind they need.

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