

Newsletter

Summer 2018

2018 Annual Celebration

Everyone is welcome to join us at this annual event this year on **Tuesday 17th July from 11am to 1.30pm at Alwoodley Park Methodist Church.** We will be able to tell you what's happened in the last year and see this year's annual report. There will be entertainment, followed by a light lunch.

Please phone the office to book your place. Transport is available.

Tuesday 17th July, Alwoodley Park Methodist Church, 11am to 1.30pm.



Duke of York's Community Initiative

We are delighted to say we have been given this award and will be attending a ceremony on 24th April to receive it. More information about that in the next newsletter.

From the website the Duke of York explains:

"Some years ago I visited a housing estate in York, and saw what a real difference could be achieved by the community working together, identifying their own needs, and deciding for themselves the actions needed to find the answers to such needs. Today the Community Initiative which bears my name is a great success story throughout the whole of Yorkshire with over 200 first class community schemes having received my Award".



Follow us on Twitter...
 @OlderPeopleLS17

Find out more about our outings on page 3

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.

Tuesday	Friday
8th May	25th May
12th June	22nd June
10th July	20th July

Strawberry Tea

The students at Allerton High School would like to invite you to the Annual Strawberry Tea on Thursday 12th July.

Tea and scones will be served by the staff and young people, with entertainment also provided by the young people at the school. This event is free to MAECare members, so please ring the office to book your place. Transport is available.

Thursday 12th July, Allerton High School, 1.30pm to 3pm.



Membership Subscriptions

We are keeping the membership subscriptions for this year still at £12 for a single person and £20 for a couple. Please fill in the blue form enclosed with your newsletter.

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

Dying Matters – What Can You Do?

Death is the one certainty in life for us all. Jack Kelly is passionate about his work at Dodgson's Funerals as he wants to make a difficult time for families that little bit easier; he'll be available to offer information about planning for death and dying with "Ask a Funeral Director" and there'll also be a talk from a solicitor on Lasting Power of Attorney, Making a Will and Living Wills etc.

MAECare invite you to come along if you've a question for a funeral director, are thinking about planning your funeral or want to find out more about making a Will.

Wednesday 16th May, 11.30am to 2pm. @57a.

This event is free and includes lunch, so please let us know you're planning to come along. Transport is available if needed. Let us know when you book.

Treetops Afternoon Tea

A delightful afternoon awaits with sandwiches, tea and cake, supported by the Treetops Management Committee, with fabulous entertainment.

Thursday 17th May, 2pm to 4pm, Treetops Community Centre, Squirrel Way, £4 members/£5 non-members.

If you already attended the event on Thursday 12th April, then priority will be given to those members who were on the waiting list for that date.

Treetops presents Cats Pyjamas

Come and hear some of the best entries for the Eurovision Song contests from Cliff Richard to ABBA. Sing along to the famous songs with tea and cake served afterwards.

Tuesday 22nd May, 2pm to 3.30pm, Treetops Community Centre, Squirrel Way, £5 members/£6 non-members.

If you are attending the event on Tuesday 1st May, then priority will be given to those members who are on the waiting list for that date.



Feeling Good Theatre

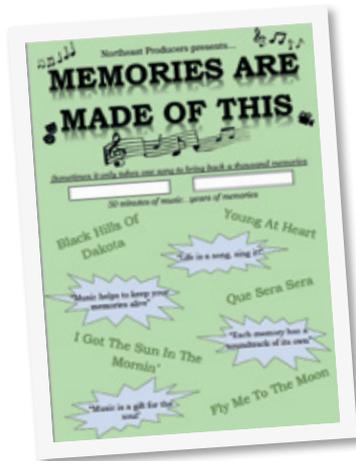
The over 50s theatre group will be delighting us with a performance of 'Distraction Burglary' enlightening us to the dangers of 'scams artists'. Hot beverages and cakes will be served.

Tuesday 5th June, Treetops Community Centre, 2pm to 3.30pm, £4 members/£5 non-members.

North East Producers

The fantastic theatre group will be back to perform 'Memories are made of this', a mixture of song and dance to raise the spirits with afternoon tea served afterwards.

Thursday 28th June, Wigton Moor Church Hall, 2pm to 4pm, £5 members/£6 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 23rd April.**

Shared Tables

Shared Tables is aimed at single people (including widows and widowers). The idea is for single people to eat as a group at a local restaurant. Sometimes it can be hard to go out for a meal if you are on your own and we know that people tell us that weekends can be lonely too. The meetings last year went well, so we are continuing to plan them once a month at the moment.

As the shared tables event has been so successful, we will in future be offering places on a rotational basis – ie not first to book goes, but who didn't go last time gets a chance for the next meal. This might mean that you will not be able to go on each one, but please don't be too disappointed, as everyone will get a chance to go to several meals a year.

Don't forget if you have been on a few meals out and made some friends, you can always arrange to go out together in between times of the meals we arrange. Our next dates are:

Saturday 19th May – Fisherman's Lodge, Street Lane for 12.30pm

Sunday 24th June – Olive Branch, The Avenue for 12.30pm

Saturday 21st July, 12.30pm. Venue to be decided

Please book with the office. We can't offer transport, so you need to get there independently.



The first of our Shared Tables

Events at MAECare

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 assist with mobility.

Eden Camp

Set in the grounds of a prisoner of war camp used in World War two, the museum is set over 33 huts, it gives a social and historical view of the military. The onsite WinStan's Bunker café is available for lunch, serving a range of traditional meals or if you fancy a picnic lunch, indoor and outdoor seating is available. The area is fully accessible and on a flat surface, but your visit will require external walking to and from the huts.

Thursday 14th June

The coach will leave the office at 10.30am and return at 4pm.

**Price £23.50 members/
£33.50 non-members.**

Please note the trips will be cancelled if we do not get 30 or more bookings.

Southport

Have a day out at the longest coast line in Merseyside, take a stroll down the Southport pier, the second longest in the UK, ride a pedalo on the Marine Lake, or take a planned stroll down the beach front. With plenty of shops and restaurants, you'll not be spoilt for choice or visit the Atkinson Museum for a taste of Art and Culture.

Tuesday 3rd July

The coach will leave the MAECare office at 10am, returning at 6pm.

**Price: £17.50 members/
£27.50 non-members.**

Please note the trips will be cancelled if we do not get 30 or more bookings.

Local Outings

Wednesday Wonders

These afternoon 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 for these trips to secure your place.**

See the Bluebells in Leeds

Visit a Leeds green gem – Middleton Park with a chance to see the bluebells in full bloom, with a light lunch in the newly refurbished Café in the park.

**Wednesday 9th May, 11.30am to 3.30pm. £15 members/
£20 non-members. Lunch and door-to-door transport included.**

Temple Newsam

This trip will include a glass house tour and a chance to see the herbaceous borders in full bloom, with a short tour of the house and time to view the Rhododendron Walk. Lunch will be in the Stables Restaurant.

Wednesday 27th June, 11am to 4pm. £22 members/£27 non-members. Lunch and door-to-door transport included.

Breezy Knees – The Flower Garden of Yorkshire

Breezy Knees Gardens, near York, features award winning gardens with a specialist perennial nursery and café. You will be free to explore as much or as little as you like – the extensive gardens are flat and wheelchair accessible and there are plenty of benches to sit on. In mid-summer the annual meadow will be at its best, the Cottage Garden brimming with colour and the Rose Garden full of fragrance.

Wednesday 25th July, 10.30am to 4.30pm. £15 members/£20 non-members. Door-to-door transport included. Places are limited and priority will be given to people who've not gone on a trip recently.

MAECare Theatre Trips for All

These occasional evening trips to the theatre are open to all. We have a few tickets remaining for each trip so call 266 0371 and let us know what you'd like to see.

Friday 11th May – Sunshine On Leith – The Musical

Returning from overseas to their hometown of Edinburgh, Davy and Ally embark upon intertwining journeys of life and love, set to the timeless songs of the much-loved band The Proclaimers, as they question what 'home' really means.

Thursday 7th June – Girl on a Train.

Longing for a different life, Rachel Watson's only escape is the perfect couple she watches through the train window every day. Learning that the woman she's been secretly watching has disappeared, Rachel finds herself in a thrilling mystery in which she will face bigger revelations than she could ever have anticipated. Adapted from Paula Hawkins' novel, this gripping new play will keep you guessing until the final moment.

And, on **Tuesday 19th June**, for the Playhouse's closing shows you have a choice of either:

Searching for the Heart of Leeds – a collision of music, movement, and the words of over 200 Leeds residents, as two lost Loiners search for the one thing that makes Leeds Leeds. **Or**

Alan Bennett's Talking Heads: A Chip in the Sugar/A Woman of No Importance/Soldiering On – Graham enjoys a safe and uncomplicated life with his dear mother, Peggy is rudely displaced by a mysterious illness and Muriel is dealing with her wayward son.

**Pick ups from 5.30pm, return approximately 10.30pm. £20 MAECare members/
£25 non-members. Door-to-door transport included.**

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

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 8th May, 12th June and 10th July. 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:

May 17th – 'Discover Parliament' find out more about this institution and how laws are passed.

June 21st – 'Midsummer's Dream' – plant up a pot of summer sunshine.

July 19th – 'A Celebration of Yorkshire' with Noel Moroney

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

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 21st May – Experiment with Printmaking. Discover many ways to make exciting prints using inks, rollers and various materials which we will cut, carve and glue.

Monday 18th June – More Experiments with Printmaking. Continue to explore different methods of making beautiful and surprising prints (it's fine if you missed the May session).

Monday 16th July – Summer Glories. A painting session to celebrate colour, light, sunshine and flowers!

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.
3rd May, 7th June and 5th July. £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 Michael 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 will be 13th June and 18th July from 2pm to 4pm. The session in May will take place on Monday 14th May between 2pm and 4pm.

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

Old and New Games

We have taken the decision to discontinue Old and New Games at Treetops due to a drop in numbers attending. Games Afternoon at the MAECare offices will continue to run monthly.

MAECare presents Film Friday

Join us for a complete cinematic experience as @57a becomes a mini-picture house.

4th May

The Three Tenors in Concert
1.45pm to 4.30pm
FULLY BOOKED

1st June

The Greatest Showman
1.45pm to 4.30pm

A bold and original musical that celebrates the birth of show business. Inspired by the ambition and imagination of P.T. Barnum. It tells the story of a visionary who rose from nothing to create a mesmerising spectacle that became a worldwide sensation.

6th July

Finding Your Feet
1.45pm to 4.30pm

An array of British stars are cast in this heart-warming modern comedy; Sandra discovers that her husband of forty years is having an affair with her best friend and seeks refuge with her estranged, older sister, Bif. The two could not be more different – 'Lady' Sandra reluctantly lets Bif drag her along to her community dance class, where gradually she starts finding her feet... and romance.

3rd August

It Started with Eve
1.45pm to 4.30pm

Johnny's father's dying wish is to meet his son's fiancée, but, when she's not available, Johnny enlists a young hatcheck girl (Deanna Durbin) to stand in for her...and then the old man begins to recover... Charles Laughton plays cupid in this 1941 romantic, musical comedy.

Film showings are free, with interval refreshments available for a suggested donation of £2.

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).

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.

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.**

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.



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.**

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. **New members needed!**

There are two walks a month. Destinations to be arranged.

May: Thursday 3rd and 17th

June: Thursday 7th and 21st

July: Thursday 5th and 19th

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



Zumba Gold – change of venue

The new venues for Zumba Gold are effective from the week commencing April 16th and are as follows:

Wednesday's class will now take place in St Paul's Church Hall 10am to 11am.

Thursday's class will now take place in St Stephen's Church Hall 10am to 11am.

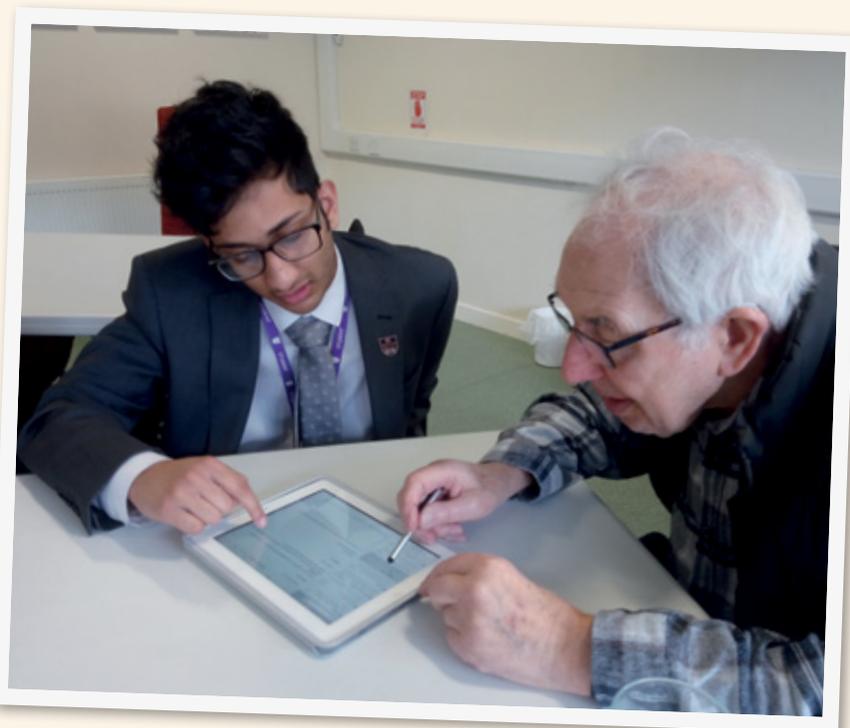
Community Connections

IT Volunteers

Whether you are a total beginner or just need a little bit of help, we have a team of volunteers who are happy to offer help and support with your smartphone, tablet computer or iPad. Sessions can take place here at the office or in your own home, depending on your availability and the availability of the volunteer.

We also have regular support sessions on a Wednesday afternoon from a pupil at Leeds Grammar School.

If you would like help from any of our wonderful volunteers, please contact Barbara.



PenPals

Our PenPal project is so popular with the children at Alwoodley Primary School that we are looking for more MAECare members to become a PenPal. If you would like to join our PenPals project and write to one of the pupils at the school, please speak to Barbara for more information.

Allerton C of E Primary

Allerton C of E Primary at Lingfield Approach have once again extended an invitation to MAECare members to join in the Art/Literacy celebrations every two weeks with their pupils. The sessions take place on a Friday afternoon from 1.30pm to 2.30pm. It is an opportunity for the pupils from Reception Class to Year 6 to take it in turns to share their learning and achievements. **On 27th April and 11th May, Year 1 will be displaying their work. On 25th May, the Reception class will be having their celebration.** Those who attended the last session on 16th March thoroughly enjoyed it. If you would like to attend any of these Friday afternoon sessions, please speak to Barbara.

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 speak to Barbara.



Caring Hands Activity Group

At North Leeds Medical Practice starting 2nd May 1pm to 3pm, an opportunity to play Ping Pong, Card games, Dominoes, Scrabble.

Model Making Group

On Tuesdays 3pm to 5pm at the Royal Voluntary Service office at Potternewton Lane LS7 3LW. For more information contact RVS 887 3596.

Night out at Brasserie Blanc

MAECare had a great night out there in March, 40 people came by minibus and taxi, with one person remarking that they hadn't been in the centre of town for years.

The food was excellent and good value for money and the staff could not have been more attentive.



Information

Money at MAECare – A message from our treasurer

We don't usually talk about money in the newsletter, but MAEView, which is our service users group, suggested readers might like to know more.

Here are some frequently asked questions:

What is MAECare's income?

Between 2016-17 our income was £310,722.

Where does MAECare get its money from?

We have a core grant from Leeds City Council which in the last financial year was £68,000.

Many of our activities are funded from the contributions that service users make.

The rest we raise through applications to trusts and foundations. For example, we recently received a grant from the Henry Smith Foundation. We have had three large grants from the Big Lottery since 2005.

All these applications are competitive. We don't always succeed and they are often one-off grants or for a limited time. Our last Big Lottery grant was for five years and this ended in November 2017.

What about local funding?

Local people support us in lots of ways – they have collections at funerals, small donations are added to payments, and sometimes we receive more substantial donations. Recently we received £20,000 from an anonymous local donor and we are especially grateful for this.

Donations large and small are always welcome and they can be gift aided.

Do we ever get local sponsorship?

Yes, currently our newsletter is sponsored by Westward Care who own Headingley Hall and Southlands.

Wm Dodgson (Moortown), Funeral Directors have also sponsored refreshments at events.

What do we spend the money on?

The main cost is salaries – 80% of our budget is spent on salaries. Our volunteers are vital but we couldn't offer what we do without paid staff.

It costs £700 a day for MAECare to keep all the activities going for a year.

Keeping MAECare running with the range of activities we offer, means we need to be looking at fundraising most of the time. This financial year we are under special pressure with a number of grants coming to an end and no replacement funding yet in sight.

If you want to find out more about MAECare's accounts you can download them from the website www.maecare.org.uk or request a set from the office.

Enclosed with this newsletter is our revised legacy leaflet. Please have a look and think about leaving MAECare a legacy.

Thanks once again for all contributions to MAECare.

Does someone you know display any of these warning signs?

If so, they might be a victim of scams/fraud:

- High volume of scam mail
- Not paying bills or buying food
- Increased isolation from friends/family
- Receiving high volume of phone calls
- Unfinished work in the property/garden

- Embarrassment when talking about money
- Poor living conditions
- Hoarding large quantities of 'worthless' goods

To talk to someone in confidence, please call SAFER – West Yorkshire Trading Standards – 0113 393 9910

Staffing News at MAECare

A message from Carol Burns, manager at MAECare

I will be 62 in the summer and I have decided that now is a good time to finish full time employment while I am fit and healthy enough to enjoy some free time.

I will be leaving MAECare after the Annual Celebration after 8 very happy years.

I have enjoyed my time here very much and it's been a pleasure to see MAECare grow and flourish offering more and more support and activities to older people in the Leeds 17 area.

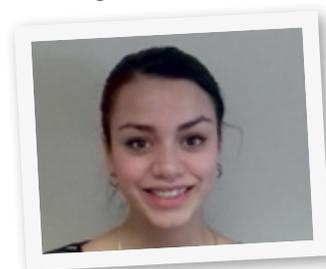
I have had the support of a very committed management committee and a passionate and energetic staff team. Thank you to them for making it such a great place to work.

I have been inspired by so many of you and your positive attitude to growing older. I am glad that working with older people has been my last full time employment. I have learnt so much from all the service users at MAECare and you've shown me how I can make the best of these 'golden years'.



Welcome to Gabrielle

Gabrielle Green joins us as a social work student on placement and will be visiting many of the activities and events that you all attend.



Dates for your diary

May

Tuesday 1st May (pm)

Cats PJs at Treetops

Friday 4th May

Film afternoon @57a

Wednesday 9th May

Middleton Park outing

Wednesday 16th May

Dying Matters Event @57a

Thursday 17th May

'Thursday Club' Coffee morning @57a/
Treetops Afternoon Tea (pm)

Saturday 19th May

Shared Tables lunch
at Fisherman's Lodge

Tuesday 22nd May (pm)

Cats PJs at Treetops

June

Friday 1st June

Film afternoon @57a

Tuesday 5th June (pm)

Feeling Good Theatre at Treetops

Thursday 14th June

Eden Camp Outing

Thursday 21st June

'Thursday Club' Coffee morning @57a

Saturday 24th June

Shared Tables lunch at Olive Branch

Wednesday 27th June

Temple Newsam outing

Thursday 28th June (pm)

North East Producers
at Wigton Moor Church

July

Tuesday 3rd July

Southport Outing

Friday 6th July

Film afternoon @57a

Thursday 12th July (pm)

Allerton High Strawberry Tea

Tuesday 17th July

Annual Celebration at Alwoodley Park
Methodist Church

Thursday 19th July

'Thursday Club' Coffee morning @57a

Saturday 21st July

Shared Tables lunch

Wednesday 25th July

Breezy Knees Outing

August

Friday 3rd August

Film afternoon @57a

Donations for MAECare transport to increase from £4 to £5 from 1st May 2018

We offer transport to everyone who needs it, as long as you live in the MAECare area.

We ask everyone to make a donation towards the cost of transport and this covers any volunteer mileage claims, the cost of the taxi or the cost of hiring a minibus.

Currently, we suggest a minimum of £4 per person per return journey and this contributes to the cost of all our transport.

The suggested donation has been the same for four years now and as our costs are rising, we are going to increase the suggested donation to £5 per person per return journey.

If you are going on a theatre trip or into the city centre, the donation will be worked out separately.

If you and some friends would prefer to get your own taxi together to activities, then of course please make your own arrangements.

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.

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

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

Watch our
new video

at westwardcare.co.uk
to find out what it's like
to live in your own
luxury apartment

57 Cranmer Bank Leeds LS17 5JD Tel: 0113 266 0371
A Company Limited by Guarantee, No 4352867
Registered Charity Number 1100645



Moor Allerton
Elderly Care