

Newsletter

Autumn 2018

Welcome to Julia

I am delighted to be joining MAECare in July as Project Manager. I have a passion for social justice and have worked in the voluntary sector for nearly 20 years – for organisations like Mediation Leeds Refugee Action and Bradford Law Centre.

For the last 6 to 7 years I've worked with older people. I was the Director of Operations at Age UK Leeds, managing their community based charitable services and more recently for Leeds Older People's Forum on the Time to Shine Programme, with its focus on social isolation and loneliness – something that is dear to my heart. I want to see older people at the heart of what we do, every individual's contribution valued, their strengths recognised, their voices heard so that we are working together to ensure older people age well.

In my personal life, as well as reading and cooking, I enjoy being outdoors, whether it's gardening, cycling or walking. I've just returned from a holiday in northern Spain, cycling from the beautiful mountains in the Picos de Europa to the sea. You may even catch me cycling to work!



Julia Edmunds

Mindfulness

Mindfulness is an approach which aims to relax the mind and body by focussing on the present moment and has proven benefits for wellbeing. 'Mindfulness is recommended by the National Institute for Health and Care Excellence (NICE) as a way to prevent depression in people who have had three or more bouts of depression in the past.' (NHS choices website). 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.

Making a Match Project – Welcome to our new Project Workers

Hello! Would you or someone you know be interested in making a new friend and expanding your horizons? We are Lisa and Janet, the new Project Workers at MAECare. Our project is called 'Making a Match' (funded by the Big Lottery), and that is exactly what we aim to do.

The idea of the project is to pair people with a similar interest and help them form a strong lasting friendship over that shared interest. We will be working with people aged 50+ (predominantly those living in LS16 or LS17 although we can be reasonably flexible about this) who can get out and about on their own. This project is for everyone, but especially if your sight, hearing or mobility is impaired or if you have experienced mental health issues.

Our role will be to identify suitable people, help each person to work out the practicalities of meeting up to enjoy their shared pastime and support them to build and maintain their new friendship.

We will also gather information about local and city-wide activities which our participants may find of interest. Activities could range from a simple walk in the park to playing board games or sport, dancing, music etc, whatever people may be interested in.

We will be setting up focus groups, so if you are interested in getting involved in the planning of this exciting project and are willing to share your ideas and opinions about the project, you can email us on lisaw@maecare.org.uk or janet@maecare.org.uk or ring us on **07498 6142 27** or **07498 614258** and we will get back to you.



Lisa Wilson



Janet Onslow

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

Cricket Tickets

Yorkshire Cricket Club offer MAECare opportunities to attend the cricket free of charge – let us know if you are interested in attending a cricket match. We have tickets for the following matches.

Yorkshire v Somerset County Championship (first day) start 11am, Wednesday 29th August.

Yorkshire v Hampshire County Championship (first day) start 10.30am, Tuesday 18th September.

Ring the office to reserve your ticket and transport. Priority will be given to those who haven't been to a cricket match with MAECare before.

Treetops Presents Kitty LaMare

Join us for an afternoon of vintage entertainment with Kitty LaMare followed by tea and cakes.

Let Kitty take you for a stroll down memory lane with the songs you love including artists such as The Andrews Sisters, Dinah Washington, Vera Lynn and Ella Fitzgerald – to name but a few. Choose one of the dates, complete the booking form and return to the office.

**Tuesday 11th September
Tuesday 25th September
2pm to 3.30pm, Treetops Community Centre, Squirrel Way,
£5 members/£6 non-members.**



New: Health and Well Being Sessions

Starting in September at MAECare: Monthly Health & Wellbeing Sessions at Treetops Community Centre.

These may be information sessions, taster classes for wellbeing activities or perhaps activity sessions just to try something different or creative! Come along and find out more...

Tuesday 18th September
Come along and meet Rachel, the Occupational Therapist from the William Merritt Centre, who will give a talk about the work of the William Merritt Centre and a demo of equipment to aid independent living. Drinks and biscuits provided.

Tuesday 16th October
Join Catherine, trainee dietician, for a talk and activity session about nutrition for older people – learn more about what 'good' nutrition means and make yourself a healthy snack! (Although biscuits will also, of course, be available!)

**Tuesday once a month, Treetops Community Centre, 1.30pm to 3pm.
£1 members/£2 non-members.
Transport can be provided if required for £5.**

Treetops – Fish and Chips

Enjoy a traditional British meal followed by entertainment. Choose one of the dates, complete the booking form and return to the office.

**Thursday 11th October
Thursday 25th October**

**12.30pm to 2.30pm,
Treetops Community Centre,
£5.50 members/£10 non-members.**



Shared Tables

As Wendy is leaving, there will be no shared tables in August, but we will resume in September. The first two venues will be new ones, as these have been suggested by several of you as good places to try.

**Saturday 22nd September –
Gusto – Otley Old Road –
LS16. Meet at 12.30pm.**

**Sunday 21st October –
The Red Lion – Shadwell –
LS17. Meet at 12.30pm.**

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



International Day of Older People @57a – Trailblazers

Join us at MAECare, as we celebrate the talents and contributions of older people with activities and entertainment @57a.

**Wednesday 3rd October,
11am to 2pm, £5 members/
£7.50 non-members, including
lunch. Transport is available.
Please let us know when you book.**

Booking policy

To make sure that everyone has a chance to book on activities and trips, we will not start taking bookings until **Wednesday 1st August.**

Events at MAECare

All Day Outings

Oswaldtwistle Mills with meal and 'Country and Western' cabaret

This Lancashire mill offers something for everyone with the opportunity to shop and be entertained under one roof. This coach outing is open to everyone and if you need any assistance to come such as having someone to push your wheelchair or someone to walk with you because your eyesight is poor, you can bring a carer for the discounted price of £29.50. If you're not able to bring a carer we may be able to offer limited support so, please let us know when you book what support you may need.

Please fill in the enclosed booking form and menu choice and get it back to us with your payment as soon as possible for this trip, to secure your place.

Wednesday 5th September

The coach will leave the MAECare office at 9.30am and return at 5.30pm.

Price £29.50 for MAECare members/£39.50 for non-members.



MAECare Theatre Trips for All

While the recently renamed 'Leeds' Playhouse building at Quarry Hill is being revamped we are lucky to be able to visit their 'pop-up' auditorium for a brand new theatrical experience! We have tickets for a couple of evening performances this year.

ROAD Thursday 6th September

Our drunken tour guide, Scullery, stumbles through living rooms, over cobbles and past lives during one raucous night as we meet the many bold, browbeaten and brave residents of this forgotten road. Containing strong language, Jim Cartwright's brutally poetic masterpiece, gives a spirited voice to abandoned Northern communities and his seminal play remains as powerful, resonant and jubilant now as when it first blazed on to stages in 1987.

'A Christmas Carol' Tuesday 20th November

With Christmas spirit, fun, music and magic at its heart, this timeless tale is brought vividly to life in a new adaptation of Charles Dickens' classic.

It's Christmas Eve in Victorian Leeds and cold-hearted Ebenezer Scrooge hasn't an ounce of festive cheer. As the cold night draws in, four ghostly spirits take Ebenezer on a magical journey through his past, his present and his future, hoping to show him the error of his ways.

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. Door-to-door transport is offered for these evening trips. Please make payment as soon as possible to secure your place.

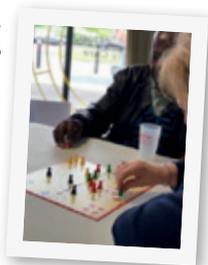
**Pick ups from 5.30pm, with return approximately 10.30pm.
£20 MAECare members/
£25 non-members.**



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
11th September
and 9th October.
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:

August 16th – NO Club this month.

September 20th – Harvest fruits – sample this year's harvest berries and fruits.

October 18th – Dyed in the wool – a demonstration of dyeing techniques with the opportunity to have a go at tie-dyeing.

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 20th August – Creative Beginnings: Moving from fun group exercises, make your own beautiful finished work as you explore colour, pattern and blending with oil pastels.

Monday 17th September – Adventures with Acrylics: Make lots of gorgeous coloured and textured papers by drawing into wet paint, layering, scumbling, brush marks and splodges and much more.

Monday 15th October – Collage with Colour: Using papers made in the September session, create beautiful and interesting collages by cutting, tearing, layering and gluing.

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.

**2nd August, 6th September
and 4th October.
£2, including refreshments.**



Thursday Drop In

On **Thursday 27th September** we'll have a **Cake Stall @57a Cranmer Bank 10.30am to 12noon** – come along for delicious sweet treats to enjoy with a cuppa or take home to eat at your leisure.

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.

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 Oakwood Solicitors, 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 15th August, 19th September and 17th October from 2pm to 4pm.

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

MAECare presents Film Friday

3rd August

**It Started With Eve
1.45pm to 4.30pm**

FULLY BOOKED

You can be added to the waiting list if you've not already booked.

7th September

**The Guernsey Literary
And Potato Peel Pie Society
1.45pm to 4.30pm**

Free-spirited writer Juliet Ashton, forms a life-changing bond with the eccentric Guernsey Literary and Potato Peel Pie Society, when she decides to write about the book club they formed during the occupation of the Channel Islands during WWII. An all-star cast in a compelling romantic drama with an intriguing mystery at its heart.

5th October

**The King and I
1.45pm to 4.30pm**

Deborah Kerr and Yul Brynner star in this classic Rodgers and Hammerstein musical. When Anna, an English schoolteacher, is employed by the King of Siam to educate his many children, she soon clashes with the king, who is used to having his every wish adhered to without question.

2nd November

**I, TONYA
1.45pm to 4.30pm**

Based on unbelievable but true events, I, TONYA is a darkly comedic tale of American figure skater, Tonya Harding, the first American woman to complete a triple axel in competition and one of the most sensational scandals in sports history.

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, 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
7th August	17th August
4th Sept	14th Sept
2nd Oct	12th Oct

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.**



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.

There are two walks a month, reducing to once a month later in Autumn.

**August: Thursday 2nd and 16th
(Walk around Fleet bridge area,
Oulton & later date Temple Newsam).**

**September: Thursday 6th and 20th
(destinations to be arranged).**

**October: Thursday 25th
(destination to be arranged).**

**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 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.

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

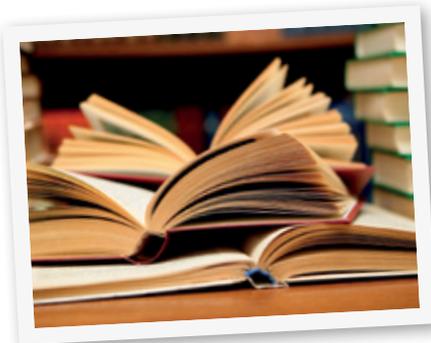
We will also be resuming our Wednesday afternoon 1-2-1 support sessions from pupils from the Grammar School at Leeds in September.



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.



Carr Manor Community School

We are talking to the school about MAECare members going to the after-school club at the school and spending time with the children, joining in with activities, which might include knitting, craft activities, singing, board games or reading with the children. The school has a minibus, which will collect members from MAECare's premises at 2.45pm and bring them back to MAECare at 4.15pm. We plan to start going to the school in September, once every two weeks probably on a Thursday afternoon, but the day has yet to be confirmed. If you would like to find out more information and register your interest, please contact Barbara.

PenPals

Our PenPal project is so popular with the children at Alwoodley Primary School that we are always looking for more MAECare members to become PenPals. 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.

Free IT workshops

MAECare will be hosting some free digital workshops and training courses over the next few months. The first course will be focussing on learning how to use the camera on your tablet computer or smartphone. The course will include learning the basics, composition, lighting and exposure. We will also be looking at the best way to show and back up your photos. **The course will run at MAECare on Friday mornings from 10am – 11am on 14th September, 21st September, 28th September and 5th October.** Places are limited to ten participants, so early booking is advised.

We will also be organising a Technology Made Easy course. This will be a 4 weeks course teaching the basics for laptops, plus another 4 weeks for teaching iPad and iPhone basics plus another 4 weeks course teaching android tablet and phone basics. We do not yet have dates for these courses. However, if you would like to register your interest for attending one of the 4-week courses, please contact Barbara. Please note that these sessions are for beginners.

ACTIVAGE Project

The ACTIVAGE project is a trial project offered by Leeds City Council in partnership with Samsung, to provide technology to people aged 65 and over living in Leeds who have a wifi or broadband connection.

The project aims to promote healthy and active lifestyles. The project has sets of devices to offer participants, which they can keep at the end of the project. The equipment consists of smart watches, which can make and receive telephone calls, count steps and heart rate and can also provide prompts and reminders. The watch is linked by an app to a smart phone. There is also a home hub with sensors that can be placed around the home. These may be on electrical items such as kettles or the television or may be door or pressure sensors. The sensors show how often a person moves around the house or uses the kettle. The home hub can be a valuable resource for a carer so they can keep an eye on an older person.

Full training on using the devices and free installation is provided and there will be regular drop-in sessions for participants.

If you are interested in hearing more about these devices and the ACTIVAGE project, then book a place on the information session to be held at MAECare on Wednesday October 10th from 2pm to 3.30pm.

Information

Leeds Credit Union

Fortnightly on Thursdays starting 9th August at the MAECare office (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.

Sophie, 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, apply for loans, do same day bank transfers, set up standing orders, obtain account balances or just make a query.

She can also help people who are struggling to pay their bills by helping them to open a bill paying account. For this, you would need photo ID, proof of address and the letters from service providers. You would be fully supported to set up affordable payment plans.



Goodbye to Wendy

As some of you will know, I am going to be leaving in July and I just want to say how much I have enjoyed working at MAECare and getting to know many of you. Thank you for making my time here so enjoyable and rewarding – Wendy.



First Bus meeting – report back

Representatives of First Bus attended a public meeting at the MAECare centre on 25 June with local Cllrs Dan Cohen, Neil Buckley & Peter Harrand.

Although First Bus reported improvements in reliability with a service change in February, they accepted further improvement was needed and are considering splitting the 51/52 route so that it finishes in the city centre. The last 51 bus now does go through to Meanwood as requested and driver changeovers in Leeds have been monitored to improve punctuality. Contactless ticketing has been introduced and new customer care driver training programme Journeymakers has now been delivered to over half of Leeds' 1000 drivers.

Any comments can be directed to 0345 646 0707 or use our online form on the customer care page at www.firstgroup.com.

Thanks to Brandon Jones, Head of External Relations at First Bus for this information.

Staffing News at MAECare

Our Circles of Support Project Worker, Jenny Nayak, left us in May and has gone to work in Zambia for nine months as a Speech and Language therapist. The Circles Project work will now be covered by Rhonda Ward and Rebecca Matthews (see above right).

Welcome to Rebecca

I am very pleased to have joined the team at MAECare to support the Circles of Support project 2 days a week.

I also run the Sunny Hearts group on a Tuesday morning which is designed to help people's minds stay active and stimulated, encouraging social interaction and having fun!

My background is working in the public sector, and I have done a number of years volunteering with people living with dementia, including running a singing for the brain group and dementia friends sessions. When I'm not at work I enjoy playing and watching tennis, and singing in a choir.



Wigton Moor Church – Community Café

Every Tuesday between 2 to 4pm. Fair trade tea and coffee, hot chocolate and home-made cakes are served. Payment by donation.



Dates for your diary

August

Friday 3rd August
Film afternoon @57a

September

Wednesday 5th September
Coach Outing to Oswaldtwistle

Friday 7th September
Film afternoon @57a

Tuesday 11th September (pm)
Kitty LaMare at Treetops

Tuesday 18th September (pm)
Health and Well Being Session
at Treetops

Thursday 20th September
'Thursday Club' Coffee morning @57a

Saturday 22nd September
Shared Tables lunch at Gusto

Tuesday 25th September (pm)
Kitty LaMare at Treetops

Thursday 27th September
Cake Stall @57a

October

Wednesday 3rd October
International Day of Older
People Event @57a

Friday 5th October
Film afternoon @57a

Wednesday 10th October (pm)
ACTIVAGE information session @57a

Thursday 11th October (pm)
Fish and Chips at Treetops

Tuesday 16th October (pm)
Health and Well Being Session
at Treetops

Thursday 18th October
'Thursday Club' Coffee morning @57a

Thursday 25th October (pm)
Fish and Chips at Treetops

Sunday 21st October
Shared Tables lunch at The Red Lion

November

Friday 2nd November
Film afternoon @57a

General Data Protection Regulations (GDPR)

I am sure some of you have heard of the new regulations on Data Protection and Privacy, which came into force in May.

Many of the provisions are just the same as the previous Data Protection legislation but there has been some tightening up.

MAECare, like other organisations, has reviewed our policies and made sure we are compliant with the law.

You have already given us permission to hold your data so we can send you the newsletter and support you to be independent. We will only use the information to support you, and with your consent. Your information is held electronically and we make sure it is secure.

We only share your information with permission, unless there is an emergency or you are at risk of harm.

If you have any questions, please get in touch or you can also look on our website for our privacy policy.



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