

Newsletter

Spring 2019

Spring is on its way...

Spring may be around the corner but we've still got a few more weeks of winter to get through. Tips from Public Health England to keep healthy during winter:

- If you're 65 and over, make sure you stay healthy by getting your free flu vaccine before the end of November. Visit your GP or local pharmacy to find out more.
- If you are the main carer for someone who is elderly or disabled, speak to your GP or pharmacist about having a flu vaccine along with the person you care for.
- Check up on your elderly neighbour or relative. Winter can be an isolating time for some people. Why not pop in for a cuppa or ask if they need anything from the shops?
- Cold weather triggers asthma symptoms. Make sure you have your reliever inhaler on you throughout winter.
- Keep curtains closed to stop draughts at night.
- Two layers are better than one. Keep warm and layer up this winter.
- Got cold feet? Keep warm in bed with a hot water bottle or electric blanket.
- Try to keep your home at least 18C.
- Most common winter ailments, such as coughs, colds, sore throat and earache cannot be treated with antibiotics. It's important that you get plenty of rest, drink plenty of fluid, have a hot meal and see your pharmacist if you need further advice.
- Consult a pharmacist at the first signs of a winter illness. They're medically trained and can provide free advice without an appointment.
- Feeling under the weather? Not sure which service can help you? Call NHS 111, available 24 hours a day, 365 days a year.
- Keeping active will help you stay healthy (and warm!) If you can't make it outside, walking and stretching indoors is a good alternative.
- Getting outside while its light can help fight off winter tiredness.

New to MAECare!

Dance On! – Fun, accessible dance sessions designed for older people. No previous dance experience needed.

The sessions 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. Sessions will run by Mary, a qualified dance tutor from Yorkshire Dance with an emphasis on fun! Moortown Methodist Church Hall, Tuesdays 1.30pm-2.30pm, starting February 5th 2019.

FREE 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 as outlined above. The sessions are offered to members, and their family.

The free legal advice sessions are available on the first, second, and fourth Friday of the month from 10am to 12 noon. We also offer another legal advice session on the third Wednesday of the month between 2pm to 4pm.

The half hour appointments are held in our private interview room. The sessions are offered by Oakwood Solicitors, Levi Solicitors, Milner Law Company, and Morrish Solicitors.



Transport will be available at £5. Cost: £3 per class, paid for in 4 week blocks, first class free if you did not attend the taster session in December. Contact Julie for more details and to book.

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

Stocking Filler Event

Thanks to everyone who supported us by making or donating items to sell or simply spending money, buying raffle tickets, guessing the Name of the Dog (no one had picked 'Martha' which was the dog's original name so, in a draw of names that had been chosen the soft toy was renamed 'Duke').

The planned event last November actually had to be cancelled at the last minute because we had no lights, heating or electricity whilst emergency repairs were being carried out on the parade; nevertheless, we raised over £180 – which is a great contribution to the continuing activities in MAECare @57a.



Leeds University Intercultural Ambassador Event

For the fourth year MAECare will be joined by a group of students from Leeds University who will be hosting a session of fun, interactive activities and chat at the MAECare office with the theme of an "International Tea Party". Come along to find out what activities they have planned...

Friday 8th March 2pm to 4pm.
Event is FREE but transport will be available if necessary at a cost of £5.



Health and Wellbeing Events at Treetops

Tuesday February 12th
1.30pm to 2.30pm

Leeds Carers will be delivering an information session and also give MAECare members information and advice about the Leeds Carers Service and what help they can offer to people who are caring for family members who have physical or mental disabilities or substance misuse issues. At Treetops Community Centre, Off Shadwell Lane.

Free Event, transport available for members at a cost of £5

Tuesday March 19th
1.30pm to 3pm

SAFER Leeds will be presenting sessions on both Scams and Fraud & Doorstep Crime to MAECare members – these sessions promise to be fun and interactive with the opportunity to find out more about the latest scams which are circulating Leeds as well as how to avoid falling victim to them.

Free Event, transport available for members at cost of £5



Wednesday Wonder.

Wednesday March 27th
11am to 3.30pm

A visit to Leeds City Art Gallery including a once-in-a-generation opportunity to see selected drawings of Leonardo da Vinci.

A Life in Drawing provides an unparalleled insight into da Vinci's work, and we'll have a chance to look at other still life work in the gallery's collection, as well as enjoy lunch in the beautiful Tiled Hall cafe.

£17/£25 (non-members), including door-to-door transport & lunch.
If you need any assistance, such as someone to escort you in your wheelchair, just let us know when you book for this outing.



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 **Tuesday 5th February.**

Shared Tables

Saturday 23rd February 2019
Bryans at The Fisherman's Lodge,
9 Weetwood Lane, Headingley LS6 5LT
Meet at 12.30pm

Sunday 24th March 2019
West Park Lounge, 251 Otley Road,
LS16 5LQ Meet at 12.30pm

Saturday 27th April 2019
The Lord Darcy, 618 Harrogate Road,
Alwoodley LS17 8EH
Meet at 12.30pm

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



Events at MAECare

MAECare Theatre for All

We've offered occasional evening trips to the theatre for a few years now and we're pleased to tell you we have plans to expand the variety of shows we'll be getting tickets for. If you're interested in finding out more and maybe have ideas of the sort of thing you'd like to see, please come along to MAECare @57a on **Monday 11th February 10.30am to 12 noon**

Currently we are taking bookings for:

Opera North's double bill of opera and dance; the **Rite of Spring**, a co-production with Phoenix Dance Theatre, and Puccini's short comic opera '**Gianni Schicchi**' (sung in Italian with English subtitles). This evening performance is on **Thursday 28th February at The Leeds Grand (£20 members/£25 non-members including door-to-door transport).**

LAOS production of the classic star-crossed lovers in '**West Side Story**' at The Grand. We have tickets for the evening performance on **Thursday 25th April. £27.50 each for MAECare members/£35 for 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 push your wheelchair, please tell us when you book.

MAECare presents Film Friday

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

1st March

1.45pm to 4.30pm
'The Dam Busters'

A much-loved 1955 British classic, this drama captures the tension and bravery of an audacious raid on the centre of Nazi Germany's industrial complex and the quintessentially English combination of inventiveness and dogged determination.

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.

5th April

1.45pm to 4.30pm
'Bohemian Rhapsody'

Celebrates the band Queen, their music and their extraordinary lead singer, Freddie Mercury, who defied convention to become one of the most beloved entertainers ever.

3rd May

1pm to 4.30pm '**Manon**'

Soprano Anna Netrebko plays Manon and Rolando Villazon is the lovesick Le Chevalier, in this 1950s setting of Massenet's opera comique.

There will be two intervals and this film will start promptly at 1.15pm.

Meals out in Leeds

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

Monday 4th March. Arrive at 12.15pm for lunch at 12.30pm.

The cost is £13.50 for two courses or £15.50 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 £5.



A special night out at the Double Tree by Hilton Hotel in the City Centre on Granary Wharf which includes a trip up to the Sky Lounge.

Monday 11th March. Arrive at 5.45pm for meal at 6pm.

The cost is £20 for two courses or £25 for three courses for members. The cost for non-members is £25 for two courses or £30 for three courses. If you need transport that will be an additional £5.

The menu choices are included with the newsletter. Please make your choice of menu and return your form with payment to the office by 25th February.

Regular Activities

Games Afternoons @57a

Tuesdays 12th February, 12th March, 9th April 2pm to 4pm. Scrabble, Monopoly, cards and dominoes and a chance to try Mah Jong for absolute beginners.



New @57a – enter the ‘Twilight Zone’ 5.30pm to 7pm on Wednesday 20th February and Wednesday 20th March With games from ‘Play Your Cards Right’ to picture quizzes and puzzles – join us in the twilight zone!

Thursday Club @57a

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

February 21st – Meet a PCSO. A short talk on their work in the community.

March 21st – A chance to try “Forever Living” and find out about the healing properties of Aloe Vera.

April 18th – Make an Eggstravagant Easter Bonnet or Hat!

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

Arts @57a

Dates for Art Classes are:-

Mon 18th Feb, Mon 18th March 10.30am to 12.30pm £2.50 per session

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 7th February, 7th March and 4th April £2, including refreshments.**

Thursday Drop In

On other **Thursday mornings** we have a ‘drop in’ **between 10am to 12 noon** when you can just pop in for a drink and a chat.

MAEWriters

From **January 2019** our Creative Writing Group moves to Thackrah Court, Squirrel Way off Shadwell Lane. Thackrah Court have very kindly allowed the group to meet in their downstairs lounge. Liz McPherson will continue to lead the group. New Members are very welcome. To find out more contact Julia at MAECare.

Thursday afternoons 1.30pm to 3.30pm. The cost per term is £40.

Just For Men... have you heard about the Men’s Den?

News and views, life as a mature man, hobbies and interests, sports and games... whether you think of yourself as a ‘grumpy old man’ or you’re enjoying some of the best years of your life, you may be interested in coming along?

£2 per session, including refreshments and door-to-door transport is available. Please get in touch if you’d like to know more – 266 0371

This group for men meets on the 4th Tuesday of each month: 26th February, 26th March, 23rd April 2pm to 4pm at MAECare @57a.



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.

Tuesday	Friday
5th February	22nd February
5th March	22nd March
2nd April	26th April

Knitting

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

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



Dog coat knitted by Knitting Group

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.**



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

Social Strollers is still seeking a volunteer walk leader. Please contact Julie at the office if you are interested.

Community Connections

Technology Troubleshooting Drop in

Having trouble with a technology issue? Have a query or want to find out more about a particular aspect of technology?

The digital world can be a daunting place, especially when technology goes wrong. We now have a weekly troubleshooting drop in session.

Just turn up **anytime between 1.30pm to 3.30pm on a Wednesday** at the MAECare office and ask for Vicky.



Technology Made Easy – iPads and iPhones

We will be running a 4-week iPads and iPhones for Beginners Course in February/March. This course is for beginners who want to learn how to use an iPad or iPhone. If you do not have your own iPad, 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 February 22nd, March 1st, 8th and 15th.

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 iPads or iPhones.

Technology Workshop – What are apps and how can they help me?

Are you a smartphone, android or iPhone user and wondering about what apps are?

This workshop will introduce you to the world of apps and what they can do for you. The session will be jargon free and will help you to discover apps that may be of benefit to you. Please contact Vicky for further information.

Friday 29th March @57a 10.30am to 12 noon

Readers Group

The Group meets at 2pm on the **fourth Monday** of the month @57a Cranmer Bank. The book for the meeting on **25th February** is **The Return** by **Victoria Hislop**.

Pen Pals

The penpals project is going strong. If you are interested in writing to a primary school child, please contact Vicky for further information.

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

Staff News

A warm welcome to Caroline and Vicky who join us this year.

Caroline Wright is our Administration and Communications Officer. She is often the first person you will see when you walk through the door or speak to when you ring us up.

She will work Mondays to Thursdays.



“I have just joined MAE Care in January 2019 and I am responsible for running the office, supporting and organising the work of the office volunteers, producing the Newsletter, updating the website and social media, and other admin support as required. I retired from my job as a production planner at the end of 2014, and since then I have been volunteering for Age UK Leeds in Information and Advice, and for the Dementia Friendly Leeds project, providing admin support and producing their e-newsletter. In my personal life, I enjoy reading, cycling, walking, birdwatching and nature in general. I also volunteer on the committee of the Leeds RSPB Group.”

Caroline Wright

Vicky Taylor is our Project Worker (Digital Inclusion); she will be supporting your IT needs and also coordinating Pen Pals.

She will work part time on Mondays, Wednesdays and Fridays.

“I am excited to be joining MaeCare in the role of Project Worker for Digital Inclusion. This is my first role in the voluntary sector; I have previously worked in education and social inclusion roles across the city for Leeds City Council. I have a varied set of interests outside of work but am particularly interested in the arts including things like literature, history, cinema, music, and writing. I also spend a lot of time walking my dog, as well as volunteering for an animal charity doing fundraising events. I am looking forward to meeting some of our members and helping them to access digital services to increase digital inclusion.”



Vicky Taylor

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

Dates for your diary

February

Thursday 7th February

Singing @57a

Tuesday 12th February

Health and Wellbeing at Treetops/
Games Afternoon @57a

Thursday 21st February

Thursday Club @57a

Saturday 23rd February

Shared Tables

Tuesday 26th February

Mens Den

Thursday 28th February

Theatre for All – The Rite of Spring
and Gianni Schicchi

March

Friday 1st March

Film Friday @57a

Monday 4th March

Lunch at the Printworks

Thursday 7th March

Singing @57a

Friday 8th March

International Tea Party @57a

Monday 11th March

Night out at the Double Tree
and Sky Lounge

Tuesday 12th March

Games Afternoon @57a

Tuesday 19th March

SAFER Leeds at Treetops

Thursday 21st March

Thursday Club @57a

Sunday 24th March

Shared Tables

Tuesday 26th March

Mens Den

Wednesday 27th March

Visit Leeds City Art Gallery

April

Thursday 4th April

Singing @57a

Friday 5th April

Film Friday @57a

Tuesday 9th April

Games Afternoon @57a

Thursday 18th April

Thursday Club @57a

Tuesday 23rd April

Mens Den

Thursday 25th April

Theatre for All – West Side Story

Saturday 27th April

Shared Tables

May

Friday 3rd May

Film Friday @57a

Thursday 16th May

Thursday Club @ 57a

Leeds Credit Union Fortnightly on Thursdays @57 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, 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 is 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.

February	7th and 21st
March	7th and 21st
April	4th and 18th



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"I spent several weeks at Westward Care convalescing after surgery. For me, the most appealing features of a home which has so many commendable aspects were the warmth and proficiency of its staff. Their competence, abundant good nature and kindness, cheerful demeanour and ready smiles are assets beyond price."

Dennis, resident

www.westwardcare.co.uk

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Roundhay,
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**Moor Allerton
Elderly Care**