

# Newsletter

Summer 2019

## Annual Celebration

Everyone is welcome to join us at this annual event. This year it's on **Tuesday 23rd July from 11am – 1.30pm at Alwoodley Park Methodist Church**. We will be able to tell you about what has 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 23rd July, Alwoodley park Methodist Church, 11am – 1.30pm.**



## Free Will Writing Month

**The average costs of drawing up a simple will by a solicitor can be between £144 and £240.**

Over half (60%) of UK adults, and 37% of people over the age of 55, don't have a will, according to research from Unbiased.co.uk (February 2018). Over 31 million now run the risk of dying intestate and having their estate distributed solely according to intestacy law. This is a particular problem for those with step families, or who live together unmarried.

One in ten surveyed (11%) said they were put off by the cost of writing a will. Of those who have made a will, individuals expect to leave an average of £227,000 in property and £74,000 in monetary savings when they die

There are huge benefits to having a will, and even bigger risks to not having one.

Many people think they're just not 'rich enough' to need a will. This ignores the fact that a will makes inheritance a far quicker process.

If you die without a will, the intestacy law applies and this doesn't take into account the complexity of modern families. For example children from previous marriages could end up receiving nothing at all.

MAECare has teamed up with local solicitors (Oakwood, Levi, Morrish and Milners) to provide a free will writing service during the month of June 2019. Solicitors will write a simple will and service users/members make a donation to MAECare for the service. Suggested donations could be £60 for a single person and £100 for a couple or a donation of your choice. Solicitors will be providing their services for free. All donations to MAECare help us to continue to provide services to our members and service users.

**To make an appointment phone MAECare on 2660371. Appointments are available during our usual legal advice sessions which are: Friday 7th, 14th and 28th June and Wednesday 19th June.**

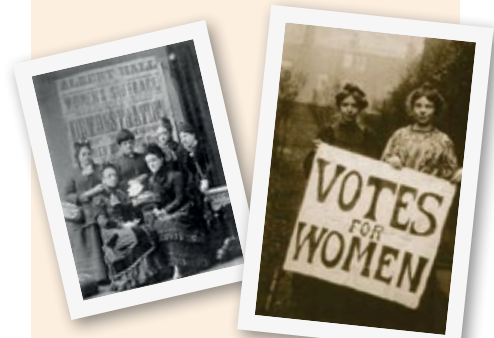
## Women reflecting on women – are we there yet?

Heritage project with Skippko Arts Team

During 2019 Skippko artists will be working in communities to research and gather the stories of lesser known women who were involved in the fight for suffrage at the turn of the 20th century. One of the groups will run at MAECare. Participants will learn about Leeds women, before exploring their own heritage stories with the support of two artists and librarians from the Local and Family History library.

The project will involve learning heritage techniques and sharing the stories unearthed through visual arts, writing and audio recordings. All the work created will form an exhibition and book that will be on show at Leeds City Museum in May 2020.

To register your interest please contact Julie or Maria at MAECare on **0113 2660371**. Or contact Cath Brooke, Skippko 0113 2345355 email: [cath.skippko@gmail.com](mailto:cath.skippko@gmail.com)



Your Local Neighbourhood Network Scheme supported by



**Office Telephone:  
0113 266 0371  
[www.maecare.org.uk](http://www.maecare.org.uk)**

# Events at MAECare

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

## Did you live in Harehills in a back-to-back? Did you take anything to be repaired to this shop?

This event will include a brief talk about the types of back-to-back houses that were built in Leeds, and then more specifically, in Harehills, with an opportunity to share your memories about Harehills and, if you've got photos or objects that are related to living or visiting Harehills, you're welcome to bring them along. You'll also be able to see historical photos and maps of the area and meet Jean, a former back-to-back resident of Harehills from the 1940s-50s.

Joanne Harrison (Department of Archaeology, York University) is working on the Harehills Back-to-Back Project and is keen to talk to people who have either lived in a back-to-back house in Harehills themselves, or whose relatives did, in the period 1890 to 1950, so that she can find out about the houses and what it was like living in them. There is also the opportunity to do an oral history interview, which takes about an hour, and this can be arranged individually, at a time and location to suit you.

Wednesday 22nd May – 11.00am – 2pm including a light lunch, £3.50. Transport is available – please request on booking.

## Pie and Peas

Enjoy a traditional meal of pie and peas with entertainment. Choose one of the dates, complete the booking form and return to the office.

**Monday 10th June 12.30 – 3pm**

**Wednesday 12th June 12.30 – 3pm**

**At 57a Cranmer Bank. £7 members, £8 non-members. Transport can be provided if required for £5.**

## Allerton High Strawberry Tea

**Wednesday 3rd July 2019 1.30 – 3pm**

The students from Allerton High invite you to the annual event. Sandwiches, scones and strawberries with cream will be served, alongside musical entertainment and a quiz.

This is a free event for MAECare members. Contact the office to book a place.

Transport is available on request.



## Dementia Information Session

**Tuesday 21st May @57a 11 – 12.30pm**

As part of Dementia Action Week we will be holding a market place event with stalls and speakers. Come along and speak to a memory support worker, find out other support available, and listen to lived experience. Cake and refreshments will be provided. This event is free.

## Active Minds at MAECare

**New group keeping minds active and stimulated!**

We are starting a new weekly group for people who might be experiencing memory problems or are living with dementia. Carers are very welcome too.

The group will use the principles of Cognitive Stimulation Therapy (CST) which is a proven approach that helps improve people's social and mental wellbeing. There is a different theme each week, and the discussions and activities are about mental stimulation, social interaction and having fun!

**If you are interested and would like some more information please get in touch with Rebecca on 266 0371 or [rebecca@maecare.org.uk](mailto:rebecca@maecare.org.uk)**



## Shared Tables

**Saturday 25th May 2019**

Afternoon tea at Convive, £16.50pp. Convive, Weetwood Hall Hotel, Otley Road, LS16 5PS. Meet at 12.30pm.

**Saturday 29th June 2019**

Traditional Greek food, 2 courses for £16. Amalthea, 1 The Crescent (just off Otley Road), LS16 6AA. Meet at 12.30pm.

**Sunday 28th July 2019**

Sunday Lunch. The Red Lion Pub, 60 Main Street, Shadwell, LS17 8HH. 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



### All day outings

**We are currently reviewing whether we will continue to organise longer trips and if so, what type of trip we will organise which is well attended, supported by staff and with enough volunteers to make sure everyone stays safe. We still organise our shorter, local trips.**

The August outing starts from the MAECare office and is for those who are fairly mobile or can bring their own carer to support them. If you would like to take your mobility scooter there is space for 2 on the coach so please get in touch with the office to discuss your needs.

We need a minimum of 30 people to book for this trip to go ahead. If we do not get enough bookings, the trip will be cancelled.

#### River Tees Cruise

##### Wednesday 14th August

All day outing River Cruise and lunch. 9.30am – 5.00 – 5.30pm. £35 for members and £40 for non-members and that includes the meal, cruise and coach.

Enjoy a comfortable and leisurely cruise along the River Tees from Stockton to Yarm and return.

Experience the tranquillity of the river in all its seasonal glory. The trip includes live commentary. Enjoy roast dinner followed by a hot traditional dessert. Drinks not included. Please complete the booking form and return to the office with your payment by 1st July.

**Please be at the MAECare office for 9.15am so we can set off promptly. We will be back in Leeds by approximately 5pm – 5.30pm**

### Wednesday Wonders

These afternoon outings offer door-to-door transport with lunch. If you need any assistance to come on a trip, please let us know when you book. For non-members there is an additional charge of £7.50 per trip.

#### Bluebells in Leeds – Wednesday 15th May 11.30am to 3.30pm. £16 members/carers.

A popular return visit to a Leeds green gem – Middleton Park with a chance to see the bluebells in full bloom, with a light lunch in the Café in the park. We will stay on the minibus to drive through the bluebell woods and the cafe is accessible and adjacent to the drop off point.

#### Lotherton Hall – Wednesday 26th June 11am to 4.30pm. £25 members/carers.

We'll start our visit with lunch in the Stables Café, and have a tour of the house. There'll also be the opportunity to walk round the Wildlife Zoo and Bird Garden. There is an incline between the café and the house, while the Bird Garden involves walking a moderate distance on reasonably level ground.

## MAECare Theatre for All

**We are currently taking bookings for:-**

**'Grease – the musical' at The Grand on Tuesday 25th June.** We have tickets in the stalls for the evening performance. £45.00 for MAECare members – including door-to-door transport.

**'The Good Old Days' at City Varieties.** We have tickets in the stalls for the matinee performance on Saturday 21st September. £27.00 for MAECare members – including door-to-door transport.



**'The Wizard of Oz' (date TBA) and Northern Ballet's production of 'Cinderella' at The Grand on 18th December – please call Maria at MAECare to express your interest in either of these forthcoming productions.**

Theatre seats are available with level access and if you need support to come on a trip, please tell us when you book. Priority will be given to MAECare members and, for each show, there will be an additional charge of £7.50 to non-members.

If you're interested in finding out more and, perhaps, have more ideas of the sort of theatre you'd like to see, please come along to MAECare at 57a on **Monday 12th August 11am – 12 noon** when we'll be looking at possible shows to book for 2019/20.

#### 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 **Wednesday 8th May.**



# Regular Activities

## Games Afternoons @57a

**Tuesdays 14th May, 11th June, 9th July, 13th August 2 – 4pm.** Scrabble, Monopoly, Carrom and dominoes and a chance to try Mah Jong or Bridge for absolute beginners.



## Enter the 'Twilight Zone'

**@57a MAECare 4.30 – 6.30pm on Wednesdays 15th May and 19th June.** With games from 'Play Your Cards Right' to picture quizzes and puzzles – join us in the twilight zone and enjoy a takeaway supper for £4 (pizza, curry, sweet and sour chicken or fish and chips – the choice is yours!)

## 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: 28th May, 25th June, 30th July (on the 5th Tuesday in July and NO meeting in August), 24th September **2.00 – 4.00pm at MAECare 57a.**

## Thursday mornings 'MAECare@57a'

### Singing at MAECare

The first Thursday of each month 10.30 – 12 noon you can join in with favourite songs with Liz and Reggie, £2 including refreshments. From May to July the newly formed 'MAECare Warblers' will be practicing their repertoire for a forthcoming special appearance.

### MAEWriters

Creative Writing meet at Thackrah Court, Squirrel Way off Shadwell Lane. Liz McPherson from the WEA leads the group fortnightly and members meet weekly. New Members are very welcome. To find out more contact Julia at MAECare.

You are invited to listen to members of the groups reading their work on **Thursday 13th June, 1.30 – 3pm at Thackrah Court.**

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

### 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.

### MAECare presents Film Friday

**This summer join us for a complete cinematic experience with popcorn and interval refreshments as 57a becomes a mini-picture house. These film showings are always popular and must be booked in advance as space is limited.**

**7th June 1.45pm – 4.30pm 'Stan and Ollie'** Steve Coogan and John C. Reilly star as Laurel & Hardy in the untold story of the world's greatest comedy act.

**5th July 1.30pm – 4.30pm Andre Rieu's 'Love in Maastricht'** Film will start at 1.45pm. Enjoy a glass of Nosecco fizz and a musical summer treat with Andre's annual concert.

### Thursday Club @57a

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

**May 16th** – plant up a pot of summer sunshine!

**June 20th** – Cheese tasting, a chance to try some traditional and new cheeses.

**July 25th** – (NB this is the 4th Thursday!) – Meet Steven Robinson 'The One Arm Pilot' and hear his inspirational story and how he conquered his fear of flying.

**August 15th** – Sounds of summer with singer, Terry Williams.

**September 19th** – Beekeeping in Leeds – the colony manager for Leeds Beekeepers Association will bring an observation hive, honey and beeswax from the Temple Newsam bees.

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

**2nd August 1.45pm – 4.30pm 'Fisherman's Friends'** A group of shanty singing Cornish fishermen are given a recording contract by a cynical London music executive.

**6th September 1.45pm – 4.30pm 'Green Book'** Set in 1962, and based on the true story of Tony Lip, a working-class Italian-American bouncer who takes on a job as a chauffeur for Dr. Don Shirley, a world-class pianist.

**Film showings are free, with interval refreshments available for a suggested donation of £2.00. Places are limited so please let us know what you want to see. 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.

### '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. Sessions will be run by Mary, a qualified dance tutor from Yorkshire Dance with an emphasis on fun!

**Moortown Methodist Church, Alderton Rise. Weekly on Tuesdays 13.30 – 14.30**

**Classes paid for in advance by block booking, please speak to Julie for more details. Try your first class for free. £3 per class MAECare members/£4 non-members**

### 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, Mondays 11am to 12 noon. £3 per session for members/£4 non-members.**



### Chair Based Exercise

Popular class 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.**



### Massage

Take the stress away with a foot, hand, neck or shoulder massage from our experienced and qualified 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	Friday
7th May	24th May
4th June	28th June
2nd July	26th July
6th August	23rd August

## Health and Wellbeing Events

Friday 17th May 10.30 – 11.30 "Heart Health" Come along to a talk at MAECare 57 Cranmer Bank and find out about how to keep your heart healthy! Talk delivered by Darren, a Health Development Officer from Hamara. Healthy snacks and refreshments will be available.

Wednesday June 19th 10.00 – 12.00 at MAECare 57 Cranmer Bank. The Leeds IAPT 'Live Well in Later Life' workshop aims to cover some common myths around wellbeing in later life and introduce some ways to manage low mood and worry. You can then book onto the further 4 week course if you wish. Booking required.

Friday June 28th 10.30 – 12.00 at MAECare 57 Cranmer Bank. "Movement Matters" with physiotherapist Marian Emlly. Find out more about the importance of posture, movement and good seating to the physical and mental health and wellbeing of older people. An interactive session including some easy seated exercises you can do at home.

**All events are free but BOOKING IS REQUIRED. Contact Julie for details. Transport available at £5.00 to MAECare members.**



# Community Connections

## Tech Wednesdays

**Want to learn how to use your smartphone? Need help with an ipad, tablet, laptop or computer? Want to shop online? Like to know more about online banking?**

We now have a weekly technology session at 57a, where help is available for all your digital needs. Increase your confidence and knowledge in a relaxed, informal setting.

We can help you fill out forms, set up online banking, get onto ebay, use Skype or even do your shopping online. We can also help with technology problems and troubleshooting.

**Don't have equipment? No internet? Not to worry we have equipment you can use at the sessions.**

**Wednesdays 1.30 – 3.30pm. Please call Vicky at MAECare to book a slot.**



## Photography and Technology Course

We will be running a 4-week course to compliment the Photography Group. This course is for those who want to learn how to take photos with their tablet or phone and what to do with the photos once they have taken them. Learn how to upload them, email them and do basic editing. If you do not have your own tablet, we can lend you one to use on the course.

**Dates for this course are Wednesdays 1.30 – 3pm: 10th July, 17th July, 24th July, 31st July**

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

## Pen Pals

The children at Alwoodley Primary School want to hear from you! If you are interested in writing to a primary school child and receiving a letter in return each week, please contact Vicky for further information.

## Readers Group

The Group meets at 2pm on the fourth Monday of the month @57a Cranmer Bank. Please note due to the bank holidays the meetings are as follows:

May meeting is on **3rd June** – Close to Home by Cara Hunter  
June meeting is on **24th June** – TBC  
No July or August meeting.

## Volunteer Week

Volunteer Week is celebrated between 1st and 7th June every year. It is a week in which the UK celebrates volunteers and says thank you to them for the contribution that they make.

Our volunteers are a vital part of the work and services we offer, so this year we will be holding a celebration event to say thank you. We will be sending out invites in the volunteer newsletter shortly.

## Photography Group At MAECare

Following on from success and fun of the Photography group last summer, MAECare have secured funding for another 8 week photography course, run by our talented and enthusiastic tutor Lizzie Coombes.

This project promises trips out, tea and cake, and of course, photography! No previous experience required and we have a small number of cameras we can loan out – you are also welcome to bring your own camera or smart device with camera to use.

**Sessions will run weekly on Fridays 10.00 – 12.00 from May 31st – July 26th.**

**Phone the office to book a place and to come along to an initial meeting on Friday May 24th to meet Lizzie and discuss the project.**



## Volunteer Drivers needed!

**Would you like to help people get out and about?**

For many people lack of transport is a huge barrier and our volunteer drivers ensure that people do get out. We organise activities and events throughout the week and especially need drivers on Thursday mornings and on the first Friday of the month in the afternoon. You can commit to as little or as much as you wish, a minimum of once a month is helpful. We work in the Leeds 17 area from Moor Allerton to Shadwell and we wouldn't usually ask you to work outside that area.

**For more information contact Vicky at MAECare 0112 2660371 or email [vicky@maecare.org.uk](mailto:vicky@maecare.org.uk)**



# Information

## mHabitat Tea Party

We have been invited to express interest in attending a tea party hosted by mHabitat at their new space in Leeds City Centre.

**A group of young people from the National Citizens Service will be organizing and hosting the event which will include free afternoon tea, a chance to talk to young people involved with the programme and look at the new space and technology being developed by NHS Leeds to increase health and wellbeing.**

There will be no transport available to this event. The space is near to the train station and is fully accessible.

**26th July, time to be confirmed. At mHabitat, 5th Floor, Platform building, New Station Street, Leeds City Centre, LS1 4JB.**

To express an interest in this event and find out more please contact Vicky.

## Leeds Credit Union

**Fortnightly on Thursdays at 57 Cranmer Bank – 10.30 – 12pm**

Leeds Credit Union is a financial cooperative with over 35,000 members. It has no shareholders and is owned by its members, ensuring they receive appropriate and affordable financial services. A Money Management Coordinator will be on hand to offer many of Leeds Credit Union services apart from cash withdrawal. You will be able to open membership accounts and apply for loans, do same day bank transfers, set up standing orders, provide account balances or just make a query.

Support is available for anyone who 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.

<b>May</b>	2nd, 16th and 30th
<b>June</b>	13th and 27th
<b>July</b>	11th and 25th
<b>August</b>	8th and 22nd

## 'Shake up the system'

Join a 'shake up the system' workshop with Equal Care Co-op on 5th June from 10am – 3pm at MAECare to explore and challenge the giving and receiving roles and the way people are traditionally presented by social care services. **Delicious lunch is included and you can find more information about Equal Care Co-op on their website at [www.equalcare.coop](http://www.equalcare.coop) or ring 07983 391318.**

## We want your stories!

Recently a story we posted on social media about Sheila, one of our volunteers, generated an incredible amount of interest. We are looking for members and volunteers to share their stories with us. This might be how MAECare has helped you, an achievement, an unusual hobby, or something interesting that has happened in your life. **If you would be interested in sharing your story please contact Vicky at MAECare.**

## Funding

**We're delighted to have received funding for a number of our activities.**

The National Lottery Community Fund is supporting our Art class, Creative Writing, Singing and Photography with a grant of £10,000. Trusthouse Charitable Foundation support our 'Connecting in Moor Allerton' project, which includes the Twilight Zone and Film Fridays with a grant of £19,482. Evan Cornish supports 'Keeping In Touch' which includes Men's Den, Thursday and CAMEO Clubs with a grant of £10,348.

Future Digital Inclusion Fund are supporting our Community Connections work with a grant of £7,500. The CCG is supporting our dementia work Circles of Support with funding of £27,000. Leeds Building Society have given us a grant of £1,000 to buy new furniture for our Activity Centre.

A very generous donation of £20,000 will continue to support our Mind and Body work which includes activities like Tai Chi and Dance On.

## 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.
- The solicitors have asked us to emphasise that the advice they can give in this session as outlined above. The sessions are offered to members, and their family members.

- 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 with Morrish Solicitors between 2 – 4pm.
- The half hour appointments are held in our private interview room. The sessions are offered by Oakwood Solicitors, Levi Solicitors, and Milner Law Company.
- Please note that during **June**, these free legal advice sessions will be reserved for those who want to make a will as part of **MAECare's Will Month**

# Dates for your diary

## May

### Thursday 14th

Games Afternoon at 57a

### Wednesday 15th

Bluebells in Leeds trip

### Thursday 16th

Thursday Club at 57a

### Friday 17th

Health & Wellbeing – “Heart Health”

### Tuesday 21st

Dementia Action Week Event

### Saturday 25th

Shared Tables

### Tuesday 28th

Mens Den

## June

### Wednesday 5th

Equal Care workshop at MAECare

### Thursday 6th

Singing @ 57a

### Friday 7th

Film Friday @ 57a

### Monday 10th

Pie and Peas

### Tuesday 11th

Games Afternoon @57a

### Wednesday 12th

Pie and Peas

### Wednesday 19th

Health & Wellbeing –  
“Live Well in Later Life”

### Thursday 20th

Thursday Club @57a

### Tuesday 25th

Men’s Den / Theatre for All – “Grease”

### Wednesday 26th

Lotherton Hall visit

### Friday 28th

Health & Wellbeing –  
“Movement Matters”

### Saturday 29th

Shared Tables

## July

### Wednesday 3rd

Allerton High Strawberry Tea

### Thursday 4th

Singing at 57a

### Friday 5th

Film Friday at 57a

### Tuesday 9th

Games Afternoon at 57a

### Tuesday 23rd

Annual Celebration

### Thursday 25th

Thursday Club @57a

### Friday 26th

mHabitat Tea Party

### Sunday 28th

Shared Tables

### Tuesday 30th

Men’s Den

## August

### Thursday 1st

Singing at 57a

### Friday 2nd

Film Friday @ 57a

### Monday 12th

Theatre for All Meeting

### Tuesday 13th

Games @57a

### Wednesday 14th

River Tees Cruise

### Thursday 15th

Thursday Club @57a

## September

### Thursday 5th

Singing at 57a

### Friday 6th

Film Friday @57a

### Thursday 19th

Thursday Club @57a

### Saturday 21st

Theatre for All – “The Good Old Days”

### Tuesday 24th

Men’s Den



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Dennis, resident

Southlands  
Wetherby Road,  
Roundhay,  
Leeds LS8 2JU

[www.westwardcare.co.uk](http://www.westwardcare.co.uk)

  
Westward Care

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