

Newsletter

Autumn 2020

A warm welcome to our Autumn Newsletter

What an extraordinary year it's been for all of us! Spring was spent in 'lockdown' with MAECare providing telephone support, the MAECare Zoomers, the Doorstep Delivery and the Community Care Hub for all of Alwoodley residents. Summer we tentatively started venturing out. For MAECare that meant doorstep visits, telephone groups, piloting small groups of 2-3 service users meeting at our Activity Centre for a catch up, Lockdown Library and culminating in a very successful Twilight Zone with fish and chips under gazebos set up outside MAECare for local residents on one of the hottest days of the year.

Autumn will see us starting up some small groups/activities. Restrictions on numbers, space and to allow for social distancing means there will be tight limits on numbers: a maximum of 4 service users in our Activity Centre at any one time, and similar restrictions on numbers for any activities that take place in other venues such as church halls, where they are open for community activities. Attendees will have to book so that we can manage the numbers; some classes will require block payments by cheque or BACS; people will be asked to wear masks unless they are exempt or to do so will be impractical such as for drinking/eating refreshments or exercising.

We're not asking our Volunteer Car Drivers to return yet so any transport needed is likely to be by taxi or Access Bus where we are able to book it.

Sadly the Allerton High Strawberry Tea didn't take place this summer; we are waiting to see if the Christmas party or some variation of it will take place. We hope to be able to organise some Christmas activities here at MAECare.

The activities that won't resume until the New Year at the earliest will be Swimming, Zumba Gold, trips and outings including to the theatre, and Games. We need to risk assess all activities and be sure that they can run safely.

So join us on our journey to our 'new normal' and let's all stay safe.



Update on exercise classes at MAECare

As you are aware, all exercise classes at MAECare had to be cancelled over the last few months. We are working hard to get classes going again but a number of the venues where we held the classes are either not opening until early next year, or have no current plans to re-open. While this is disappointing we hope you understand.

We are looking at finding alternative venues if possible, but this is a challenge. Fortunately, we are now able to offer Dance On and Tai Chi classes (please see separate articles for more details), though there will be restrictions on numbers. Chair based exercise and Yoga continue to offer online classes. We also can send out details of exercises to do at home. We will endeavour to keep members up to date with plans of when other face to face classes can restart.

Your Local Neighbourhood Network Scheme supported by



Office Telephone:
0113 266 0371
www.maecare.org.uk

Health and Wellbeing Activities at MAECare

Autumn strolls in Moor Allerton

Fed up of being cooped up at home? Would you like to have a social stroll with a small group of people around the local green spaces, followed by a warm drink and snack at MAECare?

We are planning some short Autumn walks, from the MAECare office into the surrounding areas – an opportunity to get your legs moving again with some company. You will have to be able to make your own way to the MAECare office and then home again afterwards.

Please call Julie to register your interest. You will be asked to fill out a health questionnaire before commencing the walks.

Fortnightly on a Friday from 57 Cranmer Bank. £1



Dance On

Fantastic news – ‘Dance On’ classes, delivered by Yorkshire Dance is back! Strut your stuff with Mary, our Dance On tutor, to a variety of tunes, with dance routines designed to be accessible (mostly standing but can be done seated).

This class will be strictly limited to 15 people only, has been fully risk assessed, and will need to be booked by participants on a weekly basis. Starts the first week in October. You will be asked to complete a health questionnaire before you can start the class.

Please call Julie to register interest or for more details, classes will need to be paid for in advance, £12 for a block of 4. Please do not just turn up to the class.

Tuesdays 1.30 – 2.30pm at Moortown Methodist Centre.



Tai Chi

If you prefer something a little less energetic, but just as good for you, we're pleased to say our weekly Tai Chi class will also recommence in October.

Tai Chi involves slow, graceful, focused movements accompanied by deep breathing, and is a known stress-buster as well as being physically beneficial! Class will be strictly limited to 15 people only, has been fully risk assessed, and will need to be booked by participants on a weekly basis. You will be asked to complete a health questionnaire before you can start the class.

Please call Julie to register interest or for more details. Please do not just turn up to the class, classes will need to be paid for in advance, £12 for a block of 4.

Mondays 11am – 12 at Moortown Methodist Centre (please note the change of venue for this class)



Your Back Yard free online exercise classes

Your Back Yard, a North of England charity is providing free online exercise classes to older people in our area.

There are a small number of computer tablets available from them if you have no way to get online yourself. They would help you get started using them to access the exercise classes and include some digital training session for other things like online shopping and NHS advice. Please note, there's no guarantee a tablet would be available.

If you are interested in taking part in this project, please let Julie at MAECare know and we will pass your details to Your Back Yard.



Coming Up at MAECare

Coming up for the festive season....

MAECare meets Secret Santa

MAECare will be hosting a week of festive events and activities: Monday 7th to Friday 11th December – mulled wine, mince pies, seasonal shopping, an al fresco musical extravaganza, a Mini Panto and some seasonal surprises.

These may be held in the community, some at MAECare and some online so hopefully there'll be something for everyone who wants a little bit of winter sparkle! If you are interested in any of the activities listed below, please call to let us know and we'll be pleased to invite you to something during that week at a date, time and location to be disclosed (subject, of course, to current Government Covid-19 guidelines!)

Festive Gifts

This year we're offering a small seasonal shop at MAECare offering Christmas cards, stocking fillers and treats. If you've any ideas for items you'd like to be able to buy please let Maria know as soon as you can as she'll be stocking up soon! A range of items will be on sale from the beginning of November.



The Christmas Post

When you've bought cards and stamps from MAECare, written your messages and got a stack of envelopes ready – will you need help with posting cards? Let us know and we may be able to arrange collection and posting of your Christmas cards.

Please call MAECare 266 0371 to register your interest in any of the events below... limited places will be available. We'll need to know what you might be interested in, whether you'll be able to make your own way to an event, and where you'd like to attend (indoors or outdoors).

- Any celebration event on Cranmer Bank, online or in the community.
- Festive Gifts – MAECare Stocking Filler seasonal shop – to shop in person or for delivery.
- Christmas Post – buy cards and stamps from MAECare – 10 assorted cards and 10 2nd class stamps (61p each) £8.00 and get free pick up for posting if you can't get to a post box yourself.
- Festive Fish and Chips
- Mini Panto – taking part or watching

Sporting memories

Love talking about and remembering sport? New Sporting Memories Club – Wednesday mornings from October 11am – 12.30

In partnership with the Sporting Memories Foundation, we are starting a new weekly Sporting Memories Club. The club provides an opportunity to talk about and remember sport in a relaxed and friendly social group, and try out ideas for staying active at home. If you enjoy watching sport, are passionate about a particular sport, or have experience of playing sport either now or in the past then this could be the group for you! The sessions aim to improve physical and mental wellbeing, and particularly support those who may feel isolated, or have low mood, dementia or other long term conditions.

Due to the current Covid-19 restrictions, the group will be run on line using Zoom. Volunteers will be available to provide support for people to join in, including how to get on to Zoom if you haven't used it before.

If you are interested in joining the Club, or would like more information, contact Rebecca at MAECare on 0113 266 0371, or email info@maecare.org.uk



A French evening.... at home

Put your name forward for an evening celebrating France. Choose from a 3 course cook at home meal from Cote Brasserie.

Main meal options include Breaded Chicken, Lamb Brochette, Poulet Breton or Salmon Ratatouille served with a starter and dessert. A device pre-set with ZOOM and the uncooked meal will be delivered, to your door to share with a small virtual group. There will be a musical accompaniment and an after dinner quiz. Contact us to add your name to the interest list.

**£20 members only, 5-7pm
Date to be decided.**

MAECare Events and Outings

Theatre for All

There is still no definite news about future MAECare trips to the theatre; Leeds theatres – The Grand and City Varieties remain closed, as do smaller venues. The Leeds Playhouse is testing some small scale productions this month, but it's likely to be some time in 2021 before theatres begin to be able to offer full-scale productions again.

A pantomime is always a seasonal treat (oh, yes it is...!) and, this year, there's an opportunity to get involved in a MAECare Mini Panto, either as a 'character' or as part of an enthusiastic socially distanced audience. There are no rehearsals and the short (15 – 20 minutes) panto is a read-through, sit down performance.

As we begin to offer more activities, we're hoping to include this in our December/January schedule. The Mini Panto scripts have been created by Iain Campbell and as well as 'Cinderella' and 'The Wizard of Oz' we have a very topical 'Lockdown Panto' so please get in touch if you're curious – call Maria at MAECare 266 0371.

Long trips

We are hoping to offer long trips via Blue Sky coaches, as they have changed their service to ensure they meet COVID safety standards.

If you would be interested in visiting a market, seaside town or attraction, contact us to register your interest.

Entertainment and afternoon tea at 57a

Join us at 57a for entertainment and afternoon tea. Enjoy a socially distanced performance and individual afternoon tea to be shared with a small group. Contact us to add your name to the interest list.

£7 member, £12 including transport Date to be decided

MAECare presents Film Any Day!

Whilst the doors to 57a's mini-picture house are still closed you can enjoy films to watch at your leisure and take the best seat in (your) house for the latest releases or old favourites.

We have these new releases available as well as classics, comedies, musicals and dramas – all you need is a DVD player. The DVDs can be delivered to your doorstep and there's a seasonal treat for the first 6 bookings of any festive favourite!

Misbehaviour

Enlightening and entertaining, this feel-good film takes us back to 1970. With the 'Miss World' contest the most watched TV show on the planet, the newly-formed Women's Liberation Movement achieve overnight fame when they invade the stage and Miss Grenada becomes the first black woman to win the competition. (cert. 12)



The Call of the Wild

Adapted from Jack London's classic story. A dog called Buck has the adventure of a lifetime in the wilds of Alaska, learns to trust a man (Harrison Ford) and finds his true place in the world. (cert. PG)

Les Misérables – the Staged Concert

(Available from November – put your name on the interest list now!)

Filmed live in London's West End during its sell out run and featuring Alfie Boe, Michael Ball and a host of stars and full orchestra.

Seasonal Favourites:

We have Andre Rieu DVDs featuring festive concerts filmed in Australia, London and Andre's home in Maastricht and a host of winter themed DVDs including the 'Nutcracker' ballet, Holiday Inn, Dr Zhivago and Miracle on 34th Street. And a few cosy evenings can be spent watching the collection of BBC adaptation of Jane Austen classics or Disney favourites such as Sleeping Beauty or Pinocchio.

We'll be pleased to hear if you have any suggestions for DVDs you'd like to see or think other people may enjoy.

MAECare's Lockdown Library

also includes jigsaws, books, games and activity packs as well as a few luxuries. We have a wide range of popular book titles and just out is Richard 'Pointless' Osman's first novel 'The Thursday Murder Club' which has already had the film rights snapped up by Stephen Spielberg and features a group of unlikely amateur sleuths who live in a retirement village... Deliveries are made on Thursday afternoons and orders can be placed any weekday 9-4pm on 266 0371



MAECare – Keeping In Touch

Doorstep visits

As lockdown eased, we have been able to start visiting people outside, in gardens, on the driveway or even through an open window! We have come armed with our own chairs, PPE and a large broolly, and maintained social distancing to be as safe as possible. It has been lovely to see people face to face again after months of speaking by phone, and service users have appreciated seeing a friendly MAECare face, especially if they have been on their own without very much support during lock down.



We have been using the visits to meet new MAECare service users, find out how people have been coping with lockdown, and what kind of support people need now. It has given us an opportunity to see how people feel about going out, meeting up with others, or trying social activities again. If people have lost their confidence, we can explore ways to help build this up again.

Telephone befriending service

We are still offering a telephone befriending service, if you are feeling isolated, lonely or want someone else to speak to on a regular basis.

We can arrange for a volunteer to keep in regular contact with you. For more information please contact Rhonda on the MAECare number.

MAE Writers

This group still has places if you would like to explore your creative flare with an excellent tutor for guidance, they are meeting monthly via telephone conferencing.

If you would like to join the group please speak to Rhonda.

Art By Post with the Southbank Centre

MAECare members have the unique opportunity to have their creative endeavours added to an exhibition at the Southbank Centre in London!

'Art By Post' has been devised by the Southbank Centre as a way of getting people across the country to take part from home, wherever in the UK that is. MAECare have 6 individual creative packs which artists, writers and poets at the Southbank Centre have created for people to use – they include drawing, writing and craft tasks.

If you would like to take part in this exciting UK-wide project, contact Julie at MAECare for more information. Numbers will have to be limited to six people.

We can also still send out our own colouring and simple craft packs to people at home if you're not able to get out as yet. Just contact Julie for more details.



Crafty Thursdays at MAECare

Do you like to Craft N' Chat, or perhaps Knit N' Natter? Thursday afternoons will give you the choice – bring along your own craft or art project, or that scarf you started knitting over lockdown and never got finished.

There will also be a simple craft activity available, ranging from card making, to air dry clay moulding, to origami. This is an opportunity to relax and chat, refreshments are available and no pressure to be the next Picasso! There will be a limit of 4 people per session, which means you may not be able to attend every week – there will also be strict social distancing and hygiene measures in place.

You can only attend if you book a place in advance.

Please call Julie for more details and to register interest.

Thursdays 2 – 3.30pm at 57a Cranmer Bank. £1 per session.



Community Connections

MAECare celebrates its 25th anniversary!

Due to the pandemic, we have had to cancel our Annual Celebration, normally held in July, which has been a double disappointment this year as in 2020 we had been hoping to mark the 25th anniversary of MAECare, founded in 1995.

Moor Allerton Elderly Care was set up in 1995 under the umbrella of Churches Together in Moor Allerton and Shadwell. It received a small amount of funding from Leeds City Council, and had just one member of staff, Carole Gosden. The following year MAECare began its volunteer car transport scheme, and started the Alwoodley Park Lunch Club, and by 1997 it had an office in the vestry of St Stephen's Church.

Some activities in the early years included Winter Warmers, Extend exercise classes, Companions in Concert and the Stroke Club. Friendly Visiting started formally in 2000, and in 2001 MAECare moved to Northcall on Cranmer Bank.

The premises at 57 Cranmer Bank have been occupied since 2003, with the expansion to 57a taking place in 2015.

MAECare became independent of CTMAS in 2008.

From the vestry to new premises at 57 and 57a we have grown and developed. In 1995 we had one staff member; we now have 13. We started with 40 volunteers and we now have 90. Our first grant was £22,000; our turnover last year was £305,000. The newsletter was sent out to 185 people; it is now sent to over 1000 people. The increase in resources has meant we can offer a wide range of groups, activities and services.

Clockwise from top right: 2003 Official opening at Cranmer Bank; 1996 volunteer car driver; 2003 Silver Surfers; 2000 Stroke Club; MAEView user group 2001.



Making a Match project

As late summer turns to early autumn the MAECare extra timers have continued to keep fit every Monday with their walking football sessions.

Due to the schools being closed we have been playing on King Alfred's field since Monday 6th July. We have been very blessed with the weather during these sessions and in the bad weather David (our coach and volunteer) keeps us busy with a quiz. The sessions are fun and fitness combined.

We planned to have our first Making A Match walk since lockdown but the weather was not on our side.

This would have been on a smaller scale and operating with the guidance and social distancing. We will be organising more in the autumn.

Please contact Mary Baillie on: 074986 14227 or email: mary@maecare.org.uk if you would like to come on a walk or to have a chat about them.



Our service user Denise continues to produce her caricatures and has even done one of Mary!



Legal advice sessions

Legal Advice sessions will resume from Weds 21st October but with a difference.

Instead of an appointment at the MAECare Offices, you will be offered either telephone advice, or a video call (e.g. Zoom), depending on which is better for you, with one of the participating firms: Levi Solicitors, Oakwood Solicitors, Milners Law, Morrish Solicitors.

Morrish Solicitors will have half hour appointments available on 21st October between 2pm and 3.30pm, and Milners on Friday 23rd October between 10am and 11.30 am.

From then on there will be appointments available on the first, second and fourth Friday, and the third Wednesday of every month.

Please ring 0113 2660371 to make an appointment.

Community Connections

Funding

We're delighted to have received funding to help us cope with the COVID 19 crisis and recovery for this financial year. Awards for All, Independent Age, Persimmon Homes and Leeds City Council Wellbeing Funds have all awarded grants for MAECare so that we can continue to provide telephone support where it's needed, our Doorstep Delivery and Lockdown Library and IT support to help people get connected virtually.

We've also received a grant from Charles Hayward to support our Keep in Touch work and Wades that supports Creative Writing.



MAECare Lottery – you can make a difference

Play our weekly lottery

Playing the lottery for £1.00 per week will make such a difference to MAECare's funds; you will also have the chance of winning £25,000 plus many other fantastic cash prizes as well as helping raise valuable funds to support our work. Please read the enclosed letter with this newsletter and help make a difference to the lives and wellbeing of the MAECare community.

For more details on how to join the lottery please contact:

www.unitylottery.co.uk Click on 'Find a Cause' then 'Older Person's Organisations' or phone the Unity hotline on 0370 9240 and ask for MAECare Lottery

Staff

Sadly we say goodbye to Vicky Taylor, our Digital Inclusion worker who has helped so many of you with your IT problems, and Louisa Peters, our Volunteer Coordinator, known to our many volunteers.

We are currently recruiting for these posts and the staff team will continue to support you with your queries as quickly as possible.

Volunteer spotlight

Over the past 6 months MAECare's team of volunteers have been working hard to help our local community. Here is a recap of some of their amazing support.

OVER



40
volunteers

HAVE HELPED OVER

200
local people



WITH OVER

60
prescription
collections



240
shops

360
phone calls

DONATING OVER



700 hours of
time

More Lockdown Poetry

Some lovely poems sent in by our member Elizabeth Page Jones, which didn't make it into the Summer Newsletter.

Joy

Joy, you find a corner in my secret heart
like a rainbow slicing thro' a murky sky,
or the beating rhythm from Cupid's dart
sending winged thoughts of why oh why?
Joy, you find me and lift me sky high
giving me the beauty of sunrise sunset,
the need to capture with a heart-felt sigh
all the glory of nature, and then reflect
on the awful wonder of every aspect
of shimmering light and burgeoning dark,
green earth, blue sky and all that's perfect,
the laugh of a child – the song of a skylark.
To live 'tween heaven and earth I'll strive
to know the joy of simply being alive.

Hope for Humanity

The star circle like a bright golden ring
enclosing the hope for humanity,
Joining together in solemn welding
uniting the bonds of fraternity.
The knitted fabric of man and wife
or of hands clasping over oceans blue,
Marking out the reality of life
and defining what is strong and true.
The strange strength of Coronavirus
sweeping thro' swathes of each community,
A paradox picture seeming virtuous
toward a vision of close unity.
When Earth's globe is endlessly circle
and universal communion crowns the world.

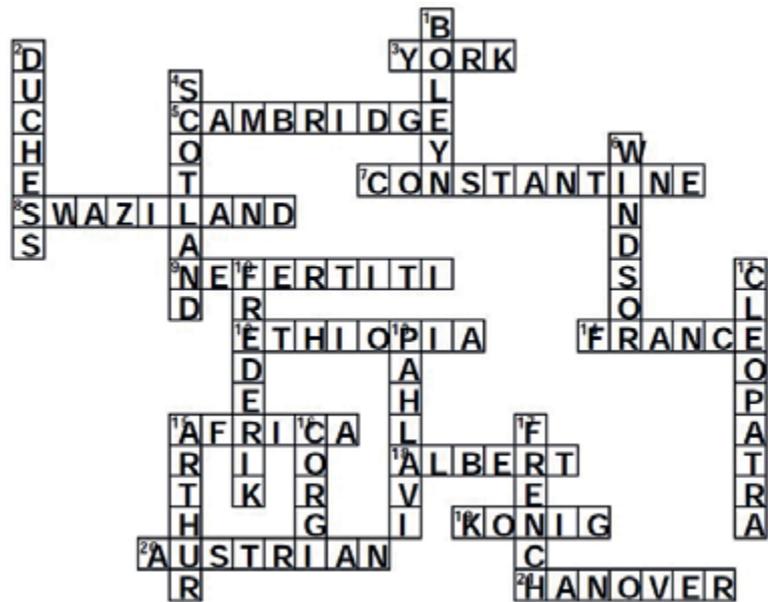


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Monarchs of the World crossword answers



Westward Care

Are you feeling isolated
and vulnerable at this time?
In need of extra support?
Let us take care of you

Short-term stays, starting from one week. With 24/7 on site care and support. Call our experienced and friendly team to see how we can help **0113 331 4830**

Southlands Apartments Wetherby Rd, Roundhay, Leeds LS8 2JU
Headingley Hall 5 Shire Oak Rd, Headingley, Leeds LS6 2DD

www.westwardcare.co.uk