

Newsletter

Winter 2020/2021

MAECare Virtual Christmas Party

Wednesday 16th December
2.00 – 3.00pm.

Join us for some festive fun!

Meeting id: 933 7646 3001

Call the office on 0113 2660371
to register interest and gain
the password to join.



Festive Gifts

This year we're offering a small seasonal shop at MAECare offering Christmas cards, stocking fillers and treats which can be delivered to your doorstep – please contact us if you'd like a list of items.

Regular Events

Virtual Coffee Morning

Join us for a friendly chat and catch-up (and maybe the odd quiz question) with your morning coffee or tea! Open to all – stay as long as you want.

Mondays 10.00 – 11.00 on Zoom

Zoom meeting id: 95932042049

For password please call us on 0113 2660371

Sporting Memories Club



Everyone is welcome to join us as we chat about and remember sport.

Wednesdays 11.00 – 12.30 on Zoom

For more information please call Kayleigh on 07971 301942 or email Kayleigh@thesmf.co.uk

Winter Wellbeing with Mary and Julie

A safe, confidential group to share coping strategies for people struggling with low mood or anxiety. What helps you feel better? Mary will also lead some short meditation.

Trialling on Fridays 11.00 – 11.45am for 4 weeks starting 4th December

Call 0113 2660371 for further information.

Walking Football



A friendly and enjoyable group for those who would like some gentle outdoor exercise.

Sundays 10.30 – 11.30 at Alwoodley Primary School

Call 0113 2660371 for further information

Walking Group



Walks around local green spaces from the MAECare office with Julie, or further afield with Mary, if you are able to get there yourself.

Dates and times vary, so please call 0113 266 0371 for further information.

Your Local Neighbourhood Network Scheme supported by



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

MAECare Telephone befriending

Talking can make a difference to your wellbeing, keeping us more connected especially with recent restrictions. We have volunteers who are able to keep in regular contact and talk about a range of topics.

If you are feeling lonely or want to talk to someone different, please contact us and we can arrange a match. All our volunteers are trained, checked and will maintain confidentiality.



Have your say!

MAECare is reviewing the activities and services it delivers over the next 5 years. We need to hear your views on what you would like us to deliver. You can have your say in different ways:

- Complete and return the enclosed questionnaire. We'll need this to be returned to us by 16/12/20.
- Send us an email to info@maecare.org.uk with your ideas by 16/12/20.
- Give us a ring on 0113 2660371 in the afternoon of 14th, 15th or 16th December to tell us about your ideas.
- Carol and Moira who are freelance consultants working with Leeds Older People's Forum and helping us with this, will also run a focus group for some service users who are comfortable using Zoom.

We would love to hear your views. The timescales are tight because we need to complete this process so that we can start to raise funding in order to deliver the activities and services you want us to.

Mince Pie "Test and Taste"

During November some intrepid connoisseurs took part in a 'blind' tasting of supermarket brand mince pies.

People's opinions of the "Test and Taste" pies were collated and the most popular pie overall was offered as an extra treat with copies of the MAECare calendar which we were able to deliver by hand.

Lockdown Library

MAECare's free library of DVDs, jigsaws, books, games and activity packs.

Deliveries are made on Thursdays and orders can be placed any weekday 9-4pm on 266 0371

We have a wide range of DVDs and we'll be pleased to hear of any suggestions for DVDs you'd like to see or think other people may enjoy.

We also have many popular book titles including the autobiography of Captain Tom Moore and Dilly Court's 'Rag and Bone Christmas'



Here is the winner ready to be delivered.

Fish and chips

Since October we've been working in partnership with the Access Bus to home deliver an occasional £5 fish and chips lunch to MAECare members who're not able to get out and buy this popular treat.

Luxury self-contained apartments available with 24/7 onsite care and support.


Southlands
ROUNDHAY



Are you living alone or worried about an elderly relative? A care home is not the only option.

Westward Care have one / two bedroom self-contained apartments with kitchen and wetroom available now in Roundhay.

www.westwardcare.co.uk

Short-term rental, shared ownership or full purchase options can be discussed.

Flexible care packages dependent on your needs.

Individuals and couples can be accommodated.

0113 265 5876