

# Newsletter

Summer 2021

## Welcome back!

As we come out of our third lockdown, most of our service users and many other people including our staff and volunteers have had both vaccinations and restrictions are beginning to lift.

We are cautiously but positively re-opening in line with government guidelines. Service users will be contacted via phone or letter on an invitation only basis as we start with smaller groups and gradually build up the range of activities on offer. This will ensure we manage the introduction of activities in a fair and COVID safe manner, as we aim to provide a service to meet the needs of everyone.

If you would like to talk to someone at MAECare, it is better if you can ring up and we can then make an appointment if needed; if you drop in we may need to make an appointment for you to return at a convenient time, when staff are available or it is less busy.

## Help MAECare to Help You!

MAECare would like to know how you would like us to communicate with you. We have enclosed a survey which will enable us to assess and improve how we communicate with you.

We will look to create a more interactive service for you, allowing you to easily communicate with us and have your say. Our increased online offering will be provided in addition to, and NOT instead of, the face to face and telephone support that you already receive from us. Please return the survey in the addressed envelope by **Monday 2nd August 2021**.



## Membership

There is still time to renew your annual membership/subscription. £12 for a single person and £20 for a household.

You can ring the office to renew by card or you can send in your cheque made payable to Moor Allerton Elderly Care with your name and address on the back.

## Funding

We are pleased to have received some funding this year from Garfield Weston to support out activities and services, from West Yorkshire Combined Authority to support our Walking group, and continued funding from Leeds City Council and Public Health to support our Community Care Hub which also includes targeted support for people who are clinically extremely vulnerable.

## IT Support at MAECare

At MAECare we are committed to helping our service users become more digitally included.

We offer support for this in:

### Our Tablet Loan Scheme.

- We are able to loan tablets which are Wi-Fi enabled.
- Typical loan period 2 months. No charge for Wi-Fi or loan
- You do not need an internet connection
- They come with an easy access manual and free support via 1 to 1 and group sessions.
- At the end of the loan period we offer information and support to purchase your own device.
- If you have never considered using the internet this is an ideal way to try before you buy.

### Weekly Support Sessions.

- Weekly support sessions will be starting soon on Wednesday mornings.
- Due to restrictions you will need to ring and book a place.
- Having problems with your device, want to learn how to attach photos to emails or learn how to do online shopping? - We are happy to help!



Your Local Neighbourhood Network Scheme supported by



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

# Exercise classes at MAECare – Great news for fitness!

We know how much people have missed the exercise classes and MAECare are now able to offer a reduced timetable of exercise classes for the time being, with priority given to people who are Clinically Extremely Vulnerable and/or MAECare members.

We have fewer places available due to COVID restrictions but if places run out, we will operate a waiting list system. Transport to the classes will only be available if you can't organise your own via taxi, bus or friends/family members (call for details).

## Tai Chi

Tai Chi is a class of gentle repetitive movements, designed to focus on building strength, balance and for relaxation. Can also be done seated. Barbara, the tutor will lead the class.

**Mondays 11-12 at Moortown Methodist Centre, Alderton Rise. £4.50 per class MAECare members/£5 non-members. Booked & paid for in advance in blocks of 4.**

There are still a few places available for new class members, call for details and ask to speak to Mary Baillie.



## Dance On

Dance class with emphasis on fun! Get fitter with a variety of different dance styles and music. Designed to be inclusive of all mobility capabilities. Your Dance On tutor Mary Santurgo will lead the class.

**Tuesdays 1.30pm-2.30pm Moortown Methodist Centre, Alderton Rise. £4.50 per class MAECare members/£5 non-members. Booked & paid for in advance in blocks of 4.**

There are still a few places available for new class members, call MAECare for details and ask to speak to Mary Baillie.



## Extend Exercise classes

A gentle exercise class, mostly chair based, with some standing, designed to help improve fitness and mobility. Elaine is your Extend tutor. These classes were previously held at Moortown Baptist Church but have moved venue for the time being.

**Thursdays 1.30-2.30pm Moortown Methodist Centre, Alderton Rise. Fridays 1.30-2.30pm Moortown Methodist Centre, Alderton Rise. £4.50 per class MAECare members/£5 non-members. Booked & paid for in advance in blocks of 4.**

There are still a few places available for new class members, call MAECare for details and ask to speak to Mary Baillie.

## Local Group Walks at MAECare

Get to know the green spaces around the MAECare area by joining us on local walks. We will meet once a fortnight to explore our area in small group, designed for people with varying levels of mobility. Call Mary for more details.

## One to One Walks

**These are walks for MAECare members who have lost a little confidence in getting out of the house and walking in their local area over the last challenging period.**

You might feel worried or anxious for all sorts of reasons, but just need someone to walk with you the first few times to get you going again. You would be matched with a volunteer who would meet you on your doorstep and walk around your own area with you, until you felt able to walk alone, or maybe to join our walking group. You would need to complete a health questionnaire before you start and have a visit from a MAECare staff member first to talk you through the process. There may be a wait before we can match you with a suitable volunteer. **Call Mary for details.**

## Chair Based Exercise

Exercise to get you moving, but all from the comfort of a chair – especially good if you have problems standing for long periods but still want to get fitter. Sophie leads the class with some great music to get you in the mood to move.

**Thursdays 12.30-1.30pm St Stephens Church Hall, Cranmer Road. £4.50 per class MAECare members/£5 non-members. Booked & paid for in advance in blocks of 4.**

There are still a few places available for new class members, call MAECare for details and ask to speak to Mary Baillie



## Walking Football

Walking football continues to thrive as MAECare Extra Timers now play twice a week, Sundays and Thursdays. Sunday sessions are held at Alwoodley Primary school 10.45 am to 12 noon, Thursday sessions are held at the YMCA in Lawnswood 2.00pm – 3.00pm. If you are interested in joining please contact David Wynick on 07921 528499 or email davidwynick@gmail.com



# Volunteers at MAECare

We would like to take this opportunity to thank all our wonderful volunteers who have continued to support us during the lockdowns etc. We really do value your commitment to MAECare, and our service users regularly say “thank you”!

As we begin, slowly but surely, to open up activities, we have a number of Volunteer Roles available, including:

- Walking buddies for one to one walks
- Help with small group walks
- Volunteer Car Driver
- Telephone Befriender
- Sporting Memories Group Co-ordinator/Supporter via Zoom currently and in person in the near future

- Leader for the Readers Group
- General Group Support
- MAECare Lockdown Library Volunteer
- Do you have a passion or interest you would like to share with others in a group, even if it isn't currently covered by a MAECare activity? We would love to hear from you!

**Please call 0113 266 0371 to register your interest.**

## MAEWriters

Our Creative Writing Group, is hoping to start meeting again face to face at Thackrah Court, once current restrictions are lifted. **If you would like to develop your creative talent for words, please contact Baksh Kandola on 0113 2660371.**



## Free legal advice sessions at MAECare

We still offer free half hour legal advice sessions with local solicitors, although not at MAECare, as the premises are no longer suitable.

However, telephone and video calls, as well as face to face sessions at the solicitors' premises, are all possible, mostly on Wednesdays and some Fridays. In September, these sessions will be taken over for Will Writing month (see insert). **Ring 0113 2660371 to book a session.**

## Update from Rebecca and Carole – Dementia Support Service

**We are continuing to work together at MAECare to provide support to people living with memory loss and dementia.**

Our service provides one to one and group support, including home visits to stay in regular touch, helping people to get out and about doing what they enjoy, join in with social activities and to feel less isolated and remain independent.

We are excited to start meeting in person again, with small social groups coming to MAECare for a cuppa and a chat over the summer. We hope to restart our “Active Minds” group, based on a Cognitive Stimulation Therapy approach keeping minds active and stimulated, in the Autumn.

If you are interested in this, or want to have a chat about any aspect of our service then please get in touch with Carole or Rebecca at MAECare.

## Coming Up at MAECare

We are planning to resume more of our activities and small groups, such as Twilight Zone for example, over the summer months.

**We will be in touch in the meantime to keep you posted.**

## Arts and Crafts Competition

**We know there is lots of amazing talent out there, with lots of people taking to the arts to pass their time. The MAECare office is in need of some brightening up so we thought we would ask you to do it for us.**

We are running a Summer Art Competition under the theme “Nature in Summer”. Please send in your works of art either in their original form or a photo of them.

It can be anything, paintings, drawings, photographs, needlework, or knitting and crochet.

Work will be displayed in the office windows and we will choose a winner by public vote.

Closing date Monday 30th August 2021.

If you would like to showcase your artist talents we will be happy to include photos in our next newsletter.

**Tell us about your inspiration and why you enjoy being creative with a photo of you and your work to [info2@maecare.org.uk](mailto:info2@maecare.org.uk)**





## 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 have the chance of winning £25,000 plus many other fantastic cash prizes as well as helping raise valuable funds to support our work.

In May we had two people who won £25 each!

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 050 9240** and ask for MAECare Lottery

## Lockdown Library

The Lockdown Library will be continuing. We have a selection of jigsaws, books and DVDs to suit most tastes. We can deliver and collect once a week, or you can come down to MAECare to browse.

**Contact 0113 2660371 for more details.**

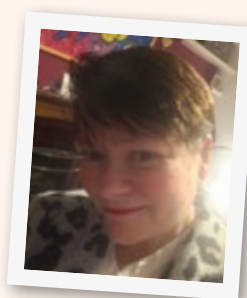
## Update on staffing

Sadly we said goodbye to **Rhonda Ward** who has moved away to take up a more senior position, and we wish her all the best for the future. **Julie Morrison**, who many of you know, has now taken up the Caseworker and Advocacy role so will be the first point of contact for new referrals and will also support service users with any problems they need help with solving.

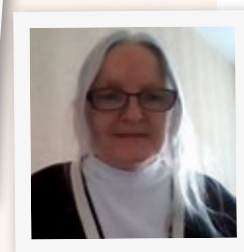
Making a Match ends on 31 July which means we will say goodbye to **Mary Baillie** – from this role only. The good news is that Mary will be staying with MAECare to coordinate the health and wellbeing activities and support the Community Care Hub which continues until 31 December.

Mary says "I have loved my time at MAECare working with both service users and the fantastic staff team. My role should have been face to face, but the pandemic changed the nature of my job. I have been able to provide support to service users through well-being calls, doorstep visits, walks, meditation on zoom, all of which have been a joy for me. Many thanks to you the lovely service users for making my time on the Making a Match project so special."

We also say goodbye to **Karen Linstrum**, our transport co-ordinator, whom many of you have had contact with. Karen says: "I have enjoyed my time working at MAECare and organising transport for service users. In the last year, I have also, hopefully, helped and supported people during the pandemic. I have had a lot of time chatting with you and supporting you all the best I could, making sure that you were supported in every possible way. I am sad to be leaving and sorry I never got to meet many of you in person, but I wish you all the best, stay safe. On to the next chapter in my Book of Life"



Mary



Karen

## Holiday and respite stays Available Now

**As people start to think about holidays and taking a break why not book you own little luxury break at Southlands Retirement Apartments?**

Southlands Apartments are the perfect option to support you and your care needs. Enjoy the privacy of your own apartment, beautifully landscaped gardens, healthy dining options, companionship and the reassurance of 5-star care from fully trained staff on-site 24/7.



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