

Newsletter

Autumn 2021

Welcome to our Autumn Newsletter

We are pleased to be able to offer a wider range of activities and services whilst COVID 19 restrictions remain relaxed.

At the time of writing, the daily rate of infection in Leeds is over 300 per 100,000 a day. The rates amongst older people are increasing which is a concern. And whilst the number of older people who have been double vaccinated is high, there are still over 10,000 older people in Leeds who haven't been vaccinated.

We also know that even if you have received both vaccinations, you are still at risk of catching COVID; however the vaccination reduces the risk of severe disease.

It is for these reasons that we continue to adopt a cautious approach which means the numbers in activities are still lower than pre COVID and we ask that masks continue to be worn whilst moving around our centre and at activities in other venues. Please do remember to bring your mask when attending MAECare offices and activities. We do this in order to keep everyone safe.

Remember: Hands, Face, Space, Air.

If you're interested in an activity, please give us a ring; if it's full for the time being, we'd be happy to put you on a waiting list as we hope to be able to increase the numbers attending as the risk decreases.

Digital Inclusion @MAECare

MAECare offers support to help you get online.

Don't have a device or Wi-Fi? No problem! We have a Tablet Loan Scheme: You can borrow a tablet free of charge, which is Wi-Fi enabled.

Don't know how to use your device, or want to learn more about it? No problem! - we also have weekly IT Support sessions at the MAECare Office.

The sessions called **Tech Wednesdays** run between: **1.30 and 3.30pm**.

Sessions are relaxed. Everyone learns differently and at different speeds, so there is no pressure on you.

We have a theme each week which is set by the group. This means you learn what you want or need to learn. So if you don't know what the hamburger is or WhatsApp isn't making you "hAppy" come along.

Places are limited so please call the office to book.

Sessions are free but we would appreciate a donation towards costs.



MAECare Book Club

Our monthly Book Club has returned to Face to Face meetings in the Activity Room at Cranmer Bank. The meetings take place on the 4th Monday of the month between 2:00 and 3:30pm. The group is self-run and titles read are varied.

Books read recently have been:
Entertaining Saints by Roger Quick
Small Pleasures by Clare Chambers
The Enchanted April by Elizabeth von Arnim.

If you would like to join the group please get in touch. It's good to try different genres sometimes and of course meet new people who could become friends!

Allerton High Christmas Party

**Thursday 2nd December,
12noon – 2pm**

We are cautiously optimistic that we will be able to invite service users to join us for the Annual Christmas Party with Allerton High students at the school.

The numbers are likely to be lower than in previous years and there is still the possibility that we may have to cancel the event if restrictions are resumed. However we will plan for the event or an alternative to take place. If you are interested, please contact MAECare. We will organise transport for people who are unable to make their own way there.



Activities and groups at MAECare

Thanks to...

Mary Baillie, in her new role as MAECare's Activities Co-ordinator, we have been able to restart many of our former groups and activities.

We continue to keep our groups very small, and are somewhat limited due to our premises. Our aim is to keep people safe and continue with social distancing, mask wearing and sanitising hands. It has been lovely welcoming people back to somewhat smaller groups and events.

A big thank you to the Access Bus staff for their continued support with getting service users to our events.

Skippko Project

Skippko are a community arts organisation, and we have been working in partnership with MAECare service users to produce some of the contents of the Women Reflecting on Women Exhibition. The exhibition was based on women's lived experience telling stories through created artwork and narrative.

Five MAECare service users enjoyed a trip to view the exhibition and to see their own work exhibited. We hope to work with Skippko on future projects, so if you would like to be involved, keep an eye open for future announcements.



Men's Den

is a monthly supportive social group for men. Its first post-Covid meetup was at MAECare in the activities room, then the group went out for lunch together for the second. There are places left if you would like to come along.

See the centre pages for full details.



Knit and Natter

runs weekly on a Thursday, with two groups alternating. The group is a very welcoming and friendly get together for those who enjoy knitting and crafting. The group is currently full with a waiting list.

See the centre pages for full details.



One to One Walks

Funded by City Connect, a project led by West Yorkshire Combined Authority.

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 Baksh for details.

Here is our member Marie getting ready to go out with her volunteer Walking Buddy Louise.



CAMEO

The CAMEO group (its stands for "Come And Meet Each Other") meets monthly, and is for people living with a long term health condition who might normally find it difficult to attend an activity. During lockdown we kept in touch with group phone calls, and creative treats delivered by the Access Bus. The group is now meeting face to face, and MAECare provides transport there and back with the Access Bus.

See the centre pages for full details.



The Walking Group

is funded by City Connect, a project led by West Yorkshire Combined Authority.

The group meet every other Friday at 10.00am. at MAECare for a short local walk. Walks are usually around 2-3 miles.

Twilight Zone

is a regular early evening event for older people in the immediate locality, which involves a takeaway meal or afternoon tea, games and plenty of chat. Since the ending of restrictions, we have hosted two events, one in August with fish and chips, and one in September with afternoon tea.

Both events were enjoyed by 12 service users, all saying “It’s lovely to be back”

See the centre pages for full details



MAECare Lockdown Library

The Lockdown Library was started during the first lockdown in 2020 as a way of keeping in contact with those unable to leave their homes, as well as providing them with some sources of entertainment and distraction i.e. books, DVDs and jigsaws.

Even though restrictions have lifted, we have decided to keep it going (maybe with a new name – suggestions welcome!), with the help of our wonderful volunteers.

Items can be borrowed for up to a month (or longer if no one else is waiting for it), and will be delivered and collected on a Thursday. They can also be collected/delivered from/to the office.

We have had some donations (more always welcome!), and we hope to send out a new stock list soon to those who have used the service in the past, and anyone else who expresses an interest.



Dementia Support Service

We are continuing to work together at MAECare to provide a one to one service and groups for people living with memory loss and dementia.

Our one to one service (Circles of Support) aims to improve wellbeing by supporting people with dementia to engage in social activities, build a support network and help them to live independently for as long as possible.

Our project workers support the person with dementia and their family carers, visiting at home and helping to co-ordinate activities and providing a key point of contact for information and practical support.

Circles of support prioritises support for people who live alone and are isolated, those who have no support network or regular activities, or where family/carers live at a distance or the person’s partner is also living with dementia or health conditions.

Our Groups for People Living with Dementia have run during the summer and throughout September, once and sometimes twice weekly. This means that up to 25 people have enjoyed a social activity in a small group at least once a month.

We are making plans 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 Rebecca or Carole at MAECare.

Sporting Memories Zoom Group

Our Sporting Memories Club is still meeting weekly on Wednesdays 11.00 – 12.30 on ZOOM. This is a friendly and supportive group where we talk about watching and enjoying sport, and sharing memories of sport. We hope to start meeting in person very soon at a community sports venue in the local area. For more information contact Rebecca or Carole at MAECare.



What’s on at other organisations

Ramblers 2020

This is a small group of older people from across Leeds who like to meet up for short walks and a cuppa for company and a chat. Places they like to visit include Roundhay Park Monet Gardens, Gipton Old Fire Station and the canal and Royal Armouries.



Regular Activities

Please enquire about transport if needed.
Please call for information and to book.

- Weekly Groups
- 2/3 times a month
- Monthly Groups

Monday	Tuesday	Wednesday
<p>Extend Class Weekly Monday 11.00am – 12.30pm and 1:20 – 2:50pm Moortown Baptist Church, 204 King Lane, LS17 6AA A gentle exercise class, mostly chair based with some standing, designed to improve fitness and mobility. £4.50 Members / £5.00 non-members Both sessions currently full with a waiting list – call for information</p>	<p>Men's Den Monthly on a Tuesday, 2.00 – 4.00pm MAECare 57a Lively discussion and activity group for men, £2 members, £3 with transport. Autumn Dates: 5th October, 2nd November, 30th November</p>	<p>Tech Wednesday Weekly Wednesday, 1.30 – 3.30pm MAECare 57a Relaxed IT support in a small group, with a different theme each week. Places are limited so please call the office to book. Free</p>
<p>Tai Chi Weekly Monday 11.00am – 12.00 noon Moortown Methodist Church, Alderton Rise, LS17 5LH Combining deep breathing, relaxation and slow movements, Tai Chi can help reduce stress and improve balance. Wear loose clothing and comfortable shoes. £4.50 per session for members/£5 non-members. This class is now full with a waiting list – call for information</p>	<p>CAMEO Group 3rd Tuesday, 2.00 – 4.00pm MAECare 57a Activity based group for those living with a long term health condition. £2 members, £3 with transport. Autumn Dates: 19th October, 16th November</p>	<p>Twilight Zone Monthly, 4.30 – 6.30pm MAECare 57a Enjoy a takeaway meal of your choice, dessert and games, £6.00 Transport available Autumn Dates: 6th October, 10th November</p>
<p>Book Group 4th Monday of month, 2.00 – 3.30pm MAECare 57a Regular monthly readers' group – see front page. Call MAECare for more info.</p>	 <p style="text-align: right; font-size: small;">© Leah Cole Photography</p>	
<p>Walking Football – From 1st November Weekly Tuesday, 6.30 – 8.00pm Allerton Grange School A fun, non-contact sport for men and women, run by our volunteer coach David Wynnck, £5 For more information, contact David Wynnck on: 07921528499</p>		
	 <p style="text-align: right; font-size: small;">© Leah Cole Photography</p>	
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Regular Activities

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- Weekly Groups
- 2/3 times a month
- Monthly Groups

Thursday	Friday	Weekend
<p>Dance On Weekly Thursday, 12.30 – 1.30pm Moortown Methodist Church, Alderton Rise, LS17 5LH Fun, accessible dance sessions designed for older people. Paid for in advance by block booking. First class free. £4.50 members/£5 non-members. Places available – contact the office for information</p>	<p>Walking Group Fortnightly Friday 10.00am – 11.00am Starting at MAECare Meet at MAECare for a short local walk, 2 – 3 miles Free – call for more information</p>	<p>Walking Football – Up to 24th October Weekly Sunday 10.45 – 12.00 Alwoodley Primary School. A fun, non-contact sport for men and women, run by our volunteer coach David Wynick, £5.00 For more information, contact David Wynick on: 07921528499</p>
<p>Chair Based Exercise Weekly Thursday 12.30 – 1.30pm St Stephens Church Hall, Cranmer Road, LS17 5DR Exercise to get you moving from the comfort of your chair. Good to get fitter if you have problems standing for long periods of time. £4.50 members, £5 non-members. Paid for in block bookings of 8 weeks Places available – contact the office for information</p>	 <p>Shared Tables See separate item on page 6. 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.</p>	
<p>Walking Football Weekly Thursday, 2.00 – 3.00pm YMCA Lawnswood See Monday for more information</p>		
<p>Creative Writing Weekly Thursday, 1.30 – 3.30pm Thackrah Court, Squirrel Way, Shadwell Lane, LS17 8FQ Regular group who meet to share their creative writing. £50 per term members, £60 per term non-members. This group is currently full, but please ring if you are interested. Call the office for more information</p>		
<p>Knit and Natter Weekly Thursday, 2.00pm – 4.00pm MAECare 57a Knit or bring your own craft activity. Relaxed and sociable session. £2 Members, £2.50 Non-members</p>		

Community Connections

Shared Tables

We have now re-started our very popular lunches out in the local area, for those who may not normally have the opportunity to go out for a meal, but are able to make their own way to the venue.

Once there, they will be met by a volunteer, shown to the table and introduced to the other guests. It's a good way to meet new people in a friendly and relaxed environment.

Dates coming up are below:

Saturday, 23rd October – The Lord Darcy, Harrogate Road at 12.30pm

Sunday, 7th November – The Red Lion, Shadwell, at 12.30pm

Saturday, 20th November – The Beck and Call, Meanwood at 12.30pm

Sunday, 5th December – Gusto, Otley Old Road at 12.30pm



MAECare is looking for volunteers with gifts!

By 'gifts' we don't mean presents; we mean interests, skills, passions, hobbies that you would like to share with other people. We're looking for people who would be willing to lead sessions or even set up a new group for like-minded service users to attend. It could be a one-off session or a weekly or monthly group.

If you've got the time and we can find you the space then we'd love to hear from you - we're open to ideas and suggestions.

Call MAECare on 0113 2660371.

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 is 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 between 2-4pm.**
 - The half hour appointments are held in our private interview room. The sessions are offered by Oakwood Solicitors, Levi Solicitors, Milners Law Company and Morrish Solicitors.

Leeds Homeshare – “Live well at home”

Homeshare is a Leeds City Council initiative which finds helpful friendly sharers for people who would like help at home (and who have a spare room).

The sharer moves in and provides 10 hours assistance each week with household chores, cooking and cleaning etc.

Other benefits include company, peace of mind and shared interests - and there is no cost to the main householder. Sharers themselves benefit from affordable living and are fully vetted and assessed.

Recent Householder Les said “It has been great that we can get on with each other, and I'm really glad to have a sharer who checks I'm okay, without being in each other's pockets”

The project covers Leeds and Yorkshire (except York). If this is of interest to yourself or a family member, please contact Leeds Homeshare for more information:

Telephone: 0113 3785410, email: homeshare@leeds.gov.uk or web: www.leeds.gov.uk/homeshare

Homeshare keeps in regular contact with all participants and also has careful Covid measures in place.



Information

Could you be paying too much Council Tax?

You may be eligible for a reduction of, or exemption from council tax if you, or someone you live with is:

- Living with Alzheimer's disease or other forms of Dementia
- Living with Parkinson's Disease
- Living with the after effects of a stroke
- Living with Learning Difficulties
- Living with severe or chronic mental illness
- Is considered severely mentally impaired in other ways
- Is an unpaid carer for at least 35 hours per week for someone who is not your spouse, partner or child

You must also be in receipt of or eligible for a number of benefits, including Attendance Allowance, DLA, PIP, Universal Credit, amongst others. You'll need to provide proof of receiving the benefits and your GP will need to sign the claim form

If you would like more information about this, or help to claim, please call the MAECare office number and ask for Julie.



A Poem for Autumn

And finally...the first verse of John Keat's gorgeous "Ode to Autumn". We all know that first line, which is almost a cliché, but the whole poem is definitely worth a read!

Season of mists and mellow fruitfulness,

Close bosom-friend of the maturing sun;
Conspiring with him how to load and bless

With fruit the vines that round the thatch-eaves run;

To bend with apples the mossed cottage-trees,

And fill all fruit with ripeness to the core;

To swell the gourd, and plump the hazel shells

With a sweet kernel; to set budding more,

And still more, later flowers for the bees,

Until they think warm days will never cease,

For Summer has o'er-brimmed their clammy cell.

New volunteers at MAECare

A big shout out to the volunteers below, who have recently joined our team. Thank you for choosing MAECare to volunteer for!

Louise Bladon: One to One Walking

Manjit Curtis: Befriending and One to One Walking

Annelise Hall: Office and Reception

Jamie Sykes: Befriending

Kirsty Holden: Befriending and Group Support

Sobia Butt: Befriending

Bethany Lord: Befriending and Group Support

Mavis Bulman: Office and Reception

MAECare Lottery

The MAECare weekly lottery gives you and/or your family the opportunity to support the many older and in some cases vulnerable members of our community.

Playing the lottery for £1.00 per week will make such a difference to MAECare's funds and 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.

For more details of 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.



Dates for your diary

October 2021

Wednesday 6th	Twilight Zone
Friday 8th	Walking Group
Monday 11th	Tai Chi
Wednesday 13th	Tech Wednesday
Thursday 14th	Dance On
Thursday 14th	Chair Based Exercise
Thursday 14th	Creative Writing
Thursday 14th	Knit and Natter
Friday 15th	Walking Group
Monday 18th	Tai Chi
Tuesday 19th	CAMEO Group
Wednesday 20th	Tech Wednesday
Thursday 21st	Dance On
Thursday 21st	Chair Based Exercise
Thursday 21st	Creative Writing
Thursday 21st	Knit and Natter
Friday 22nd	Walking Group
Monday 25th	Book Club
Monday 25th	Tai Chi
Wednesday 27th	Tech Wednesday
Thursday 28th	Dance On
Thursday 28th	Chair Based Exercise
Thursday 28th	Creative Writing
Thursday 28th	Knit and Natter
Friday 29th	Walking Group

November 2021

Monday 1st	Tai Chi
Tuesday 2nd	Men's Den
Wednesday 3rd	Tech Wednesday
Thursday 4th	Dance On
Thursday 4th	Chair Based Exercise
Thursday 4th	Creative Writing
Thursday 4th	Knit and Natter
Friday 5th	Walking Group
Monday 8th	Tai Chi
Wednesday 10th	Tech Wednesday
Wednesday 10th	Twilight Zone
Thursday 11th	Dance On
Thursday 11th	Chair Based Exercise
Thursday 11th	Creative Writing
Thursday 11th	Knit and Natter
Friday 12th	Walking Group
Monday 15th	Tai Chi
Tuesday 16th	CAMEO Group
Wednesday 17th	Tech Wednesday
Thursday 18th	Dance On
Thursday 18th	Chair Based Exercise
Thursday 18th	Creative Writing
Thursday 18th	Knit and Natter
Friday 19th	Walking Group
Monday 22nd	Book Club
Monday 22nd	Tai Chi
Wednesday 24th	Tech Wednesday
Thursday 25th	Dance On
Thursday 25th	Chair Based Exercise
Thursday 25th	Creative Writing
Thursday 25th	Knit and Natter
Friday 16th	Walking Group
Monday 29th	Tai Chi
Tuesday 30th	Men's Den

December 2021

Wednesday 1st	Tech Wednesday
Thursday 2nd	Dance On
Thursday 2nd	Chair Based Exercise
Thursday 2nd	Creative Writing
Thursday 2nd	Knit and Natter
Thursday 2nd	Allerton High Christmas Party
Friday 3rd	Walking Group
Monday 6th	Tai Chi
Wednesday 8th	Tech Wednesday
Thursday 9th	Dance On
Thursday 9th	Chair Based Exercise
Thursday 9th	Creative Writing
Thursday 9th	Knit and Natter
Friday 10th	Walking Group
Monday 13th	Tai Chi
Wednesday 15th	Tech Wednesday
Thursday 16th	Dance On
Thursday 16th	Chair Based Exercise
Thursday 16th	Creative Writing
Thursday 16th	Knit and Natter
Friday 17th	Walking Group