

Newsletter

Winter 2021

Coming Up at MAECare Winter 2021 – 2022

Oliver!

We are delighted to be able to invite North East producers to perform Oliver the pantomime at St Stephens Church as part of our Christmas Programme of events.

Described as “high energy with plenty of audience interaction”, the show will consist of a 50 minute musical pantomime, after which they will hand out carol books to the audience and hold a 15 minute Carol Service with them.

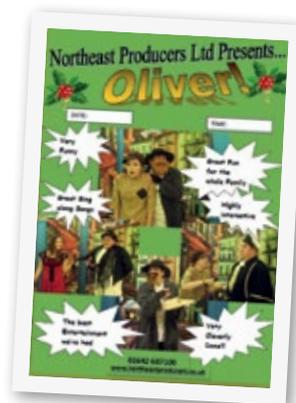
All of their performers are double vaccinated, they are lateral flow testing every morning and they also wear clear face shields.

Numbers are limited to allow for social distancing and you will need to wear your face mask. Light refreshments will be served after the performance.

We can arrange for a limited amount of transport for service users who have no other means and who are unable to arrange their own.

Monday 13th December 11.00 – 12.00, St Stephen’s Church, Cranmer Road, LS17 5DR

Cost £10 to members; £12.50 to non-members. Ring 0113 2660371 to express interest.



Visiting the MAECare Office

Just a reminder that everyone who visits the MAECare office needs to wear a face mask when entering, and when moving about the premises. Once you are sat at a table, you can remove your mask to eat and drink, and we also ensure that tables are safely distanced from each other.

We are doing this to keep everyone safe, as infection rates in Leeds are still high, and many of our users are from a vulnerable group.

Christmas Closure at MAECare

All activities will stop and we will be closed to the public from Wednesday 22nd December to Wednesday 5th January.

You can still contact us by phone, apart from at weekends and on the public holidays.

MAECare’s Big Breakfast!

We are pleased to be able to offer a hot breakfast during the winter months.

Choose from bacon or sausage sandwiches, porridge or just some toast and a hot drink – cereal or fruit as a lighter option will also be available. It’s also a chance to find out more about what help is available to make getting through winter a bit easier, whether that’s the Warm Home Discount Scheme, Cold Weather payments, or other benefits you might be entitled to.

You can also just have a chat, read the newspapers and relax for an hour.

There will be 2 sittings on Friday mornings and you can only attend one: 9.30 – 10.30 or 11.00 – 12.00. You must book to attend and may not be able to attend every week as we have to limit numbers. We can arrange transport at £5 for service users who have no other means and who are unable to arrange their own. Cost of breakfast: pay as you feel. Call MAECare to express an interest or for more information.

Weekly on Fridays 9.30 – 10.30 OR 11.00 – 12.00 at MAECare 57a.



Your Local Neighbourhood Network Scheme supported by

MAECare regular activities

If you are interested in any of the groups, classes or activities below (apart from Walking Football – see item below) then please ring **Mary Baillie on 074986 14227** or email her at **mary@maecare.org.uk**

Exercise classes

All the exercise classes are full with the exception of the Dance On class, where we still have a few places left. The Dance On class has an emphasis on fun and getting fitter, with a variety of dance styles and music. It is designed to be inclusive of all mobility capabilities. Dance On takes place on a Tuesday at Moortown Methodist Centre from 1.30pm to 2.30pm.

Men's Den

Since the last newsletter we have enjoyed a session of soft archery, and we have also had a local writer in James Nash to talk about his writing, sonnets and poetry. Men's Den takes place on the 1st Tuesday of the month.



Walking Football

From the 1st of November our twice-weekly walking football sessions will take place indoors.

Every Monday at Allerton Grange School, Talbot Avenue, Moortown, Leeds LS17 6SF. From 6:30 pm till 8pm.

Every Thursday at Scott Hall Sports Centre, Scott Hall Road, Leeds LS7 3DT. From 2 pm to 3 pm .

There is no joining fee. The cost is simply £5 pay and play

An individual registration form needs to be completed before you can attend either session. INTERESTED? For more information please contact David Wynick – Tel 07921 528 499 or email davidwynick@gmail.com

Knit and Natter

Knit and Natter is every week on a Thursday 2pm-4pm. There are two groups which meet alternately. Please ring to speak to Mary if you are interested.

CAMEO

The CAMEO group have enjoyed a pub lunch and a crafting session making "handmade cards". The CAMEO group is for people living with a long term health condition. The group is currently full and is held on the 3rd Tuesday of every month.

Next events are: 21st December, 18th January, and 15th February



Twilight Zone

The Twilight Zone for service users in the immediate locality continues monthly and we have enjoyed fish and chips with a few games of bingo. Dorothy has gone electronic and we now have a bingo machine.

We also enjoyed an afternoon tea in September's Twilight Zone.

Groups for people living with dementia and memory problems

MAECare Sporting Memories Club meets for the first time in person!

After a year of meeting on line, we are delighted that the first meeting of the Club has taken place in person at Alwoodley Cricket Club. It's great to be able to use a local community sports venue, and a big thank you to Bob at the Cricket Club and the Sporting Memories Foundation for their ongoing support.

If you are interested in joining the group because you love to watch, play or talk about memories of sport (and other things besides!) please get in touch with Carole at MAECare.



Active Minds is back!

Our lively and fun Active Minds group has started again on a Tuesday morning. We use a Cognitive Stimulation Therapy (CST) approach which has different themes and activities to encourage mental stimulation and social interaction.

The group runs for 12 weeks, and if you are interested in finding out more, or signing up for the next programme in the New Year please get in touch with Carole at MAECare.

Dementia Support (Circles of Support)

Our one to one service continues to provide support and regular contact with over 30 people, and aims to help people living with dementia stay independent and active.

For more information contact Carole at MAECare.

Dementia Support Service: Rebecca is moving on!

After nearly four years of working at MAECare I am moving on to an "active retirement"! I feel very privileged to have been able to do a job where I've got to know people living with dementia and their families in the area and tried to make a difference to their lives. I've valued and enjoyed having such an interesting role running the Active Minds group, providing support to get involved in our MAECare groups and activities, and helping people stay independent in spite of the challenges dementia brings with it. My colleague Carole will carry on with this service and I know she will do a fantastic job! I will miss everyone at MAECare and thank you to the team for all their support over the years. I'm looking forward to using my time to pursue more of my interests and (after a rest!) get back involved in volunteering in the community, which is how I first started at MAECare!

Could you be eligible for help with fuel bills this winter?

With the rise in fuel bills, feeling like you are struggling to pay your bills can be worrying. It's worth checking if you are eligible for any of the following. If you think you are but don't receive them, or aren't sure, contact the MAECare office and Julie will help you look into it further.

The Warm Home Discount scheme entitles people who are eligible for a one-off £140 reduction in their electricity bill for winter 2021-22 (or your gas bill if you have the same supplier for both). If you receive Pension Credit you will automatically qualify for this discount. Or if you have a low income, and are on certain benefits your electricity supplier may still consider you eligible but your supplier must be taking part in the scheme. You should receive a letter by December 2021 if you will automatically receive it and the discount will be applied by 31st March 2022.

Cold Weather Payment is another way to receive financial help with fuel bills. You must be receiving Pension Credit, Universal Credit or Employment Support Allowance, among others. You'll get a payment if the average temperature in your area is recorded as, or forecast to be, zero degrees celsius or below over 7 consecutive days. You'll get £25 for each 7 day period of very cold weather between 1 November and 31 March. This should also be automatically applied.

Finally, there is the **Winter Fuel Payment**. If you were born on or before 26 September 1955 you could get between £100 and £300 to help you pay your heating bills. If you receive your state pension or another qualifying benefit you should automatically get this payment in November or December. The amount you get depends on your circumstances.

Art Corner

We are constantly amazed at the creative talents of our service users, and we will try to include some of their work as a regular Newsletter item. Bob Russom is a wood carver, whose work we displayed in our Activity Room back in September, as part of the Age Proud Leeds festival, and Denise Storr's cartoons have featured in our Newsletters during lockdowns.



MAECare Volunteer Profile: Barry Dewhirst

We are hoping to feature regular profiles of some of our wonderful volunteers, to celebrate the essential work they do to ensure MAECare can continue to provide its services. Our first profile is of Active Minds group volunteer Barry Dewhirst

1. What is your volunteer role at MAECare and how long have you been a volunteer?

I joined MAECare about five and a half years ago as a volunteer with what is now the "Active Minds" group for people living with dementia. The role involves greeting group members, providing them with tea and biscuits, helping with activities, helping people to the transport at the end of the session, and just having a laugh with members of the group!

Other roles I have taken on in the past include driving, and one to one help with new members of the Thursday morning group.

2. Why did you decide to volunteer?

I wanted to do something that others might benefit from and I had the time to do it.

3. What do you get out of volunteering?

I've been trying to find an answer to that question, why do I volunteer, for many years now. I feel it sounds selfish to say I get something out of it, or "I feel good about volunteering". I feel it's not about me, it's about the group members.

4. What else do you like doing (outside of volunteering for MAECare)?

Yoga – I started in 2015 and still have weekly "one to one" classes, a monthly group class and I practise at home 3 to 4 times / week.

My garden – but I'm an untidy gardener.

Work – I still work 3 days a week at our family engineering business which I started in 1976. I handed it over to my sons in 2005, and they are doing a superb job.

My "oldish" convertible car – I love to get out driving with the top down, winter or summer, as long as its dry.

5. Tell us one interesting fact about yourself!

I just love my family (and Gin and Tonic!). I've been with my partner Pauline for nearly 40 years. Between us we have 3 sons, 4 granddaughters, and earlier this year got Thomas, our first great grandson.



Information

Shared Tables

We will be continuing 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.

Shared Tables is a very popular event, so we will just register your interest when you first contact us, and your place will be confirmed when we ring you nearer the date. There may be occasions when you will not be able to go as new service users need to be given an opportunity first. Thank you for your understanding.



Dates coming up are below:

Saturday, 8th January – 12.30 –
The Lord Darcy, LS17 8EH

Sunday, 23rd January –
The Red Lion Shadwell, LS17 8HH

Saturday, 5th February –
The Beck and Call, Stainbeck Road,
Meanwood, LS7 2NP

Sunday, 20th February – King on
the Lane, 1 Moor Allerton Retail Park,
LS17 5NY

Saturday, 5th March –
Gusto, Old Otley Road, LS16 6HN

Sunday, 20th March –
The Dexter, Wigton Lane, LS17 8RZ

We would like to give “a big shout out” to Gusto on Otley Old Road, Cookridge for their wonderfully generous donation to MAECare on 10th October 2021 when we hosted a Shared Tables event there.

It's really kind of them to support us in this way.

Ramblers 2020 correction

In the Autumn Newsletter, we mentioned a new walking group called Ramblers 2020, but omitted contact details. If you would like to join them call Graham Moses on 07513 196306.



Sporting Memories

In need of a break?
Outstanding respite and holiday
stay options with 24/7 care
and support on-site.

Find out more today 0113 265 5876



Westward Care

Southlands Retirement Apartments
Wetherby Road, Roundhay, Leeds LS8 2JU



RESPITE OFFER
£500 OFF
YOUR STAY*

*contact us for
full terms

“The care team have literally saved my mum’s life. Their respite care has helped build up her strength following illness.”

Patricia Daughter of respite guest

Tweet @WestwardCare

Facebook Westward Care

westwardcare.co.uk