

# Newsletter

Summer 2022

## Annual Celebration

After a two year absence the Annual Celebration is back! Everyone is welcome to join us at this annual event.

This year it will be held on **Tuesday 12th July from 11am – 1.30pm at Alwoodley Park Methodist Church.** We will be able to tell you about what has happened over the last year and see this year's annual report. There will be entertainment followed by a light lunch.

Please phone the office to book your place. Transport is available.

**Tuesday 12th July, Alwoodley Park Methodist Church, 11.00am – 1.30pm.**



## Allerton High Strawberry Tea

**Wednesday 6th July 2022  
12:45 – 2.30pm**

We welcome the return of the Allerton High Strawberry Tea. The students from Allerton High invite you to the annual event. Sandwiches, scones and strawberries with cream will be served, alongside musical entertainment and a quiz.

This is a free event for MAECare members. Numbers are limited. Contact the office to book a place.

Transport is available on request.



## Have your say!

**Have you got something you'd like to tell us about MAECare and the services/activities we provide?**

If so, we want to relaunch 'MAEView' – our service user forum which we use for consulting on existing and new activities and services.

Prior to COVID the group used to meet every couple of months at MAECare. It's an informal group but it's really valuable to us, alongside other things like the two year Satisfaction Survey (which is enclosed with this newsletter), as a way of finding out how we're doing and what we could do better.

We're looking for a groups of 8 service users initially (this could increase as we hope to be able to increase the numbers we can accommodate), ideally reflecting the diversity of our area so including people who

- Attend activities (exercise classes, groups, events)
- Use other services (IT support, befriending, advocacy)
- Don't/have never accessed any of our services
- Live locally
- Live in Shadwell
- Come from a minority group e.g. a black or ethnic minority group

## Defibrillator

Thanks to the council's Community Committee Wellbeing Fund and local councillors Dan Cohen, Peter Harrand and Neil Buckley, we now have a mobile Defibrillator. We will be able to take it to activities such as MAECare Extra Timers Walking Football to provide reassurance to players in the unlikely event that it should ever be needed. It will also be available for local community groups to borrow if they are organising events such as community fairs or galas.



## Funding

We are delighted to have been awarded funding from Leeds Older People's Forum Enhance Programme. Partnering with Leeds Community Healthcare NHS Trust, we will be working towards more personalised care and support for individuals, including people who have been discharged from hospital to their homes.

Your Local Neighbourhood Network Scheme supported by

# Coming up at MAECare



## Monday Matinees

MAECare is pleased to announce the return of our popular film shows – the Monday Matinees.

This will be run in partnership with Leeds Library and will be held at the Moor Allerton Community Hub, Moor Allerton Centre, LS17 5NY (the same location as Moor Allerton Library).

The first film was on Monday 30th May and future dates are below. Details of the films to be shown are not yet confirmed, as they will depend on the feedback we receive, and the films available. Let us know if there is a film you would particularly like to see.

**27th June 1.30pm**  
**25th July 1.30pm**  
**22nd August 1.30pm**

Refreshments will be available but apologies there will be no ice creams. There will be no charge, but we ask for a donation towards the cost of refreshments.



## Update on regular exercise classes

We currently have several regular exercise classes running - Tai Chi, Dance-On, Chair Based Exercise and Extend – see the centre pages for details of all these.

There are still spaces available in the Chair Based Exercise and Extend classes. Please contact Beccy for more information on 0113 2660371

## Trips and Wednesday Wanderings

We are delighted to be able to offer trips once again after a long two-year break.

The trips will be local trips to begin with, and then we may expand further afield after September.

### Stephen Smiths Garden Centre on Wednesday 8th June 1.00pm

Stephen H. Smiths is a huge garden centre near Otley with a large restaurant, selling plants and garden products, homeware and gifts.

Meeting at MAECare at 1.00pm, you will need to make your own way to MAECare, but you will be dropped off at home after the event.

Upon arrival you can peruse the garden centre and we will sit down to an afternoon tea at 2.30pm. The cost for this will be £25.

If you are interested, please contact Mary Baillie on 0113 2660371.

### Lotherton Hall on Wednesday 27th July 10.00am.

Lotherton Hall is a large country house near Aberford, which dates back to the 18th century. The beautiful Edwardian gardens cover an impressive eight acres.

There will be a trip around the house (not guided) followed by a visit to the restaurant for lunch. You will need to make your own way to MAECare for 9.30am and you will be dropped off at your home after the event. Approximate cost £30.



### Temple Newsam, Wednesday 24th August, timings to be confirmed

Situated on the outskirts of Leeds, Temple Newsam is a historic house and working farm on a country estate, surrounded by scenic parkland.

We will set off from MAECare, enjoy a guided trip around the house, followed by a light lunch. You will need to make your own way to MAECare for 9.30am but will be dropped off at home on the return journey. Approximate cost £30.



### Crag House Farm, Cookridge, Wednesday 14th September 1.30pm

Crag House Farm near Cookridge is a beautiful garden centre, café, restaurant, farm shop and working farm, run by a charity Caring for Life.

We will leave MAECare offices at 1.30pm and have a look around the farm and nurseries followed by an afternoon tea at 2.30pm. Everyone will be dropped off at their home. Cost will be £20.



# Health & Wellbeing News



## Walking Group resumes!

**We have started the Walking Group up again!**

The Walking Group takes place fortnightly on Monday mornings. To cater for everyone, we do longer walks where we meet in a park at 10.00am, and end with a drink in a café, and also shorter walks where we start from the MAECare office at 10.00am and end with a cuppa at the Natter Café at Moortown Methodist Church.

Well behaved dogs welcome!

**These are the next dates –**  
**Park Walks: 6th June,**  
**4th July, 1st August.**

**Shorter Walks: 20th June,**  
**18th July, 5th August.**

**Please Contact Beccy on**  
**0113 2660371 if you want any**  
**more information.**



**\*NEW\***

## Strength and Conditioning classes

We are in the process of setting up Strength and Conditioning classes alongside Active Leeds. We are aiming to start these in early June, at St Stephen's Church Hall. The sessions will be 2 hours long, including 90 mins exercise, followed by 30 mins to have a cuppa and a chat. The classes will be free of charge.

There will be an assessment, and group participants will need to be able to walk, either aided or unaided, and either be at risk of falling, or have fallen. Please contact Beccy at MAECare for further information.

## \*NEW\* Complementary therapy sessions

**Ever since Beccy, our new Health and Wellbeing Project Worker, started at MAECare at the beginning of March, several people have approached her to ask if we are setting up Complementary Therapy sessions again.**

Now we are applying for funding, and hoping to be able to provide monthly Massage, Reflexology and Reiki treatments in the near future. Watch this space!!

## Groups for people living with Dementia

**MAECare offers 3 groups which are specifically for people living with dementia. People living with dementia are also warmly welcomed at any of our other groups and activities – we seek to make these as dementia friendly and inclusive as possible. Please feel free to give us feedback on this**

### **Active Minds**

We are very pleased to be offering another series of our 12 weekly sessions for people living with dementia, starting on Tuesday 7th June – some spaces still available!

This is a lively and fun group which involves stimulating activities to help keep the mind active. The approach we use can help to improve language, thinking and wellbeing.

Session themes include: physical games, music and sounds, food, current affairs, word and number games, places we have lived and travelled, art discussion, faces and fashions and being creative.

See the centre pages for dates and timings of Active Minds.



Transport can be arranged for those people who need it and reminder phone calls made to them on the day of the group.

**Please get in touch with Carole Smith, MAECare Dementia Project Worker, if you would like to discuss joining the group on: 0113 2660371 or carole@maecare.org.uk**

### **MAECare Sporting Memories**

This is a relaxed and friendly group for people who love sport...and who are living with dementia and memory difficulties.

Would you like to come and join us and talk about the sport you love over a cuppa and a biscuit?

We meet fortnightly on Wednesdays 11.00am – 12.30pm at Alwoodley Cricket Club, off Crag Lane, near Alwoodley Green, to share our memories, stories, opinions and love of all things sport.

**Upcoming dates: 15th, 29th June,**  
**13th, 27th July, 7th Sept. Transport and reminder phone calls can be arranged for people who need them.**

If you would like further information about joining the group please get in touch with Carole at MAECare: 0113 2660371 or carole@maecare.org.uk

### **Silver Linings Club**

Our new fortnightly meet-ups began in March and are proving popular!

We are a friendly group who enjoy meeting together to chat and to take part in our energising activity of the day! Recent sessions have included creating our own life story map, floor curling, and planting up sunflowers to enjoy in the summer!

**Fortnightly on Thursdays at 57a Cranmer Bank, 10.30am – 12pm –**  
**Upcoming dates: 9th, 23rd June,**  
**7th, 21st July, 4th, 18th August,**  
**15th Sept. Transport available if needed.**

Contact **Project Worker Carole Smith** on **0113 2660371 / carole@maecare.org.uk** for more info and to book into the group.



# 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><b>Walking Group</b>  <b>Fortnightly Monday</b>  <b>10.00 – 12.00pm</b></p> <p>Fortnightly Monday 10.00am – 12.00pm, starting either from MAECare or a local park            See item on page 3 for full details</p>	<p><b>Active Minds</b>  <b>Weekly from Tuesday 7th June</b>  <b>10.30 – 12.00pm</b></p> <p>MAECare 57a            A lively and fun group for people living with dementia and memory problems. £3.00            N.B. There will be a group on Thurs 16th June instead of Tues 14th.</p>	<p><b>Sporting Memories</b>  <b>Fortnightly Weds from 15th June</b>  <b>11.00 – 12.30pm</b></p> <p>Alwoodley Cricket Club, Crag Lane, Leeds LS17 5PR            A friendly and supportive group for those living with dementia, where we share memories of watching and enjoying sport. £2 charge</p>
<p><b>Extend Class</b>  <b>Weekly Monday, 11.00am – 12.30pm and 1.20 – 2.50pm</b></p> <p>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. First class free.</p>	<p><b>Dance On</b>  <b>Weekly Tuesday, 1.30 – 2.30pm</b></p> <p>Moortown Methodist Church, Alderton Rise, LS17 5LH            Fun, accessible dance sessions designed for older people. Paid for in advance by block booking.            £4.50 members/£5 non-members.            First class free.</p>	<p><b>Tech Wednesday</b>  <b>Weekly Wednesday, 1.30 – 3.30pm</b></p> <p>MAECare 57a            Relaxed IT support in a small group, with a different theme each week.  <b>Places are limited so please call the office to book.</b> Free</p>
<p><b>Tai Chi</b>  <b>Weekly Monday</b>  <b>11.00 – 12.00pm</b></p> <p>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.            First class free</p>	<p><b>Men's Den</b>  <b>Monthly 1st Tuesday,</b>  <b>2.00 – 4.00pm</b></p> <p>MAECare 57a            Lively discussion and activity group for men, £2 members, £3 with transport.            Summer Dates:            7th June, 5th July, 2nd August and 6th September</p>	<p><b>Twilight Zone</b>  <b>Monthly, 4.30 – 6.30pm</b></p> <p>MAECare 57a            Enjoy a takeaway meal of your choice, dessert and games, £5 or £6 charge to cover cost of meal. Transport available            Summer Dates: 15th June, 13th July and 17th August</p>
<p><b>Book Group</b>  <b>4th Monday of month,</b>  <b>2.00 – 3.30pm</b></p> <p>MAECare 57a            A friendly group which meets to chat and discuss books they have read. Contact the office for more info.</p>	<p><b>CAMEO Group</b>  <b>Monthly 3rd Tuesday,</b>  <b>2.00 – 4.00pm</b></p> <p>MAECare 57a            Activity based group for those living with a long term health condition. £2 members, £3 with transport.            Summer Dates:            28th June, 26th July and 23rd August</p>	<p><b>Legal Advice Appointments</b>  <b>Monthly, 3rd Wednesday,</b>  <b>2.00 – 4.00pm</b></p> <p>MAECare 57a            Half hour free advice on wills, probate and Power of Attorney only. Please contact the office to make an appointment.</p>
	<p><b>Games Afternoon</b>  <b>Monthly, 4th Tuesday,</b>  <b>2.00 – 4.00pm</b></p> <p>MAECare 57a            Enjoy playing games such as Scrabble, Monopoly, cards, dominos and chess in a friendly atmosphere.            Summer Dates:            21st June and 30th August</p>	

# Regular Activities

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

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

Thursday	Friday	Weekend
<p><b>Silver Linings Club</b> <b>Fortnightly Thursdays from 9th June, 10.30 – 12.00pm</b> MAECare 57a A social group for people living with dementia. A chance to socialise with others over a cuppa and a biscuit... and to take part in our energising activity of the day! £2.00 Contact Carole Smith for more information and to book into the group, on 0113 2660371.</p>	<p><b>Legal Advice Appointments</b> <b>1st, 2nd &amp; 4th Friday, 2.00 – 4.00pm</b> Half hour free advice on wills, probate and Power of Attorney only. Please contact the office to make an appointment.</p>	<p><b>Walking Football – Weekly Sunday 10.45 – 12.00pm</b> Alwoodley Primary School, Cranmer Rise, LS17 5HX 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><b>Chair Based Exercise</b> <b>Weekly Thursday 12.30 – 1.30pm</b> 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.</p>	<p><b>Shared Tables</b> <b>See separate item on page 6.</b> <b>PLEASE BOOK YOUR PLACE WITH THE OFFICE.</b> We cannot provide transport for Shared Table meals, so you must be able to get to the venues independently.</p>	
<p><b>Walking Football</b> <b>Weekly Thursday, 2.00 – 3.00pm</b> YMCA, Lawnswood Sports &amp; Leisure Centre, Otley Road, LS16 6HE A fun, non-contact sport for men and women, run by our volunteer coach David Wynick, £5. For more information, contact David Wynick on: 07921528499</p>		
<p><b>Creative Writing</b> <b>Fortnightly Thursday, 1.30 – 3.30pm</b> 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. Call the office for more information.</p>		
<p><b>Knit and Natter</b> <b>Weekly Thursday, 2.00 – 4.00pm</b> MAECare 57a Knit or bring your own craft activity. Relaxed and sociable session. £2 Members, £2.50 Non-members</p>		

# Community Connections

## IT support @MAECare

**At MAECare we offer IT Support in our weekly Tech Wednesdays.**

Along with students from The Grammar School at Leeds and Allerton High School, 121 support is available to look at your individual queries.

We also have been helping out at The Moor Allerton Community Hub with their monthly IT Drop in sessions.

In the past we have offered courses on Family History and specific areas of IT, e.g. uploading photos, emails and so on.

If you are interested in doing something like this or have other suggestions of things you would like to learn about online, please get in touch with Anna-Marie Garbutt our Digital Inclusion Worker.



## The ReFresh Natter Café

The opening of the Natter Café was delayed, but it is now up and running! It is a pop up café which is open on Monday mornings from 9.30am to 1pm at The Moortown Methodist Centre in Moortown. The aim is to provide a space for friendship and refreshments, so everyone is welcome!



## Cultural and Social Outings for the over 50s

A group of community organisations are putting together a programme of cultural and social outings for people over 50 who are at risk of social and cultural isolation or exclusion.

**Contact Hannah Carey on 07761 184841 to register or for further information.**

## MAECare Website

**MAECare will be relaunching its website over the summer, to make it more user-friendly and up to date, and to increase its impact.**

**Have a look at [www.maecare.org.uk](http://www.maecare.org.uk) and let us know what you think!**

## Volunteer Social

**We enjoyed our first face to face Volunteer Social since Covid on Wednesday, 20th April at the Mustard Pot in Chapel Allerton.**

Our lovely Volunteers took part in a sunny evening of chatting and meeting new/old colleagues, it was wonderful to see people's smiling faces!

It was a great opportunity to show our appreciation and say a huge "THANK YOU" to our amazing volunteers for the support they continue to provide for Service Users and Staff.

MAECare couldn't do what we do without our Volunteers!



## Shared Tables

**Our popular lunches out in the local area are 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 11th June – 12.30pm**  
The Lord Darcy, LS17 8EH

**Sunday, 26th June – 12.30pm**  
The Red Lion, Shadwell, LS17 8HH

**Saturday, 9th July – 12.30pm**  
The Olive Branch, 4-6 The Avenue, LS17 7BE

**Sunday, 24th July – 12.30pm**  
The Beck and Call, Stainbeck Road, LS7 2NP

**Saturday, 6th August – 12.30pm**  
Gusto, Old Otley Road, LS16 6HN

**Sunday, 21st August – 12.30pm**

Toby Carvery Chapel Allerton,  
Harrogate Road, LS7 3PT

**Saturday, 3rd September – 12.30pm**  
The Mustard Pot, Stainbeck Lane,  
LS7 3QY

**Sunday, 18th September – 12.30pm**  
The Lord Darcy, LS17 8EH – to be confirmed

**A Big thank you to Gusto at Cookridge** for their very generous donation to MAECare by kindly providing our volunteer's meal free again!



# Information and Advice

## 'Dementia Action Week' and getting a diagnosis

**At the time of this Newsletter going to print, MAECare is about to mark Dementia Action and Awareness Week. This campaign is organised by the Alzheimer's Society in May each year and it encourages people to "act on dementia". This year's theme is diagnosis.**

If you or a loved one is experiencing memory loss, it could be a sign of dementia. Research shows that assuming memory loss is a normal sign of ageing is the biggest barrier to people seeking a dementia diagnosis.

Getting a diagnosis can be daunting... but 91% of people affected by dementia believe it is better to know. Over 9 in 10 people living with dementia say getting a diagnosis has benefitted them.

It allows them to receive practical advice and support, to plan for the future, and can even offer a sense of relief in knowing what's going on. Also, there is medication available to help with the symptoms of some types of dementia.

It is possible to live well with dementia with the right support!

Speak to your GP if you are concerned about changes to your memory, or if you are getting confused or needing help with daily tasks, are having problems with language and understanding, or noticing differences in your behaviour or mood.

These symptoms could also be due to other conditions, such as depression, underactive thyroid or vitamin B2 deficiency – so there may be a treatable cause.

Two UK dementia charities run telephone helplines where you can get advice and support about your memory and lots of other information: Alzheimer's Society: 0333 150 3456 and Dementia UK: 0800 8886 678. You can also contact Carole Smith at MAECare to find out about our Circles of Support scheme to help people living with dementia to access groups, activities and support from MAECare, as well as other Leeds services.



## Could you be eligible to receive more money?

**As we all know, the cost of living has increased significantly, with fuel bills in particular rising dramatically.**

Older people often have a lower income and may feel they will struggle financially. They are also more likely to have health issues which make some aspects of life hard. There are 2 benefits specifically for older people which are consistently under-claimed: Attendance Allowance and Pension Credit (Guarantee Credit). Julie at MAECare can help you claim these benefits if you are eligible.

You could claim up to £89.60 a week tax-free on Attendance Allowance if you have health issues which mean you find day-to-day tasks and activities difficult, or are struggling to manage (even if you think you're doing 'just fine').

If you are not receiving the full amount for state pension (this may be due to not making enough National Insurance contributions) and have small or no savings, Pension Credit could top your pension up to £182.60 a week, or £278.70 as a couple (only one of a couple can claim). Even if you can only claim a small amount of Pension Credit, it is still worth doing as you will then be eligible for extra benefits such as help with NHS dental treatment and glasses, council tax reduction, and the Warm Home Discount, which is £150 this year (see other article for details). Contact Julie at MAECare for a confidential chat and more information.



## Warm Home Discount

The government has made some changes to the Warm Home Discount scheme this year. They have increased the amount to £150 and if you receive Pension Credit this still automatically makes you eligible for the payment which is paid into the electricity part of your fuel account between October and April.

However, the payment will no longer be available for people who are on disability benefits but NOT Housing Benefit or the Savings Credit portion of Pension Credit. As before, your electricity supplier will have to be taking part in the scheme for you to receive it. Anyone who is eligible should now receive it automatically (before, some people had to claim themselves) and the government bases its assessment of eligibility on a certain date, usually in July.

## Staffing

Last year Maria took the unexpected opportunity to start a new adventure, and was sorry there wasn't the chance to say goodbye, but, she takes with her many fond memories of her nine years working at MAECare. She is now happily settled by the sea on the East coast.



## Dates for your diary

### June 2022

#### Wednesday 8th

Trip to Stephen Smiths Garden Centre

#### Saturday 11th

Shared Tables – The Lord Darcy

#### Sunday 26th

Shared Tables – The Red Lion, Shadwell

#### Monday 27th

Monday Matinee – film to be confirmed

### August 2022

#### Saturday 6th

Shared Tables – Gusto

#### Sunday 21st

Shared Tables – Toby Carvery

#### Monday 22nd

Monday Matinee – film to be confirmed

#### Wednesday 24th

Trip to Temple Newsam

### July 2022

#### Wednesday 6th

Allerton High Strawberry Tea

#### Saturday 9th

Shared Tables – The Olive Branch

#### Tuesday 12th

Annual Celebration

#### Sunday 24th

Shared Tables – The Beck and Call

#### Monday 25th

Monday Matinee – film to be confirmed

#### Wednesday 27th

Trip to Lotherton Hall

### September 2022

#### Saturday 3rd

Shared Tables – The Mustard Pot

#### Wednesday 14th

Trip to Crag House Farm

#### Sunday 18th

Shared Tables – The Lord Darcy



# Struggling to manage at home? A care home is not your only option.

Our luxurious one or two-bedroom self-contained apartments offer you the best of both worlds. Flexible purchase or rent options, 24-hour on-site care and support with personal care to suit your individual needs LS8 2JU

We're here to help, when you're ready to call.

0113 265 5876

[www.westwardcare.co.uk](http://www.westwardcare.co.uk)



  
**Southlands**  
— ROUNDHAY —