

Newsletter

Winter 2012/13

Healthy Heart on St Valentine's Day

Healthy Living Day Event on Thursday 14th February between 10.45am – 2pm at Shadwell Methodist Church (including light lunch).

To celebrate Valentine's Day, our Healthy Living Day event will provide a great opportunity to learn more about how to look after your heart and general health. The event will take place at Shadwell Methodist Church, Main Street, Shadwell, Leeds LS17 8HN.

Enjoy a relaxing head and shoulder massage. There will be information about managing your medication, blood pressure check, advice on aids and adaptations in the home, lots of information on keeping fit and healthy and much more. Lunch is provided.

The cost is £4.00 MAECare members/ £4.50 non members. Transport can be provided.

Please ring the office to book your place as numbers are limited.



Mind and Body Project Launch

Our official launch will be Friday, 12th April at 11am at Alwoodley Community Association, 60 The Avenue, Leeds LS17 7NZ

This will be a chance to find out more about the project, share any ideas you might have, and even try a sample of some wellbeing activities. MP Fabian Hamilton will help us launch the event as well as some other exciting speakers and entertainment from Déjà vu. Lunch will be provided, so why not come along?

If you would like to come to the event, please ring up and let us know. The event is free and we will be able to provide transport.

We already offer lots of activities to help people stay physically fit, and we want to make sure we're paying attention to how people feel emotionally too.

The project will cover issues such as stress reduction, coping with bereavement, overcoming loneliness, and managing anxiety and depression. We believe that everyone can benefit from increased emotional support, whether to address longstanding depression or just for those periods when we feel a little bit "low," as we all do from time to time. We can offer that support through groups as well as one to one support.

If you would like to learn more about Mind and Body, have ideas about what the project should be doing or would like to get involved, please get in touch with Emily at the office.



User satisfaction survey

Every year, Leeds City Council ask us to find out from our service users what they think of MAECare and how we can improve our service. We very much want to find out your views, so we can make sure that our service is what older people in the area want. A two page survey is enclosed with this newsletter and we would be grateful if as many people as possible could complete and return this to us. You can complete the form anonymously if you prefer or enter the prize draw.

Just for men

Have you heard about the Men's Den? News and views, life as a mature man, hobbies and interests, sports and games. Whether you think of yourself as a 'grumpy old man' or you're enjoying some of the best years of your life, you may be interested in a new discussion and activity group for men starting soon. Please get in touch if you'd like to know more on **266 0371**



Your Local Neighbourhood Network Scheme supported by



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

Nintendo Wii sessions – Everyone welcome

Where: Moorhaven Court
Sheltered Housing

When: On 1st Tuesday
of the month

Time: 10.30am – 12 noon

Cost: £1 per person

Next sessions to be held on:
5th February, 5th March
and 2nd April.

Monthly Singing Group

Our singing group meets the first Thursday of every month at the Moortown Social Club: 10.30am – 12 noon. The group focuses on sharing memories and has a singalong with a different monthly theme. Everyone is welcome, just come along on the day.
Cost £1.50.

MAECare ‘Social Strollers’ Group

Date of walk	Venue
Tuesday 12th February	Meanwood Urban Valley Farm
Tuesday 26th February	Roundhay Park
Tuesday 12th March	Golden Acre Park
Tuesday 26th March	Roundhay Park
Tuesday 9th April	Kirkstall Abbey
Tuesday 23th April	Roundhay Park

All walks start at 10.30am promptly from the MAECare office and the group goes for lunch after the walk.

Transport is provided to and from the walks at a cost of £4 per person. Walks are generally easy and on level ground. All abilities welcome. Please call the office to book on any walk or for more information.

Events Page

‘Thursday Club’ at Moortown Methodist Church

Come and join us on the third Thursday of the month at Moortown Methodist Church Hall between 10.30am – 12 noon. The next ‘Thursday Club’ coffee mornings will be held on:

February 21st, Theatre Company ‘Feeling Good’. **This will be held at St Stephen’s Church Hall, Cranmer Road.**

March 21st, Chair based Yoga

April 18th, An insight into ‘Caring for life’ Charity

Entry is £2 for MAECare members/£2.50 non members. Transport is available.

Shadwell Event on Tuesday 12th March

Our ever popular Shadwell Event is on Tuesday 12th March at 10.30am – 1.00pm including a light lunch at Shadwell Village Hall.

Our speaker is Robert Wood who will talk on: Crystal Power: Fact or Fiction?

The cost is £4.00 MAECare members/£4.50 non members.

Transport can be provided.

Please ring the office to book your place as numbers are limited.

Carers LS17 Group

First meeting Monday 4th March at St. Paul’s Church Hall, King Lane 10.30am – 12 noon.

This brand new group is being run by Carers Leeds, with MAECare’s support, and will meet once a month on a Monday morning at St Paul’s from March 2013.

Come along... with refreshments and cakes, a chance to relax and meet other carers in a warm, friendly environment.

Please call the office for more details.

Afternoon Tea at Treetops

Come along in Spring for afternoon tea at Treetops Community Centre on Thursday 11th April.

Entertainment is with John Wallis and his theme – ‘The Good Old Days of the Music Hall’. Time 2.00pm – 4.00pm.

The cost is £3.00 MAECare members/£3.50 non members. Transport can be provided.

Please ring the office to book your place.



Booking for events

For all our events, transport can be provided and for some events transport will be wheelchair accessible. To book any events and to let us know about your transport requirements, **please ring the office on 266 0371.**

Activities and events which are open to all MAECare members are running throughout the year. See if there’s something to interest you and, if you have any other ideas for things you’d like to do, please get in touch.

If you need any assistance to come to an event or on a trip such as having someone to push your wheelchair or someone to walk with you because your eyesight is poor, please let us know as we want any activity we offer to be open to all our members.

Mind and Body events

Stress Busting at Treetops Community Centre – Tuesday 19th March

Do you ever feel overwhelmed, like everything's piling up on top of you?

Would you like to learn what to do in those situations? MAECare can help! On Tuesday 19th March, from 1.30pm – 3.30pm, we will be offering an afternoon about coping with stress, as part of the new Mind and Body Project.

This will be a chance to learn some everyday techniques, share with others about how you manage during stressful times, and take advantage of some great wellbeing activities. This will be a fun-filled afternoon and everyone is welcome! Please ring Emily at the office to find out more and to sign up. (See more about the Mind and Body Project on page 1!)

Introducing MAECare's new Staff member: Emily Axel

Emily Axel is a qualified social worker and before moving to Leeds she worked for three years at a Senior Centre in New York City, providing casework and coordinating group activities for adults over 60.

Emily joined MAECare in December to be the Project Worker for Mind and Body. She will be working in the office on Monday, Tuesday, Thursday and Friday. She comes to us with lots of experience working with older adults and is quickly learning about the Moor Allerton community. Many of you have met Emily already, and there will be plenty of opportunity to get to know her in 2013!



Emily Axel joins us for the Mind and Body project

Call for Mind and Body Volunteers

The Mind and Body Project will be offering new opportunities for volunteers. Have you ever been talking to a friend who's feeling down or anxious? Do you wish you knew what to say or do so you could help? We will be providing people from the community with the information and skills to act as sources of support to MAECare members, so everyone can enjoy the best physical and mental health possible.

The Mind and Body project can teach you basic tools to be a support to people who may be facing depression, anxiety, or other emotional stressors. With these tools you can then be matched with a MAECare member who would benefit from a little extra support. This could mean spending time with them in their home as a Friendly Visitor, providing them with information about mental health services, or acting as a "buddy" to help them to participate in social activities.

No previous experience or knowledge is required, just a desire to be a positive influence in someone's life! If you would like to know more, please contact Emily at the office.

CAMEO CLUB – 'Come And Meet Each Other'!

If you can't get out and about as much as you'd like to, because you have a physical disability such as a visual impairment, a stroke or other illness, then you may be interested in this group.

This year we will be running **two** CAMEO group sessions a month – a Tuesday afternoon activity-based session at Tree Tops and an activity-based session including a light lunch on a Monday at St Paul's.

The CAMEO group enjoys a variety of activities, including learning to play the angklung, some very competitive games of bocchia, as well as craft and socialising.

You can come along to one or both sessions. Ring Maria at the office to book a place. **Transport is available.**

MAECare Events Update



MAECare Christmas Party at Allerton High School on Tuesday 11 December.

Our thanks go to Sainsbury's at Moortown and Chartwells, the schools catering who provided refreshments for the event.

Shadwell Craft event

Tuesday 6 November at Shadwell Village Hall



Also at the Shadwell event, MAECare volunteers and members were filmed on the day as part of a project for the NHS.



Dates for your diary

February

Tuesday 5th February

- Millstones Outing/Nintendo Wii session at Moorhaven Court (am)

Thursday 7th February

- Singing Group – Moortown Social Club (am)

Tuesday 12th February

- Stroller Walk

Thursday 14th February

- Healthy Living Day & Lunch – Shadwell Methodist Church (am)

Monday 18th February

- CAMEO

Thursday 21st February

- 'Thursday Club' Coffee morning at St Stephen's Church Hall

Tuesday 26th February

- Stroller Walk/Men's Den (pm)

Wednesday 27th February

- Short Outing – Cinema Trip

March

Monday 4th March

- Carer's Group at St Paul's (am)

Tuesday 5th March

- Nintendo Wii session at Moorhaven Court (am)
- CAMEO Club (pm)

Thursday 7th March

- Singing Group – Moortown Social Club (am)

Tuesday 12th March

- Stroller Walk/Shadwell event & lunch – Shadwell Village Hall (am)

Monday 18th March

- CAMEO

Tuesday 19th March

- Stress Busting Event (pm)

Thursday 21st March

- 'Thursday Club' Coffee morning at Moortown Methodist Church

Tuesday 26th March

- Stroller Walk (am)/Men's Den (pm)

Wednesday 27th March

- Short Outing – Trinity Leeds

April

Tuesday 2nd April

- Nintendo Wii session at Moorhaven Court (am)/CAMEO (pm)

Thursday 4th April

- Singing Group – Moortown Social Club (am)

Tuesday 9th April

- Stroller Walk

Thursday 11th April

- Treetops Afternoon Tea (pm)

Friday 12th April

- Launch of Mind and Body Project

Monday 15th April

- CAMEO

Thursday 18th April

- 'Thursday Club' Coffee morning at Moortown Methodist Church

Tuesday 23rd April

- Stroller Walk

Wednesday 24th April

- Short outing – Stephen Smith's

Trips for EVERYONE

Theatre – West Yorkshire Playhouse
Sherlock Holmes – The Best Kept Secret, Tuesday 21st May (evening performance) **or Thursday 30th May** (matinee performance), both £18.50.

Arthur Conan Doyle's legendary sleuth is live on stage in a gripping, brand new case: Sherlock Holmes is listless, bankrupt and reduced to selling the stories of his past glories. Then his brother Mycroft is arrested for treason and Holmes is jolted back into action, as along with Dr Watson and the mysterious Irene Adler, he must battle powerful, unknown forces in a race to save Mycroft's life. Can Sherlock really save Mycroft from being hanged? Or will the deadly puzzles of the Best Kept Secret be the end of them all?

Door-to-door transport is included in the price. The theatre seats booked have level access and, if you need any assistance, such as having someone to push your wheelchair, please let us know when you book and also if you'd be interested in a back-stage tour of the West Yorkshire Playhouse.

Places are limited so please book as soon as possible.

Thank you to Headingley Hall who have kindly sponsored our newsletter.

This excellent facility for older people provides high quality residential care in its beautiful care home and luxury independent living apartments. Please call Elaine Yechezkel on 0113 275 9950 or visit www.westwardcare.co.uk



Headingley Hall

TO BOOK A TRIP PLEASE RING THE OFFICE AS EARLY AS POSSIBLE

Wednesday wonders

MAECare members have told us they'd like half-day trips to places they may not have visited for years and Leeds has many gems to rediscover or see for the first time.

These local trips are particularly suitable if you aren't able to get out and about as much as you'd like. If you need any assistance to come on a trip, or, perhaps, you've not been out for a while and just need a bit of encouragement, please let us know when you book.

Cinema

Wednesday 27th February

11am – 4.30pm

Enjoy mystery and suspense? We don't know what film we'll be seeing (yet)! Forthcoming releases include a cinematic version of the musical *Les Misérables*, Helen Mirren and Anthony Hopkins in 'Hitchcock' and uplifting British drama 'Song for Marion', so the film we see will just depend on what's on the day we go. This trip costs £14 including cinema ticket and door-to-door transport.

Shopping

Wednesday 27th March

11am – 4.30pm, door-to-door transport, Cost £6.

Be one of the first to visit Trinity Leeds. The highly-anticipated opening of this brand new shopping complex is nearly here! Spread across the arcades that cross three of Leeds' busiest shopping streets (Briggate, Albion and Commercial Street), Trinity Leeds offers flagship stores, shops, restaurants and cafes over three levels to explore at your leisure.

Gardens

Wednesday 24th April

11am – 4.00pm, Stephen Smith's Garden Centre – Otley, door-to-door transport, Cost £7.

Future Wednesday outings may include Ten Pin Bowling, a visit to a local museum, market day trip and anything else you can think of – so, if you've been somewhere in West Yorkshire that you've really enjoyed, please let us know!

57 Cranmer Bank Leeds LS17 5JD Telephone: 0113 266 0371

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