

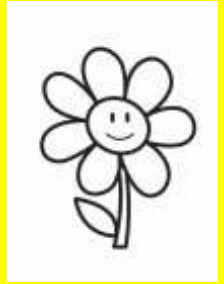
Middleton Elderly Aid Newsletter May 2019

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Welcome to your May Newsletter

We've had another busy few months here at MEA. We have enjoyed trips out with our members to Ryecroft Hall & Cleveleys, Port Sunlight & Birkenhead and Oswestry market and Ironworks Centre.

We've also had some great entertainment including comedian Paul Holt who is joining us at our Xmas party and our Elvis tribute who is a regular at entertaining us.

We had a Valentines Tea Dance and gave away a meal for two. Also, for Mothering Sunday one of our members won a lovely basket of flowers.

We had an Easter raffle where we made a whopping £280 for our funds. Our crafts group made some fantastic Easter Bonnets as well as all their other artistic creations.



Pamper Day 1st May

With the success of our Pamper Day last year we are holding another one on Wednesday 1st

May 1.30-3.30. We will be doing hair, make up, nails, massage. This is a FREE event why not join us for a fun afternoon. Pictures to follow.



Summer Party Time

With the success of our Christmas party at the Conservative club, we thought why wait till Xmas for another Party. So we have arranged for a Summer Party on Wednesday 10th July 12.00 – 4.00 pm at the Conservative Club. We will have entertainment from Tony Holland as Elvis, also Bingo and a Raffle. The cost will be £3.00 each which includes a FREE Buffet. Tickets must be bought in advance from our Social Centre or Charity shop. Hope to see you there!

NCS Project

We have worked in partnership with the NCS project for 4 years now with great success. The members always have fun. They will be visiting us again on Wednesday 7th August 12.00-4.00. Please come along and support this project. They will be bringing food and there will be fun and games for all.



News Café

We have a News café running on Wednesday mornings at our Social Centre 9.00am-11.00 am. Please call in and see our Volunteer Reporter Ken to give him your local news stories to go in the South Leeds Life Newspaper and Blog. We love to hear your local news so if you have anything interesting to tell us please come along.



Poem from a Member

The Tree by Jean Nothers

A thousand spindly fingers
Reach for an ominous sky
A broken black branch below
A leafless wide limb on high

A bark that is pitted and ridged
The roots lying prone on the scree
No birds, no bees, no butterflies
This pitiful winter tree

So many green shoots rise up
The tips of the twigs are alive
A bark that looks almost whole
The pink cherry blossoms arrive

The birds that tweet and twitter
Can this be the same wood I see
The branches all proud and happy
This beautiful green spring tree.

Chair Based Exercises

We have a fun exercise programme for you to enjoy. These classes will run on a Friday 1.45pm to 2.45pm at a cost of just £2.00. Exercise is not only good for your body but it is also good for your well-being and state of mind. Regular exercise can help to ward off illnesses such as cancer and heart disease. Why not give it a go? You might be surprised how great you'll feel. Call us to book your place on 0113 2721050 or pop in to the centre.



Trips for 2019

Our trips so far this year have proved very popular we have filled a 47 seater coach every



Trip so far. We have been to some interesting places like Bury Market, Ironworks Centre, Port sunlight. The details of our next trips, Please note some are already FULL

22nd May, Teeside River Cruise (includes meal), 9am start £25 FULL

19th June, Mablethorpe, 8.30am start £10

24th July, Scarborough, 9am start £10

21st August, Llandudno, 8.30am start £10

18th September, Whitby, 9am start £10 FULL

23rd October, Boundary Mills Sheffield and Wetherby Whaler, 9am start £8 plus meal (£10.45 payable on the day)

20th November, Millstones (includes meal), 9.30am start £26

4th December, Newly built Warrington Market, 9am start £10

Do remember to get in early if you are interested though as places sell out fast!

Guest Speakers

We have had lots of guest speakers come in to our centre on Tuesdays. They are usually here from about 11am and speak to you about a wide variety of topics before our Tuesday Lunch. We have had talks from fire safety, West Yorkshire Playhouse, Healthy Living, Telecare, Cancer Awareness, Dementia Support, practical help for poor sight, Leeds alternative travel and many more over the past couple of months.

Please get in touch if you would like more details of the speakers we have coming up.

Outreach Service

Hi I'm Tracey, Im your new Community Outreach Worker, working alongside Michelle. The



demand of visits to our members has now increased that we now need 2 outreach workers. We can come and see you to discuss any help you need . Also just a reminder to please call the office if you have anything you need help with, no matter how large or small and we can arrange a home visit.

Holiday 2019

Our annual holiday this year is to Weymouth and Dorset Delights. It is now fully booked. We are staying at the Royal Hotel with trips out to Dorchester Market and Poole. Its 5 Days from the 13th to the 17th May . So not long now. Keep a look out for our holiday photos.



Charity Shop News



Here at our charity shop we are excited to announce that we will be having the shop refurbished in June.

The shop will be closed for 2 weeks from Monday 3rd June. We will be reopening on Monday 17th June at 8.30am.

With this in mind we will be having a full shop sale the last 2 weeks in may. All stock on the shop floor must go including some of our shelving units.

More info will be found on Facebook nearer the time, so please do look out for the posts. If you don't have Facebook you can ring the shop on 0113 2713999 for more information from 20th may.

We hope to see you all for grand reopening on 17th June from 8.30am

New Textiles Group

Our new Textile Class started on Wednesday 3rd April. It will be on every Wednesday morning at our Social Centre 10.00-11.00. Our volunteer Narinder will be your instructor, she will be making clothes, doing alterations etc. Please give us a call to register your interest.

Live Entertainment

We have live entertainment at our Centre once a month. This is on a Wednesday

2pm –
3.30pm and
the cost is just
£3.00, which
includes the
entertainment



and a free buffet. We have **Jackie Jane** our first female vocalist on **8th May**. We then have back by popular demand **James Wilson** on **5th June**. We then have **Elvis tribute** on **July 10th** at the Conservative Club. If you are interested in joining us, please get in touch regarding details.

Summer Fair

Our annual Summer Fair is set for Saturday 13th July at our Centre between 10am and 2pm. Donations are welcomed for our tombola and raffle stalls as always. Please call us if you have any donations, we would be able to collect them if necessary. We're hoping for a great turnout so do please come along to support us on the day and have some fun!! Put the date in your diaries.

Local Police News

If anyone would like a full security check by West Yorkshire Police then please could you pass your details on to us here at MEA and a member of the Middleton Neighbourhood Policing Team will be in touch to carry out the checks. Our PCSO will be giving out free safety bags on their visit.



PCSO Surgery We now have a regular surgery at our centre where our local PCSO's will be attending on the last Wednesday of every month at 1.30 – 3pm. Please pop in and see us.

Solicitor

Free Legal Clinic

We're still running the free Legal Clinic in our Centre. It is on the last Wednesday of every month from 9am – 11am.

Ison Harrison Solicitors will be attending to give free legal advice. The clinic will be manned by Ison Harrison partner, Dominic Mackenzie, who specialises in wills, probate and Lasting Powers of Attorney. He also spends a lot of his time advising people about asset protection and preservation. They will however be able to deal with any other legal queries including family advice, personal injury, conveyancing and property matters. No appointment is required and there will be no charge for the consultation.

Herbert Protocol

In November last year Middleton Neighbourhood Policing Team attended MEA and introducing the Herbert Protocol.

The Herbert Protocol is an initiative with regards to Missing People. The Herbert Protocol is named after a resident of a Care home, George Herbert.

It is intended to speed up and simplify the response of the Police and other agencies when a vulnerable person with dementia/Alzheimer's is reported missing, ensuring that the right information is readily available so that the search can be targeted appropriately. If you would like any further information on this project please call in to the centre or give us a call.

Garden Club



Our Gardening Club is on every Saturday Morning 9.30-11.00 at our Social Centre. So far we have planted clematis along the fence in our garden and replanted bulbs in our planters at the entrance. We have also potted butternut squash, carnations, viola and lobelia in our germinator inside the centre. We are now getting ready to set the Poly tunnel up and start growing our plants inside it. We will then start to sell the plants to our members. We would like to say a massive thank you to the lottery for this funding. If anyone is interested in being a part of it, please register your interest.

Leeds Hearing and Sight Loss Service



Previously just called our Hearing Aid Clinic, this new service is still running on the 2nd Tuesday of each month, the next ones being 14th May, 11th June and 9th July 10.00am – 1.00pm at our centre. There may be a couple of extra ones taking place so keep an eye on our facebook page for further details.

If you would like to attend please call us to book your place and confirm the clinic is on. **The clinic can help with:** Maintenance of NHS hearing aids, supply and fitting of new tubing, supply and fitting of new batteries, and support on using your hearing aid. They also offer information, advice, and guidance to people who are deaf, hard of hearing, sight impaired, severely sight impaired or deafblind.

Massage/Aromatherapy

We have a new Massage and Aromatherapy session in our timetable. Lynne, a qualified Aromatherapist and Masseuse will be in our



centre on Tuesdays every fortnight from 10am – 12 noon. She can provide a 15 minute massage for £5. Massage and aromatherapy can help alleviate aches and pains and is useful for de-stressing. You will be able to have a full consultation on aromatherapy and there will be a range of essential oils for sale that you can purchase for use in your own home. Please contact us for more details

Computer Classes

We are now offering computer classes for anyone interested. The courses are running every Friday 9.30 – 11am. We now have tablets we can provide you with when you're here. You can learn many new skills to help you message, email, online shop, Skype, whatever you would like to know about using technology. If you would be interested in taking part in the next classes please call the centre or pop in to register your interest.

Arm in Arm Memory Café

Come and join us for a monthly social afternoon in a relaxed atmosphere. Tea, coffee & refreshments served (last Wednesday of every month) Guests include Alzheimers Society, Carers Leeds and our local PCSO's 29th May, 26th June and 31st July 1.30 – 3.00 pm at our Middleton social centre. For more information, call 0113 2721050.

WHY NOT JOIN US - IT'S FUN AND FREE!

Tea Dance

We are having a Tea Dance at our centre once a month. It will be 1.30 – 3pm and refreshments and cakes are included. The next ones are **Wednesday 15th May, Wednesday 12th June and Wednesday 17th July** You will be able to listen to all the oldies and we will have two instructors on hand to show you a few moves. No need to call and book in, just turn up. It's a lot of fun!



This is a FREE event and there's plenty of cakes and buns provided.

Memory Tree

This is our Memory Tree. It's a recent addition to our Social Centre. We will be adding love hearts with the names of members we have lost recently for us to remember them in our Centre. The tree is in memory of one of our volunteers we lost last year and was paid for by donations collected at her funeral. Always in our hearts.



Hairdresser

Dawn will be joining us at our social centre once a month. She will be doing cut & blow dries £10 and mens haircuts £5. Some of you may know her already as she has worked at Partners Hairdressers for over 10yrs. She will be at our centre the first Thursday of every month starting Thu 2nd May 9am – 1pm. If you would like to book in, please give us a call.

In Loving Memory

Our thoughts go out to the family and friends of:



Gillian Williams
Iris Glassford
Brenda Stanley
Dorothy Silver
Kathleen McEwan
Jean Normington
Harry Culley
Betty Knott
Alma Booth
And Neil Haigh

Changes To Our Team

We welcomed a new member to our team in April, Vicky Adamson. She joins us as Centre Support Worker, replacing Tracey who has done a superb job over the last year in this role. Tracey has now moved on to a new role with us as an Outreach Worker. Maureen Carr, who volunteers with us has also now become staff working in our office. We wish all three the best of luck in your new roles.



Centre Snaps

We thought it would be nice to share some pictures of all the fun we've been having over the last couple of months!!



Thursday Fun with Rocky

Why not join us on a Thursday and take part in our afternoon of fun and games with Rocky? Its 1.30 – 2.30pm and costs just £2.00. We start off with a music quiz and sing along with some great tunes from the 50s and 60s and then finish with some fun chair based games. The activity is great for anyone and any ability and we promise you'll have tonnes of fun!! Give us a call to book your place, you won't regret it!



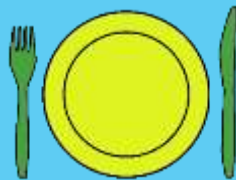
Pop Up Shop

Don't forget we have a Pop up Shop in the centre selling a wide variety of items. We have recently topped up the shop with many brand new items. They are bought in when we see particularly good offers that we think you may like and we sell them to you at cost. Also, we have a supply of Radar Keys for sale. If you would like to purchase any items, please come into the Centre and take a look.



Lunch Club

We are still running 4 lunch clubs a week Monday, Tuesday, Thursday and Friday at our Centre. The cost of our meals is still just £4.00 each. It's a 2 course hot meal and there is a vegetarian option available upon request. It's always great value as we continue to subsidise the overall cost. Please note, if you have a lunch booked for a particular day and for any reason you need to cancel, you must let us know before 9.30am on the day so that we can cancel it, otherwise you will still be charged.



Making Leeds the best city to grow old in

Walking Group



Our walking group is still very popular. It starts at our Centre and runs weekly on a Wednesday from 11.00am – 1pm.

You can enjoy a bacon sandwich with us in the morning and then head out after your breakfast or just pop in and join us for the walk. A healthy start to the day! Call us if you are interested for further information.

Saturday Fun

Don't forget we have our Breakfast Club on Saturday mornings 9am – 11am where we cook a full breakfast for you for just £3.



There's also our Saturday Afternoon Prize Bingo starting at 12.30pm. where we also provide sandwiches and refreshments for £2



MEA Update

Just a little information on what sorts of things we have been doing recently here at MEA. We have made 7 housing bids for members, renewed 4 bus passes, 23 hearing aid referrals, 8 Blue Badges applied for or renewed, organised many fire and police safety checks, have done gardening for members, referred 9 members to the Green Doctor, referred members to welfare rights, care and repair and carers support for help and also made 2 hospital visits. This is just a taster of the kinds of things we can help with.

Just a reminder that if there is anything that you are struggling with, no matter how large or small, please give us a call and let us try to help. Even if you would just like a friendly chat....we're here.

Befriending service

Since January 2016 we have been running a befriending service for the benefit of Middleton's older people. Our flexible service offers support by social contact, tailored to your individual needs.



We aim to: reduce social isolation, improve wellbeing, increase confidence and help our elderly residents maintain independence.

We offer Befriending Visits and match you with a friendly volunteer to visit you in your own home once a week or fortnight for a cup of tea and a chat. They can assist you to plan to attend our social activities. We can also provide telephone befriending where we match you with a friendly volunteer who will call you to have a chat, provide ongoing support and be there as a listening ear. We now also have a male befriender who is available as part of this service. Our volunteers are great listeners with big hearts and even bigger smiles! They are fully trained and their references have been fully checked. If you feel you would benefit from this service, or would like to be involved in any way, please contact us on 0113 2721050 for further information.



We Need You

We are always in need of an extra pair of hands, whether its in our Social Centre, making cups of tea, chatting to our members or helping out at our Charity shop sorting clothes or on the till.

Please give us a call 01132721050 or drop in at the centre or shop for an application form.

Thank You's

We would like to thank Louise from Brewin Dolphin for their kind Donation of £1,000 to go towards the cost of our Newsletter.

Also we would like to thank Sainsburys for their very generous Carrier Bag Donation of £1254.10 We really do appreciate all support.

Middleton Elderly Aid is an independent charity. We raise most of our funds through sales in our charity shop but donations like these are so important to us. These funds are used to subsidise our activities and events and all monies raised go back into the community. We strive to promote independence amongst the over 60's population of the Middleton area and tackle social isolation. Funds like these help us continue to provide our invaluable service to the community.

Pie 'n Peas

Our Pie n Peas evening on a Wednesday, 5pm – 7pm has been a great success and so by demand is now running fortnightly. There will be plenty of Bingo and Hoy! If you like the idea of this and would want to join us please call us or pop in to book your place. The dates are:

1st May, 15 May, 29th May, 12th June
26th June, 3rd July,
17th July and 24th July

Its only £1.00 for the food

PLEASE BOOK YOUR PIE



Online shopping

If you're struggling getting to the shops or getting your shopping home, why not try online shopping. The staff at MEA can order your weekly/monthly shop online for you. All you need to do is drop in at our Social centre and we will help you do your shopping. The minimum spend at Asda is £25.00 and delivery costs around £3.00. The payment would need to be by a debit or credit card. Pop in and see us if you would like to give it a try.

Membership

Do you know anyone who is not yet a member with us? Why not bring them along to the shop, Centre or one of our activities and we can sign them up. Membership is free and they will have access to day trips, holidays, lunch clubs and so much more!

5 Minute Fun

Here's a Spring Wordsearch for you to try when you have a few spare minutes..... eyes down and get searching!!

U A J S B A Y E G O C J Q U E
S R J P C V L R R I T E V B N
E V U L J R O L N U N Y L D I
E P L A S W O C E R T O N G H
D O E S T E I C G R O A N Y S
S S I H S P E A U M B I N H N
M U K G K H R B M S N M W B U
K O Y L I D O F F A D H U U S
B F I F E G Y W E K L K C T K
J H V N F J K L E G R T W T L
G N I R P S C Z K R F E Y E T
L N F L O W E R S G S K N R J
G R O Z C H I C K S A S X F P
B M A L X O T P H K M A Z L T
I A X S R N A V Y V S B Y Y K

BASKET

BEES

BLOOM

BUTTERFLY

CHICKS

CLEANING

CROCUS

DAFFODIL

FLOWERS

GARDENING

GROWTH

LAMB

NATURE

PICNIC

SEEDS

SHOWERS

SPLASH

SPRING

SUNSHINE

UMBRELLA

Lots more to do.....

On Monday we have our Crafts group at 10am and Dancercise at 2pm. On Tuesdays we have our Line Dancing group at 2pm and on Wednesday morning we do bacon sandwiches from 9am till 11am. On Thursday we have Ping Pong in the mornings and on Friday mornings we do toast, cuppa and games. There's always something going on!



Bacon Butty Wednesday



At our centre every Wednesday we serve Bacon Sandwiches between 9am and 11am. It's a laid back atmosphere where you can just pop in and enjoy a cuppa and a sandwich and some friendly chat. Its only £1 for your sandwich and with that you get a tea or coffee too. Please come and join us, all members and carers welcome.

Good Home Wanted



Some time ago, we had an organ kindly donated to us from a member. Unfortunately we don't have the room for it in our centre and it is not being played. We would really love to find a new home for this lovely item so if you know of anyone who could put this to good use and get some enjoyment out of it, please get in touch on 0113 2721050.

Blue Badge



If you are disabled you can apply for a Blue Badge to help you park close to your destination. You can use a blue badge as a driver or as a passenger, you don't need to own your own car.

A Blue Badge is valid for up to three years and works throughout the UK and Europe. We can help you to apply for your first blue badge or a renewal if you are having problems.

To complete the form we will need the following:

- your contact details
- National Insurance Number
- your driving licence number if you have one
- if you already have a Blue Badge, the number, expiry date and the name of the issuing local authority.
- proof of eligibility
- proof of address.
- proof of identification.
- passport-size photograph taken within six months of the date of application.

If you would like us to help you with an application, please just call in and ask.

Need a new or renewal Senior Bus Pass?

If you are aged 65 or over and a West Yorkshire



resident, you can apply for a Metro Senior Pass. This will allow you free off-peak travel throughout England and half-fare, off-peak train travel throughout West-Yorkshire. Off-peak is after 9:30am Mon - Fri, and all weekends and Bank Holidays. To find out if you are eligible, give us a call and we can arrange to sort out new or renewal passes for you. We just need your old bus pass and a recent photo (which we can take for you)

Dementia and Council Tax

If a person has been diagnosed with dementia they may be exempt from paying council tax.

If a spouse has dementia then the other half of the marriage or partnership can then be charged as a single person and should receive 25% discount.

For further details please get in touch with us.



A Note to Remember

Please note we will be closed for bacon sandwiches on Wednesday 10th July due to preparations for our amazing Summer Party with Elvis later that day at the Conservative Club. We look forward to seeing you there.

Celebrating Volunteers - June

We have over 50 volunteers volunteering with us at our shop and Centre, aged from 17 to in their 80s. Without our amazing volunteers, we wouldn't be able to provide the fantastic services that we are able to offer our Middleton community residents and members.

We recently had a Volunteers night out where we took our volunteers out for a meal and a drink. We all had a great evening.



Volunteers' Week is a chance to celebrate and say thank you for the fantastic contribution millions of volunteers make across the UK. It takes place 1-7 June every year and is an opportunity to celebrate volunteering in all its diversity. During the week, hundreds of events and celebrations take place across the country, saying thank you to volunteers and recognising their invaluable and diverse contribution in the UK.

Here at Middleton Elderly Aid we are participating in the celebrations by hosting a "week of recognition" in our social centre. We will be giving each volunteer who's in a small token from us at MEA to show our thanks for all the hard work they put in for us each and every day.

A HUGE THANK YOU TO ALL OUR AMAZING VOLUNTEERS!

Dancersise Class

We are working in partnership with Dance On a new scheme with Yorkshire Dance. The sessions will be gentle movement to music.

Mondays 2.00pm-3.00pm

£3.00 per session, come join in the fun with us!



Looking Out For Our Neighbours

Looking out for our neighbours aims to help prevent loneliness in our communities by encouraging people to do simple things

to look out for one another. We want to encourage people to get to know each other. This could be as simple as saying 'hello' to someone in your area through to asking them if they need help with anything or indeed if you need any help.

By doing your bit to support people in your neighbourhood, you will help to rekindle neighbourly spirit, reduce social isolation and even prevent illnesses such as dementia, heart disease and depression.

We have some information packs available just give us a call and we can drop them off to you.

Many of us are already doing a great job of looking out for others, but there is still more we could all do to make our communities healthier and happier. Research shows that it's likely someone living near you is either feeling lonely or needs a helping hand.





Middleton Elderly Aid

Social Centre

Summer Fayre



Tombola

Raffle

Buns


Crafts

Sandwiches

Many more stalls

Saturday 13th July

10.00 – 2.00



MIDDLETON ELDERLY AID WEEKLY ACTIVITY PLANNER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	GUEST SPEAKERS	BACON BUTTY	PING PONG	TOAST, CUPPA & GAMES	FULL BREAKFAST
CRAFTS 10.00 - 11.30 £2.00 PER SESSION	HEARING AID CLINIC RINGTONS GREEN DOCTOR	£1.00 9.00 - 11.00 & NEWS CAFE	10.00 - 11.00	MORNING 10.00 - 11.30	£3.00 9.00-11.00
	10.00 - 11.30	TEXTILE GROUP 10.00-11.00	HAIRDRESSER 1st THU OF MONTH 9.00 - 1.00	COMPUTER CLASS 9.30 - 11.00	
BINGO & HOY 11.30 - 12.30	BINGO & HOY 11.30 - 12.30	WALKING GROUP 11.00-1.00	BINGO & HOY 11.30 - 12.30	BINGO & HOY 11.30 - 12.30	GARDENING CLUB 9.30-11.00
LUNCHCLUB 12.30 - 1.30 £4.00	LUNCHCLUB 12.30 - 1.30 £4.00	MONTHLY TRIPS ENTERTAINMENT	LUNCHCLUB 12.30 - 1.30 £4.00	LUNCHCLUB 12.30 - 1.30 £4.00	BINGO AFTERNOON 12.30-3.00
		MEMORY CAFE TEA DANCE LEGAL DROP IN WEIGH IN			
DANCE ON 2.00 - 3.00 £3.00 PER SESSION	LINE DANCING 2.00 - 3.30 £3.00 PER SESSION	FORTNIGHTLY PIE & PEAS & BINGO 5.00-7.00 £1.00	QUIZ AFTERNOON & BOCCIA WITH ROCKY 1.30 - 2.30 £2.00 PER SESSION	CHAIR BASED EXERCISE CLASS 1.45-2.45 £2.00 PER SESSION	SANDWICHES PLATTER £2.00

IF YOU ARE INTERESTED IN ANY OF OUR ACTIVITIES OR LUNCH CLUBS PLEASE BOOK FIRST ON 0113 2721050