

Middleton Elderly Aid Newsletter August 2019

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Welcome to your Newsletter August – October 2019

We have had a busy few months here at MEA. We have enjoyed trips out with our members to Teeside River Cruise (where we actually set sail), also Mablethorpe and Scarborough. We went on our annual Holiday to Weymouth and Dorset Delights, where 45 of our members joined us. We have had some great entertainment including our first female vocalist Jackie Jane, who we will definitely be booking again, also our favourite James Wilson and then of course our Elvis Tribute from Dean Holland at our very first Summer Party. At our Summer Fayre we raised a whopping £1,300 what a great turnout. Thank You to everyone who attended.

Pamper Day 1st May

Our second Pamper Day was just as good a success as the first one. We will definitely be doing more of these days, either once or twice a year. The members who attended got face and eye masks, whilst they were relaxing they got their nails manicured and painted, then on to a makeover with makeup and hair styled. What a day. They all looked so glamorous. Look out for this FREE event next time.



Summer Party/Xmas Party

Well what a success. This will definitely be an annual event. Over 150 members attended. There was a lot of dancing to our Elvis Tribute, we had a buffet, bingo and a Raffle. We are now looking forward to our Xmas Party on **Wednesday 18th December** at the Conservative Club **12.00-4.00**, were we welcome back Comedian/Singer Paul Holt. Look out for when the tickets go on sale in our November Newsletter.



NCS Project

We have worked in partnership with the NCS project for 4 years now with great success. Why not join them again at our Social centre on **Wednesday 7th August 12.00-4.00** where they will be bringing food and organizing entertainment and games. Please come along and support this project.



Poem from a Member

Wise Words by Jean Nothers

What doesn't kill you?
Makes you stronger
Or so they say
It just takes longer

Plant orchard fruit
Grow apple trees
Soon codling moths
Are having their teas

Knit your own cardy
Save a few bob
Then run out of wool
And give up on the job

Do it yourself
Is not what it seems
For bodgers and codgers
It's the end of dreams

Best go the store
To seek and to find
There's a lot to be said
For ones peace of mind



Making Leeds the
best city to grow old in

News Café

We have a News café running on **Wednesday mornings** at our Social Centre **9.00-11.00**. 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.

Chair Based Exercises

We have a fun exercise programme for you to enjoy. These classes will run on a **Friday 1.45-2.45** at a cost of just £2.00.

First session is **FREE**.

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, Teeside River Cruise, Mablethorpe, and Scarborough.

The details of our next trips, please note some are already FULL

21st August, Llandudno, 8.30am start
£10 FULL

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!

Look out for our next year's trips in Novembers Newsletter.

Outreach Service

Meet our Community Outreach Workers Tracey and Michelle if you haven't already had a visit from them.



They are here on hand to discuss any help you may need no matter how large or small. They can help with arranging gardeners, cleaners, help with adaptations and equipment to help you around the home. Any financial issues or claim any benefits you may be entitled to. We work with the Fire Service for smoke alarms and Police for safety Checks. We also have a FREE handyman service if you need any small jobs doing around the home, you just pay for the parts. They will also give you any information on what's going on in the Social Centre and explain activities and lunch clubs. Nothing is too small for our Outreach Workers. Please give us a call to arrange a visit.

Charity Shop News

Here at the shop we are super happy with our shop refit and we would like to share with you some of our pictures.



As you can see the shop looks amazing and our prices are still as low as always!

Over the next few months we will be doing special sales days, so watch out for Facebook posts on what's on sale and when. The first sale day will be very soon!

We are currently looking for 2 volunteers to help with our online selling if you and a friend or family member would like to help the charity to maximise our online sales please get in touch with the shop manager Adele or pop into the shop.

We also have a vacancy for a volunteer in our sorting room on a Monday morning 9am – 12pm. Full training will be given with all our volunteer roles.

All shop staff and volunteers look forward to seeing you all over the next couple of months.

New Textiles Group

Our new Textile Class started is now 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. Just turn up on the morning.

Live Entertainment

We have live entertainment at our Centre once a month. This is on a **Wednesday 2.00–3.30**

and the cost is just £3.00, which includes the entertainment



and a free buffet. We have **Steve Rose** on **4th September**. We then have the tribute act we had at our Xmas party last year **Tony Fletcher** on **9th October**. Then the one and only **Elvis Tribute** on **6th November**. If you are interested in joining us, please get in touch regarding details.

Summer Fair/Xmas Fair

Our Annual Summer Fair was on **Saturday 13th July** at our Social Centre. We had a Special Guest appearance by Peppa Pig. It was a great turnout, we sold all our buns and made around 100 bacon sandwiches, we had various stalls and a Raffle. Thank You so much for supporting us either by attending, buying that raffle ticket or giving us donations for the Raffle.

We will be getting ready for our Xmas Fair on **Saturday 30th November 10.00-2.00**. We would appreciate any unwanted gifts for our Raffle and Tombola Stalls.

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 **1.30-3.00**. 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 **9.00 –11.00**.

Ison Harrison Solicitors will be attending to give free legal advice. The clinic will be manned by Ison Harrison partner, Dominic Mackenzie, who specializes 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. We have made a special feature point in our front garden for our members to admire. The Poly tunnel is now up and we have started 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, just turn up on Saturday morning.

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 next ones being **13th August, 10th September, 8th October and 12th November 10.00–12.00** at our centre.

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

Lynne our qualified Aroma therapist and Masseuse will be in our Social Centre once a month on the **first Tuesday of every month**



10.00-12.00. She can provide a 15 minute massage for £5. The next sessions are **6th August, 3 September, 1st October and 5th November**

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 9.30–11.00**. 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 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.

Cake & refreshments served

(Last Wednesday of every month)

Guests include Alzheimer's Society, Carers Leeds and our local PCSO's

28th August, 25th Sep and 30th Oct.

1.30-3.00 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 **1.30-3.00** and refreshments and cakes are included. The next ones are **Wednesday 14th August, Wednesday 11th September, Wednesday 16th October and Wednesday 13th November.** 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.

Access Bus



We have the Access Bus for our Tuesday Lunch Club, Friday Lunchclub and also for Saturday Afternoon Bingo. If getting to our Social centre is an issue and you would like to attend on these days, just give us a call and we can arrange the transport for you.

In Loving Memory

Our thoughts go out
To the family and
Friends of:



Jean Turpin
Christine Thomas
Dianne Gott
Charlie Ledbeater
Leonard Durkin
Jack Ellis

We would like to thank Jean Turpins family for the collection for our charity it is greatly appreciated. Thank You

Hairdresser

Dawn our Hairdresser has been at our social centre once a month for a few months now. Due to this being so popular and in demand we are now increasing this to **fortnightly** from **Thursday 1st August.** She will be doing cut & blow dry's £10 and men's haircuts £5. Some of you may know her already as she has worked at Partners Hairdressers for over 10yrs. If you would like to book in, please give us a call.



Activity & Holiday 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? It's on at 1.30–2.30 and costs just £2.00 with first session FREE. 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!!! Ideal for anyone with memory problems

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.

Partly funded by The Leeds Community Foundation

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. We are also selling Craft Items made by our Crafts class on a Monday. We have a supply of Radar Keys for sale at £2.00 each. If you would like to purchase any items, please come into the Centre and take a look.

Walking Group

Our walking group is very popular. It starts at our Centre and runs weekly



on a **Wednesday** from **11.00-1.00**. It's a nice relaxed walk meeting new friends as you walk.

St Luke's Award

Our Arm in Arm Walking Group was nominated for St Luke's Cares Community Award award where we came 3rd place. We won £200 towards our walking group. Which was fantastic, we were able to buy watches that link to phones and track the distance walked by the group.



Supported by



Saturday



Fun

Don't forget we have our Breakfast Club on **Saturday mornings**

9.00– 11.00 where we cook a full breakfast for you for just £3. Just turn up.



We have **Saturday Afternoon** Prize Bingo starting at **12.30–3.00**. Where we also provide sandwich platters for £2. No need to book just turn up.



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. 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.

Survey

We have included a survey with this Newsletter, if you could please find time to fill it in and return back to us by either our Charity Shop or Social Centre. Your feedback is very important to us.

Leaving a Legacy to Middleton Elderly Aid

Leaving a legacy to MEA is one of the most effective ways that you can support people in later life to live independently. You can help us to carry on with the service we give and help run activities, trips, lunch clubs and holidays at a subsidized cost.

You can leave a specific sum of money – any amount can make a difference to what we do here at MEA.

Thank You



New Mobility Scooter Shelter

We have now had our Mobility Shelter fitted outside the building. We have been told that the scooters are causing a Health and Safety hazard and will not be allowed in the building. We have also had a ramp fitted with rails for easy access into the building. We have placed door bells on the wall for anyone who needs that extra help into the building. If you could bring your rain covers just in case of the bad weather to cover your scooters, we will have some spare in case you need them. Please use this shelter in future if you come on your scooter. The shelter holds around 8 scooters so there is plenty of room. Thank You

Pie ' Peas



Our Pie n Peas evening on a **Wednesday 5.00-7.00** 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:

14th Aug, 28th Aug, 11 Sep, 25 Sep, 2nd Oct (extra one) 16th Oct, 30th Oct and 13th November.

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 center 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!5Minute Fun

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

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

BARBEQUE
BEACH
BIKINI
BURGERS
FLIPFLOPS
GLASSES
HATS
HOLIDAY
ICECREAM
INSECTS
LEMONADE
PALMTREE
PICNIC
POOL
SANDALS
SUMMER

Ping Pong

Ping Pong has loads of benefits and it can be adapted to any ability. Its easy on the joints, burns calories, improves flexibility and keeps your brain sharp. Why not join us Thursday mornings 10.00 -11.00. No need to book just turn up and it's FREE



Bacon Butty Wednesday



At our centre every

Wednesday we serve Bacon Sandwiches between **9.00-11.00**. 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 license 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.

Holiday 2019

Our annual holiday this year was to Weymouth and Dorset Delights. We had a full coach and stayed at the Royal Hotel with trips out to Dorchester Market and Poole. We had a great time and will be looking into next year's holiday. Keep a look out for our holiday photos. Look out for our next annual Holiday in our November newsletter.

Celebrating Volunteers - June



Here at Middleton Elderly Aid we celebrated Volunteers Week by hosting a “week of recognition” in our Social Centre and Shop by giving each volunteer a small token from us 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!

Dancercise 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! First session FREE



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. If you have any concerns about an elderly neighbour please get in touch with us or maybe just bring them down to our Social centre for a cuppa if you think they would benefit from our service here at Middleton Elderly Aid.



New Activity

Advisory Photography Class

Do you need help with photos on your camera or your phone? Our Volunteer Alan can help you take your photos of your devices and print them off at 50p a copy.

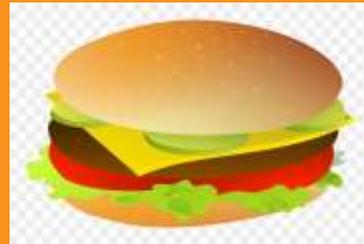
The class will be on the first Wednesday of every month starting **7th August 10.00- 12.00.**

Supported by



Take Away sarnies

We are now selling sandwiches freshly made at our Social Centre daily. They are sold at a subsidized cost of £1.00. This is another service which will benefit our members who sometimes miss meals. They are on Sale **Monday– Friday** at our Social Centre



Housing Advice



On the last Tuesday of every month we will have Helen – Housing Officer from Leeds City Council here at our Social Centre to be on hand to give any advice or Information on Housing needs. She will be here **10.00 – 11.00.** The first drop in starts **Tuesday 27th August then 24th September and 22nd October.**

Social Centre

We are pleased to say that we have been assessed for our Food hygiene rating and as you can see we are proud to say we was awarded 5 star rating.



MIDDLETON ELDERLY AID WEEKLY ACTIVITY PLANNER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CRAFTS 10.00 - 11.30 £2.00 PER SESSION	GUEST SPEAKERS HEARING AID CLINIC RINGTONS GREEN DOCTOR 10.00 - 11.30	BACON BUTTY NEWS CAFÉ TEXTILE GROUP	PING PONG 10.00 - 11.00	TOAST, CUPPA & GAMES MORNING 10.00 - 11.30	FULL BREAKFAST £3.00 9.00-11.00
		1ST WED-MONTHLY PHOTOSHOP WALKING GROUP 11.00-1.00	HAIRDRESSER FORTNIGHTLY 9.00 - 1.00	COMPUTER CLASS 9.30 - 11.00	GARDENING CLUB 9.30-11.00
BINGO & HOY 11.30 - 12.30	BINGO & HOY 11.30 - 12.30	MONTHLY TRIPS ENTERTAINMENT MEMORY CAFÉ TEA DANCE LEGAL DROP IN WEIGH IN	BINGO & HOY 11.30 - 12.30	BINGO & HOY 11.30 - 12.30	BINGO AFTERNOON 12.30-3.00
LUNCHCLUB 12.30 - 1.30 £4.00	LUNCHCLUB 12.30 - 1.30 £4.00		LUNCHCLUB 12.30 - 1.30 £4.00	LUNCHCLUB 12.30 - 1.30 £4.00	
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

