

# Middleton Elderly Aid Newsletter

Middleton Elderly Aid Social Centre, Acre Road, Leeds, LS10 4LF.

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## Welcome to your Newsletter Autumn/Winter 2020

### Middleton Elderly Aid Update

Well what a year so far, firstly we hope everyone is safe and well.

The COVID-19 pandemic as affected so many people especially our vulnerable members. We have been trying our hardest to help our members get through this difficult period. We are offering shopping, delivering meals 5 days a week, picking up prescriptions, Telephone befriending etc.

We started up our exercise classes as some of you may have attended but unfortunately they have had to be cancelled during lockdown. Please try and do some form of daily exercise every day, we have exercise leaflets if you would like us to deliver them. We also started a one to one online help class which was proving popular learning zoom, online shopping or just keeping in contact with friends. When it is possible to restart this class and you would like to attend please register your interest now.

We are proud to have been awarded with the Blue Plaque for our services during COVID-19.



### Gardening Service

Our gardener Billy is still on hand if you need a garden tidy up before winter. If you require this service please give us a call and we will send Billy to give you a quote. He will be following the government guidelines at all times. No job is too small.



### Telephone Befriending

Maureen and Brenda our Telephone befrienders have been ringing our members regularly on our Telephone Befriender List. They have brought so much joy into our members lives, just having someone to talk to and listen on a regular basis makes all the difference. If you are feeling down and just want someone to talk to we can add you to our list.



## Xmas Cakes

Our baking club Carol and Mavis have been busy baking xmas cakes for our members who struggle with a whole one. We are selling half a xmas cake for £1.00 each. If you would like one please get in touch. These are made particularly for people living on their own and local to us to deliver.



## Poem from a Member

The Weekend Road by Jean Nothers

Ride the busy weekend road  
Travel in peril and be sorry  
Drivers behind, impatient to pass  
Play hokey cokey with a lorry

A white plastic bag, snagged on a branch  
Blows out from the hedge with a whee!  
Looking like a ghost in torment  
Trying to break free from the tree

Here comes the boys on shiny steeds  
Kings of the road is the boast  
Flying past with silvery whoosh!  
Making for the country, or coast

Tractot alert, Tractor alert  
Comes the anguish cry  
Ride the busy weekend road  
I would rather pass it by

## Christmas Card/Crafts Packs

Alan our member has kindly donated a large amount of crafts items. Carol our crafts instructor has made up packs of xmas cards for you to make at home during lockdown. We will also get some crafts packs ready for the new year to get you through the winter months. If you would like a pack please get in touch, we can only deliver locally.



If you would like any letters posting to the letterbox or post office. Please get in touch we can do this for you,

## Chair Based Exercise Class

Our chair based exercise class had started running on a Friday 1.45-2.45 prior the latest lockdown. We follow the government guidelines to ensure the building stays COVID secure. When we get the go ahead to run these classes again we will be limited to 10 per class. If you would like to put your name down we will then contact you when they can start again. If you are uncomfortable to come to the class but still want to do the exercises, we can send out a leaflet with the exercises on for you to do at home.



## Meals on Wheels



We are now cooking and delivering meals **Monday to Friday**.

The meals cost only **£4.00** each for a **2 course lunch**. We follow the government guidelines when delivering the meals to your homes.

If you would like to book or would like to know more information please give us a call.

### ALTERNATE MONDAYS

CHICKEN CASSEROLE & DUMPLING  
/SAUSAGE DINNER  
CRUMBLE & CUSTARD

### TUESDAY

SHEPHERDS PIE, VEG &  
YORKSHIRE PUDDING  
GINGER SPONGE & CUSTARD

### WEDNESDAY

FISH & CHIPS  
FRESHLY MADE BUN

### THURSDAY

CORNED BEEF HASH DINNER  
TOFFEE SPONGE AND CUSTARD

### FRIDAY

PIE, MASH & MUSHY PEAS  
JAM & COCONUT SPONGE &  
CUSTARD

The menu is subject to change



If you are ordering a meal there is an option to order a sandwich for £1.00 with fillings either cheese, ham or corned beef. They will be delivered with your meal.

## Grocery/Christmas present Shopping



If you are struggling with your shopping either because of the weather or having to isolate please get in touch

with us we can do your shopping for you. Your family and friends may be helping you but if you need some Christmas presents for them and you



need someone else to get them, we can try our best to do this for you. We know everything is a struggle at the

moment but our staff and volunteers are here to help you. Just give us a call.

## Outreach worker

Our Outreach worker Tracey will be giving you all a welfare check to see if there's anything we can do to help you through the winter months. She can help you 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 can make referrals for bus passes, blue badges or any housing needs. We also have a FREE handyman service if you need any small jobs doing around the home, you just pay for the parts. If you need any help with anything don't wait for us to ring you just give us a call.

## Flu Jabs

Boots Chemist at Middleton are now giving Flu Jabs to anyone over 70.



There is no need for an appointment just call into the Chemist. They can also give you advice on minor medical issues.

The vaccine is there to help protect from catching flu and developing serious complications.

## Trips 2021

Just a little something to look forward to next year.

**April-Bakewell & Matlock**

**May-Teesside River cruise**

**June-Skegness**

**July-Scarborough**

**Aug-Bridlington**

**September-Whitby**

**October-Liverpool**

**November-Millstones**

**December-Bury Market**

**We are not taking bookings at the moment. Details will be in next year's newsletter.**

## Diamond Art Packs

We still have some Diamond Art packs at various prices if you would like one please get in touch.



## Entertainment Pack Loan

We have put together some entertainment packs to keep you busy over the coming months. The pack consists of a game, book, dvd, jigsaw and some crosswords, wordsearches and quizzes. Or you could just loan

out a DVD, Book, Jigsaw or Game from our Library.

If you would like one or want to know more

information please get in touch.



## Charity Shop

We opened our Charity Shop in July following the government

guidelines regarding social distancing which meant there will only be 3 customers allowed in at one time.

Following the latest lockdown we have had to close again, hopefully when we open again our new shop opening times will be Monday to Friday 9.00-3.00. Donations will only be accepted on a Monday and a Friday and only accepted at the back gate.



Supported by



## 5 Minute Fun



Here's a Winter

Wordsearch for you to

try when you have a few spare minutes..... eyes down and get searching!!

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



BLIZZARD  
BLUSTERY  
CHILLY  
EARMUFFS  
FIREPLACE  
FREEZING  
HIBERNATE  
HOODIE  
ICICLE  
LONGJOHNS  
MITTENS  
OVERCOAT  
PUMPKIN  
SCARF  
SLEDGE  
SLIPPERY  
SNOWFLAKE  
WINTRY

## Emergency Food Provision through the Local Welfare Support Scheme

There is now additional food support available for families and individuals who are experiencing difficulties in accessing food due to financial difficulties or self-isolation. Personal circumstances will determine the type of help that can be received.

Referrals can be made through Middleton Elderly Aid or by calling 0113 3760330



## Hearing Aid Clinic

Our hearing aid clinic reopened again at our social centre on a one to one basis and by appointment only. Unfortunately due to the lockdown we are unable to do the clinic in November, hopefully the next clinics will go ahead. The dates are the second Tuesday of every month, but you have to call and book an appointment first. If you require batteries please get in touch and we can post these out to you. We know how important your hearing and sight issues are and especially at this worrying time. If you have any queries please contact us.





HM Government



# NATIONAL RESTRICTIONS

**5 NOV - 2 DEC**

You must stay at home

Only leave home for food, medical reasons, exercise, education or work

You must work from home if you can

Avoid travel unless essential

Schools and essential shops will remain open

Remember: wash hands, cover face, make space

For the latest guidance, visit [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

## Walking Group

We started our walking group up in July on Tuesday and Thursdays 1.30-3.30 following the changing government guidelines all the time. Unfortunately due to the lockdown the walking group has had to be cancelled. When it is safe to do so we will restart the walking group again. If you would like to express your interest we will then get in touch with you.

The walk is at a moderate speed usually to Middleton Park and back to the social centre with a stop off at the bike hub or park café. It's a great way to make new friends and look after your health.



## Dance on Classes

Our Dance on classes have been going on over the last few months firstly outside in the lovely sunshine and then we made the social centre covid secure and started the classes inside with limited places. Again when it is safe to do so we will restart the classes on a Monday 2.00-3.00. If you would like to express your interest we will be in touch when we restart.



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## Boxing Day Xmas Dinner

We will be delivering Xmas dinner on Boxing Day this year for our members who are spending Xmas alone. I know under the circumstances that this may be many of you and we will try our best to deliver as many as possible. If you are one of these people please contact us with your details. We will confirm nearer the time as there are limited numbers.



## Winter Warmth Friends



It is that time of year again when the nights are long and the bad weather kicks in. We cannot be sure what this winter will have in store for us but one thing is guaranteed, cold and damp weather can affect anyone.

If you have any winter concerns such as keeping your house warm, dealing with fuel bills, slips or falls or getting regular hot meals and drinks, or if you or someone you know such as an older neighbour, family member or friend may need a bit of extra help over the winter months, then just contact us and we can identify any support that may be available to you.

Here at Middleton Elderly Aid we have a Winter Warmth Friends List which means in severe snow conditions if you urgently need basic shopping supplies or prescriptions, we will give you a call to make sure you are ok and have everything you need. If you would like your name on our Winter Warmth Friends list just give us a call on 0113 2721050 for further information.

We are also working in partnership with Hamara for winter warmth packs for those who are more vulnerable during winter. Please give us a call if you are in need of one.



## THANK YOU

I would like to say a great big THANK YOU to all our staff and volunteers who have worked so hard during this year, you all worked over and above your such a credit to Middleton Elderly aid .

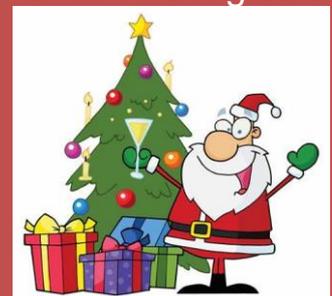
Thank you for all the donations we received and the Grants we were awarded.

I would like to say thank you to Simon from Aldi and Rachel from Fulton's for helping us make shopping easier in these difficult times.



## Merry Christmas and a Happy New Year

I know this year has been extremely difficult. I don't think any of us expected it to last as long as it has especially to Christmas. What has surprised us here at Middleton Elderly Aid is how resilient you all are. All I have heard is optimism and positive attitude. You all just get on with it no matter what. I am so proud to be working with such strong independent people. I admire you all so much and I would like to wish you all a very merry and safe Christmas and lets look forward to what 2021 will bring us all.



## FREE Winter Warmer Pack and befriending service



For anyone aged 55+ living  
in Leeds



Would you like a **FREE** pack of goodies and advice to help you stay warm this winter?

If you or someone you know would like a free pack please contact  
**Nizam** on **07541 934 405**  
or reception on **0113 277 3330**

Everyone who receives a free pack will be eligible for our befriending service. We will pair you up to a volunteer to receive a weekly telephone call where you can offload, get support and advice around keeping warm and safe this winter, or just have a good old chat.



### Tablet loan scheme

We will be doing a Tablet Loan Scheme for anyone wanting to learn how to be more digital during lockdown and beyond. The tablets will contain all the desktop shortcuts you will need to do the 'Learn My Way' course, a Zoom shortcut linked to our offices for online support, a Youtube shortcut, a Whats App shortcut etc etc. We will also provide telephone support to help you do all the online learning, and have a regular weekly scheduled online meet up on zoom to build up their confidence, and bring to our attention any difficulties they are having or any questions they may have. We only have limited availability so please register your interest.

### Tena Packs

We have had quite a few tena packs donated to us. We are selling them at a discounted price of £2.00 each. If you also require these for a medical condition we can make a referral for you to get some on prescription.



### Fridge Magnet

We have enclosed a fridge magnet with our phone number on and a thermometer for you to keep an eye on the temperature in your home. It will tell you when its too hot or too cold. Please place this on your fridge and check it regularly.



### Xmas Table Top Sale

We will have a table in our social centre for our **members only** to come in and purchase some xmas items. This will be there Monday to Friday when lockdown has ended. We will be following government guidelines. Please ring the doorbell on arrival.

