

# Middleton Elderly Aid Newsletter

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

Email: [info@middletonelderlyaid.org.uk](mailto:info@middletonelderlyaid.org.uk)

Facebook: [facebook.com/middleton.elderlyaid](https://facebook.com/middleton.elderlyaid)

Website: [middletonelderlyaid.org.uk](http://middletonelderlyaid.org.uk)

Tel: 0113 2721050

Shop: 01132713999



## Welcome to your Spring 2021 Newsletter

### Middleton Elderly Aid Update

At last there seems hope for a step forward to easing the restrictions. We are now in Step 1 of the roadmap, going forward we can introduce organised outdoor exercise from the 29<sup>th</sup> March. On Monday 12<sup>th</sup> April we can open our Charity Shop and also start up our one to one online help sessions. The good news is if Step 4 goes to plan on June 21<sup>st</sup> there is no legal limit on restrictions, this means we can open up our doors to our Social centre to our members. The roadmap is an estimated guide so we have made plans going forward in the year but some may not go as planned so please bear with us.

We know the COVID-19 pandemic has affected so many people especially our vulnerable members and you will be very cautious about going forward after such a long time isolating, but we are here for you, with you, to hold your hand all the way. You're not alone.



### Gardening Service

Spring is coming and you may need a garden tidy up after winter. Our gardener Billy is here, just give us a call and we will send him to give you a quote. He will always follow the present government guidelines at the time. 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 just want someone to talk to we can add you to our list.



## Holiday 2021

We know how hard the last year has been for you all and hopefully we are coming to an end. So we have been busy looking for a holiday for you to look forward to.



We have booked a Tinsel & Turkey in Llandudno for **5 days Monday 6<sup>th</sup> December to Friday 10<sup>th</sup> December.** We will be staying at The Marine Hotel with 2 day Trips out to Snowdonia and Betws-y-Coed Anglesey.

Deposits will be £65 per person to secure your place. The total cost of the holiday is £299 per person for a twin or double room and £360 for a single room. The rest of the balance needs to be paid by 25<sup>th</sup> October. If you would like to pay by instalments that's fine we can set up a paying in book for you.

There are only 5 single rooms so if you can share, this would help the people who need the single rooms. If you can pay your deposit to secure your place from **Wednesday 24th March** at our Social Centre from **9.30am. It will be a first come basis on rooms.**

There are limited spaces for mobility aids so we will do a draw who can take theirs with them, the others we will hire them when we get there.

We have booked this on the assumption that we fill the coach, so if we do not have the interest the dates may change or the holiday may be cancelled altogether. If this happens you will get all the money you have paid back as long as it's before we pay the balance in October. We will know numbers well before then.

## Poem from a Member

To Middleton Elderly Aid  
By Anita

We really know how much you care  
Because through all these dark days  
You are always there  
Your daily grind is often ignored  
But I suspect you work rigorously  
Through  
Although at times you must get tired  
But nether less we give thanks to our lord  
That you are there for us

## Chair Based Exercise Class

Due to the easing of the restrictions we are hoping to start our Chair Based Exercise class on **Friday 9th April 1.45-2.45** as long as everything goes to plan with the roadmap set by the government. We will have to start these classes outdoor at the moment until the end of June weather permitting. We will still be following the government guidelines to ensure the safety of our members. If you would like to attend please give us a call to put your name down. It will be best checking on the day if the weather is bad to check if the class is still going ahead.



If you are uncomfortable to come to the class but still want to do the exercises, we can send a leaflet with the exercises on for you to do at home.

## Meals on Wheels



We are still cooking and delivering meals **Monday to Friday**. The meals cost is still 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. We have a few changes to the menu **starting 6<sup>th</sup> April**

### **ALTERNATE MONDAY**

**CHICKEN CASSEROLE & DUMPLING  
/SAUSAGE DINNER**

**JAM & COCONUT SPONGE &  
CUSTARD**

### **TUESDAY**

**HAM & EGG SALAD  
FRUIT CRUMBLE & CREAM**

### **WEDNESDAY**

**FISH & CHIPS  
FRESHLY MADE BUN**

### **THURSDAY**

**CORNED BEEF HASH DINNER  
TOFFEE SPONGE AND CUSTARD**

### **FRIDAY**

**SHEPHERDS PIE & VEG  
CHOCOLATE FUDGE SPONGE &  
CUSTARD**



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.

## 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. 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 has been constantly calling all our members during the COVID-19 pandemic for a welfare check to see if there's anything we can do to help you. 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.

## TRIPS 2021

Going forward with the easing of the restrictions, we have booked some Day Trips for you. We cannot say for certain if they will go ahead as we do not know what the government guidelines will be at the time of the trips. If it happens that we have to social distance on the coach, we may have to cancel them due to minimum numbers. We don't want to miss out on booking the trips so we are just going to let members book and unfortunately if we have to cancel we will refund all the money. You can book the Trips at our Social centre or either at our Charity shop when it reopens on the 12<sup>th</sup> April.

**Wed 28<sup>th</sup> July-Scarborough**

**Wed 18<sup>th</sup> Aug-Bridlington**

**Wed 22<sup>nd</sup> Sept-Skegness**

**Wed 20<sup>th</sup> Oct-Liverpool**

**Wed 17<sup>th</sup> Nov-Millstones**

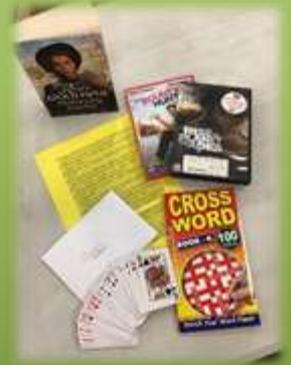
**Wed 1<sup>st</sup> Dec-Bury Market**

**All the Trips will be £10.00 each, except Millstones as we haven't received a price from them as yet for the meal. The Trips have been subsidised by us by the way of some funding we received from Windmill Transport.**



## Entertainment Pack (Free)

We have put together some entertainment packs to keep you busy over the coming months. The pack consists of a book, DVD, puzzle book, pack of playing cards and a quiz. Or you could just loan out a Jigsaw or Game from our Library. If you would like any of these please get in touch. You can either pick up from the Social Centre or we can delivery to you if local.



## Charity Shop

We will be opening our Charity Shop on Monday 12<sup>th</sup> April following the government guidelines regarding social distancing which means there will only be 3 customers allowed in at one time. Charity shop opening times will be Monday to Friday 9.00-3.00. Donations will only be accepted on a Monday, Wednesday and a Friday and only accepted at the back gate. Thank you and look forward to seeing you all again.



Adele, Staff & Volunteers x

## In Loving Memory

Our thoughts go out to the family and friends of some of our



members we have lost over the year. Sorry if we missed anyone out. We will include them in the next newsletter if you let us know, as you can imagine it is quite a long list.

Malcolm Morgan

Bernard Richardson

Shirley Woodhead

Shirley Evans

Maureen Heys

Dorothy Beckett

Robert Williams

Anne Jordan

Pat Smith

Patricia Ramsden

June Bayliss

Eric Mcloughlin

Joyce Bradley

Trevor Kaye

Lydia Smith

Mary Sweeney

Andrea Ryan

Albert Watson

Michael Rhodes

Doreen Offord

David Bradbury

Thomas Kline

William Crann

Barry David

Ernest Kinder

Duncan Wainwright



## CENSUS 2021

The census is coming. By taking part, you can help to inform decisions on services that shape your community, such as schools, doctors' surgeries and bike lanes.

It's important you fill in your census questionnaire because the information you share affects the life of every single person living in England and Wales.

Because these things matter to us all, everyone needs to complete the census. Do not worry, your information is protected by law. That means government officials dealing with payments or services you receive cannot see it.

Census Day is Sunday 21 March. You can fill yours in online as soon as you get your access code in the post. If your household circumstances change on Census Day, you can let The Office for National Statistics (ONS) know.

**We at Middleton Elderly Aid can help fill in the form for you by either calling us and we can do this over the phone or arranging an appointment to come to the social centre.**

**Please call us on 01132721050**

## Hearing Aid Clinic

Our hearing aid clinic will be reopening again on Tuesday 8<sup>th</sup> June 10.00-1.00 at our social centre, **this will be by appointment only**. The dates going forward will be the second Tuesday of every month, you will have to call and book an appointment first. If you require batteries please get in touch and we can post them 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.



## Walking Group

We will be starting our walking group up again on Tuesday 30<sup>th</sup> March. The group will run Tuesdays and Thursdays every week 1.30-3.30. We will be following the government guidelines and setting off in 2 groups. If you would like to join this group please register your name with us.

The walk is at a moderate pace, 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.



## Tablet loan scheme

We have a Tablet Loan Scheme for anyone wanting to learn how to be more online savvy during lockdown. 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 What's 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.



## Dance on Classes

Our Dance on classes will be starting up again on Monday 12<sup>th</sup> April 2.00 - 3.00 We will be following Government guidelines so at the moment we will have to have this activity outdoor, weather permitting of course. If you are interested in joining us please register your name first.



**Come  
in and  
rest.**

## Covid-19 Vaccines



"Vaccines are the best way of securing our long-term freedom and will save thousands of lives

Always remember that the NHS will never ask you for your bank account or card details, your PIN or banking password. If you require transport to your vaccine appointment please give us a call and we will arrange a taxi for you and cover the cost.

## Scams

There are many new scams around especially now due to coronavirus.

Please be vigilant at all times when answering the door and the telephone. If you are online a lot make sure you have up to date anti-virus software installed. If you are worried about anything, please call us we will be able to check and give you advice on any information you receive.

## One to One Online Help Classes

We will be starting up our one Classes every Wednesday at our Social Centre. Please call to arrange an appointment. The classes will be an hour long and we will be following the government guidelines at all times

## Thank You

Once again I would like to say a big Thank You to the people that help us achieve the services that our members need.

We could not work without our Volunteer drivers who have constantly delivered the meals to our members for over a year now.

**Tracy Ely**

**Peter McKeweon**

To our Volunteer Baker who makes at least 9 cakes and 50 buns per week.

**Carol Ely**

To our Volunteer in Middleton Park Court who helps distribute the meals.

**Mavis Beechey**

To our staff who work above and beyond

**Samantha Ely**

**Walter Foster**

**Adele Barron**

**Maureen Carr**

**Tracey McIntosh**

**Brenda Scafton (Telephone Befriender)**

**This is our Team**



# Spring Word Search



Find the words below in the grid to the right:



April  
 April Fool's Day  
 bloom  
 bud  
 Buddha's Birthday  
 cherry blossom  
 crops  
 daffodil  
 Earth Day

Easter  
 farmer  
 flower  
 grow  
 June  
 May  
 melt  
 Mother's Day  
 new leaves

plant  
 plow  
 seed  
 shower  
 sprout  
 thaw  
 tulip  
 wake up  
 warm

**We must keep on protecting each other.**

 **HANDS**  **FACE**  **SPACE**

STAY ALERT · CONTROL THE VIRUS · SAVE LIVES