

Newsletter

Winter 2011 – 12

Changes at MAECare

As we write this text, it's the beginning of January, so the first thing we'd like to do is to wish you all a happy and healthy new year.

As joint chairs we have now been 'in post' for 6 months, and we can honestly say they have been some of the most eventful, but rewarding months we have spent at MAECare.

Eventful because we have taken on some tasks that have been difficult, rewarding because we have worked through them, and with the teamwork that is evident throughout MAECare, have reached some resolutions.

The biggest task has been to deal with our financial situation. Although we are grateful for the contract with Leeds City Council, which provides funding to deliver services to older people in Moor Allerton and Shadwell, we do not receive sufficient funding to continue to deliver at the same level as in previous years.

This has meant that we have had to restructure our staffing in order to deliver services in different ways and enable us to continue provision.

That new staff structure will be in place from April 2012. The new structure will therefore include the following posts, which will be funded through the Council contract:

Project Manager – Carol Burns.

The manager will continue to take overall responsibility for the project and this will include her existing responsibilities for staff management, volunteer recruitment and training and fundraising.

Project Worker – Julie Harrison.

Julie will take on the responsibility for all individual work, home visits, friendly visiting and some group work. She will also organise the part of the car scheme that is connected to the activities she organises, and will contact the volunteers to support them.

Project Support and Communications Worker – Lisa Baker.

Lisa will take responsibility for administration within the project, including the newsletter. She will also organise the parts of the car scheme that are not attached to attending activities, so things like shopping or doctors' appointments.

Finance Officer – Ashley Rose.

Ashley will continue to administer and monitor the MAECare Finances. We will let you know more about the practicalities of how this will work in the next newsletter.

In addition...

We have been successful in obtaining funding from Lloyds TSB Bank for a 2 year period, and this funding will be used to make a time limited appointment for a Project Worker who will organise and develop activities.

This post will be advertised shortly. We hope to continue to receive money from the Leeds Outer North East Area Committee to continue to support partnership work.

We know you will understand and be supportive as we work to ensure we can deliver a consistent and effective service to YOU, the older people and volunteers who are involved with MAECare.

Margaret and Pauline

Goodbye to...

Elisabeth, Peter and Naila will be leaving at the end of March after eleven and a half years, eight and a half years and four years respectively. We are sorry to see them go and we would like to express our thanks for all their work for MAECare over many years. We send them our best wishes and wish them good luck in the future.



Walking Group meetings

MAECare has a walking group which meets on a regular basis. All walks are under two hours in duration and are followed by refreshments. Walks are open to people 60 years and over and to MAECare volunteers. Meet at the MAECare office at 57 Cranmer Bank for 10.30am prompt start.

Our new walking timetable is as follows:

Thursday 19th January – Golden Acre

Thursday 2nd February – Meanwood

Thursday 16th February – Rodley/Apperley Bridge

Thursday 8th March – Roundhay Park

Thursday 22nd March – Sicklinghall

Transport is provided to & from the walk at a cost of £3 per person. To assist with transport arrangements you must pre-book.

Intergenerational work

Are you interested in helping primary school children learn? Opportunities to help at Highfields Primary School: dedicated volunteers needed to develop a new homework club on Wednesdays 3.30 – 4.30pm. Or come along to Allerton Primary on a day that suits you and listen to children read. Please telephone Hillary at the office if you are interested in helping.

Get in touch with your creative side

Come to our **'free event'** with Treasurehead Theatre company.

When: 1st March. **Time:** 10.00am – 2.00pm. **Venue:** Moortown Methodist Church. Just for fun! Come along and do as much or as little as you like.

Activities include: *Dance and movement:* Try out some basic moves from the Charleston to the Tango. *Arts and Crafts, Singing;* try out classics from a range of different eras and share memories. *Drama performance:* Treasurehead Theatre are a student group who will be performing some drama based on your memories with time for lots of discussion. Lunch and refreshments provided. **Don't be shy, come along and have some fun.**

Events Page

Coffee mornings at Moortown Methodist Church

Our regular coffee morning sessions are held on the third Thursday of each month at Moortown Methodist Church Hall from 10.30am – 12 noon. The next coffee mornings are on: Thursday 19th January – EXTEND class (seated gentle exercise), Thursday 16th February – Paper Flower Making, Thursday 15th March – A performance & insight into the writing of songs & poems "half a laugh, half a cry" and Thursday 19th April – Speaker "A Box of Treasures."

Entry is £2 for MAECare members/£2.50 non members. Come and join us!

Singing for Fun

Monthly group starts Wednesday February 8th 10.30am – 12.00 noon, at Yew Tree Court, Cranmer Close.

Do you enjoy a sing-song? Would you like to meet others and sing together? Come along and sing together songs you remember and enjoy, led by a trained tutor. All abilities welcome, no auditioning required! **Cost £1.50**

Intergenerational cookery session

Wednesday 8th February, Food Technology room, Allerton High School (3.00 – 4.30pm). Make a pizza pinwheel and a Swiss roll to take home, and learn how both recipes can be adapted to create a variety of products. **Free event.**

Hat re-vamping!

New five week workshops delivered by Leeds Art College. Mondays 10.00am – 12 noon at Moortown Methodist Church. Creative workshops where you can learn to bring a hat back to life - learn how to make paper flowers, feather patches and more! **Cost £1 Start date: 20th February.**



Nintendo Wii sessions – Everyone welcome

Where: Moorhaven Court Sheltered Housing **When:** On 1st Tuesday of the month **Time:** 10.30am – 12 noon Next sessions to be held on: February 7th, March 6th.

Shadwell Event on Tuesday 6th March – Time: 10.30am at Shadwell Village Hall, followed by light lunch.

Talk by Jenny Stacey called 'Family Foundling' – history of the Foundling Hospital and how it links to her family history. **Cost is £3 for members/£3.50 for non members.**

The Shadwell Christmas Afternoon Tea event held on Tuesday 13th December 2011 raised £50 for a school in Gambia supported by the singing group, who provided the entertainment.

Spring Afternoon Tea at Treetops

Come along to the Treetops Community Centre on Thursday 26th April at 2.00pm for afternoon tea, entertainment being provided by 'Frederic & Marcelle'. **£3 for members/£3.50 for non-members.**

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.

Leeds Directory Activity Calendar

You can now find local activities and events using the new Leeds Directory Activity Calendar.

Search for activities including cafes & coffee mornings, social clubs, hobbies, trips and more. You can search by the type of activity you are interested in, or just see what's happening that month, or on a day of your choice.



Plus, plan your journey with our new Travel and Transport section where you can get directions and find details of public, private and group transport to help you get around Leeds.

Visit www.LeedsDirectory.org to see what's on near you or call the Helpline on 0113 391 8333 and we can send you activity details through the post.

Advertise your activity or event for FREE - check out our website or call the Helpline for more information.

Skippko Project

The 'Never Too Old' Project ended with a joint celebration event, where members of the two groups which have met for 10 weeks came together to see the banners which have been produced by the group. The members explored a variety of techniques including fabric painting, batik, glass painting and print making. Their joint efforts have produced a fantastic resource for MAECare.

Group members were very positive about the whole experience. Some of their comments include, 'I feel a sense of achievement' said one, 'I've really enjoyed doing something new', 'The embossing was good, but my finger ends don't work so it was very frustrating,' 'There was friendship in the group and company. It's good to be with people' commented another.

The group shared lots of thoughts on positive ageing and these are reflected on the banners. Some people said it's about patience not to bust a gut, to be yourself with wisdom and experience, a sense of humour is essential, we should learn from our memories, and some said it's about volunteering and time to do things at home.

The banners will be hung in the MAECare office and then we'll try and bring them to events, so as many people as possible can see them. Well done and thanks to all those involved in the project which was funded by Awards for All Big Lottery.



MAECare does Care

We gather together
 In the classes we choose
 Exchange our names and
 pay our dues
 We are all over sixty
 But not past our best
 Over eighties come too
 Seeking interest.
 There are Exercise groups
 To Extend our limbs
 A Writing group
 To express our witty whims
 So gather together ageing folk
 We are the lucky ones
 Come share the Joke.

By Audrey Hilder

MAECare recent events



Christmas Party at Allerton High on Friday 9th December 2011



Moortown Methodist Coffee morning Christmas Party with 'The Daytones' on Thursday 15th December 2011



Dates for your diary

January

Thursday 19th January

- Walk at Golden Acre
- Coffee morning and Keep Fit with EXTEND class at Moortown Methodist Church Hall

February

Thursday 2nd February

- Walk at Meanwood

Tuesday 7th February –

- Nintendo Wii session at Moorhaven Court

Wednesday 8th February –

- Singing Group at Yew Tree Court (am)
- Cookery session at Allerton High School (pm)

Thursday 16th February –

- Walk at Rodley/Apperley Bridge
- Coffee morning at Moortown Methodist Church Hall

Monday 20th February –

- 5 week creative art workshop commences

March

Thursday 1st March

- Creative Arts Day at Moortown Methodist Church

Tuesday 6th March

- Nintendo Wii session at Moorhaven Court (am)
- Shadwell event (pm)

Wednesday 7th March

- Singing Group at Yew Tree Court (am)

Thursday 8th March

- Walk at Roundhay Park

Thursday 15th March

- Coffee morning at Moortown Methodist Church Hall

Monday 19th March

- Outing to Stephen Smith's Garden Centre, Otley

Thursday 22nd March

- Walk at Sicklinghall

April

Thursday 19th April

- Coffee morning at Moortown Methodist Church Hall

Thursday 26th April

- Treetops afternoon tea event

Outings

March Outing on Monday 19th March to Stephen Smith's Garden Centre, Otley.

Stephen Smith's is not just a garden centre – it has a foodhall, a bookshop, a giftware department, an arts and crafts department, a branch of Edinburgh Woollen Mills and a large self-service restaurant where you can buy as little or as much refreshment as you want.

Trippers will be collected at home by minibuses at about 11am and should be home by about 4pm. The buses can accommodate wheelchairs but anyone coming in a wheelchair will need to bring a carer to assist.

Price – £5 for members, non-members – £5.50.

Date for your Diaries:

The May outing will be to the Royal Armouries and the new developments at Clarence Dock on Tuesday 29th May. Further details in the Spring Newsletter.

New ways of helping MAECare with Fundraising

Easyfundraising – Do you shop online? Would you like to raise money for MAECare at the same time? If so, then Easy Fundraising works with many well known retailers such as M&S, Amazon and Argos. Each retailer donates a small percentage of your spend to your nominated cause when you shop with them, and it doesn't cost you any extra amount to do this. You still shop directly with the retailer, but you must access them through www.easyfundraising.org.uk and nominate Moor Allerton Elderly Care as your cause.

What do I do?

1. Log on to www.easyfundraising.org.uk
2. Register to say you wish to support Moor Allerton Elderly Care through the 'Find a Cause' link.
3. Then go onto the 'Categories', select the company you want and shop away!

Legacy Leaflet

Enclosed with this newsletter is a leaflet on how you can help to support MAECare by leaving a legacy to MAECare in your will.



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

10 MAECare members are invited to attend a Piano Concerto event by Paul Higgins on Monday 27th February at 2pm at Headingley Hall (including afternoon tea).

Transport can be arranged.

Please contact Paul at Headingley Hall on 0113 275 9950 to book.



Headingley Hall

Regular Weekly Activities

EXTEND: Monday at Moortown Baptist Church, King Lane Roundabout. Two classes with Elaine Gee. 11am – 12.30pm and 1.20pm – 2.50pm. Just go along to the class.

EXTEND: Wednesday at Alwoodley Park Methodist Church. One class with Barbara Craven. 1.30pm – 3.00pm.

SWIMMING GROUP: Wednesday afternoon during term time only. Contact the office for details.

YOGA: Friday at St Paul's Church Hall, King Lane. 10.00am – 11am & coffee afterwards.

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MOOR ALLERTON ELDERLY CARE