

WELCOME!

As we enter in to the Autumn months it is a good time to reflect on what has been happening over the summer. There have been many changes in the Country from a new Prime Minister, to Brexit Talks, the hottest temperatures recorded in the UK in July, followed by floods in August!

As a scheme we have had a few changes and new additions to the team since our last newsletter!

At the end of July Sarah left us for her maternity leave and we are really pleased to announce that her little boy, John Anthony was born healthy and well on Thursday 8th August, and both Sarah and Johnny are doing great!

So then we welcomed Erika to our team! Erika started with us in July and many of you may recognise her from her volunteer days at Line Dancing and Dancercise. Erika has fitted in to the team really well, she will be covering Sarah's Well-Being Walks and Acorns and Oaks, the Mainly Men sessions, as well as developing new ideas and activities for the scheme.

Our afternoon sessions in Methley started in July with craft afternoons, Bingo and games. It is a lively atmosphere with a lot of creativity that you shouldn't miss!

Meanwhile our afternoon Hub sessions at Haigh Road are doing really well. Refia is offering new Health and Well-being Sessions at Haigh Road, as well as monthly music sessions too.

Special Event: 9th September - Haigh Road afternoon session - Special Guest singer - everyone welcome!

So please, take your time to read our newsletter and find out about some special events in the coming months!

Best wishes from The Team at Rothwell Live at Home!

If you need a
newsletter in
LARGE PRINT
Please ring us
0113 288 0887



We will continue to send you the Live at Home Scheme newsletters ensuring that you are always kept up to date with what's happening in the scheme. Should you decide that you would no longer like to receive this newsletter, you can unsubscribe at any time.

*To do this just write to us at Rothwell & District Live at Home, Oulton Institute, Quarry Hill, Leeds LS26 8SX or call us on **0113 288 0887**.*

For further information on how we keep your data secure please just contact us for a copy of our Privacy Notice.

Simplify Your Life

It is that time of the year when we start to put our summer clothes back into the wardrobe and get our warm and cosy jumpers out. I don't know about you but when seasons change I always tidy my wardrobe and sort my clothes out. Then I decide what I like and don't like and give away the things that I don't like anymore.

Do you know it is one of many ways to simplify your life?!

Not only sorting the clothes but also sorting different objects and things in your life helps you mentally, emotionally and even spiritually.

“Are there any areas in your home or in your life that cause you distress?” , “Any thoughts and obsessions that keep you from enjoying life?”

Don't we all have a Narnia in our homes where we just dump everything in, thinking we might need them in the future? Don't we all have different thoughts that keep us awake at night? I would be surprised if you don't!

Let's think a bit about what can we do to simplify our life for this coming week.

You can easily start sorting your wardrobe as I do, throw away, give away or donate to charity shops. You will feel the lightness!

Then choose an area in your home to focus decluttering only for the next 7 days. Do everything step by step and plan each day what you are going to get rid of.



Don't be hard on yourself, spare a week for every area in your home to tidy up and declutter. Try to declutter your negative thoughts at the same time.

Let your body and mind work together.

Take a breath and give some time to yourself, be mindful of things that are happening around you.

Say no (to other people's demands, requests or to the things that might put you in a stressful situation) I know it is not an easy one, but you have to take care of yourself.

Use calendars to organise your days and events.

Subscribe to services that make your life easier such as automatic bill pay or online shopping.

Treat yourself to destressing events such as Health and Wellbeing sessions, Movie Club, dancing or walking.

Read books and join book clubs! Reading is good for your mind and wellbeing.

Plan your next day before you go to bed, and most importantly set a time to go to bed.

Why don't you try simplifying your life by trying some of the tips above or in your own way?

Let me know how it goes! Refia xx

GROUP & ACTIVITY DIARY

| Regular Groups and Activities | | | |
|-------------------------------|--|-----------------------|-------|
| Day | Event Name & Venue | Start time - End time | Price |
| Every Monday | Line Dancing - Harold Hall, Oulton Institute | 1:30pm - 3pm | £3.00 |
| Every 2nd & 4th Monday | Soup & Sandwich - Haigh Road Community Centre, Rothwell | 11.00am - 1:00pm | £3.50 |
| Every 2nd & 4th Monday | Musical Games & Health and Wellbeing Sessions - Haigh Road Community Centre, Rothwell | 1.00pm - 2.30pm | £2.50 |
| Every Tuesday | Movement to Music - Woodlesford Parish Centre | 11am - 12pm | £3.50 |
| Every Tuesday | Soup & Sandwich - Woodlesford Parish Centre | 11:00am - 1pm | £3.50 |
| 1st, 2nd, 3rd, 4th Tuesday | Book Club, Crafts Club, Movie Club, Discussion Club - Woodlesford Parish Centre | 1.00pm - 2.30pm | £2.50 |
| Every 2nd & 4th Wednesday | Active Voices, Sing along - Royds Court | 10.30am- 11.45am | £2.50 |
| Every Thursday | Movement to Music - Rothwell Baptist Church | 10:30am - 12.00pm | £3.50 |
| Every Thursday | Methley Lunch Club - Mickletown Community Centre | 12pm - 1.30pm | £5.00 |
| 1st, 2nd, 3rd, 4th Thursday | BINGO, Crafts Club, & Games Club - Mickletown Community Centre, Methley | 1.30pm - 3pm | £2.50 |
| Every Friday | Dancercise - Lofthouse Methodist Hall, Leeds Rd, WF3 3NE | 10am -11am | £4.00 |
| Every Friday | Fun n Fitness - Midland House, Woodlesford | 2pm - 3.30pm | £3.50 |

Please call 0113 2880887 for more information or to book your place on any of the above activities.

UPCOMING EVENTS

| SEPTEMBER 2019 | | | |
|---------------------------|---|--|--------|
| Date | Event Name - Venue | Start time - End time | Price |
| Wednesday, 4th September | Mainly Men Trips - To various locations of interest | Book a place | varies |
| Tuesday, 10th September | Knit Together - Rothwell Hub (Library) | 10.30am - 12pm | FREE |
| Tuesday, 17th September | Accompanied Shopping Trip to Crossgates and Colton Sainsbury's | pick up times vary - lunchtime to approx 4pm | £4.50 |
| Wednesday, 18th September | Mainly Men Meeting Talk by the Yorkshire Air Ambulance | 1pm - 2.30pm | £2.50 |
| Thursday, 19th September | Acorns and Oaks - Intergenerational Forest Activities - Swillington Farm | 10am - 12pm | £5.00 |
| Wednesday, 25th September | Wellbeing Walks - St Aiden's Country Park Astley Lane, Swillington | 11am - 1pm | FREE |
| OCTOBER 2019 | | | |
| Date | Event Name - Venue | Start time - End time | Price |
| Wednesday 2nd October | Mainly Men Trips - To various locations of interest | Book a place | varies |
| Wednesday, 4th October | Well-Being Cafe and activities at Blackburn Hall | 11am- 2 pm | FREE |
| Tuesday, 8th October | Knit Together - Rothwell Hub (Library) | 10.30am - 12pm | FREE |
| Tuesday, 15th October | Accompanied Shopping Trip to Crossgates and Colton Sainsbury's | pick up times vary - lunchtime to approx 4pm | £4.50 |
| Wednesday, 16th October | Mainly Men Meeting - Oulton Institute | 1pm - 2.30pm | £2.50 |
| Thursday, 17th October | Acorns and Oaks - Intergenerational Forest Activities - Swillington Farm | 10am - 12pm | £5.00 |
| Friday 18th October | Well-Being Cafe at Lofthouse Methodist Church | 11am - 2pm | FREE |
| Wednesday, 30th October | Wellbeing Walks - St Aiden's Country Park Astley Lane, Swillington | 11am - 1pm | FREE |
| NOVEMBER 2019 | | | |
| Date | Event Name - Venue | Start time - End time | Price |
| Wednesday 6th November | Mainly Men Trips - To various locations of interest | Book a place | varies |
| Tuesday, 12th November | Knit Together - Rothwell Hub (Library) | 10.30am - 12pm | FREE |
| Tuesday 19th November | Accompanied Shopping Trip to Crossgates and Colton Sainsbury's | pick up times vary - lunchtime to approx 4pm | £4.50 |
| Wednesday 20th November | Mainly Men Meeting - Oulton Institute | 1pm - 2.30pm | £2.50 |
| Thursday, 21st November | Acorns and Oaks - Intergenerational Forest Activities - Swillington Farm | 10am - 12pm | £5.00 |
| Wednesday, 27th November | Wellbeing Walks - St Aiden's Country Park Swillington | 11am - 1pm | FREE |

MEMBER'S PAGE

All sorts of good things...

I'm filling my life with all sorts of good things
Like jigsaws and crosswords and places to sing.
I write poetry do lunch clubs meet friends and all that
But still, without Audrey my life is so flat.

Involvement at church, taking walks in fresh air
I visit my lady, she's living in care.
Does she know me, I wonder as I gaze at her face
The face I have loved, then she smiles, and that's ace.



But the things that I do to keep me on the go
When all added together, it's not that much I know
Though I practice the keyboard, ukulele too
My life is still empty whatever I do

By Brian Sugden

Conflict and Resolution - A short story by *Stuart Beaumont*

It's my birthday and I am returning from the supermarket, there is nothing unusual about this as I do it twice a week - that is the supermarket not my birthday, which like everyone else's is a once a year event. My neighbour sees me unloading the car and ventures a warm "hello", I tell her it is my birthday and answer her question by explaining I am "very grown up".

"You don't look a day over 60", she offers. I hesitate to explain that I am only fifty. It is a bright autumn day if a little breezy and my neighbour Edith, who I have known for a long time, is eager to engage me in conversation. I am dying for the loo but I am pleased that someone takes the time to talk to me, which is infrequent. Edith is a warm character, if a little dull, her conversation usually lasts as long as the TV programme she is describing and can be a little waring. My attempts to interrupt and divert her fall unnoticed. "Have you seen the HS2 tunnels are to be directly under your house?" I ask loudly, but 'Cash in the Attic' has sway. My bladder is now protesting but I refrain from mentioning it as there could be a part two to 'Cash in the Attic'.

A ha!", I can hear the telephone ringing in the house and she seems to accept that this has priority. I wave as if to terminate the conversation, but she remains. The call is from my other neighbour Kathleen, who is quite cross about the leaves from my trees in her drive.



continued....

Conflict and Resolution continued...

"Up to my navel!" she extoles, and reminding her that she enjoyed them when on the trees is not cutting any slack. Kathleen is not warm and engaging and her requests are demands, often with menace. My first neighbour can hear the latest one, as she is now shouting threats to my wellbeing, as is my bladder. Edith is now shouting at me to tell Kathleen where to go, which results in Kathleen replacing the handset with an almighty crash. She suddenly appears marching up the street. I make the excuse that if I don't attend the toilet, leaves on the ground will not be the only issue. I return to find a scene of bodies leaning towards each other, so close that angry spittle is landing unnoticed on both faces as crude descriptions of their lesser qualities are barked loudly. I am at a loss to find a way of deminishing the intensity of the conflict, which I have to acknowledge was not originally between the two. In desperation I meekly offer slices of birthday cake, which after a brief silence results in a tremendous burst of laughter. I can only conclude that in spite of my years I have a lot to learn.



Interested in writing ? Why not join the Writers Group at Rothwell Library, on the third Monday of each month, 5.30pm to 7pm.

Brainteasers

Green House

There was a green house. Inside the green house there was a white house. Inside the white house there was a red house. Inside the red house there were lots of babies. What is it?

Find all the words listed!

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Y | M | T | R | L | C | H | O | C | O | L | A | T | E |
| A | S | K | C | A | R | T | E | S | O | O | M | E | T |
| P | Y | V | A | N | I | L | L | A | S | N | O | T | E |
| M | K | D | E | T | D | E | A | C | F | A | N | A | A |
| C | A | T | N | L | I | N | N | A | O | C | O | O | E |
| O | K | P | O | A | A | G | O | D | K | E | A | E | T |
| E | C | U | L | N | C | A | E | F | O | P | L | R | N |
| D | O | T | A | E | E | N | O | R | Y | W | E | E | E |
| O | C | B | O | A | W | Y | O | T | T | E | O | I | E |
| C | O | I | E | A | A | A | R | T | S | A | O | A | R |
| R | N | T | T | C | R | A | L | E | T | N | I | A | G |
| E | E | G | D | U | F | O | S | N | I | O | V | L | T |
| D | A | O | R | Y | K | C | O | R | U | A | C | G | T |
| A | E | E | T | U | N | O | C | O | C | T | P | E | S |

Nothing Serious

When I'm first said,
I'm quite mysterious,
But when I'm explained,
I'm nothing serious.

What am I?

- VANILLA
- CHOCOLATE
- REESES
- PECAN
- FUDGE
- MAPLE
- WALNUT
- COCONUT
- ROCKY
- ROAD
- BANANA
- COTTON
- CANDY
- LANE
- CART

Well-Being Cafes

This year to celebrate the
International Day of Older People
we are holding two well-being cafes in the area

Friday 4th October - 11am to 2pm
at Blackburn Hall, Commercial Street, Rothwell
and

Friday 18th October - 11am to 2pm
at the Lofthouse Methodist Church

Come along and try a healthy smoothie, healthy snacks and juices, made freshly for you!
Our theme this year is Intergenerational activities, so we have decided to host an Indoor
Sport Day!

There will be good old fashioned games, like the egg and spoon
race and some great new activities, like Walking Football,
Walking Netball and gentle SitFit exercises.

Why not come along with your grandchildren, or great
grandchildren, and all take part in the fun together.

You can simply watch or take part, the choice is yours!



This is a **FREE** event and free transport to and from the events is available but **must be booked through us in advance** by calling the office on: 0113 2880887



Shop and support MHA today with Amazon Smile

Shopping online on AmazonSmile is a way that you can support our work as you shop, at no extra cost to yourself!

What is AmazonSmile?

[AmazonSmile](https://smile.amazon.co.uk) is a website run by Amazon that's recently launched in the UK. It's exactly the same as amazon.co.uk, but there is a wide range of products eligible for a donation. Every time you buy an eligible product, Amazon donates 0.5% of the net purchase price (excluding VAT, returns and shipping fees), at no additional cost to the customer or to the chosen charity.

How to donate to MHA through AmazonSmile

1. Go to smile.amazon.co.uk and login into your regular Amazon account.
2. Choose MHA from the charity options.
3. Look out for products which are marked as 'AmazonSmile eligible'

Future Events....

MHA backs BBC Music Day 2019

We are delighted to announce that we are working collaboratively with the BBC to help bring music to everyone in the UK living with dementia by 2020, using BBC Music Day on 26 September 2019 as a platform.



Through our pioneering music therapy work with older people living with dementia in our specialist care homes, we know the power that music can have. We were the first to introduce music therapy in care homes 11 years ago and are now one of the largest employers of music therapists working with older people living with dementia.

Our 26 music therapists work across our specialist dementia care homes, providing more than 800 older people with a programme of one-to-one sessions each year.

For its music and dementia initiative, BBC Music Day is collaborating with over 50 organisations involved in dementia care, like ourselves, reaching out to our residents' families and friends, our supporters and our staff, to help bring music to everyone living with dementia in the UK. The Grammy-winning musician and producer Nile Rodgers is one of the ambassadors for the day, which will feature special programmes and features across all the BBC's radio, television and online network.

For more information about the day, please visit: www.bbc.co.uk/musicday

LIVE AT
HOME

CHRISTMAS BRUNCH

- Light brunch and drinks
- Local Choir
- Dance performance from our very own Line Dancers
- Raffle
- Stalls with books and handcrafts from our Knitting and Craft Groups

This is a ticketed event with limited numbers.



Where: Oulton Institute, Quarry Hill, LS26 8SX

Time: 10.00am - 2:00pm

When: 5th December 2019

Tickets: £2.50

Rothwell Live at Home

Oulton Institute, Quarry Hill, Oulton Leeds LS26 8SX

Tel: 0113 288 0887

www.mha.org.uk/liveathome



Ready for a challenge for 2020?

Or perhaps you have friends or family looking to take on an event? MHA have a variety of new and exciting fundraising events in 2020 to suit all. Your support will help us continue our vital work across the UK. The MHA fundraising team will help you reach your target and support you all the way to the finish line. Find an event that's right for you and be part of something special. Visit www.BestForAges.com/Events to find out more or call 01332 221641. Alternatively, if you prefer to do something local, then please get in touch our office on: 0113 2880887 for an informal chat.

Here are just a few of our exciting events:

- Great South Run – 10 October 2019
- London Landmarks Half Marathon – 29 March 2020
- Brighton Marathon – 19 April 2020
- Great North Run – September 2020
- Skydive – Available all year, UK wide locations.

REMEMBER A CHARITY IN YOUR WILL WEEK

9-15 September 2019

Remember a Charity Week gives charities such as MHA the opportunity to come together to help raise the profile of charitable giving in Wills. It's a time for people to consider leaving a gift in their Will, once they have taken care of their loved ones, to causes such as our Live at Home schemes.

At MHA we know how important gifts in Wills are, many of our Live at Home schemes have been helped in this special way. But also, having an up-to-date Will gives peace of mind that the people and causes you care about are provided for in the way that you wish. Those also choosing to leave a gift in their Will to MHA – however small or large – will be making sure we are able to continue to support older people for generations to come.

Richard Sproson, Legacy Manager, says: "Around three quarters of the donations that we receive come through gifts in Wills. They're a really special and crucial way of helping us continue to provide services such as Live at Home. Whether small or large, every gift makes a real difference."

MHA is a member of the Free Wills Network and is able to offer people over the age of 55 the chance to have their Will written at no cost to them by a local solicitor. To request further details please call 01332 221651 or email giftsinwills@mha.org.uk

Homeward Community Support

This is a new project delivered by MHA in partnership with the British Red Cross to offer support to those facing a stay in hospital, either planned or unexpected. HomeWard is already a highly successful service delivered by our Horsforth Live at Home Scheme, but with new funding we are now expanding the service to enable us to support more older people across Leeds, including Rothwell and the surrounding areas.



The team, which is based in Moor Allerton, is able to support if you, a friend or family member are in hospital, and with permission will be able to arrange for a British Red Cross volunteer to visit them on their ward. They can sit for a chat with them, bring them a newspaper, or even be present when they see their consultant. The project covers all the Leeds Teaching Hospitals, including St James and the Leeds General Infirmary.

So if you, or someone you know, is in hospital please get in touch with our office and we will see how we can support you. For more details on this new service please contact: Mandy Farr, Scheme Manager on: 0113 2880887

Fundraising and Thank Yous....

Once again we pass on our continued thanks to Morrisons in Rothwell and their Community Champion, Lyndsey Connor, for their support and monthly donation packs which help us so much in our weekly activities.



Arla Foods have continued to give us regular donations of dairy products which help us so much at all our activities, and these deliveries are made possible by the kind support and transportation of the goods, by Kevin Dobson and his volunteers at CAP Care.



Arla also took part in the Dragon Boat Challenge at Pugneys Waterpark Wakefield, in July, raising funds and awareness of our scheme, we will keep you updated on how much they raised for us and the other charities they support, but we all had a wonderful day!



In July Rothwell Live at Home took part in the Methley Scarecrow Festival, where Gansta Granny was spotted in the neighbourhood, just our way of being part of the local community!

On the 12th July we held our Annual General Meeting and volunteer celebration at the Oulton institute and we would like to thank our members, volunteers and other local organisations for coming along to support us and help us say thank you to our volunteers.

Over the last few months Michelle has recruited quite a few new volunteers and we now have over 50 volunteers who help us out at groups and events throughout the year, as well as offering befriending and companionship to some members in their own homes.

As special thank you goes to Jan and Brenda who have now leading on our Shared table project. The group now meets on the third Sunday of each month at various pubs and restaurants in the local area. To come along to Shared Tables you simply need to call the office and book a place the Thursday before the meal so we can reserve enough places, then make your own way to meet everyone at the venue.



Christmas celebrations...

Have you seen our poster about our Christmas event on the 5th December? If not, please have another look through the newsletter. We are holding a Christmas Brunch event with a Christmas Choir, and Christmas Line Dancers! Tickets will be available in the coming months, so don't miss out.

Volunteer Christmas event. We will be holding a Christmas celebration for our volunteers on Tuesday 11th December, more details to follow, but for now...**Save the Date!!**

Video shoot...Over the coming months Refia is looking to make a short video about our scheme. She will be looking for volunteers to talk to her about what you enjoy and what our scheme means to you. If you would like to be involved with this new project and would be happy to talk to Refia please let us know. I am sure it will be a lot of fun!

The Leeds Directory is a source of information about a range of local community care and support services, activities and events that support people to live the life they want to live. There are over 1,500 organisations and services that may assist and support you or a loved one in a variety of ways to live more independently. For example, services to help maintain the home and garden or equipment and technology that can be used around the home to help with daily living tasks like cooking or getting washed and dressed.



There is also information about events, social groups or activities you might be interested in; either for yourself or for someone else.

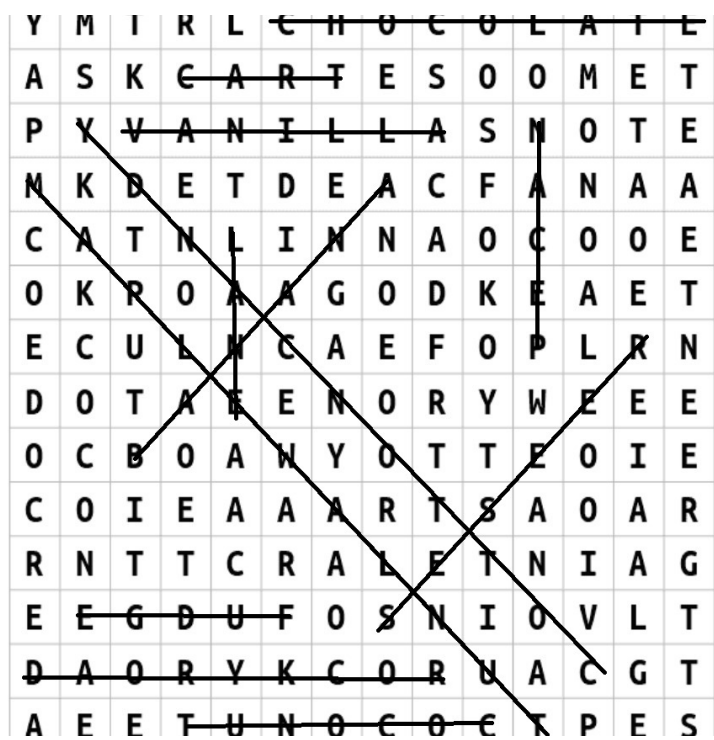
Organisations providing services around the home and garden, or that provide one to one support are checked and vetted for peace of mind. These providers are marked with our Green Tick. Our star ratings and reviews allow people to write comments on their experiences of services they have received and also find out what others think. All ratings and reviews are checked before publishing and a minimum of 10 percent of reviews are checked for authenticity.

As well as our website, you can also speak to us over the phone weekdays between 9am to 5pm on Tel: 0113 378 4610 and we can send out printed information too.

The Leeds Directory is a Leeds City Council funded service.

www.leedsdirectory.org

PUZZLE SOLUTIONS



Green House

ANSWER:Watermelon

Nothing Serious

ANSWER: Riddle

YOUR LIVE AT HOME



MANDY

Live at Home
Scheme Manager



MICHELLE

Community
Programme
Coordinator



REFIA

Community
Programme
Coordinator



VAL

Community
Programme
Coordinator



ERIKA

Community
Programme
Coordinator



ANNETTE

Community
Programme
Coordinator

GET IN TOUCH!

Rothwell & District Live at Home

Oulton Institute
Quarry Hill
Leeds
LS26 8SX

Telephone

0113 288 0887

Email

rothwell.liveathome@mha.org.uk

Website

rothwellliveathome.btck.co.uk

Opening Hours:

Mon-Fri 9am - 5pm

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CITY COUNCIL