

Rothwell & District Live at Home Newsletter



Oulton Institute, Quarry Hill, Oulton LS26 8SX | 0113 288 0887 |

www.mha.org.uk | rothwell.liveathome@mha.org.uk

WELCOME!

Well, can you believe we are almost at the end of another year! 2019 saw a number of changes for us, with Brian leaving in March and Sarah going on maternity in the Summer. We hope there hasn't been too much disruption, if any and that you have now all met Erika and myself at one event or another.

I am so proud to be leading such a great team at Rothwell Live at Home in to 2020. As a number of you may know, 2020 is a special year for us as we reach our 20th Anniversary! Throughout the coming year, we will be celebrating the Scheme and the special people, Founders, Staff, Volunteers and Members who have helped to shape and develop the wonderful work which started back in August 2000!

Talking of successes... in October we held two events for the International Day of Older People, one in Rothwell and the other in Lofthouse. With funding from Leeds City Council Outer South Community Committee we held two intergenerational activities, the theme being the traditional 'Indoor Sports Day'. Grandchildren, grandparents and great grandparents all joined in sports day activities. The Rothwell Old Boars Walking Football Team joined us for an indoor game, facilitated by Leeds Social Enterprise 'Your Back Yard'. We also had inspiring talks by Chris, of Magna Massage, on the importance of good posture and balance. Homemade soups and snacks were available at both events and freshly made smoothies by Kirsty and Erika.

The highlight of our event at Lofthouse Methodist Hall was the Walking Netball tournament, led by Corinne from Netball England. Our members, aged from 60 to 90+, all took part in some great netball coaching, followed by a match, with volunteers and members. The great feedback we received from both events will be shaping the new activities we offer in 2020.



At both events crews from Rothwell Fire Station came along to support us and we are looking forward to working in partnership with them in the coming months. Finally a big thank you to all our volunteers who helped on the day and a special thank you to volunteers from energy and service company, ENGIE based in Leeds, who offered their time at both events, they were extremely kind and helped to make everyone feel welcome.

I hope you enjoy our last newsletter for 2019, we always value your feedback so please continue to tell us what we are doing right or anything you would like us to change.

May I take this opportunity, on behalf of all the team, to wish you all a Peaceful Christmas and a Happy New Year.

Best wishes,

Mandy, Annette, Erika, Michelle, Refia & Val xxx

IN THIS ISSUE:

PAGE 2 -What's been happening

PAGES 3-5 -Regular Groups and Activities

PAGE 6- Member's Corner

PAGE 7- Staying warm this winter

PAGE 8 - Puzzles

PAGE 9- Christmas

PAGE 10 - Thank You's

PAGE 11 - New Year and Puzzle Solutions



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 contact us for a copy of our Privacy Notice.

Whats been happening....

Haigh Road Community Centre.

Students from Leeds University LUUMIC (Music Impact in the Community) Society came to visit us in September, we had a great session with musical games and a singalong. They played the guitar and we accompanied them with the songs and drums!

Don't worry if you missed this one! They are coming again on **9th December at 1 pm** to **Haigh Road Community Centre for a Christmas celebration**, so get yourself ready for Christmas songs to sing along, themed quizzes and games.

If you would like to have a light meal before the music, you are very welcome to join us for Soup and Sandwich which starts at **11 am** in **Haigh Road Community Centre**. Hope to see you all!



Our Digital Champions!

We had a lovely session with our volunteers on how to become a Digital Champion by Amy from Leeds Library. A Digital Champion is a volunteer who inspires people in the community to use the internet and help them to develop their digital skills.

There are still many people who would like to get more connected and use the internet, with the support of the Digital Champions, we can help to build your confidence to use new digital technology.



Digital Champions will be helping us in our upcoming Digital Sessions. Keep checking our Facebook Page (you can access the page by typing '**Rothwell and District Live at Home**' on Search section on Facebook and there you can like our page). We will be updating you about the upcoming times and the dates of the Digital Workshops. Hope to see you there to become more digital! :)

Shared Tables Project - More than a mealtime

Our Shared Table initiative, will be continuing into 2020. We have visited lots of lovely local places for great Sunday lunches over the past year and would love to welcome anyone to join us.

Each person orders and pays for their meal as they would at any food and drink establishment, the idea of the shared table is to eat and socialise within a group environment.

To ensure we have booked enough places for each event, table places must be booked in advance, please. If you are interested and would like to book a place or would like more information regarding this, please contact our office on 0113 288 0887

Dates for your diary for 2020:

Sunday 15th December – Three Horse Shoes

Sunday 19th January – Dill & Bay

Sunday 16th February - New Masons TBC

| Regular Groups and Activities | | | | | |
|-------------------------------|------------------------------------|--|--------|---------------------|--|
| Day | Event Name | Venue | Price | | Comment |
| Every Monday | Line Dancing | Harold Hall, Oulton Institute, Oulton | £3.00 | 1.30 pm-3.00 pm | Last session of this year is on 16th December |
| Every 2nd & 4th Monday | Soup & Sandwich | Haigh Road Community Centre, Rothwell | £3.50 | 11.00 am-1.00 pm | Last session of this year is on 9th December |
| Every 2nd & 4th Monday | Afternoon activities | Haigh Road Community Centre, Rothwell | £2.50 | 1.00 pm-2.30 pm | We offer a variety of different sessions based around your own Well-being, from talks, demonstrations and discussions |
| Every Tuesday | Morning Stroll & Natter | Spring Head Park, Rothwell Meeting at the Cafe | FREE | 10.00 am-12.00 pm | A stroll round the park, children and dogs welcome. Last session of this year is on 17th December |
| 2nd Tuesday of the month | Knit Together | Rothwell Hub -Library | FREE | 10.30 am-12.00 pm | This group is run by the Rothwell Library HUB |
| Every Tuesday | Movement to Music - | Movement to Music - Woodlesford Parish Centre | £3.50 | 11.00 am-12.00 pm | Every Tuesday Last session of this year is on 17th December |
| Every Tuesday | Soup & Sandwich | Woodlesford Parish Centre | £3.50 | 11.00 am-1.00 pm | Every Tuesday Last session of this year is on 17th December |
| Every Tuesday | Afternoon activities | Woodlesford Parish Centre | £2.50 | 1.00 pm-2.30 pm | 1st Tues - Book Club 2nd Tues - Craft Club 3rd Tues - Movie Club 4th Tues - Speak Easy Group 5th Tues - Out & About Club (more details on page 4. |
| 3rd Tuesday of the month | Assisted Shopping Trip | Crossgates & Colton Sainsbury's | £4.50 | | Please ring office to book a place., Shopping trip is with door to door transport |
| Every Wednesday | Movement to Music | Northfields Community Centre | £2.50 | 10.30 am-12.30 pm | Every Wednesday Last session for this year is on 18th december |
| 1st Wednesday of the month | Mainly Men Trips | Trips to various places of interest in the area, booked in advance | Varied | | 5th February 2020 - Jorvik Centre, York (£15) / 4th March Lotherton Hall, Garforth (£5 transport) |
| 3rd Wednesday of the month | Mainly Men Mettings | Supper Room - Oulton Institute Quarry Hill | £2.50 | 1.00 pm - 2.30 pm | A variety of speakers through out the year. |
| Last Wednesday of the month | Well-Being Walks | St Aidens RSPB Visitors Centre Astley Lane, Great Preston, meeting at the visitor centre | FREE | 11.00 am - 12.00 pm | Led by Volunteer Rangers Please note: DECEMBER ONLY the Wellbeing Walk will take place on Wednesday the 18th of December 2019 |

| Regular Groups and Activities | | | | | |
|-------------------------------|----------------------------------|--|--|-------|---|
| Day | Event Name | Venue | Start time - End time | Price | Comment |
| Every 2nd & 4th Wednesday | Active Voices, Sing along | Royds Court, LS26 OTQ | 10.30 am- 11.45 am | £2.50 | Last session of this year will be on 11th December |
| Every Thursday | Movement to Music | Rothwell Baptist Church | 10:30 am - 12.00 pm | £3.50 | |
| Every Thursday | Soup & Sandwich | Mickletown Community Centre Methley | 12.00 pm - 1.30 pm | £4.00 | Last session of this year will be on 12th December |
| Every Thursday | Afternoon activities | Mickletown Community Centre | 1.30 pm - 3.00 pm | £2.50 | Crafts and Games Afternoon - Last session of this year will be on 12th december |
| Every 3rd Thursday | Acorns & Oaks | Swillington Organic Farm, Coach Road Swillington | 10.00 am - 12.00 pm | £5.00 | Delivered by This Green Moon- Please note, there are no sessions in December 2019 and January 2020 |
| Every Friday | Dancercise | Lofthouse Methodist Hall, Leeds Rd, WF3 3NE | 10.00am- 11.00am | £4.00 | Last session of this year will be on 20th December |
| Every Friday | Fun and Fitness | Midland House, Woodlesford | 2.00 pm - 3.30 pm | £3.50 | Last session of this year will be on 13th December |
| Sunday | Shared Tables | Various locations | Meet at 12 noon, table booked for 12.15 pm | | Sunday 15th December – Three Horse Shoes Sunday 19th January – Dill & Bay Sunday 16th February - New Masons TBC Places must be booked in advance through the office |

New Tuesday Afternoon Groups

Further to member feedback and popular demand, we will be introducing two new and improved groups to our Tuesday afternoons. A number of members have asked why do mainly men have speakers and trips out, so we've stepped into action!

The fourth Tuesday each month will be our '**Speak Easy**' club, where we will be inviting a range of speakers to come along to the group.

The fifth Tuesday of each month will be our new 'Out & About' Club, where we will offer occasional trips to places of interest. Places will be on a first come first served basis.

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

Upcoming events.....

We are holding a Christmas Brunch event with a Christmas Choir, and Christmas Line Dancers! Tickets are limited, so hurry if you need one!

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



Over 50 and looking to make new friends in your area?
Join us for Life SPA by Kate McIver

Time to Shine

Free Mindfulness

Coming to Rothwell, South Leeds on Wednesday Afternoons from the 26th (February 2020)
15 places available and filling fast!

looking for a better nights sleep and to reduce your stress levels?
"I feel like I've become kinder to myself – not as many judgements."
Please contact Amy on 07508868354 or email
amy.hallams@healthforall.org.uk for more information



These Free Mindfulness Workshops will start on 26th February, every Wednesday at 1.30PM- 3.00pm for six weeks. Updates about the venue will be given soon. Limited places available, so ring the office to book your place!

SPRING EVENT - Save the date! JUST DANCE!

**Wednesday 25th March
Blackburn Hall**

On the afternoon of Wednesday 25th March 2020 we will be holding a fundraising event, open to members and non-members. This will be an afternoon of dance; jive, ballroom, disco, all genres - you choose!!

More details will be available in the New Year, so check out our Facebook and Twitter pages or contact the office. Tickets will be available from January 2020.

We have some other great new activities planned for 2020 too!

- Walking Netball sessions starting next Spring. After the success of our Walking Netball session on our IDOP Day we will be running regular netball sessions
- **TAI CHI taster sessions starting from January next year, with regular sessions starting from April 2020.**
- Regular Digital Sessions

If you would like more details on any of these up and coming activities then please contact the office to let us know. We will take your contact details and make sure you are contacted as soon as we have starting dates!

Member's Corner

Christmas Then and Now

My earliest recollection of Christmas was in wartime, I had little idea as a small child what to expect, and that my family were at peace with each other was a comfort. I was aware that other families were not so lucky, with fathers away at war. I was glad that my family appeared to get along without discord, in spite of the hardship and loss of family members in the world conflict. The radio broadcasts were important and family would gather to digest the news, however, the radio delivered much more, there were music, stories and plays. I would listen to Dick Barton, special agent, with his sidekicks Snowy and Jock, who would get into impossible situations, but recover in time for a new adventure, only to leave another cliff hanger for the next broadcast. This was a diversion from the gloom.

My mother worked nights in a munition factory and my dad worked at a mine. He also grew lots of vegetables and raised poultry, which after our own needs he supplied to neighbours free of charge. This was appreciated and our family received esteem which was noticeable. Christmas gifts tended to be homemade items and occasionally oranges, which were a rare treat. It seemed enough, I did



not feel impoverished. Some of the harsher environment was the cold bedrooms, doors from the living room would be left open in the evening to offset the frost and house bricks heated in the oven range and contained in old blanket strips were used as bed warmers. I was reluctant to leave my warm bed to occupy the air-raid shelter under the stairs when the sirens started. There was no light in there and the blackout blinds were a frightening sign of what could be. In the absence of my mother, my two sisters were given charge of my welfare. Fortunately, they did not have many disagreements. The food was acceptable, my mother baked bread daily and there was always a large pan with soup like contents. I later understood that this was stock made from boiling bones with pearl barley and offal. Bread and dripping whilst acceptable was monotonous but nourishing. We made rugs from collected and shredded discarded clothing every evening. It was not unpleasant. The rugs were layed at Christmas and a chicken which had ceased laying was destined for the pot.

Contrast this with the Christmas of my own children, which seemed to be lavish by comparison, though they may not have seen it that way. So what of my current Christmas expectations? I cannot think of a single item that I need, I have the satisfaction that my children are happy and fulfilled and that I must have had a hand in this. For that, I am pleased beyond words.

The band of senior pals that I have, bring me more pleasure than any gifts, to survive to our present age without too many important bits falling off, is a blessing.

So what of new year's resolution, I am resolved to catch up on the education I missed in those difficult first years, and am resolved to enjoy it.

Happy Christmas everyone!

by Stuart Beaumont

(This is a member's corner, if you would like to share your writings, please do not hesitate to get in touch with us. We would love to see contributions from everyone. Thank you!)

Staying warm this winter

Despite the advancement of weather forecasting technology, we never really know when the cold weather is going to hit us, so the important message is, be prepared. For this reason, we have put together some information from the NHS website for keeping and staying warm this winter.

Follow these tips to keep yourself warm and well at home:

- if you're not very mobile, over 65, or have a health condition, such as heart or lung disease, heat your home to at least 18C (65F)
- keep your bedroom at 18C all night if you can – and keep the bedroom window closed
- during the day you may prefer your living room to be slightly warmer than 18C
- if you're under 65, healthy and active, you can safely have your home cooler than 18C, if you're comfortable
- draw curtains at dusk and keep doors closed to block out draughts
- get your heating system checked regularly by a qualified professional

Follow these tips on keeping well in the cold:

- wear several layers of clothes rather than 1 chunky layer – Clothes made from cotton, wool or fleecy fibres help to maintain body heat
- have at least 1 hot meal a day – eating regularly helps keep you warm; and make sure you have hot drinks regularly
- try not to sit still for more than an hour or so indoors – get up and stretch your legs, even moderate exercise can help keep you warm
- wrap a scarf loosely around your mouth when outdoors – add a hat and wear shoes with a good grip, too
- if you have a heart or respiratory problem, stay indoors during very cold weather

Protect your health in the cold

If you start to feel unwell, even if it's a cough or cold, don't wait until it gets more serious, seek advice from your pharmacist.

If you're concerned about yourself or a friend and think they could be suffering from hypothermia, contact the NHS on 111.

The NHS 111 can help if you have an urgent medical problem and you're not sure what to do.

Seasonal Support

If you, or someone you know, are living on their own and struggles to get out during the bad weather, then we might be able to help. We have been awarded some seasonal funding to offer additional support during the winter months. If the thought of cold icy weather worries you and you don't have anyone around to help you, then please call us to see if we can help. With the help of our volunteers, we could pick up essential food items for you, call in to say hello and make you a hot drink, or even contact other agencies on your behalf, to arrange additional help in the home when you need it most.

Please give us a call on **0113 2880887** if you would like to find out more about this service or you would like some reassurance that someone is there if you need it when the weather turns cold.

Rothwell Fire Station

We would like to say a big THANK YOU to Rothwell Fire Station who have attended a number of our activities recently. During the Summer they came along to our Mainly Men meeting at the Oulton Insitute and talked to the group and on Tuesday the 26th November they went along to the Speak Easy Club at Woodlesford Parish Hall. We are really pleased to be working closely with the West Yorkshire Fire Service and were lucky enough to welcome them to both our events celebrating the International Day of Older People. At Blackburn Hall and Lofthouse Methodist Hall, they brought along the Fire Engine which was a great success with all ages!!



In January 2020 we are hoping to run a joint coffee morning with the Fire Station, transport will be available too from FDM.

If you would be interested in coming along to the Fire Station with us, then please contact the office to register your interest!

Brainteasers

Room Riddles

I am a word of six; my first three letters refer to an automobile; my last three letters refer to a household animal; my first four letters is a fish; my whole is found in your room. What am I?

Rungs of a ladder

The rungs of a 10 foot ladder attached to a ship are 1 foot apart. If the water is rising at the rate of one foot an hour, how long will it take until the water covers over the ladder?

Family Wordsearch

Find all the words listed!

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

- ANGEL
BELLS
BLESSED
CAROLS
CHILDREN
COMFORT
DING DONG
FAMILY
FESTIVE
GLAD
GREETINGS
HOPE
- JINGLE
JOLLY
JOYFUL
LIGHTS
MIRACLE
MUSIC
PEACE
REJOICE
SHINING
SINGING
THANKFUL

CHRISTMAS IS COMING

Why not share some Christmas joy and get involved with one of MHA's Christmas Appeals this winter.

- The **Christmas Friendship Appeal** involves writing an extra Christmas card for another MHA Live at Home member or resident, the cards will then be shared during December, you could also.
- **MHA's Yuletide Yodel** we are asking people in their local communities to get together to organise their very own Christmas Carol singing to support and donate to MHA. If you would like to find out more you can visit mha.org.uk/Christmas to order FREE Christmas Friendship Appeal or Yuletide Yodel pack.
- Christmas can be a lonely time of the year for some, especially those living on their own and in later life. This year's Better Together Christmas Appeal is aiming to highlight the debilitating effects loneliness can have and how Live at Home groups across the country are helping to combat this, enabling people to live later life well.



If you would like to support the Christmas Appeal call 01332 221 883 or email craig.burchell@mha.org.uk. You can also donate directly to the appeal at mha.org.uk/Christmas.

Active Voices

Our Active Minds group has now changed its name to Active **Voices** to better reflect what we do on Wednesday morning at Royds Court!

We are now having a super fun and uplifting morning singalong sessions with the lovely Jackie and the accompanist Howard **every second and fourth Wednesday** of the month in **Royds Court**. It starts at **10.30 am** with a coffee break in the middle and it finishes at **11.45 am**. If you would like to start your morning with a little smile on your face, you should join us! Don't worry if you don't have the voice, because it is more than singing. It is a lovely morning with a hot cuppa and biscuits, friendly conversations and lots of jokes!

Brian, one of the regulars at the group wrote a special song just for us.....

Sing, sing a song
Down at Royds Court, sing along.
Come and sing your blues away,
You'll be happy through the day.

Sing, a melody
You'll be happy, in company
Loneliness is no more
You can shoo it out the door.

With new friends you have found
They'll be glad you're around.
Happiness all day long
And all because you sang a song.



Join us for our Christmas session on Wednesday 11th December!



Fundraising and Thank Yous...

For both our celebration events in October Arla Foods very kindly donated yoghurts to help make the lovely smoothies Kirsty prepared for us. This was in addition to their continued donations of milk, cream and butter which help us enormously at all our activities. We also say a big thank you to Kevin Dobson and his volunteers at CAP Care., who make the deliveries possible.

Arla also supported us in the summer by taking part in the Dragon Boat Challenge at Pugneys Waterpark Wakefield, in July. They raised over £600 for both ourselves and CAP Care through sponsorship and donations on the day. We cannot thank Arla and Carol, their coordinator enough, for all their support!



A big thank you to WaveLength Organisations, for donating us four brand new tablets! We know some of you have already had the chance to use them, and hopefully, even more of you will come along to our Digital Sessions in 2020 and have the opportunity to get more digital!



WaveLength

Our Mainly Men group have continued to have some very interesting speakers at their meetings and we would like to thank amongst others, Yorkshire Air Ambulance, Prostate Cancer UK and the crew from Rothwell Fire Station.

We would like to say a very big Thank You to the staff from energy and services company, ENGIE, attended both our events in October. They gave their time chatting to our members, making everyone feel welcome and joined in with our Walking Football and Walking Netball sessions. We look forward to welcoming more of their volunteers to our Christmas Brunch event in December.



Volunteering

We have some great new activities planned for 2020, as well as some new Befriending services designed to help make the winter months more bearable. To deliver these service we are always on the lookout for more volunteers. If you are already an existing volunteer and would like to try something new, or if you know someone who might be interested in joining our team of volunteers, please pass on our details and tell them to get in touch!

Volunteer Christmas Event

On Tuesday 10th December we will be holding a Christmas celebration for all our volunteers, this will take place at the Oulton Institute, 4 pm to 6 pm in the Supper Room. This is our opportunity to say a very big thank you to all our fantastic volunteers who, without their continued support, we would not be able to offer as many activities each week or reach as many of our more isolated members. If you haven't put your name down yet to attend this celebration, then please do get in touch. This is just one small way that we can say thank you for all you do.



NEW YEAR RESOLUTIONS

Another year is about to end. Days, weeks, months are just following each other and we are about to welcome 2020! How exciting! Most of us start the New Year with "New Year Resolutions". Losing weight, travelling more, eating healthier, being more active, meeting with new people, learning a new language, spending more time in the nature...The list goes on and on.

I know many people who are waiting until the New Year to start something new (!) I have so many friends who have a huge to-do list and aim to do everything on the list for the coming year. Most of the time losing weight and doing more exercise are at the top of the list. They start their new diet program very eagerly, very happily and after a few weeks - maybe months- they quit it all and go back to their old habits and maybe even postpone their goals until the next "new year." And the cycle continues just like that.

I like the idea of setting your mind on something, aiming for a change or just trying something different. It is perfect if you stick to it. If you don't, then that's also fine. But why not aim for less and do more if you can. Rather than having huge lists, why not make a small one and see how you get on with it. Why even wait for the New Year, while you can make a change now.

As you might have already figured out, I don't usually have any New Year Resolutions :) I don't think you need to wait until the New Year if you want to make some changes in your life. Rather than making New Year resolutions, when the year end comes, I take a good, long look at myself and the past year. I focus on the changes that have happened, and the things that made me happy as well as the things that made me feel upset, all the actions that I experienced and the emotions that I felt. I think it is a good reflective moment where I learn from my mistakes, hardships and take a good lesson to implement something new and better for the New Year.

If New Year resolutions work for you, then do it! Attain those goals, but make sure you can achieve them before you attempt and disappoint yourself. Do what you are able to do and more importantly, look forward to the New Year because you'll be another year wiser! Refia xx



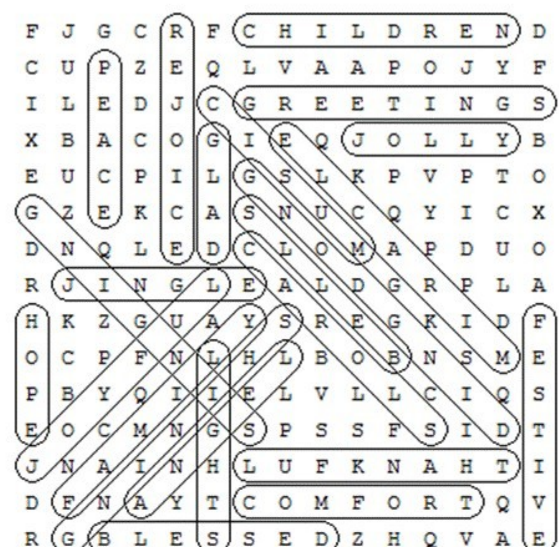
PUZZLE SOLUTIONS

Room Riddles

ANSWER: A carpet

Rungs of a ladder

ANSWER: It will never cover the ladder because as the water rises, so will the floating ship.



Your Live at Home



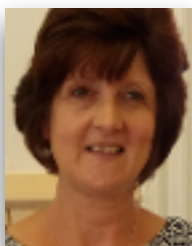
MANDY
Live at Home
Scheme Manager



MICHELLE
Community
Programme
Coordinator



REFIA
Community
Programme
Coordinator



VAL
Community
Programme
Coordinator



ERIKA
Community
Programme
Coordinator



ANNETTE
Community
Programme
Coordinator

GET IN TOUCH!

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Opening Hours:
Mon-Fri 9am - 5pm



**Making Leeds an
age friendly city**



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