

Rothwell & District Live at Home

Newsletter



Summer 2017

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

www.rothwellliveathome.btck.co.uk | www.mha.org.uk | rothwell.liveathome@mha.org.uk

WELCOME!

Ahh, summer time and the living is easy... 2017 continues to rattle along at an alarming pace! After a long, dull winter the lighter evenings and the promise of warmer weather is very welcome. Talking of warm weather,



should we get some, I hope you remember how important it is to keep hydrated and cool!

We continue to be very busy here in Rothwell, running all our well loved activities along with introducing some new and exciting initiatives (see inside for more details). You are, as ever, always welcome to join us.

I have to say a big thank you to all of our 36 volunteers without whom the scheme couldn't run. They are all marvelous and do a great job supporting staff and of course our members.

**If you would like a large
print version of this
newsletter, please ring
0113 288 0887**

NEW CURRENCY

Did you know the paper version of the £5 note stopped being legal tender on 5th May? If you do have



a few old style fivers hanging around then you are still able to exchange them at any bank, building society or Post Office.

However this policy does not apply to coins.

The new £1 was introduced on 28th March 2017. The legal tender status of the old round £1.00 coin will



be withdrawn on 15th October 2017. From this date shops will no longer accept these coins and they could become worthless, so we encourage you to spend your coins or alternatively take them to the bank before 15th October.

Group and Activity Diary

**You are so very very
welcome to join us**

Our regular Groups and Activities			
Day	Event Name & Venue	Start time - End time	Price
Every 2nd & 4th Monday	Soup & Sandwich - Haigh Road Community Centre, Rothwell	11:00am - 1:00pm	£3.50
Every Monday	Line Dancing - Harold Hall, Oulton Institute	1:30pm - 3:00pm	£3.00
2nd Tuesday of the month from 11th July	Knit Together - Rothwell Hub, Rothwell Library	10:30am - 12:00pm	FREE
Every Tuesday	Movement to Music - Woodlesford Parish Centre	11:00am - 12:00pm	£3.50
Every Tuesday	Soup & Sandwich - Woodlesford Parish Centre	11:30am - 1:00pm	£3.50
Every 3rd Tuesday of the month	Assisted Shopping Trip - to Crossgates and Colton	Book a place: 0113 288 0887	£4.50
Every Wednesday	Movement to Music - Northfields Community Centre, Robin Hood	10:30am - 12:30pm	£3.50
Every 1st Wednesday	Mainly Men Trips - To various locations of interest to blokes	Book a place: 0113 288 0887	varies
Every 3rd Wednesday	Mainly Men Social - The Supper Room, Oulton Institute	1:00pm - 2:30pm	£2.50
Every 2nd & 4th Wednesday	Active Minds - Royds Court, Rothwell	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	12.00pm - 1.30pm	£5.00
Every Friday	Fun n Fitness - Midland House, Woodlesford	2.00pm - 3.30pm	£3.50
Monthly - last Friday of month	Stroll and Chatter - Various locations in the countryside	Book a place: 0113 288 0887	£1.50

Please call **0113 288 0887** for more information or to book your place on any of the above activities.

GROUP NEWS

Stroll and Chatter



Come and join us for a gentle stroll with friends. We meet at **Leeds Bus Station 10:00 - 10:30** usually on the **last Friday of the month**. These are our latest dates of walks and locations:

30th June York

28th July Skipton

25th August Ripon

29th September Harrogate

27th October Yeadon Tarn

Digital Drop In

We are not planning to continue to run the digital drop in at the library for the time being as the uptake for this group was not as we had hoped. However, we would like to say a massive thank you to our digital experts, Paul and Carol, for facilitating this group.

Knit Together

We are planning a new group to start on 11th July, 10:30 -12:00, at the Rothwell Hub, **KNIT TOGETHER**. This will be a monthly group running on 2nd Tuesday of each month. A chance for you to practice, learn and share wool craft skills, socialise and make friends. This group is being run in partnership with Leeds Libraries. We very much look forward to seeing you there.

www.rothwellliveathome.btck.co.uk

Keep up to date with groups, news and information on your **Live at Home's website**.

Live at Home on  **facebook**

Keep yourself informed with **our Facebook page**. simply search Rothwell & District Live at Home on Facebook and like our page.

APPEALS! - Can you help us?

Wool

If you have wool, crochet hooks, knitting needles or other wool craft goods hanging around and in need of a new home, we'd love to hear from you.



Teddies and Soft Toys

We would like any soft toys or teddy bears you no longer need to help us raise money for the scheme on 'Name the Teddy' stalls.



Christmas Crafts

Oh no, I hear you cry... You're not thinking of Christmas already!!!! With less than 200 sleeps till Christmas (yes, we're counting down already) we are appealing for any Christmas crafts, unwanted pressies you put away under the stairs about 10 years ago or generally anything you don't want we can sell at a Christmas craft fair.



If you can help with any of the above...

You could drop them in to us or give us a call **0113 288 0887** and we'll arrange to pick things up from you.





Knit Together



FREE monthly sessions at Rothwell Community Hub
Second Tuesday of the month: 10.30- 12 noon
Starting Tuesday 11 July

Are you a keen knitter? Would you like to learn to knit?
Come and knit and chat and enjoy a cuppa.
Colouring is on offer as well, if knitting isn't for you!

This group is being run in conjunction with Rothwell and District
Live at Home.

No booking required.

For more information call **0113 37 85005**
or visit **www.leeds.gov.uk/libraries**

 [leedslibraries](https://www.facebook.com/leedslibraries)  [@leedslibraries](https://twitter.com/leedslibraries)



**Leeds Library and
Information Service**
The world at your fingertips

We are setting up a new group in partnership with Leeds Libraries, **KNIT TOGETHER**. A chance to meet up, make new friends and crochet, knit, chat and natter, It is starting on **11th July** and will run on the **2nd Tuesday of each month at the Rothwell Hub** (what we used to call the library) from **10:30am to 12:00noon**. The 444 and the Number 9 buses stop right outside the building. We would absolutely love you to come and join us. You are very very welcome.

If you have wool, crochet hooks, knitting needles or other wool craft things causing you clutter and in need of a new home, we'd love to hear from you. Drop them in to us or call **0113 288 0887**.



FDM
SOCIAL CLUB
**REDUCING LONELINESS
& ISOLATION**



Date	Destination	Cost	Booking
12th June	Games night at Hare & Hounds 7:30pm	£5 Tickets & transport	NOW
24th June	Victoria Garden Centre . Pick up from 10:30am. Return approx 3:30pm	£12 transport	NOW
27th June	Pub Lunch at Singing Chocker & Junction 32 Shopping outlet	£12 (meal not included)	NOW
3rd July	FDM Open Day at Hare & Hounds	£5 Ticket & transport	NOW
11th July	Pub Lunch The Bowling Green , Otley	£17 (meal not included)	28th June
16th July	Tong Garden Centre	£12 Transport	28th June
22nd July	Morning - Barge Trip & Lunch	£17 transport & barge trip	5th July
2 TRIPS	Afternoon - Lunch & Barge Trip		
31st Aug	ABBA Tribute, Empire Restaurant 7:00pm	£27.50 inc transport & 3 course meal	NOW
19th Oct	Tina Turner Tribute, Empire Restaurant 7:00pm	£27.50 inc transport & 3 course meal	NOW

****Passengers will be advised of times prior to trip****

Booking can only be made **on or after** the dates shown In fairness to all social club members, **MEMBERS CAN BOOK A MAXIMUM OF 2 SEATS PER TRIP**. Bookings are taken between **10.30- 12.00** on **WEDNESDAYS** by **TELEPHONE 0113 288 9000**

Trusted Traders

Help Locks - mobile locksmith. family run and dementia friendly - **0800 002 5258**

SH Garden Maintenance - gardening services - **07964 365 432**

HSM Handyman - Adrian Holland provides home maintenance - **07976 827 926**

Springhead Park Dementia Friendly Garden



We had a wet but wonderful day at the opening of the UK's first public dementia friendly garden in Springhead Park on Wednesday 17th May. Peter Smith from Dementia Friendly Rothwell has campaigned for years to create a dementia friendly garden in Rothwell. We were very pleased to join with him and Emma Trickett from Leeds Parks and Countryside Service to help make the dream come true. We received support and £38,272.93 in funds from individuals, businesses and from Leeds city council.



We would like to thank the generosity of donations from individual members of the community (amounting to a staggering £8,114.26), Co-op Funeral Care, Rothwell Horticultural Show, Leeds Police Partnership, the Original Factory Shop, Tea

Cosy Cafe, Yorkshire Bank Foundation, the Ancient Order of Foresters, Briggs School Outfitters, Holiday Inn, Hadrian Healthcare, Rothwell Victoria School, The Hare and Hounds, Rothwell Allotments, Rothwell Freemasons, Yorkshire Building Society, Rothwell in Bloom, Tesco, South Leeds Housing Advisory Panel and the



Outer South Community Committee Well-being Fund.

It's amazing what a community that cares, can achieve. **THANK YOU**

-----STOP PRESS-----

Rothwell & District Live at Home are teaming up with South Leeds Live at Home to seek further funding to develop 'DEMENTIA ADVENTURES', to make further use of this wonderful community resource, stimulate the senses and provide fun but therapeutic activities to people in south Leeds, living with memory problems.... **Watch this space** for more exciting developments to come!



the easy way to find reliable, flexible services in your area

Find a service you can rely on, that has been vetted and checked so you know you will not be ripped off. Check for home maintenance, care in your home, find out about what is going on in your community or give them a ring for advice and support.

Call Their Helpline on 0113 391 8333

Keeping You SAFE

Telephone Scam

A member passed on to us how she was rung at home by a number she didn't know and a recorded message said 'Her Majesty's revenue and customs are taking out a lawsuit against you for non-payment of taxes due... Please press 9 to speak to an officer'.



Our member, knew what to do and hung up the phone. Lucky for her, because if she had pressed 9 she could have been connected to a premium rate call, and put on hold while they clocked up her bill or she could have been connected to a con artist ready to weasel her card details from her to pay for this bogus demand and take what ever they liked from her account Take this member's advice and **BEWARE OF SCAMS!**

Solar Panel Scam

A doorstep crime has been reported where fraudsters approach houses with solar panels claiming to be engineers working for the solar panel company. The fraudster says you are due a refund on your energy bill and have a chip and pin machine with them. You are asked to put your card and pin into the machine and instead of a refund, money is debited from your account. Stay safe:

Verify anyone who comes to your door claiming to work for the solar panel company by contacting the company yourself.

Always use the number you have for the company and not a telephone number provided by the doorstep caller.

Don't let anyone in who you don't know.

IT Help Scam

This scam works by fraudsters advertising a fake helpline number through online adverts, search engines and social media, for example. The victim contacts the fraudster to ask for help with their computer, laptop or printer. The fraudster then requests remote access to your computer in order to fix the issue and then downloads malicious software (malware), accesses personal information and files or installs ransomware.

This is a clever fraud as the victim instigates the contact and unwittingly gives the fraudster access to their computer. There is no cold calling by the fraudster which makes the initial contact appear legitimate. If you're having problems with any of your computer equipment. Here's how to stay safe:



Use the contact details provided by your printer manufacturer. These will be on the literature provided or on the manufacturer's site.

Do not use helpline numbers on adverts or posts on social media.

Make sure anti-virus software and online security is up to date which will reduce the risk of unwanted pop-ups advertising suspect services.

Be suspicious of any helpline that requests remote access to fix problem. They should be able to talk you through the process.

If you have a scam to report, please get in touch with us, so that we can pass it on and warn others. You can also make a report to:

SAFER Project, West Yorkshire Trading Standards, West Yorkshire Joint Services, Morley, Leeds, LS27 7JQ.

Tel: **0113 393 9910**

Email: **dutyofficer@wyjs.org.uk**

GRAND PRIZE DRAW WINNERS!

Thank you for supporting MHA's Grand Prize Draw in aid of our Live at Home Schemes, which raised £6,250 from ticket sales.

The winners of the prize draw are:

1st prize – £350 vouchers: P Fenn (ticket number 03913)

2nd prize – £100 vouchers: E Whitehead (ticket number 17727)

3rd prize – £50 vouchers: V Milner (ticket number 03832)

The prizes were drawn on Friday 31 March by Epworth House colleagues.

Congratulations to our winners!



2nd Place Winner: Eve Whitehead

FREE EYE TESTS FROM HOME

If you or someone you know have mobility issues, Community Care Opticians provide free eye tests from your own home and are fully funded by the NHS. Depending on benefit entitlements, they may also receive free glasses if they need them.

Service benefits include:

- FREE* NHS eye tests
- FREE* spectacles
- Mobile specialist equipment
- FREE hearing screening (alongside eye test)
- Dementia Awareness & Safeguarding Vulnerable Adults trained staff
- Secure IT system allowing Managers to oversee the eye care of all clients in their facility
- Secure IT system for family members to manage the loved one's vision
- Dry Eye Specialist care
- Low Vision Aid Assessments
- FREE repairs & deliveries
- 2 week turn around
- Strong working relationship with local hospitals and eye clinics – with referrals



Visit www.communitycareopticians.co.uk or call 0800 240 4642 to book your appointment.

GREAT NORTH RUN & FUN RUNS NEAR YOU!

Join 57,000 runners this September and help reduce loneliness and isolation for older people.
Sign up for a charity place at www.BestForAges.com/GreatNorth.

MHA have also bought places in 18 Big Fun Runs taking place across the UK – lots of which are in a town or city near you!

Visit www.BestForAges.com/find-an-event/bigfun if you're up for the challenge!

BEST WEEK FOR AGES!

Don't forget that The Best Week for Ages 2017 is taking place from 11-16 June 2017. All schemes will be taking part and holding exciting fundraising events and activities during the week so look out to see how your scheme will be getting involved.



All funds raised will go towards providing activities at Rothwell & District Live at Home, so why not get friends and family involved too! You can find lots of great fundraising ideas and materials on our website at BestForAges.com.

Whether it's a sponsored walk or a tea party with friends, we want everyone to get involved, raise some money and have the Best Week for Ages! Why not join us at **Rothwell Morrison's on 16th June** as we rattle collection boxes in aid of your Live at Home.

LISTEN IN

We're delighted that BBC Radio 4 has granted us one of their prestigious charity appeal slots this summer.

Our Live at Home service will be the subject of the appeal, which will be broadcast at **7:55am on Sunday 30 July**. But don't worry if you won't be up to listen at that time – it's **repeated at 9:25pm** that evening or at **3.25pm on Thursday 3 August**.

We'll be using the opportunity to spread the word about how great our Live at Home schemes are and how listeners can support them so we can help even more older people. Keep a look out on our Facebook page for lots of updates as we get closer at www.facebook.com/MethodistHomes including news on who our guest presenter will be.

PRAISE FROM ITV'S EMMERDALE



'We could not have done it without you' was actor John Middleton's response when we asked him how invaluable MHA's support was to the recent dementia storyline in ITV's Emmerdale.

Viewers of the show will have seen the emotional ending to the long-running storyline which saw vicar Ashley Thomas (played by John) be diagnosed with vascular dementia in autumn 2015. Ashley's death was aired at Easter and the storyline has been met with universal praise by fans and critics.

MHA has been involved with advising on the show for almost two years, with John and fellow actor Charlotte Bellamy (who plays his on-screen wife Laurel) visiting our Glen Rosa care home in Yorkshire, and the show checking scripts and storylines with our dementia specialists for accuracy.

Charlotte added: "It's been so appreciated the fact that you've had script approval, given us stories, supported us and steered us in the right direction because it gave the storyline weight and truth and that had an immediate effect on our audience."

HIGH PEAK CHALLENGE!

We are planning to take part and seek sponsors for the High Peak Challenge on **Saturday 7th October** to raise funds for Rothwell & District Live at Home. There is a 3 mile hike or a grueling 17 mile trek for the more able bodied. If you would like to take part or know someone who would like to, please contact us on **0113 288 0887** or you can support us through sponsorship.

OUR HEAD OF LIVE AT HOME



New Live at Home schemes for Hampshire

This month, MHA will start to set up nine, new Live at Home schemes for older people in Hampshire.

Hampshire County Council has committed nearly £600,000 over three years to enable 2,600 residents to stay connected to their local community and living in their own home.

Developing more Live at Home schemes to meet the growing demand of the UK ageing population is part of MHA's 10-year growth strategy.

The nine schemes will join our two existing schemes in Winchester and Gosport to meet the varied needs of Hampshire's 11 districts. We'll be using this partnership approach as a model for the way we work with other local authorities.

Jonathan Mace

Head of Live at Home

AND IN OTHER LIVE AT HOME NEWS...

- In addition to the nine new Hampshire schemes, MHA also launched a new Live at Home scheme in Banstead, Surrey on 15th May
- Saltash Live at Home launched a new activity on 12th April, formerly the local Memory Café now known as DECAF. This is an activity based group running twice a month for all members but particularly to support members living with dementia. The launch party was a great success with the local Mayor, Hilary Frank and her family attending and providing fantastic assistance with Musical Bingo!
- South Leeds Live at Home managed to sell over 1,200 tickets for the Grand Prize Draw raffle!



An Afternoon with MHA in Leeds - A great success!



On 9th May, all five Live at Home schemes in Leeds came together at the John Charles Centre to hold a consultation event with members, the Council, the NHS and other services we could or do work with. This event happened with the support from senior managers at Methodist Homes, staff and

volunteers from all 5 schemes.

The event not only raised awareness of the work that we do here in Rothwell and throughout Leeds but also asked people for ideas about future services and how they want these to be provided. It was a great success, very well attended and it gave us some good ideas for the future.

TIPS TO AVOID BEING SCAMMED ONLINE

Did you know...

One in 10 people in England and Wales have been victims of cyber crime in past year.

- Office of National Statistics

As the Internet plays an increasingly larger part in our lives, through purchases, online banking, bill management, social media etc, there are more and more opportunities for online 'scammers' to con you out of your money steal your data.

However, there are a few ways you can protect yourself against malicious scams.

Citizens Advice provide tips on how you can stay safe:

- Be very vigilant of who you allow to remotely access your computer; only allow trusted sources, such as your internet service provider
- Use a secure password for all your accounts; passwords need to be unique and use a mix of random numbers and lower and upper case letters. Make sure you change passwords regularly and don't share them out.
- Use and update your antivirus software. This will check for malicious programs or files before they are opened. Up-to-date software is important to protect against the most recent viruses.
- Make sure you fully understand what you are installing on your computer or phone and make sure you are using a secure site when you buy software, tablet or smart phone. A secure site will have a web address beginning with https not http.
- Make sure you leave your firewall switched on when you are online. A firewall is a security program that stops scammers getting into your computer. Operating systems such as Windows come with built in firewalls.
- Make sure you regularly install updates to your operating system so that any potential security holes are patched.
- Keep your web browser installed with the latest updates, for example Internet Explorer or Google Chrome.
- Don't open suspicious or unknown emails, texts or pop-up messages. Look out for emails with an unusually worded subjects.
- A genuine company will never contact you to ask for your log-in details, such as your password You should only need this information when you are logging in online.
- Always make sure a website is secure before entering credit card details (your browser will indicate whether a website is secure or not).



Learn more about staying safe online at

www.citizensadvice.org.uk or www.getsafeonline.org



What's On - Rothwell Library

There are lots of things you can do at the Library, or should I say its official name now, Rothwell Community Hub:

Rothwell Book Club

Meets on the 1st Monday of the month 5.45pm to 6.45pm. An informal readers group for book lovers.

Rothwell Writers Group

Meets on 3rd Monday of every month, 5.45pm to 6.45pm. A chance to write creatively and share your works.

Knit Together

Starting 11th July and meeting on the 2nd Tuesday of the month, 10:30am to 12:00 noon. Meet up for wool-craft, chat and friendship.

Golden Days

Running on the 1st Tuesday of each month, 11:00am to 12:00 noon. Share memories and stories of days gone by.

Archaeological Group

Meeting on the 4th Wednesday of each month, 7:30pm to 9:30pm. Listen to guest speakers and learn about the fascinating history of south Leeds.



If you want to find out more, pop into your local Library or give them a call on **0113 244 3288**

AGE UK - Digital Angels

Helping isolated older people in south Leeds to get online.



Digital Angels is a digital inclusion project for anyone over 50 in south Leeds, delivered by Age UK Leeds.

If you are isolated in South Leeds you can be supported in your own home by volunteers to get online, develop digital skills and networks, and feel more connected to your community. Its a person centred service, so they find out what you might want to achieve and support you to do so.

They will work with you if you are isolated through ill health, bereavement, caring for someone, living alone, in your own home or in sheltered accommodation or in nursing care.

You can use your own IT equipment, or they can loan you some. They can help support you to use tablets, laptops, and mobile/smart phones. They can also provide short term wi-fi.

They are looking for people over 50 who might benefit from using technology to make new friends, connect with others, use technology to improve your health, or find out more about your local community. They will provide opportunities for those who would like to meet with others face to face by hosting techy tea parties and similar.

If you think you might like to be involved with this service please get in touch.

They are also looking for volunteers, including older people, who would like to visit people in their homes, help at events, or develop resources.

Contact

Alexandra - 0113 389 3000

Alexandra.boyle@ageukleeds.org.uk

How many words can you find?

How many words containing 4 letters or more can you find from the following?

BEFRIENDING

- 20 words: Keep looking
- 50 words: Good effort
- 70 words: Walking Dictionary
- 100 words or more: Expert Lexicographer



Number riddle

How can you add eight 8's to get the number 1,000? (only use addition)

Wordsearch

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

Find all the words below and the remaining letters will spell a famous quote from Shakespeare's Romeo and Juliet.

- | | |
|------------------|---------------|
| ALSTROEMERIA | CORNFLOWER |
| AMARYLLIS | DAFFODIL |
| ANTHURIUM | DAISY |
| ASTER | DELPHINIUM |
| BABY'S BREATH | FORGET-ME-NOT |
| BELL FLOWER | FOXGLOVE |
| BIRD OF PARADISE | FREESIA |
| BOUVARDIA | FUCHSIA |
| CALLA | GERANIUM |
| CARNATION | GERBERA |
| CHRYSANTHEMUM | GINGER |
| CLEMATIS | GLADIOLUS |
| GOLDEN ROD | PANSY |
| HEATHER | PEONY |
| HOLLYHOCKS | PETUNIA |
| HYACINTH | ROSE |
| HYDRANGEA | SNAPDRAGON |
| IRIS | STATICE |
| LAVENDER | STOCK |
| LILAC | SUNFLOWER |
| LILY | TULIP |
| LISIANTHUS | VIOLET |
| MARIGOLD | YARROW |
| ORCHID | |

Sleep Like a Baby (or Not!)

Sleep is essential. It is as important to our bodies as eating, drinking and breathing and is vital for maintaining good mental and physical health. Sleeping helps to restore and



repair our brains as well as our bodies. During sleep, we can process information, consolidate memories and undergo a number of maintenance processes that help us to function day to day.

Sleep is crucial to our health, as in the long term, poor sleep increases the risk of heart disease, obesity, diabetes and mental illness. We all know that sleeping soundly gets harder as we get older but getting enough rest is important in staying mentally sharp. A report by the Global Council on Brain Health recommends that older people get 7-8 hours of sleep every night and gives tips on how we can achieve this:

- Avoid tea and coffee after lunchtime. Try decaffeinated or herbal / fruit teas.
- Keep daytime naps to less than half an hour.
- Get up at the same time every day.
- Try to get some natural sun light during the day. Sunshine stimulates us and naturally makes vitamin D.
- Don't drink alcohol to help you sleep. It can make you groggy the next day and does not help a quality sleep.
- Try to eat dinner about 3 hours before going to bed.
- Don't overstimulate your brain before sleep, by looking at an electronic screen of any kind (including your telly) after you get into bed.
- Avoid using over the counter sleep preparations. Your body will grow accustomed to them.

- Keep your feet warm. wear socks in bed, especially in winter.
- Don't sleep with pets in the room. Cats and dogs are notorious for waking us up.
- Avoid arguments before going to bed.

As we age, our sleep patterns change, so we become more vulnerable to waking during the night or earlier in the morning:

- If you have trouble sleeping at night but doze off in front of the TV, try going to bed earlier or stand up and walk around a bit to keep alert.
- If you go to bed but can't nod off, get up for a while, find a quiet place to relax until you feel sleepy enough to go back to bed. DON'T watch TV, though. You'll stimulate your brain and find it hard to sleep again.
- Stress and worry is a common cause for sleep problems. If you worry a lot in bed, schedule 15 minutes each morning as your worry time, instead of becoming stressed at night. Try to do some relaxation exercises during your day by allowing your mind and muscles to relax.
- Regular exercise can help you relax and sleep better. why not come and join us at one of your live at home exercise groups?
- It is worth talking to your doctor if you have poor sleep and it's having a negative impact on your life. Some medication we take can affect sleep as a side effect

.....Sweet Dreams

.....ZZZZZZZZZZ

Volunteer Appreciation

Our fantastic bunch of volunteers are warmly invited to a meal at Toby Carvery on Tuesday 5th July at 6:00pm. They are all a wonderful bunch of people and we want to show our appreciation for the great work that they do. We are very grateful for their support in befriending, supporting groups and shopping trips, admin work, advising on the committee, fundraising, serving meals and refreshments, driving and giving lifts, collecting subs, interviewing, contacting members and much much more.

If you would like to join our valued volunteers, make new friends, make a difference and know you have done something worthwhile.... then give us a call on **0113 288 0887**

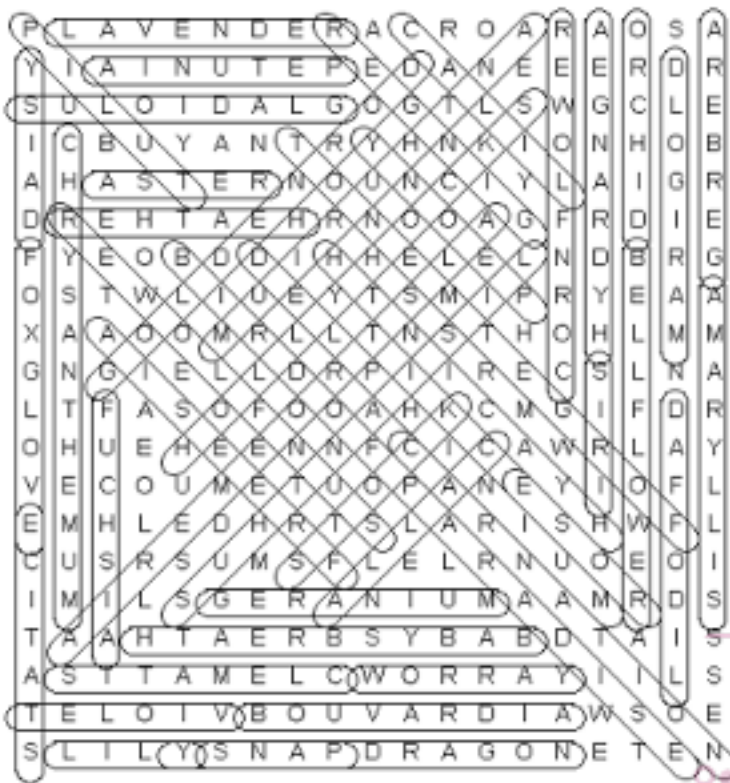
Our AGM



We held our Annual General Meeting at Harold Hall on Friday 24th March. We thanked and acknowledged the work and service of our committee members who stood down from re-election. Lisa Keyworth, stood down as treasurer, due to work and family commitments. Jacci Sharp, a former employee, volunteer and committee member, stood down due to work commitments. Pat Brunner has been on the committee since 2001 and spent some considerable time as treasurer, vice chair, treasurer's assistant as well as leading groups as an exercise facilitator and had various volunteer roles over the last 16 years, retired from the committee, though she will continue as a befriending volunteer. We thank them all for their time, support and commitment over the years and wish them the very best.

The following members of the committee were elected Chair Joyce Johnson, Vice Chair Ruby Ball, Treasurer Carol Newbold, Secretary Ann Baughan and other Committee Members Pamela Drew, Stuart Beaumont, Jean Naylor, Brenda Nicholson and our Service User Rep Betty Watson

PUZZLE SOLUTIONS



WORDSEARCH HIDDEN WORD:

A rose by any other name would smell as sweet

HOW MANY WORDS CAN YOU FIND?

There is a total of 162 words

NUMBER RIDDLE

$888 + 88 + 8 + 8 + 8 = 1000$



YOUR LIVE AT HOME



BRIAN GARBETT

Live at Home
Scheme Manager



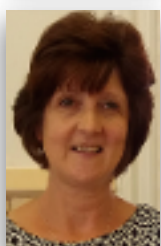
JANET STONES

Community
Programme
Coordinator



BARBARA SIEDLECKI

Community
Programme
Coordinator



VAL NEWSOME

Community
Programme
Coordinator

And we welcome two new members of your LAH team

Jane Beaumont decided to move onto new pastures and we all wish her all the best.

We had some superb applications for the two Community Programme Coordinator posts and shortlisted very good candidates to invite to interview. We spent a full day interviewing. We are very happy to have selected two great people who will be joining the team very soon.

We can't say who, just yet, (subject to references and checks), but they will be joining your Live at Home team very soon.

Watch this space!

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



@CleverTP

nervously plays with tie

"I'm sorry. I'm no good during job interviews."

That's ok, just let go of my tie and go on your side of the desk.