

ROTHWELL & DISTRICT LIVE AT HOME SCHEME

NEWSLETTER

AUGUST 2014

Hello everyone and welcome to the August newsletter.

I hope everyone has been enjoying the lovely summer weather until the advent of "Hurricane Bertha" spoiled things for us!!!! Still I am looking forward to the return of balmy times.

Enclosed with the newsletter are our annual consultations with our members and volunteers. The information you give us is really useful for our funding applications and when we are planning for the future so we would be very grateful if you would take the time to complete and return the form. Also your questionnaire will be entered in a prize draw if it is returned by the 12th September.

Inside the newsletter you will see there are many opportunities to get out and about with FDM (For Disability Mobility). FDM is an excellent local charity based at Dolphin Manor in the centre of Rothwell. Their minibus and volunteer drivers provide high quality, wheelchair accessible and affordable transport and we are fortunate to have had a long and productive relationship with them which has brought great benefits to our members.

The first meeting of our "Mainly Men" group was a huge success and will be meeting again on the 20th August. We hope this will become a regular fixture and give the men in the area somewhere to meet, socialise and exercise for a long time to come.

Preparations for the Health and Wellbeing day on the 1st October 2014 in Blackburn Hall are now well advanced and we hope to see you there to sample the delights of various therapies as well as lots of information on feeling good (and as always some delicious free refreshments) We have been fortunate to receive some funding for the day from The Outer South Leeds Community Committee and we thank them for their continued support.

Best Wishes Lesley

Lesley

Lesley Tweed - Live at Home Manager

ROTHWELL & DISTRICT LIVE AT HOME SCHEME

Email rothwell.liveathome@virgin.net

website: <http://rothwellliveathome.btck.uk>

Telephone : 0113 288 0887

Charity Reg No 1083995



See us on Facebook and Twitter

Short Computer course at Rothwell Library



Rothwell Library have offered us more dates for a short course of three computer classes. You will learn the absolute basics on the first week, look at the internet on the second week, and set up your own email account and learn how to use it on the third week. Once again there are **six places** available. People who have already attended have found it very useful.

Please let us know as soon as possible if you would like to attend and can commit to all three classes. The library can also offer one-to-one sessions if you contact them.

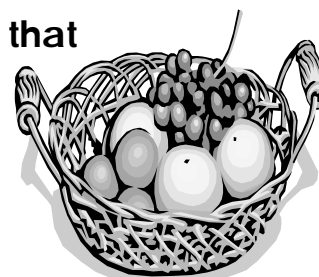
The course will be held on **Wednesdays, 8th, 15th and 22nd October, at 10am to 11.30am, in the Library, Rothwell.**

Please call us on **0113 288 0887** to book your place. Thankyou.

ROTHWELL PRIMARY SCHOOL—HARVEST CELEBRATION **CONCERT**

We are happy to announce that Rothwell Primary School, Carlton Lane, Rothwell, have once again kindly invited us to a Harvest Concert for our members, to include harvest songs by the children, followed by refreshments of tea, coffee and cakes. This will be on **Wednesday 22nd October ~ 1.30pm**, anyone who has attended before will agree that it is a truly lovely afternoon.

—If you would like to go along, please let us know so that we can give numbers to the school, we may be able to arrange transport for those who are otherwise unable to get there.



Please phone 0113 288 0887 for more details.

healthwatch **CARERS RESPITE SURVEY** Leeds

Healthwatch Leeds has been out and about speaking to Carers in Leeds about what is important to them. One of the key things that Carers talked about was respite care. They want to know more about carer's experiences of respite, to feedback the findings to providers and help improve services for carers. If you are looking after someone who receives respite care, or have tried to get respite care yourself please take a few minutes to share your experiences by completing the Carers Respite Survey at **<http://svy.mk/1nMeor2>**, or by telephoning them on **0113 898 0035** and they will complete it over the phone, by Friday 26th September. Thank you.

HEAR TO HELP SERVICES—GOOD NEWS!



We are pleased to let you know that the 'Hear to Help' service has been able to secure extra funding and will resume their monthly hearing aid clinic at Blackburn Hall on the first Thursday of each month, from 1.15pm to 2.30pm.

National talking newspapers and magazines—supporting blind and partially sighted people. For more information please contact:

National Talking Newspapers and Magazines

National Recording Centre

Heathfield, East Sussex TN21 8DB

Telephone 01435 866102



Mainly Men

We held our first 'Mainly Men' group on Wednesday 23 July and we were really pleased with the wonderful turn out, with 18 of our members attending!

The afternoon gave members the chance to chat over refreshments and join in a number of Boccia tournaments (indoor bowls), ping pong matches and games of dominoes and Triominos!



The Mainly Men group will have an outing on the first Wednesday of each month (min. charge per trip - £4, dependent on distance, plus any entrance fees / meals). On the third Wednesday of each month the session will be held at the Oulton Institute, members' contribution: £2 – includes refreshments. From September the sessions at Oulton Hall will start at 1pm and finish at 2.30pm . Details of next meetings and outings to the end of the year:

Wednesday 20th August – 1.30 - 3pm – Oulton Institute

Wednesday 3rd September – Trip to Royal Armouries

Wednesday 17th September – 1pm – 2.30pm – Oulton Institute

Wednesday 1st October – Trip to Blackburn Hall, Live at Home Scheme Health & Well Being Day

Wednesday 15th October – Oulton Institute

Wednesday 5th November – Trip (destination to be confirmed)

Wednesday 19th November – Oulton Institute

Wednesday 3rd December – Trip (destination to be confirmed)

Wednesday 17th December – Christmas celebrations

Transport to the Oulton Institute available by arrangement for £1.50

Visit our website <http://rothwellliveathome.btck.co.uk>

Compubus

We are pleased to say that, after a few initial hurdles, Paul Smith, our IT Trainer and Chair, delivered both beginner and advanced computer awareness training to nine of our scheme members.

Those attending really enjoyed the course and said that they now had a much better understanding of computers and the internet.



Our next set of computer classes are scheduled to take place in September / November, however, whilst the Compubus was an exciting and novel idea, we have decided the next set of sessions will be delivered from a different venue which will be confirmed very soon.

We have been taking names for the sessions and now have a waiting list but we are looking at offering computer courses throughout 2015, so if you are interested in booking a place on future courses please contact us on **0113 288 0887**.

WARNING!

Telephone Privacy Services

One of our members contacted the Scheme in July to tell us about a 'scam' telephone call they had received from a company called 'Telephone Privacy Services'. The lady addressed our member by her name, confirmed her address and that her telephone provider was BT. She went on to explain that, to stop nuisance calls, her company, who worked with all the major telephone providers, could provide her with a small box, free of charge, which would filter out and stop all unwanted calls. Once the free box had been sent out there would be a small charge of £2 per month, for the company to 'filter' the calls, this would be payable in advance for a fixed term of 3 years, a total fee of £72.

Luckily our member did not succumb to her persuasion and ended the call. Having access to the internet she was then able to check the company on-line and saw warnings from West Mercier Police asking anyone contacted by the company to notify them, which she duly did.

No-one can argue the nuisance calls are extremely annoying and sometimes upsetting and I know that if there was a way of stopping such calls I, for one, would welcome such a service, however this is another example of how 'canny' some disreputable companies can be. We would like to remember everyone not to be taken in and provide anyone your bank details or any other personal details, however convincing they may seem!

Rothwell & District Live at Home Scheme Walking Group Walks

Our Volunteer, Jackie Sharp has hung up her boots and retired from her role as walking group leader—Jackie has planned each route and led the walking group almost every month since 2008. We'd like to thank Jackie for her hard work and commitment. She will be still involved with the Scheme in other ways.

The good news is that one of our existing members has kindly come forward and volunteered to be the new walking group leader, and is being recruited at the moment. The August walk won't go ahead, but hopefully we will be recommencing soon and we will be in touch with all existing walking group members as soon as we know details, and we will also put details on our website. Thank you.



Have you recently experienced any new problems with TV Channels on Freeview? Blocky images? Loss of sound? No signal? If so, this might be due to the new 4G internet signals., which in rare cases may interfere with your TV signal. If you experience new problems with your Freeview, or need more help or information, please call the 'at800' contact centre on 0333 31 31 800—or visit www.at800.tv

Leeds Library at Home Service

This is a free service offered to anyone who is unable to visit their local library and who does not have anyone who can visit on their behalf. For more information telephone Leeds Library at Home Services on **0113 395 2330**

Volunteer Befriending and Telephone Befriending

We will be running another round of volunteer 'befriender & telephone befriender' training in October. If you are a new a volunteer who has not yet had this training, or an existing volunteer who would like any refresher training, then please contact the office.

MEMORIES Care & Repair Leeds are delighted to announce that their Memories Reminiscence Library has secured funding for a **A REMINISCENCE ACTIVITY LIBRARY** citywide expansion.

The library is completely **free** to use, and has been set up for family members and friends of those living with dementia to help stimulate conversation and reminiscence. The resources are enjoyable to use, aiding communication and reviving relationships that may have been lost due to the symptoms of dementia.

Items are delivered to and collected from the clients' home, ensuring everyone has access to the library. On delivery, the full range of Care & Repair's services are also explained and referred into.

If you or anyone you know would be interested in borrowing items from the library, please call **0113 391 8338** or email memories@crleeds.org.

More information about the service can also be found online: www.care-repair-leeds.org.uk/memories-dementia-project.



Groundworks' GREEN DOCTOR service makes a friendly home visit to assess your energy use, and identify how you could use less energy and save money. A member of their team will then install any necessary energy saving measures, completely free of charge, such as the following:

- * Energy efficient lightbulbs
- * Draught excluders
- * Hot water tank jackets
- * Reflective radiator panels
- * Standby savers
- * Pipe lagging
- * Water saving devices

They can also provide advice on energy bills and can refer you for grants for insulation and central heating.

Are you eligible? To qualify you must live in Leeds and either be over 60 or suffer from a long term health condition.

**To arrange a visit, please contact the GREEN DOCTOR on 0113 238 0601
greendoctorleeds@groundwork.org.uk**

Warm Homes & Home Repair Services From Care & Repair Leeds



Warm Homes Service

Available for anyone who lives in an owner occupied or private rented property and have a Health Condition made worse by Living in a cold and damp property.

Care & Repair has secured additional funding for its Warm Home Service. This service aims to improve the levels of warmth and comfort for vulnerable people who have a health condition made worse by living in a cold and damp property with inadequate heating or insulation.

Home repairs Service

Available for anyone who lives in an owner occupied property on a means tested benefit.

For more details:

Contact Ravinder Summan (Care & Repair) on 0113 391 8336 or email ravinder@crleeds.org.

ROTHWELL & DISTRICT LIVE AT HOME SCHEME

*Supported and funded by Leeds City Council's
Outer South Area Committee Well Being Fund*



Would like to invite you to our

Pamper Day

on

Wednesday 1st October

11am—3pm

at

Blackburn Hall, Rothwell



There will be stalls providing advice and information on health and well being, demonstrations of classes such as gentle exercise and music for the memory, and taster sessions of new activities inc. Boccia (indoor, armchair bowls), meditation and yoga. Come along and try some of the alternative therapies on offer, such as Reiki, Reflexology, hand massages and much more.....

Free refreshments will be served through-out the day.

Transport is available on a limited basis—
please call us on: 0113 2880887 for further information



Outer South Community Committee

Golden Days

A new group starting at Rothwell Library, meeting monthly on a Tuesday from 11am-12noon, starting on the 7th October.

Would you be interested in coming along for coffee and joining in our regular programme of talks, events, reading and activities?

Please leave your name and details at the Library counter.

For more information call 0113 247 6016 or visit www.leeds.gov.uk/libraries



This frozen meals service provides up to a fortnight's meals delivered in one visit enabling a customer who has more mobility to access a balanced meal at their leisure. The service provides a hot meal and drink at lunchtime, with an option of a cold snack for tea. Long and short term solutions.

**For more information
please telephone 0113 247 8577
[www.leeds.gov.uk/
communitymealsleeds](http://www.leeds.gov.uk/communitymealsleeds)**

REGULAR ACTIVITIES

MONDAY

HAIGH ROAD SOUP 'n' SANDWICH

Haigh Road Community Centre, Haigh Road, Rothwell.

Held on the 2nd and 4th Monday in each month. (Future dates: 8th & 22nd Sept., 13th & 27th October, 10th & 24th November. (No meeting on 25th August)

Doors open at 11am for a cuppa and a chat followed by Lunch served at 12pm.

Cost—Sandwich £1.30—Soup 70p—Tea and Coffee 30p—Cakes 40p

To book a place please contact Bela or Lesley on 0113 288 0887

**SOUP 'n'
SANDWICH**

LINE DANCING

Oulton Institute, Quarry Hill, Oulton, & Rothwell Parish Centre (near Salut )

Alternate Mondays, at each venue, 1.30pm to 3pm

Cost— 3.50 including refreshments

(Please note there is no line dancing during August 2014)



TUESDAY

MOVEMENT TO MUSIC

Woodlesford Parish Centre, Church Street, Woodlesford.

Held each Tuesday, 11am to 12 noon.

Enjoy fun exercise, partly seated, partly standing/moving to music.

Cost— 3.00 including refreshments

Movement to Music will be closed on 29th July, 5th, 12th, 19th & 26th August

WOODLESORD SOUP 'n' SANDWICH

Woodlesford Parish Centre, Church Street, Woodlesford.

Held each Tuesday, 11.30am to 1pm

Doors open at 11.30am for a cuppa and a chat followed by Lunch served at 12pm.

Cost—Sandwich  1.30—Soup 70p—Tea and Coffee 30p—Cakes 40p

To book a place please contact Janet or Lesley on 0113 288 0887

Please note the drop-in will be closed on 29th July, 5th, 12th, 19th & 26th August

**SOUP 'n'
SANDWICH**

REGULAR ACTIVITIES continued

TUESDAY continued

ASSISTED SHOPPING TRIP

A fortnightly shopping trip to Crossgates Shopping Centre, by minibus. If you don't feel you can manage on your own, our volunteers, Pat or Hazel will be there to assist you.



Future dates: August 5th & 19th, Sept 9th & 23rd, October 7th & 21st, Nov 4th & 18th

Cost—£4.00

To book a place please contact us on 0113 288 0887 if you would like to come along.

WEDNESDAY

DROP IN DAY AT NORTHFIELDS COMMUNITY CENTRE

Northfields Community Centre,

A drop-in day at Northfields Community Centre, every Wednesday.

Choose to come for the whole day or any part of the day.

10.30am ~ coffee, tea & biscuits (50p) followed by a Gentle exercise session at 11am to 12 noon **Cost £3.50**

12.30pm ~ Fish & Chips (shop prices) **to be ordered and paid in advance**
Tea, Bread and Butter (50p) OR Bring your own lunch if you prefer

1.30pm to 3.00pm ~ Free craft session

Please phone for more details on 0113 288 0887.

THURSDAY

MOVEMENT TO MUSIC

Rothwell Baptist Church, Haigh Road, Rothwell

Held each Thursday, 10.30am to 12 noon.

Enjoy fun exercise, partly seated, partly standing/moving to music.

Cost—£3.50 including refreshments

LUNCHEON CLUB

Mickletown Community Centre, Main Street, Methley.

Held each Thursday, 12 noon to 1.30pm.

A two course lunch, followed by tea and biscuits. Contact us on 0113 288 0887 as your meal need to be ordered in advance from the supplier.

Cost—£4.50



REGULAR ACTIVITIES continued

FRIDAY

MUSIC FOR THE MEMORY

Blackburn Hall, Commercial Street, Rothwell, 1.30pm to 3.30pm

Are you experiencing memory problems? Enjoy the health benefits and fun of 'Music for the Memory'. Come along, with friend or carer if you wish, enjoy the songs you remember, and be among good company—no singing talent necessary!

Future dates are 1st & 29th August, 12th & 26th Sept, 10th & 24th Oct, 21st Nov.

Cost—£2.50 per person, includes tea, coffee and chocolate biscuits.

Contact us on 0113 288 0887 for more details.



FUN & FITNESS

Midland House, Midland Street, Woodlesford at 2.00pm

Come along and combine fitness with a lot of fun!

This is a 'happy' afternoon, have a chat and a cuppa, and enjoy good company, as well as improving fitness and balance.

Cost—£3.00 per person, inc 50p for refreshments

There are places available—please contact us on 0113 288 0887 to start taking part.

MONTHLY WALKING GROUP (see note in this newsletter)

The Walking Group meets usually on the last Friday of each month.

The walks are all local, approximately three miles long and take around two hours.

Cost—£1.00 per person

More details, including dates of future walks are in this newsletter—please contact the office on 0113 288 0887 with any queries.



Interested in Arts and Crafts?

Rothwell

The 'Monday Club' is run by Rothwell Baptist Church and meets each Monday 1.30pm to 3.30pm/4pm, everyone welcome.

Methley

A weekly informal craft session at the Methodist Church, Methley each Monday 2pm to 4pm, for anyone

interested in learning different crafts and skills. Contact Jackie James on 01977 512170.

The LIVE AT HOME STAFF are happy to help with any queries—please give us a ring on 0113 288 0887:

*Lesley Tweed—Manager,
Val Newsome—Assistant Manager,
Bela Singh—Assistant Manager,
Mandy Williams—Assistant Manager,
Janet Stones—Administrative Assistant*

INFORMATION FROM WEST YORKSHIRE POLICE AND TRADING STANDARDS SERVICE

West Yorkshire Police and West Yorkshire Trading Standards Service are asking residents to be on their guard and to not let strangers into their homes. This time of year sees a sharp increase of complaints about cold callers offering roofing, gardening, driveways etc. Examples of recent distraction burglaries in the Leeds area are:

- Men offering to clean the drive—asking for headache tablets and to use the toilet
- Men wanting to do work on the roof—again asking for headache tablets
- Man selling tea towels on the doorstep, walked into house and took large sum of money.

West Yorkshire Police and West Yorkshire Trading Standards Service are working closely together to combat this type of crime. Often, criminals involved in distraction burglaries are also involved in other doorstep crime/rogue trading: Cold calling elderly consumers, persuading them to have work carried out such as roofing, gardening, driveway maintenance that is usually not required, not needed and in most cases vastly overcharged. Once at the property these criminals will use various excuses to get into the property. Often, one will keep the householder talking whilst another member of the gang will try to get entry to the property and steal personal belongings such as money and jewellery.

- Always keep your doors locked
- Do not keep large quantities of cash in the house
- Do not do business with doorstep callers
- Do not be afraid to say 'no' if someone asks to use your toilet or tries another means to get into your house.
- Always ask callers for their ID. They can pass this to you through the letterbox. Do not open your door to anyone that you are unsure of and do not let them in your home.
- Verify any I.D. Given to you independently, e.g. If a caller says they are from the water company or need to read your meter. Use your phone directory to contact the business the caller is claiming to be from to confirm they are who they say they are.
- If you have a door chain please use it before opening your door.
- Please be on the guard for elderly neighbours who may be taken in by such traders.
- Consumers have a 7 day cooling off period when agreeing to work at their own homes.
- If you are suspicious in any way then please do not hesitate to contact the Police or West Yorkshire Trading Standards Service.
- If you do see suspicious vehicles then please try to make a note of the registration number and description of the vehicle.

If you would like to receive your newsletter in a larger print version —please let us know

Time Out Rothwell

Time Out Rothwell is a Bereavement Support Group run by volunteers in association with Health for All, and Rothwell Linx. Meeting at Rothwell Baptist Church, Tuesday mornings, on the third Tuesday each month, 10am to 12noon.

Social club / self support group—All welcome. Join them in a relaxed atmosphere for a chat, tea/coffee & biscuits.

For more information please contact either timeoutrothwell@gmail.com or 07877 218 327

'Rothwell Open Minds'

A support group for the over 60's for people who want to improve their emotional and mental health through social contact and fun activities, is held on the 1st & 3rd Monday of each month at **Haigh Road Community Centre 10.30 to 12.30**. Come along and enjoy a coffee and a chat.

"Cosy Corner" Memory Café

(Working with Tea Cosy Cafe)

The next Cosy Corner Cafe will be on Thursday 4th September, from 2pm to 3.30pm at Woodlesford Methodist Church Hall. (Cost £1.00).

The cosy corner memory cafe is for those in need of support especially those affected by dementia, families and carers.

Contact: Pauline 07780601917;

fair_exchange@btinternet.com

for more details.

Do you care for someone with dementia?

Are you concerned that their **cooking, smoking or living habits** may put them at **risk of accidental fire in the home**? If yes, contact **West Yorkshire Fire and Rescue Service** for free home fire safety advice:

Tel 0113 3874370

www.sc.training@westyorksfire.gov.uk

Office hours:

9.00am to 5.00pm, Monday to Friday.

Answerphone in operation during evenings and weekends.

Rothwell's "Tea Cosy" Café

Takes place the first Saturday of the month from 9.15am to 11.30am at Rothwell Parish Centre (behind Salute).

Tea Cosy Memory Cafe is for those in need of support especially those affected by dementia and families and carers.

Please join them for breakfast or a chat and meet new friends every month. There is always a raffle and a table top sale for those attending.

**For more information please call
Peter Smith on 0113 288 9068
or 07845 935233.**

The Dementia Adviser Service

A service for people living with dementia in Leeds, For more information contact the Alzheimer's Society—**Telephone 0113 231 1727.**

FDM Weekend Social Club - Minibus Trips

DATE	DESTINATIONS	COST	PICKUP TIMES	Approximate LEAVING TIMES from Destination	Bookings taken FROM
6th Sept	Lavender World+fish & chips on return	£13	10.00	16.00	
13th Sept	** Coach to Bridlington	£10	8.30	17.00	10\8\14
21st Sept	Nostell Priory Gardens	£5	10.00	15.00	
27th Sept	Wakefield Cathedral sing-along/cream tea	£5plus tea	12.30	16.00	8\9\14
4th Oct	** Pickering railway to Whitby	£21 inc train fare	8.30	16.00	8\9\14
12th Oct	** Elvington Air Museum	£10	10.00	15.00	10\9\14
Sun 19th Oct	Kinsley Greyhound Racing	£7 inc ent fee	12.00	18.00	10\9\14
26th Oct	Dunelm Mill+ The Range	£6	10.00	15.30	6\10\14
Nov 2nd	** Pickering railway to Whitby	£21 inc train fare	8.30	16.00	6\10\14
Nov 8th	Frenchgate Doncaster	£10	10.00	15.00	6\10\14
Nov 14th	** Millstone Harrogate for Xmas meal, entertainment & dancing	£5 +Xmas Meal £20	9.00	16.15	8\10\14
Nov 16th	Batley Mill	£7	10.00	15.00	8\10\14
Nov 29th	Northallerton Market	£17	10.00	15.15	3\11\14
Dec 6th	Owlcoates	£7	10	15.00	5\11\14
Dec 7th	** Chatsworth House at Christmas	£21 inc ent fee	9.30	15.15	5\11\14
Dec 14th	** Chatsworth House at Christmas	£21 inc ent fee	9.30	15.15	12\11\14
Dec 20th	Batley Mill	£7	10.00	15.00	12\11\14
** Trips in Bold—Subsidised 50% by Neil Hadgell Solicitors Trust Grant					
<i>Leeds Christmas Lights + fish & chip tea - Fish & Chips not included in price</i>					
Nov 27th	Methley to Leeds Xmas lights tour	£6	17.15	20.00	8\10\14
Dec 4th	Rothwell to Leeds Xmas Lights tour	£6	16.30	20.00	22\10\14
Dec 9th	Oulton\Wood to Leeds Xmas lights tour	£6	16.30	20.00	22\10\14
Dec 15th	Garforth to Leeds Xmas lights tour	£6	16.15	20.00	3\11\14

For Disability Mobility (FDM) Conditions of Booking—Payments and Cancellation Policy.

Payments are required within 5 days of booking to reserve your seat.

Individual cheques or a cash payment for each trip is required in full.

Unfortunately due to running costs, refunds only apply if members give sufficient notice for FDM to re-sell the seat. FDM reserves the right to cancel or change the destination due to lack of members bookings to go on trips.

Please Note. Booking can only be made on or after the dates shown on programme list

Passengers will be advised of their individual pick up times prior to the trip.

For further information or to book please contact the FDM office 01132889000

Mondays and Wednesdays afternoons between 12.30pm to 4.30pm.



**FDM COACH TRIP TO
BRIDLINGTON**
SATURDAY 13th SEPTEMBER 2014
(On a wheelchair friendly coach with lift)

COST £10.00

PICK UP POINTS:

METHLEY COMMUNITY CENTRE	9.00AM
OUTSIDE OLD SMIFFIES, OULTON	9.15AM APPROX.
ROTHWELL BAPTIST CHURCH	9.30AM APPROX
GARFORTH OLD LIBERAL CLUB, MAIN STREET, GARFORTH	9.45AM APPROX

DROP OFF AT THE HARBOUR, BRIDLINGTON—APPROX 11AM

RETURNING FROM THE HARBOUR AT 5.00PM

TO BOOK—PLEASE CONTACT FDM 0113 2889000



This trip has been supported by Neil Hudgell Solicitors Trust Grant



FDM Minibus trip for Rothwell Live at Home Members

To The Keys Tearooms/Restaurant (in the Cloisters at St Peters Church, Huddersfield) on Friday 17th October 2014. Cost £14 including High Tea.

Picking up around 10.30am—you will be informed of your individual pickup time.

This trip isn't suitable for people in wheelchairs on this occasion, as there is scaffolding around the disabled entrance at the moment.

TO BOOK—PLEASE CONTACT FDM 0113 2889000



For Disability Mobility
Community Transport
Charity No. 1067438

VACANCY at FDM (For Disability Mobility)

Projects Co-ordinator

Starting hours : 12hrs per week, 12noon—4pm, Monday, Wednesday & Friday, with a view to increasing to 20hrs per week (12noon—4pm Mon-Fri)

Good IT knowledge required and ability to work alone majority of the time.

For further details please contact FDM 0113 2889000

LOOKING FOR TRADESMEN or OTHER SERVICES?

PAINTER & DECORATOR ~
recommended by one of our volunteers

TREVOR RYMER—

Telephone 0113 282 0459

Mobile 07773 604275

Email :

trevorrymerdec@hotmail.co.uk

HSM Handyman Services & Maintenance—Adrian Holland

**3 Oakroyd Fold, Morley, Leeds LS27
7HY ~ Telephone 07976 827926**

(Adrian has been recommended by one
of our members, and is also registered
with the Leeds Directory)

Other useful numbers:

Police 'non-emergency' number—101.

Citizens Advice Bureau home visiting
service **0113 281 6705.**

**Free home fire safety check / smoke
alarms, West Yorkshire Fire Service—
0800 587 4536.**

Silver Line Helpline—0800 4 70 80 90

FIRST CHECKPOINT (LEEDS) were set up
to help avoid 'bogus workman' crimes,
and can recommend companies or
workmen who have been 'checked out'
for standard of work and reasonable
prices. **Telephone 0870 013 27 27**

AGE UK; CARBON-MONOXIDE DETECTORS / HOME SECURITY

Age UK's HandyVan service aims to
improve the quality of life and
provide peace of mind to people
over 60 by making their homes more
safe and secure. The HandyVan
service provides four key services:

**Security, Safety, Small Repairs,
Aids and Adaptations**

Contact the HandyVan team on **0800
169 65 65** or alternatively, we can
make the referral on your behalf.

MOBILE HAIRDRESSER—ANN WELLS

Telephone 0113 288 0707
or 07854 723 026

keeping house
LeedsDiRECTORY.org
the easy way to find reliable, flexible services in your area

Do you need any of these services?



Call our Helpline on **0113 391 8333** or visit us online at **www.LeedsDirectory.org**



All services in the home and garden are checked and vetted
for your peace of mind.



Find out what others think of the services with
star ratings and reviews.



We have a wide range of over 1500 services that can help you
to live independently in your own home.