



A Very Merry Christmas

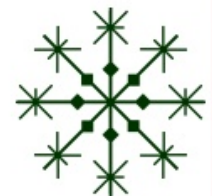
and a

Happy & Healthy 2017

is wished to you

from

*Brian, Val,
Janet & Barbara*



Brian's Bit !

WELCOME!

Firstly I would like to welcome Jane Beaumont who will start in January and we are all looking forward to her joining the team. We wish a fond farewell and best wishes to Mandy Farr who left us for new pastures in September and thank her for the hard work and commitment she had for the scheme and members of Rothwell and District.

Well, it's 3 months since I last wrote in the newsletter giving you all tips on coping with a heat wave, would you believe. Now we have had the first snow of the year, the temperature is plummeting and I'm giving tips on staying warm and staying well this winter! Pens at the ready, here is a little quiz for you:

✓ or ✗

I have had my flu vaccination	If not, contact your GP or local pharmacy if you are over 65 or you have a long term health condition.
I have had my medicines reviewed in the last 6 months	If no, you should ask your GP surgery or your pharmacy when your next review is due.
My house is warm and cosy	If your home is cold, damp or in disrepair, contact Care and Repair Warm Homes Service on 0113 391 8336. They can help.
It is hard to pay my fuel bills	If so, ring Leeds Citizens Advice Bureau 0113 223 4400 or the Warmth for Wellbeing Helpline on 08081 683 547.
I eat a hot meal every day	If the answer is no, one of our local Lunch clubs could be a welcome answer to eat well and meet new friends. Give us a ring on 0113 288 0887 if you want to join a group or want help with getting a hot meal at home.
I have a healthy lifestyle	If you have concerns you could contact the NHS Healthy Lifestyle service to stop smoking or watch your weight on 0800 169 4291. Concerned about alcohol? Try Leeds Forward 0113 887 2477.
I had a fall in the last year	Joining one of our exercise activities could help build your strength and balance. Your GP can help prevent future falls. Care and Repair can help adapt your home on 0113 240 6009 to make it safer for you.
I am afraid I might fall and no-one will be around to help me.	There are loads of devices they call 'assistive technology' you can get to help, such as falls alarms, chair or bed sensors, smoke and gas detectors and lots more, that alert a response centre. Visit your One Stop Shop or ring 0113 222 4401 to find out more.

I don't feel very connected to my community	There are loads of things for you to do out and about in the community. Give us a ring on 0113 288 0887 for a chat about some of the things you could do.
I don't feel OK or happy in myself	It is very common to go through low periods in our lives. Of course you can talk to your GP or you could call 0113 843 4388 to talk to someone for help.
I don't know what to do if there is a cold snap on the way	<p><u>Be prepared!</u> Keep in a supply of extra food, drink, medication, pet food and any other essentials in case you can't get out. It's always good to have a torch, radio, spare batteries, a first aid kit and a list of emergency contact numbers to hand, just in case.</p> <p><u>Be alert!</u> Keep an eye on the weather forecasts.</p> <p><u>Be Warm!</u> Keep your home warm, at the very least 18C (65F). Wear extra layers of clothing. Keep your hands, feet and head warm.</p> <p><u>Be vigilant!</u> Keep an eye out for neighbours, especially those who live on their own and may be vulnerable.</p>

How did you do with that little quiz? I hope you have no problems this winter and we don't have too much snow and cold weather, but it is best to be prepared.

I have a tale about the very real dangers of some very bad crooks at large in our community. One of our members recently told us how two workmen called to her home and told her there was a problem on her street caused by her drain being blocked. He said it was her responsibility to have it repaired and if she didn't get it done immediately, it would cost at least a £1000 to fix, but he could get it done that day for £500. He was extremely persistent and intimidating and she couldn't get him off her doorstep. She had a feeling that this was a scam and looked if there were any of her neighbours around but they were all out at work and she could summon no help. The workman asked if she had any money in the house but she said she only had a couple of pounds in her purse. He offered to take her to a cash machine, but thinking on her feet, she said she only had a bankbook account and needed to go to the counter. So he offered a lift to the bank. It was a big risk accepting a lift from a stranger, but it was the only way she could think of alerting someone to her plight. The man took her to Commercial Street and waited for her in Morrison's carpark. In the bank she told the woman behind the counter her situation and the bank staff were very sympathetic and helpful, jumping into action and reassuring the lady they would deal with the situation. One of the customers ran to the car park to get the registration number but the workmen sped off in their van. The bank rang the police and the incident was reported. Sadly these crooks are still at large and sadly this is not a unique story. There have reports of workmen also offering to do gardening work and then using intimidation to charge ridiculous amounts of money.

Other reports have come in about a young male caller asking to come into a couple of people's

homes to use the phone because of an emergency with his grandmother or aunt or some other elderly relative. This could be to commit distraction burglary, for instance while he distracts you with making a phone call, his mate, hiding round the corner, sneaks in to help themselves to your valuables!

USE YOUR DOOR CHAIN if you get an unexpected knock at the door.

NEVER ACCEPT AN OFFER OF WORK FROM A STRANGER. If you need a job doing, ring **LEEDS DIRECTORY 0113 391 8333**, the council funded directory of vetted services you can be sure will not rip you off.

Now on a brighter note, I must say a big thank you to everyone who helped and came to the well-being day on 5th October. It was great to see so many people at Blackburn Hall. We had thirty-odd stalls of information and advice on services and support, demonstrations of some of our exercise groups and John from our Active Minds group did a sing-a-long to show the music therapy work we do. I must also especially thank the Outer South Community Committee for giving us funding for the day and the support we got on the day from Cllr Karen Bruce, all the stall holders, volunteers and the student volunteers from Rodillian Academy. Thank you to those who completed an evaluation form. The three prizes were won by B Nicholson, L Abbott and T Higgins. Congratulations.

It's been over two years since we last looked at the prices of our groups and activities. The time has come, unfortunately, to put up the prices up, generally by 50p per group. As you know there has been a freeze on the money we get from the council to deliver groups and support and we even gave 10% of our grant back last year, but our bills continue to rise year on year. As a charity, we have to cover our costs so, reluctantly, we have to put up prices, beginning on 1st January

Finally, I would like to send a huge thank you to each of our hardworking and dedicated volunteers for supporting us throughout this year - we will be arranging a get together in the New Year, and you will be receiving more details of that in the near future. Thank you again.

On behalf of myself and all the staff at Rothwell & District Live at Home Scheme, we wish all members and volunteers a very Merry Christmas and a Happy New Year.

Brian Garbett
Scheme Manager



FALLS PREVENTION

Did you know that 1 in 3 over 65-year-olds fall at least once a year, despite being in good health? And for over 80-year-olds, that figure rises to 1 in 2.

But falling isn't a normal part of aging – there are simple steps you can take to keep you on your feet. We are committed to supporting people to age well and making Leeds the Best City to Grow Old in.

Balance and reflexes and our reactions gets slower as we age. We also lose about 30% of our muscle strength. These factors make it harder to regain balance and falls become more likely.

Regular physical activity strengthens muscles and improves balance, whatever your age, from walking to cycling or chair-based exercises. Any activity that challenges your balance like gardening or housework – it all counts. Why not get involved in local activities; you can join a local fitness programme near you.

Rothwell and District Live at Home has a programme of fun fitness activities ranging from very gentle chair exercises to more vigorous line dancing to keep you fit and active. Come and join us

Monday	Tuesday	Wednesday	Thursday	Friday
Line Dancing 1:30pm – 3:00pm Oulton Institute Oulton	Movement to Music 11:00am – 12:00pm All Saints Parish Centre Woodlesford	Slow Yoga 10:30am – 12:00pm Northfields Community Centre Near Robin Hood Gentle exercise	Movement to Music 10:30am – 12:00pm Rothwell Baptist Hall Rothwell	Fun and Fitness 2:00pm – 3:00pm Midland House Woodlesford Gentle exercise
Strolling Group Last Friday of the month Ring 0113 288 0887 Various Locations (starts again in the spring)				

IF YOU WOULD LIKE TO RECEIVE A LARGE PRINT VERSION OF THIS NEWSLETTER, PLEASE CONTACT THE OFFICE.

PUZZLES PAGE

Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

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EASY

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HARD

Spot the Difference

Can you spot the differences? There are 10 in total.



WEST YORKSHIRE TRADING STANDARDS - SAFER PROJECT



ROGUE TRADERS AND BOGUS CALLERS

ROGUE TRADERS These are dishonest tradespeople who often turn up unannounced. They may leaflet an area before making doorstep calls and often offer roofing, gardening and handyman jobs. The work may be unnecessary, done to a poor standard and overpriced.

Remember: **Obtain** 3 written quotes before choosing a trader. **Don't** pay any money upfront, particularly in cash. **Only** pay for work once it has been completed and you are satisfied with the job. **Use Leeds Directory** 0113 391 8333 for safe, vetted services and trades people.

BOGUS CALLERS These are people who try to con their way into your home to steal or trick you out of money. They often pretend to be from a professional company such as your energy or water provider or the council. They may say they are conducting a survey or pretend to be an old friend.

Remember: **You don't** have to let anyone into your home. **Check** other doors and windows are locked before answering the door so no one else can sneak in. **Use** a door chain, spyhole or look through a window. **Ask** for ID and call the number stated on your bill or in your phonebook to check the identity of the caller!

COLD CALLERS These are uninvited callers at your door. They may be persuasive salespeople offering large discounts and time-limited offers. They may refuse to take 'no' for an answer and use pushy tactics.

Remember: **Don't** buy from doorstep callers. **If you** do sign a contract for a purchase

costing more than £42 from a seller in your home, in most cases you have at least 14 days to change your mind. **If** cold callers are a problem in your area, you may want to consider setting up a Cold Calling Control Zone. Speak to your neighbours and call 0345 404 0506 for more information.

TELEPHONE APPOINTMENTS Some companies may contact you by telephone to make an appointment to visit you in your home. Although less intrusive, this is still a cold caller and you shouldn't feel pressured into making a decision.

Remember:

Ask a friend or neighbour to be with you if you arrange an appointment with someone over the phone.

Don't be afraid to say no, on the telephone or on the doorstep.

The Golden Rule – If in doubt, keep them out!
Call 0345 404 0506 to discuss any queries / concerns

LISTENING EARS

We are always looking for more volunteers who would like to visit a lonely person for about an hour on a weekly basis, be friendly, drink tea, chat - and listen. We will match you up with someone of similar interests and provide ongoing encouragement and support. Call the office for more info.

0113 288 0887

PRESTO

Presto is a Leeds City Council service helping people live independently, safely and well in their own home. It provides peace of mind with the same person assisting with your needs. Presto is available long or short-term. Simply choose the type of help you want, when you want, and hey presto! We will provide a cost and get it done for you. No job is too small.

For more information about Presto's services call 0113 378 3750

Dementia Services

MEMORIES REMENISCENCE LIBRARY, by Care & Repair Leeds 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. If you or anyone you know would be interested in borrowing items from the library, **call 0113 391 8338 or memories@crleeds.org**

ACTIVE MINDS—Blackburn Hall, I I am

Fun & Informal sessions for anyone with short term memory loss or simply for those who wish to keep their minds in healthy working order. The group meets on the 2nd and 4th Wednesday of the month for chat and a singalong and a bit of a musical quiz too.

Phone for more details 0113 288 0887, Rothwell Live at Home Scheme.

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

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 ww.sc.training@westyorksfire.gov.uk

Office hours: 9.00am to 5.00pm, Monday to Friday. Answerphone in Operation during evenings and weekends.

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.

SPECIALIST DEMENTIA CARER SUPPORT TEAM

If you care for someone with memory problems or dementia—

We can offer: Someone for you to talk to about how caring affects you - A wide range of carers support groups across the city. Well-being sessions - Social events. Free newsletter - Information

We can help you to access:

Benefits - A break/respite from caring - Sitting Services - Carers Assessments - Holidays - Carers Support Groups - Social activities/wellbeing - Carer Training.

Carers Advice Line—0113 380 4300

Dementia Services continued

MEMORY DROP-IN SESSIONS, Leeds Central Library welcomes you to a monthly, informal drop-in service for people with memory problems, people with dementia, their carers, or anyone who would like more information.

Drop-in any time between 10.30am—12.30pm

First Wednesday of every month in at the Central Library, the third floor meeting room (take lift to third floor, walk through the open doorway straight ahead, turn right, walk to the end of the corridor)

COSY CORNER MEMORY SUPPORT CAFE (Working with Tea Cosy Cafe)

The Cosy Corner Café is held on the third Thursday of each month, from 2pm to 3.30pm at Woodlesford Methodist Church Hall. (Cost £1.00).

Contact: Pauline 07780601917; fair_exchange@btinternet.com for more details and dates

ROTHWELL'S TEA COSY CAFE

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.

BEREAVEMENT SUPPORT GROUP

Time Out Rothwell is a Bereavement Support Group run by volunteers. Meeting at Rothwell Baptist Church, Tuesday mornings, on the third Tuesday each month, 10am to 12noon, and at The Pavilion in Rothwell Park for afternoon tea—2pm to 4pm on the first Tuesday of each month.

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

For more information please phone 07877 218 327

INTERESTED IN ARTS & 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.

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**

LGBT group

Out in Leeds - Social Group for older Lesbian, Gay, Bisexual and Transgender people

Age UK run a social group for older (50+) lesbian, gay, bisexual and trans people. The group meets on a monthly basis for a range of activities including guest speakers, group discussions, walks, quizzes and attending events. This friendly group is an opportunity to meet new people, take part in a range of social, wellbeing and creative activities and to find out about local services.



Contact Sarah Prescott for details of next meeting. Health & Wellbeing Coordinator

Tel: 0113 3893007

Email: sarah.prescott@ageukleeds.org.uk

Are you a Carer?

A Carer is someone who provides unpaid support to family or friends who could not manage without their help due to illness, disability, mental health issues or a substance misuse problem. 'Carers Leeds' offer information, advice and support for Carers across Leeds. This includes offering Carers the opportunity to talk about their experience, practical help and advice on accessing welfare benefits, getting a break/respite care, sitting services, Carer Support Groups, Carers Assessments and social and well-being activities. Contact Tom—Carer Support Worker

on 0779 266 2396 or via the Carers Leeds Advice Line on 0113 380 4300.

HEARING AID CHECKS

There are a number of drop in clinics in the area offering FREE batteries, servicing, cleaning and repairs for NHS hearing aids. The local one is at Blackburn Hall, Commercial Street, Rothwell, on the first Thursday of each month, 12.30pm—2.30pm (for more info—contact 'Hear to Help' on 07587 638361)

HOMESHARE

Wanted: homeowners

Do you live alone in your own home but want to stay independent? Do you have a spare room? A new scheme, **Leeds Homeshare**, offers a way for older people to stay safely in their own homes and offer younger people a helping hand. **How does it work?**

HOMESHARE match up the older person (Homeowner) with someone (Homesharer) who needs a home. No personal care is involved but the Homesharer agrees to provide around 10 hours a week support in exchange for lodging. Help is with those things that can start to get difficult as you get older, like shopping, cooking, cleaning, walking the dog maybe or looking after the garden. Or, it can be just to have someone to watch the telly with. **How does it work?**

You simply complete the appropriate form and send it to us. We then sensitively process them: matching people is crucial to the success of Homeshare so we spend time getting it right.

After consulting the owner and sharer - a personalised agreement is developed to cover how the living arrangements will work, utility bills for example. Both Homeowner and sharer pay a fee to the Council. A share will last a minimum of 6 months.

We have also put a lot of thought into managing any risks. We have checks including DBS, Reference and Credit Checks and a thorough assessment and support throughout the match.

So give Cath a ring on 0113 3785012 for a chat or drop us a line at: Homeshare@leeds.gov.uk if you would like to know more. You can get forms from www.leeds.gov.uk/homeshare.

GOOD DEED-CEMBER!

**GOOD
DEED-CEMBER**

**DONATE TO OUR CHRISTMAS APPEAL TO
MAKE A GOOD DEED HAPPEN THIS DECEMBER.**

For many of us, Christmas is when we enjoy precious time with our loved ones, perhaps around a freshly roasted dinner or huddled together around a fireplace. For many older people living at home alone though, the television may be their only company this season.

MHA operates Live at Home for this very reason; to combat loneliness and isolation of older people, enabling them to feel independent in their own homes but remain connected to their community. We know just how important our 66 Live at Home schemes are to our members, particularly at this time of the year, that's why we're fully committed to keeping our essential services running and creating more schemes to support even more members.

Our Live at Home schemes rely on fundraised income in order to enable us to keep delivering our services. Ask any of our Live at Home members and they'll tell you just how important Live at Home is to them. Although we currently support over 10,000 members, we want to help many more. But we need your help.

You could give someone lonely a Christmas filled with friendship, fun, and festivities by donating £10 to MHA today.

Christmas is so much better with company. Will you help brighten up the lives of older people in your community with a donation of £10 – or however much you can afford – today?

Thank you so much.

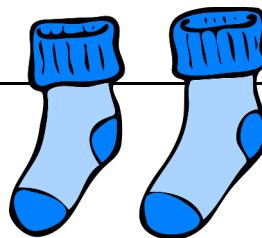


Make a donation at GoodDeedcember.org.uk

OR Text DEED16 £10 to 70070 to donate to MHA and make a difference today.



KEEP WARM THIS WINTER



Keeping your home warm

Low temperatures increase the risk of flu and other respiratory problems and can raise blood pressure. Blood pressure takes longer to return to normal in older people after being out in the cold and this puts us at greater risk of heart attacks and strokes. The colder your home, the higher the risk to your health.

- Keep your main living room around 70°F (21°C), and the rest of your home heated to at least 64°F (18°C).
- Check your thermostat or use a room thermometer to monitor temperature but if you feel cold, turn the heat up regardless of what the thermometer reads.
- Get to know how the timer and thermostat on your heating system work. If you have individual thermostats on your radiators, make sure they're set at the right temperature in the rooms where you spend time.
- Close the curtains at dusk and fit thermal linings if you can. This will keep the heat in.
- Put guards on open fires, and be careful not to hang washing too close to the fire.
- Don't block up air vents, as fires and heaters need ventilation.
- Keep your bedroom window closed at night when the weather is cold. The coldest time of the day is just before dawn and breathing in cold air raises the risk of chest infections.
- Test your carbon monoxide alarms. If you don't have any alarms, you need to get one fitted in each room that has a gas appliance, as there's a risk of carbon monoxide poisoning if air vents become blocked.

Keeping warm indoors and out

Even if it isn't a severe winter, cold weather makes us more vulnerable to certain illnesses. You're at risk of a heart attack, a stroke or even hypothermia if you're exposed to a cold environment for a long time, or to extreme cold for only a short time.

- Make sure you keep your hands and face warm. As well as wearing gloves and a hat, always wrap a scarf around your face when you go out in cold weather, even for short intervals. This helps to warm the air you breathe.
- Several thin layers of clothing will keep you warmer than one thick layer, as the layers trap warm air. Clothes made from wool or fleecy synthetic fibres such as polyester are a better choice than cotton. Start with thermal underwear, warm tights or socks.
- If you're sitting down, a shawl or blanket will provide a lot of warmth. Try to keep your feet up, as the air is cooler at ground level.
- Wear warm clothes in bed. When very cold, wear thermal underwear, bed socks and even a hat – a lot of heat is lost through your head.
- Use a hot-water bottle, wheat bag or an electric blanket to warm the bed, but never use a hot-water bottle and an electric blanket together as this can be dangerous. Check whether your electric blanket can be kept on all night or whether it's only designed to warm the bed before you get in. Get it checked every three years by an expert. If you have continence difficulties, talk to your doctor before using one.
- Keep your feet warm. Choose boots with non-slip soles and a warm lining, or wear thermal socks.
- Check local news and weather forecasts for advice when cold weather is predicted.

Free off-peak bus travel in England and half fare off-peak rail travel in West Yorkshire

The Metro Senior English National Concessionary Pass gives holders off-peak bus travel throughout West Yorkshire and England as well as half fare off-peak rail travel in West Yorkshire. For Internet users or those whose family or friends can use it on their behalf, the quick, free and easy way to apply or renew a Senior Pass is online via <https://ticketsandpasses.wymetro.com>

Those people who don't have Internet access can apply for or renew their Senior Pass at Bus Station Travel Centres. Renewals can be made up to 3 months before the Pass expires. Early renewals don't shorten the pass expiry date, so it makes sense to do it just as soon as possible. A large number of Senior Passes will be due to expire in the next year, so early application is a good way to avoid any delays - particularly at Bus Station Travel Centres.

The Money Buddy Service

The Money Buddy Service is run by volunteers who are trained by Ebor Gardens Advice Centre. The service is free, confidential, impartial and independent and they will help with all the following

- Putting your budget together if you need one for creditors, or just for yourself to help you keep on track.
- Write to your creditors
- look at the cheapest gas/electric/broadband and mobile phone suppliers and help you switch online using our computers.
- Maximise your income by using tools online to identify how you can do this.
- Talk to you about the pitfalls of borrowing from PayDay lenders and explain what an illegal loan shark is - and help you to report them if you have.
- Help you apply for Credit Union accounts online and talk about borrowing money at a more realistic rate.

Drop in to see a Money Buddy at Rothwell One Stop Centre, Marsh Street Rothwell, Thursdays, between 9.30am and 12.30pm

Have you had your flu vaccine?

The flu vaccine has been proved to reduce the number of deaths and hospital admissions - studies have shown that the flu jab does work, and will help prevent you getting the flu.

Common myths about the flu vaccine

Healthy people don't need the jab?

It's true that the flu jab is routinely recommended for people who have a chronic illness, but anyone, even healthy people can benefit from being vaccinated.

Flu is just a bad cold - I could fight it off?

Although some of the symptoms are similar to a cold - if you catch flu, you are likely to feel much worse, you may be shivery, achy and possibly too weak to get out of bed. Some people develop very serious complications.

The flu jab can give you flu?

False - the vaccine is made from an inactivated virus that can't transmit infection. It takes a week or two to get protection from the vaccine so people who get sick after receiving the jab, were going to get sick anyway..



FDM SOCIAL CLUB

REDUCING LONELINESS & ISOLATION

DECEMBER 2016/JANUARY 2017



DATE	DESTINATION	COST	Booking taken
1st December	Leeds Christmas Lights & Meal	£10.00 Meal Extra	16th November
2nd / 3rd December	Playhouse Strictly Ballroom	£10.00 Sold Out	9th November
6th December	Cinema @Odeon (Movie & Time TBC)	£10.00	16th November
13th of December	Two Courses Christmas meal at The Hare & Hounds Rothwell	Meal £8.95 Meal with Transport £12.95.	9th November
10th January & 18th January	Bradford Alhambra Pantomime 2pm Performance	Ticket & Transport £15.00 Meal not Included	Wednesday 14th December
22nd January	The new Garforth Garden Centre Pick up times from 10.30am.	£10.00	Wednesday 11th January
29th January	Batley Mills Pick up times from 10.30am Return approx. 4pm.	£12.00	Wednesday 11th January

****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 CAN BOOK A MAXIMUMUM OF 2 SEATS PER TRIP.

BOOKING ARE TAKEN BETWEEN 10.30- 12.00PM ON WEDNESDAYS VIA THE TELEPHONE ON 01132889000

OUR REGULAR ACTIVITIES (further details, phone the office)

HAIGH ROAD SOUP 'n' SANDWICH - 2nd & 4th MONDAY each month

11am to 1pm - Haigh Road Community Centre, Haigh Road, Rothwell.

Held on the 2nd and 4th Monday in each month, unless this falls on a bank holiday.

12th Dec, 9th & 23rd Jan, 13th & 27th Feb

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

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

(from January, Sandwich £1.50—Soup £1.00—all drinks 50p—Cakes 50p)

LINE DANCING - EACH MONDAY

1.30pm to 3pm - Oulton Institute, Quarry Hill, Oulton.

Cost—£2.50, (**£3.00 from January**) includes refreshments.

Please note there will be no Line Dancing on Monday 26th Dec or 2nd January

MOVEMENT TO MUSIC - EACH TUESDAY

11am to 12 noon - Woodlesford Parish Centre, Church Street, Woodlesford.

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

Cost—£3.00, (**£3.50 from January**) includes refreshments.

Please note there will be no group on Tuesday 27th Dec or 3rd January

SOUP 'n' SANDWICH - EACH TUESDAY

11.30am to 1pm - Woodlesford Parish Centre, Church Street, Woodlesford.

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

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

(from January, Sandwich £1.50—Soup £1.00—all drinks 50p—Cakes 50p)

Please note there will be no Soup 'n' Sandwich on Tuesday 27th Dec or Tuesday 3rd January

ASSISTED SHOPPING TRIP - TUESDAY (Please phone for dates)

A fortnightly door to door shopping trip to Crossgates Shopping Centre/Sainsbury's Colton, by minibus.

Cost—£4.00, (**£4.50 from January**)

To book a place please contact us on 0113 288 0887

DROP IN DAY AT NORTHFIELDS COMMUNITY CENTRE - EACH WEDNESDAY

10.30am onwards - Northfields Community Centre,

10.30am - Coffee, tea & biscuits - Yoga with Sally at 11.30am to 12.30 pm.

Cost—£3.50 (remaining at **£3.50 in January**), includes refreshments

Following on from this, the members organise a Fish & Chip lunch (to be ordered and paid in advance) and then 1.30pm to 3.00pm, a craft session.

MAINLY MEN'S GROUP - 1st & 3rd WEDNESDAY each month

MEETINGS - The Oulton Institute, Quarry Hill, Oulton

1pm-2.30pm - Meetings and talks are generally the 3rd Wednesday of each month,

Cost—£2.00, (**£2.50 from January**) includes refreshments.

Transport to meetings available by arrangement at a cost of £2.

TRIPS out are generally the 1st Wednesday each month. Please ring for details.

ACTIVE MINDS - Sing-a-long - 2nd & 4th WEDNESDAY each month

11am - 12.15pm Blackburn Hall, Commercial Street, Rothwell,

Aimed at people with short term memory loss & carers, but open to anyone who enjoys listening or singing along. The sessions are fun and informal.

Future dates: a Christmas Sing-a-long on 14th December, 11th & 25th January, 8th & 22nd February

Cost—£ 2.00, (**£2.50 from January**), includes refreshments

MOVEMENT TO MUSIC - EACH THURSDAY

10.30am to 12 noon - Rothwell Baptist Church, Haigh Road, Rothwell

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

Cost—£3.50 (remaining at **£3.50 in January**), includes refreshments

Please note there is no group on Thursday 22nd or 29th December

LUNCHEON CLUB - EACH THURSDAY

12 noon to 1.30pm - Mickletown Community Centre, Main Street, Methley

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

Cost—£4.50, (**£5.00 from January**)

FUN & FITNESS - EACH FRIDAY

2.00pm to 3.30pm - Midland House, Midland Street, Woodlesford

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, (**£3.50 from January**), includes refreshments

Please note there is no group on Friday 23rd or 30th December

MONTHLY WALKING GROUP - FRIDAY (usually the last Friday of each month)

(Please note - this will start again in the springtime - please ring for details)

Cost—£1.00, (**£1.50 from January**)

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 with inadequate heating or insulation.

Home Repairs Service

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

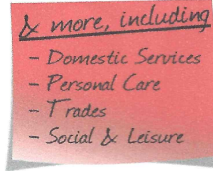
Care & Repair also install CO Detectors—certain criteria must be met.

For more details:

Contact Care & Repair on 0113 391 8336

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

GET IN TOUCH!

Rothwell & District Live at Home Scheme

1st Floor Oulton Institute
 Quarry Hill
 Oulton
 Leeds LS26 8SX

Tel: 0113 288 0887

email:
 rothwell.liveathome@mha.org.uk

website:
 www.rothwellliveathome.btck.uk



BRIAN GARBETT

Live at Home Scheme Manager

JANET STONES

Assistant Manager

VAL NEWSOME

Assistant Manager

BARBARA SIEDLECKI

Assistant Manager

JANE BEAUMONT

Community Programme
 Coordinator

joining the team in January

PUZZLE SOLUTIONS

4	2	1	5	3	8	6	7	9
8	9	3	4	6	7	1	2	5
5	6	7	9	1	2	8	3	4
6	3	2	1	8	9	4	5	7
7	1	5	2	4	3	9	6	8
9	4	8	7	5	6	2	1	3
2	5	6	8	7	4	3	9	1
3	7	4	6	9	1	5	8	2
1	8	9	3	2	5	7	4	6

EASY

1	3	5	4	9	2	7	8	6
2	4	7	3	6	8	9	5	1
6	8	9	7	5	1	2	4	3
5	2	8	9	1	7	3	6	4
9	6	3	5	2	4	8	1	7
7	1	4	6	8	3	5	9	2
3	5	2	8	4	6	1	7	9
4	9	1	2	7	5	6	3	8
8	7	6	1	3	9	4	2	5

HARD

