

Hello Everybody

Firstly I would like to introduce myself. I am Brian Garbett, and taken over from Lesley Tweed, who after 10 years of hard work and devotion to the people and communities of Rothwell and district, left work to take a very well earned early retirement.

A bit about me—I started working at the age of about 14 with a paper round and worked for a time on Leeds market selling chickens - boilers and roasters, I recall. I did a few little jobs cleaning in a bakery, a pizza takeaway, sandwich shop then I got a job working in an antique shop restoring and renovating furniture and selling a bit of second hand. While I was there, we had people from Barnardo's being helped to move from care. I thought that would be a lovely job.

Then a recession came along and I was made redundant. I volunteered with St Anne's Shelter and Housing Action to support homeless people in a day shelter. I soon started relief work, covering in local hostels in Leeds. I got a permanent job working in St Peter's Day Centre in Beeston and then became Team Leader and later Scheme Manager at Potterdale Drop-in and Community Support Service, supporting older people living with long term mental health problems. While I was at Potterdale, it was my pleasure to work alongside Lesley Tweed with setting up a group in Rothwell, some of you may remember me from then? I also did some work in Kirklees setting up dementia cafes and I have worked as an NVQ assessor. Most recently I worked for Age UK in the Hospital to Home service, so I might even have met some of you through working there too.

I live in south Kirklees, keep chickens and ducks, like walking and hiking and live almost permanently on a diet, not that you'd notice.

I am very pleased to work at Rothwell and District Live at Home. I have a dream team of very hard working and capable workers, dedicated and committed volunteers and a very supportive and knowledgeable committee. What more could you ask for?

It is an interesting and challenging time to join the service. We are grateful to Leeds City Council for their continued support and hope that this will continue into the future. Our umbrella organisation, MHA, is going through a period of review. Nationally it manages around 70 Live at Home Schemes 5 of which are in Leeds. MHA are working to raise the profile of Live at Homes and increase the number of people who benefit from their work.

Continued over

ROTHWELL & DISTRICT LIVE AT HOME SCHEME

First Floor, The Oulton Institute, Quarry Hill, Oulton, Leeds LS26 8SX

Email rothwell.liveathome@mha.org.uk

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

Telephone : 0113 288 0887

Charity Reg No 1083995

See us on Facebook and Twitter

One of the very valuable services that we offer is befriending. Our dedicated volunteers visit people who are very often housebound and isolated. Firstly may I say a very big thank you to those people who give their time to provide this service. However, we have more people who need a befriender than we have volunteers. Could you spare an hour a week to do some good in your local community? If you could or you would just like to find out more, please give me a call on 0113 288 0887.

And finally... I would like to remind you all that it will be our AGM on Friday 18th March and it will be held at the Oulton Institute. See this newsletter for more details. I do hope you can come alone.

Brian

Brian Garbett - Live at Home Manager



BEWARE—SCAMS AND FRAUDS

WARNING

Police forces have become aware of a fraud circulating, targeting elderly and vulnerable members of the community.

Some older people have received telephone calls from a caller who purports to be from the GP surgery and is asking for an appointment to discuss the persons mobility needs. During the appointment, the older person is persuaded to buy mobility aids which are either unnecessary or inappropriate and always expensive.

If you receive a call like this, please check with your GP surgery first before agreeing to a visit.

Hounded by Charity Begging Letters?

You are not alone! Following training to Housing Officers in Leeds, the SAFER Project were made aware of one resident who has received 44 letters from 21 well-known animal charities in just 1 week. The majority of letters encouraged the reader to donate in order to be entered into a raffle or prize draw. Scam companies also use the promise of 'winnings' to encourage orders of over priced goods from catalogues, which makes it difficult to tell who is genuine.

Last year the government launched a review into charity fundraising practices. In the meantime, check out these Charity Top Tips:

- Pick 1 or 2 charities you would like to support each year—set a limit of how much you can afford to donate and don't feel pressurised into donating more.
- Write to companies to request they remove you from their database.
- Never give your bank details to sign up to a regular donation on your doorstep or in the street.

BEWARE—SCAMS AND FRAUDS—continued

Be on the alert!

The Charity Commission has recently issued a warning to be aware of and on the look-out for mandate fraud. This occurs when a fraudster tricks a victim into changing bank account details, in order to divert legitimate payments intended for a genuine organisation (eg a charity supplier) to a bank account controlled by the fraudster. There is evidence that fraudsters are changing tactics to target charities.

Separately, there is an increasing level of ‘phishing’ emails. Worryingly some of these have appeared to be very persuasive including cases of “spear-phishing” – where a criminal will use personal information to try and earn the trust of a potential victim increasing the possibility they may open attachments or embedded links. Please retain a healthy scepticism for unfamiliar emails you may receive, see the example we received recently. We are no longer customers of Virgin Media, and so knew that this wasn’t a genuine email—however, if we had been customers we might well have fallen for this., it looked genuine enough, with a Virgin Media logo.

Your latest Virgin Media Bill cannot be processed
Dear rothwell.liveathome@virgin.net,
We were unable to deduct the payment for your monthly bill. Your Virgin Media
billing information has expired and your service is scheduled for disconnection on **30**
January, 2016. To avoid service interruption, sign in to your Virgin Media account
now to update the name, address, phone number, etc. associated with your Virgin
Media billing information.
To access and update your billing information visit [https:// my.virgin.media.com/](https://my.virgin.media.com/billing)
[billing](#)
Kind regards,
The Virgin Media team

To report scams & doorstep crime:

Citizens Advice: 0345 404 0506

Action Fraud: 0300 123 2040

West Yorkshire Police: 101 / 999 in an emergency

To report charity concerns:

Charity Commission 0845 300 0218

The Fundraising Standards Board 0333321 8803



The Annual General Meeting

of the

Rothwell & District Live at Home Scheme

will be held on

Friday 18th March 2016

Beginning with a
a Light Buffet Lunch at 12 noon
followed immediately by the AGM

This will be held in the large hall of the
Oulton Institute, Quarry Hill, Oulton LS26 8SX

Anyone welcome ~ **please RSVP for catering numbers.**

Thank you

Contact Details:

Rothwell & District Live at Home Scheme

First Floor, The Oulton Institute, Quarry Hill, Oulton, LS26 8SX

Telephone: 0113 288 0887

email: rothwell.liveathome@mha.org.uk

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

All members, associate members and non-members
are welcome to attend the meeting.

Members and associate members are welcome to vote at the meeting.

Live at Home is part of Methodist Homes for the Aged Registered as a Charity - No 1083995
Part of MHA Care Group . Head Office Epworth House Stuart Street Derby DE1 2EQ
Telephone 01332 296200 Fax 01332 296925

iPad and Tablet Sessions

Following on from our Digital Drop-in sessions last year the Community Librarians have very kindly offered two free iPad and Tablet awareness sessions for our members.

The two sessions will take place on Thursday the 3rd and 10th of March, 10:30-12pm at Rothwell library.

The sessions are devised to develop skills that can be used across a range of devices, so it is very accessible for people who have never used an iPad or tablet before. The library does have tablets available to use or alternatively you can bring your own devices with you. To book a place on the course please contact Rothwell Live at Home on: 0113 2880887 or email: Rothwell.liveathome@mha.org.uk

Interested in some tasty cooking tips?

The Ministry of Food Leeds have been running a number of cookery sessions for our Mainly Men group. The group were able to watch a food demonstration where the chef prepared and cooked a healthy stir-fry meal, they were then given the ingredients to take home and make the meal for themselves. The following session was 'mothership mince' a demonstration of how versatile a basic mince recipe can be. The last session will be on March 16th, where the group will be making (and eating) salmon fish cakes.

Sounds interesting? Well The Ministry of Food Leeds offer an 8 week course where you will learn to prepare and cook lots of healthy affordable meals, get lots of information, recipes and take home the meals that you cook! Each session lasts one and a half hours, courses run throughout the day, Monday to Saturday, on Kirkgate Market, Leeds, in a friendly atmosphere with a great mix of people. Full price for the course is £60, or £35 for those on benefits. Telephone 0113 242 5685 for more details.

Active Minds

From January our Active Minds meeting on the fourth Wednesday of each month will be a singalong session. This is a drop-in session so there is no need to contact us in advance, just come along to Blackburn Hall for 11am and have a singalong with the group. No singing experience is necessary, just a love of music!

The meeting starts at 11am – 12.30pm with a break for refreshments and costs just £2 per person.

Mainly Men

We have lots of exciting trips planned for the coming year!

In March we will be visiting the Abbey House Museum, Leeds and looking at their Crime and Punishment exhibition and in May we will be visiting Eden Camp. As always places are limited and need to be booked well in advance to secure a place.

***The LIVE AT HOME STAFF are happy to help
with any queries—please give us a ring on
0113 288 0887 or email
Rothwell.liveathome@mha.org.uk***

***Brian Garbett — Manager,
Assistant Managers :
Val Newsome, Mandy Farr,
Janet Stones, Barbara Siedlecki***

Memory Drop-in Session

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 2016

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)

For more information call 0113 247 6016 or visit

www.leeds.gov.uk/libraries


We need your help !

Here at Rothwell & District Live at Home Scheme we have over 500 members and five members of staff. We are busy . . . And we know that the scheme couldn't run in the way that it does without our volunteers.

BUT, there is always a BUT ! We still have a shortage of befriending volunteers:-

Befriending involves visiting someone for approximately an hour on a weekly basis for a cuppa and a chat. We would always try to match you up with a person of similar interests and provide ongoing support.

If you are interested in offering the gift of friendship then please contact the office. Thank you.



What is a befriender?
I'm very glad you asked,
It's quite a complex question;
Right from first to last.

It's someone who doesn't have to be clever,
Needn't have a degree,
But knows how to boil a kettle,
And mash a cup of tea.

It's someone who is friendly,
Who can go and give a smile
To someone who might not have seen one
For quite a long long while.

It's someone who can look away,
When you burp and say 'pardon me',
And doesn't give you the sort of look
That would freeze the Sargasso Sea.

It's someone who can listen
While the other person talks,
Not a visitor who comes to you
And squawks and squawks and squawks.

It's someone who takes you as you are,
Though awkward you may be,
And will still come knocking at our door
And say 'It's only me'

It's someone who knows that kindness
Is a very precious thing,
But just the same it gives away
Without a catch or string ..



NEW ACTIVITY !!!

TEA & CHATTER



Midland House, Midland Street, Woodlesford

The first Monday of each month, drop in anytime between 10.30am to 12noon.

Tea / coffee and biscuits—50p

The first 'Tea and Chatter' will be on Monday 7th March—Just turn up—no need to book! All welcome !

Rothwell & District Live at Home Scheme Walking Group Walks

Be at the meeting point at **10.15am for a 10.30am** start, usually on the last Friday of the month. The walks are around three miles long and will take around 2 hours, at a steady pace, which is set by the walk leader mindful of group needs. Cost £1.00 per walk.



If the weather is inclement – heavy rain, snow, ice or fog the walk may not take place – if you are unsure whether the walk is going ahead please ring to check before setting off to avoid a wasted journey.

Live at Home Office: **0113 288 0887**

We recommend sturdy, comfortable footwear with good support and a good sole. Wear comfortable clothes and wrap up in cold weather, bring waterproof clothing if rain is forecast. In hot weather, it is important to keep well hydrated by bringing a drink of water and keep covered up in the sun or wear sun cream protection. You may be advised not to join the walk if your footwear is deemed inappropriate for the conditions.

Date and location of walk	Meeting point
March 25th—St Aidans	Meet and park at the bottom of Fleet Lane
April 29th—Golden Acre Park	Meet at Leeds Bus Station
May 27th—Canal Walk	Meet and park at Woodlesford Lock

All participants are requested to complete a health check form on their first walk and to subsequently advise the walk leader of any changes. The walks have been risk assessed and are mostly level. Everyone taking part is reminded that they are responsible for their own safety e.g. when crossing roads.



FDM SOCIAL CLUB



Social Club Trips planned for March & April 2016 are:

Tuesday 1st March 2016 Cinema Trip to see "Brooklyn" starring Saoise Ronan

Pick ups will be from 10.30am with a meal at The Corn Mill Lodge Restaurant before the movie - food to be pre-ordered and paid for on the day. Bookings taken from Monday 15/02/16 and cost is £3.00 Cinema Ticket & £5.75 Transport - £8.75 per person.

Monday 21st March 2016 Outlet Mill at Batley – Including Swing Band & Dancing

Pick ups from 9.30am and arrive at the Mill by 11am. Big George & The Andersons Swing Band will be performing in the 3rd Floor restaurant area between 1pm – 3pm. Minibus will leave at 3.30pm. Bookings from Wednesday 02/03/16, £10.00 per person.

Tuesday 29th March 2016 Cinema Trip – Film to be announced

Pick up times and full details will be advised once available. We will include a stop for a meal either before or after the movie – to be pre-ordered and paid for on the day. The movie will be a "Silver Screening" so it may have been out a short while and a free drink and biscuits are included with your ticket. Bookings taken from Friday 11th March 2016 and cost is £3.00 Cinema Ticket & £5.75 Transport - £8.75 per person.

Friday 8th April 2016 A Trip down Memory Lane at the M&S Archive in Leeds

This trip will be a guided tour of the M&S exhibition followed by tea and biscuits and a chance to have a closer look at some of the archive items. Pickups from approx. 12.30pm with around 2 hours from the visit, leaving Leeds at around 4pm. Bookings from Thursday 17th March and cost is £10.00 per person.

Saturday 16th April 2016 Owlcotes Shopping Centre & Lunch

Pick ups from 9am and leave Owlcotes at 1pm to go for lunch (venue to be confirmed and food to be paid for on the day). we leave the restaurant at approx. 2.30pm for the journey home. Bookings from Wednesday 30th March and cost is £11.50 per person.

Thursday 21st April 2016 Cinema Trip – Film to be announced

Pick up times and full details will be advised once available. We will include a stop for a meal either before or after the movie – to be pre-ordered and paid for on the day. The movie will be a "Silver Screening" so it may have been out a short while and a free drink and biscuits are included with your ticket. Bookings taken from Thursday 31st March 2016 and cost is £3.00 for the Cinema Ticket & £5.75 Transport - £8.75 per person.

Friday 29th April 2016 Millstones Restaurant to celebrate HM Queen 90th Birthday

Pick ups will be from approx. 9am. Morning Coffee and Biscuits in arrival with a 2 course lunch served at 12.30pm (to be pre-booked from a choice of main & dessert courses). After lunch, entertainment from Paul Marie – "The Vintage Vocalist" – with songs from the 30's, 40's, 50's & 60's. A Royal Cream Tea will be served at 4pm before departing at 4.30pm for the return journey home. Bookings taken from Wednesday 6th April 2016 and cost is £19.95 for the food/entertainment and £16.55 Transport - £36.50 per person.

FDM's usual Booking Conditions apply to all of the above trips and bookings can be made on or after the date shown by telephoning Elaine on 0113 2889000 from 12.30pm on Monday, Wednesday, Thursday and Fridays only.



Groundwork is looking to register people to the new South and East CCG funded Green for Go project. Green for Go will engage with people aged 26 or over with long-term conditions such as COPD, CVD, arthritis, chronic pain and diabetes. The project is based at Lady Pit Lane Model Allotments in Beeston and will involve activities such as food growing, arts and crafts and community gardening.

What will I be doing?

Green for Go! involves activities such as growing your own food, arts and crafts, making hanging baskets, community gardening and conservation tasks.

Where does it take place?

The project runs on Tuesdays from 10:00am - 3:00pm. There is funding for Wednesdays if enough participants. The group runs on a drop-in basis so times can be organised to suit you. The group takes place at Lady Pit Lane Allotments, Beeston Hill, LS11 6ES.

Who runs the group?

Green for Go! is run by Groundwork Leeds and is funded by Leeds South and East Clinical Commissioning Group (CCG).

To sign up, or find out more, please contact

John Cummins on: 0113 238 0601

jcummins@groundwork.org.uk

www.groundwork.org.uk/leeds

FUNDRAISING NEWS

Thank you to Pat, Anne, Jean, Lucy, Beryl, Irene and Stephanie and to anyone who helped out in any way, at the Christmas Fayre at Blackburn Hall — a massive £553.50 was raised.

Our next event will be the May Day celebration in Rothwell—we are always looking for items for the tombola—if you have any unwanted gifts please remember us.

Thank you.



ACTION ON HEARING LOSS

There are a number of drop in clinics in the area offering FREE batteries, servicing, cleaning and repairs for NHS hearing aids. (for info—Hear to Help Leeds, 07587 638361)

(Rothwell) Blackburn Hall, Commercial Street LS26 0AW	First Thursday of each month	12.30pm—2.30pm
(Morley) Morley Town Hall (downstairs), Queen Street, LS27 9DY	Fourth Tuesday of each month	9.30am—11.30am
(Middleton) St Cross Church, Middleton Park Avenue LS10 4HX	Second Tuesday of each month	11.00am—1.00pm
(Garforth) Garforth Library, Lidgett Lane LS25 1EH	Third Thursday each month	9.30am—11.00am
(Crossgates) Crossgates Day & Night Surgery 17 Austhorpe Road LS15 8BA	First Friday of each month	10.00am to 11.30am

Get the help and support you need from your Gas, Electricity or Water Supplier with Priority Services Registers - FREE

A Priority Services Register is a free scheme offered by your gas, electricity and water suppliers. Once you register you can receive additional support and services from your suppliers tailored to your needs, many free.

Who can join the free Priority Services Registers?

You qualify if you are: of pensionable age; disabled; chronically sick; blind or partially sighted; deaf or hearing impaired.

If your supplier knows you have health issues or essential medical equipment in your home you will be prioritised in the event of a break to your supply.

How else can your supplier help you?

The exact services vary depending on the supplier, but may include the following services:-

- advance notice or priority re-connection if your supply is interrupted
- alternative facilities for cooking and heating if your supply is interrupted
- bills sent to a relative, carer or friend
- a free quarterly meter reading
- annual gas safety checks
- advice on energy-efficiency
- protection from cold callers with a password protection scheme

your bills and meter readings in braille, large print, audio tape, textphone or typetalk if you're visually impaired

For some of the above, customers may need to be means tested.

Next Steps

Contact each of your suppliers to register for Priority Services. A relative, carer or friend can make the call but the customers will need to be present. So why not get signed up today - call each of your utility providers using the numbers below:

Gas/Electric

British Gas - 0800 072 8625

Eon - 0800 051 1480

EDF - 0800 269 450

SSE - 0800 622 838

npower - 080 172 6999

Scottish Power - 0800 027 0072

Water

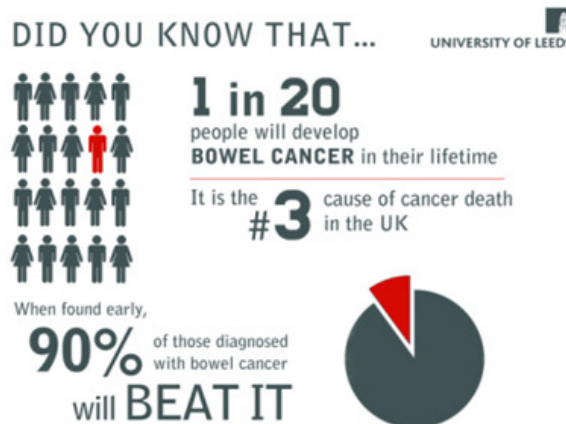
Yorkshire Water Helping Hands Service - 0345 1 24 24 24

Bowel Cancer Screening research

Anastasia Tsipa, a doctoral student at the School of Psychology, University of Leeds is undertaking some research into bowel cancer screening. She is aiming to reach people aged between 60 and 74 years of age, via community centres and/or charities across Leeds, to take part in the study.

People interested in the present research will be invited to take part in a one-to-one interview and will be encouraged to talk about their experience and share their views regarding bowel cancer screening and the home screening kit.

The current research is being organised and funded by the University of Leeds in conjunction with the Leeds City Council. If you are interested in taking part – please get in touch with the Live at Home office 0113 288 0887.



Providing peace of mind to live safe and well at home

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.

A helping hand with everyday household tasks:- Keeping up with the demands of a home can be a challenge, but we are able to help with;

Light housekeeping, general tidying up, help in the kitchen or with laundry.

Meals on wheels :- A meal service direct to your door available 365 days a year, hot lunches and cold teatime meals which meet dietary and special requirement needs.

Companionship:- A companion can assist with; shopping trips, visits or appointments, days out, quality time and support in the home.

Transport:- We can help get from 'A' to 'B' with shopping, appointments or meeting up with friends.

Every Presto employee wears a Leeds City Council uniform and identity badge making them instantly recognisable. Our team is made up of experienced, adaptable and professional members of staff all of whom receive an enhanced DBS criminal record check.

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

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

REGULAR ACTIVITIES

MONDAY

TEA & CHATTER

NEW!!

Midland House, Midland Street, Woodlesford

The first Monday of each month, drop in anytime between 10.30am to 12noon.

Tea / coffee and biscuits—50p Just turn up—no need to book

HAIGH ROAD SOUP 'n' SANDWICH

Haigh Road Community Centre, Haigh Road, Rothwell.

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

holiday. (Future dates: **8th & 22nd February, 14th March (Closed on 28th March - Easter Monday), 11th & 25th April, 9th & 23rd May**

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

To book a place please contact us 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— 2.50 (this is an informal class—where we all join in and learn from each other)

Dates:

Oulton: 29 February, 14 March, 4th, 11th & 25th April, 9th & 23rd May, 6th June

Rothwell: 7th & 21st March, 18th April, 16th May



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

Please note there will be no M2M on Easter Tuesday 29th March 2016.

WOODLESFORD 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 12 noon.

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

To book a place please contact us on 0113 288 0887

Please note there will be no Drop-In on Easter Tuesday 29th March 2016.

**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, will be there to assist you.



Future dates: Feb 9th & 23rd, March 8th and 22nd, April 5th & 19th, May 3rd and 17th

Cost—£4.00 To book a place please contact us on 0113 288 0887.

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 Yoga with Sally
at 11.30am to 12.30 pm **Cost £3.50**

12.30pm - Fish & Chips (shop prices) **to be ordered and paid in advance**

1.30pm to 3.00pm - Free craft session

Phone for more details on 0113 288 0887.

MAINLY MEN'S GROUP

Meetings at The Oulton Institute, Quarry Hill, Oulton and Trips out

Trips: Trips are generally the first Wednesday of each month. We have lots of exciting trips planned for the coming year!

In March we will be visiting the Abbey House Museum, Leeds and looking at their Crime and Punishment exhibition and in May we will be visiting Eden Camp. As always places are limited and need to be booked well in advance to secure a place.

Meetings: Meetings and talks are generally the 3rd Wednesday of each month, 1pm-2.30pm. The cost is £2 including refreshments. Transport to meetings available by arrangement at a cost of £1.50.

17th February

16th March

20th April

18th May

WEDNESDAY continued

ACTIVE MINDS

For anyone with short term memory loss or simply for those who wish to keep their minds in healthy working order. The sessions are fun and informal and will incorporate different activities to accommodate the abilities and interests of the group.

The group meets on the second and fourth Wednesday of each month at 11am - 12.30pm at Blackburn Hall, Commercial Street, Rothwell

Future dates: 24th February, 9th & 23rd March, 12th & 26th April, 11th & 25th

Cost—£ 2.00, including refreshments

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 chocolate biscuits. Contact us on 0113 288 0887 as your meal need to be ordered in advance from the supplier.

Cost—£4.50



FRIDAY

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)

Usually the last Friday of each month.

Cost—£1.00 per person



Dementia Services

MEMORIES

A REMINISCENCE ACTIVITY LIBRARY

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**.

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@westyorkshire.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.**

Memories Reminiscence 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, please call **0113 391 8338** or email memories@crleeds.org.

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

"Cosy Corner" Memory Café

(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**

Leeds Age UK—'Out in Leeds'

A monthly social group for older (50+) Lesbian Gay Bisexual and Transgender people. Meet at Age UK Leeds, Bradbury Building, Mark Lane.

For more details about the group/monthly activities please contact Sarah: Tel 0113 3893007.

Bereavement Support Group Time Out Rothwell

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**

'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.

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.

If you would like to make a voluntary donation towards the cost of producing this newsletter —please send your donation to the office, enclosing the slip below, we would be most grateful. If you are a UK taxpayer and would like to gift-aid your donation, please also tick the box below. Thank you.



(Alternatively, if you use email regularly and would be comfortable to receive an electronic newsletter, thus saving postage—please let us know by sending your request to us at 'rothwell.liveathome@mha.org.uk'. Please remember to include your name in the emailed request. Many thanks.)

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Name:

Address:

Please accept £..... as a donation to help with the Rothwell & District Live at Home Scheme newsletter costs. *I am a UK taxpayer and would like to gift-aid my donation* ☐.

LOOKING FOR TRADESMEN or OTHER SERVICES?

HSM Handyman Services & Maintenance—Adrian Holland

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

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

ALSO

KEY SAFES SUPPLIED & FITTED

Master Safe Key Safes fitted for approximately £50, plus fitting £26

SKHD UNITED PLUMBING

(recommended by one of our members)

Contact Andrew—

Telephone 0113 288 7837

Mobile 07985 606674

Other useful numbers:

Police 'non-emergency' number—101.

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

Free home fire safety check / smoke alarms, now by referral only, contact us on 0113 288 0887.

Silver Line Helpline—0800 4 70 80 90

National Talking Newspapers and Magazines—Telephone 01435 866102

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**

Gardener:

S.H. MAINTENANCE
07964365432

steven.holliday@sky.com



This frozen meals service provides up to a fortnight's meals delivered in one visit. 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/](http://www.leeds.gov.uk/communitymealsleeds)
communitymealsleeds

PAINTER & DECORATOR ~
recommended by one of our volunteers

TREVOR RYMER—

Telephone 0113 282 0459

Mobile 07773 604275

Email : trevorrymerdec@hotmail.co.uk

LEEDS SUICIDE BEREVEMENT SERVICE

Compassionate support for people bereaved by suicide

For information about Groups phone:
0113 305 5803

For information about Individual Support phone: **0113 260 9328**

Help Locks 0800 002 5258

Help Locks are a family run value mobile locksmith service.

Also, Key Safes fitted for £70.00.

GREEN DOCTOR TM



The completely free service
which can save you over £100
each year on your fuel bills

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

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

Do you need any of these services?



& more, including
- Domestic Services
- Personal Care
- Trades
- Social & Leisure

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