

Welcome to the summer edition of the newsletter. Yes, summer! The weather seems to be getting brighter and the nights are definitely lighter. The trees are well and truly in leaf and the blooms are out in the garden. Time to get out the cucumber sandwiches, strawberries and lashings of fresh cream! Mmmm...



In this edition we have lots of interesting and helpful information for you again. Don't forget, this is your newsletter and we always welcome your suggestions and contributions. Have you had experience of help, support or advice that might be useful to other people? You might have ideas, tips or stories that you could share. Please send us your contributions and we can include these in future editions.

Talking of summer, here's a super idea to show appreciation of our loved ones, carers, families and friends and an opportunity to raise some much needed funds for your local Live at Home Scheme. All across the country, people will be hosting 'the best tea party for ages.' The idea is to get together with our nearest and dearest to bake a cake or cut some sandwiches, serve tea, coffee or other refreshments and have some fun together. We can give you a pack to help you with ideas, recipes, quizzes for example to help you host a fun time. You could help raise funds by asking your guests to guess the weight of your cake, charging to take part in a fun quiz or just giving a donation. And remember this is all in aid of helping those lonely isolated older people who may be less fortunate than yourself. Please get in contact with us for your Best Tea Party for Ages pack to help you have fun and raise funds.

Finally, June 1st to 12th is the week of the volunteer and I would like to say thank you to all of our dedicated volunteers without whom this scheme couldn't function—I'm sure everyone would agree.

Brian Garbett

Scheme Manager

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

BEWARE—SCAMS AND FRAUDS

Rogue Traders

Home improvements such as roofing, tarmacking and gardening continue to top the list for doorstep selling complaints—recently there has been a significant increase in reports relating to rogue double glazing companies that have emerged, and are charging individuals thousands of pounds for jobs that should cost much less.

Only 5-8% of doorstep crime is reported as many victims do not feel comfortable telling anyone due to embarrassment. With an estimated £400,000,000 to £600,000,000 lost each year to doorstep crime nationwide, what can you do to stay safe?

ASK: Check written references, including contacting reputable trade organisations, in particular those whose members offer insurance-backed guarantees.

KNOW: Be aware of 'pressure selling' tactics, such as 'one day only' offers and the trader trying to persuade you that you are the only person on the street not to sign up to the deal.

CHECK: If you have arranged for an appointment, use a password scheme when booking—if they don't know your password, don't let them in.

LOOK: Use a window or peephole in the door to check who is calling, and always use a door chain to avoid a trader entering your home.

REPORT: Please call Citizens Advice Consumer helpline on **03454 040506** if you suspect that a doorstep crime incident has taken place.

If the situation is an emergency—call the Police on 999.

Do you receive flyers through your door offering trades such as gardening, roofing, double glazing etc?

West Yorkshire Trading Standards would like to know about them, so please send them along with the date they arrived and the postcode you live in.

They can then use the intelligence to see which areas are being targeted by traders as part of the Cold Calling Control Zone development.

Either scan and send them by email to: safer@wyjs.org.uk

Or alternatively, post them to:

SAFER Team, West Yorkshire Trading Standards

West Yorkshire Joint Services

Nepshaw Lane South

Leeds LS27 7JQ

For more information on Cold Calling Control Zones you can visit www.ts.wyjs.org.uk/wykstrading-doorstip-crime.asp



NEWS from MHA!

MHA's 'Best Week For Ages' is almost here. MHA is dedicating a whole week of fundraising from 11th to 17th June to our Live at Home Schemes, showcasing the amazing difference they make to the lives of older people across the UK. Hundreds of people across the UK will be 'brewing up' to raise funds for MHA on Friday 17th June.

Would you, or a friend, relative of yours like to support us by hosting a 'Tea Party'? It can be as big or small as you like—it doesn't have to be on the 17th, just some time in the month of June. Please contact us at Rothwell Live at Home (0113 288 0887) if you would like to take part, and for a fundraising pack with ideas to help you organise something. Thank you so much.



—Get creative for MHA's Design a Christmas Card competition

We know that summer is still to come, but here at MHA we're already planning our Christmas card – because we want YOU to get involved.

We're inviting everyone in our care homes, retirement living and live at home schemes, their families, our supporters, employees and volunteers to enter our Design a Christmas Card competition.



We need to do this now even though thoughts are probably more on summer, because we need to leave enough time to print and distribute the winning cards to our homes and schemes for them to use. These cards will then be available for a suggested donation for you to use to send to friends and relatives when the Christmas season is upon us.

Entries can be:

- drawings, paintings or high quality photographs
- inspired by the traditional Christian story or have a seasonal theme
- small or large (from size A6 up to A3.)

We've already secured Nerine Tassie, Sky Arts Landscape Artist of the Year 2015, as one of our judges and we'll announce more in the coming weeks.

Our judges will select 24 winning designs to create an electronic MHA advent calendar. Ten of these designs will also be printed as MHA Christmas cards for our services to sell to raise funds and one overall winner will have their design animated with sound to become MHA's official Christmas digital e-card. We'll be announcing the winning entries on 8 August 2016.

Please send your entry to: MHA, Design a Christmas Card Competition, Epworth House, Stuart Street, Derby DE1 2EQ by Friday 15 July 2016. You can email digital files (sorry, no scanned entries can be accepted) to Christmas@mha.org.uk. We are very sorry that due to the large number of entries we won't be able to return designs.

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
July 1st—Fairburn Ings	Meet at the main carpark at Fairburn Ings—parking available
July 29th—Yeadon Tarn	Meet at Leeds Bus Station (after the walk to Murgatroyds Fish & Chip restaurant for those who wish to go—special meal deal £10)
Aug 26th—Stanley Ferry & Pub	Meet in Stanley Ferry Pub carpark Parking available

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



REDUCING LONELINESS & ISOLATION

June 2016

DATE	DESTINATION	BOOKINGS TAKEN FROM	COST PER PERSON
Thursday 2 June 2016	<p>West Yorkshire Playhouse ' Into the Woods'</p> <p>In Sondheim's classic musical, well-known fairy tale characters collide, but for Cinderella, Rapunzel, Jack and Red Riding Hood, together with a childless baker and his wife, 'Happily Ever After' turns out to be far from the end of the story. Start picking up at 5pm and travel to WYP. The minibus will depart after performance</p>	FROM 12.30am on Wednesday 18th May 2016	£10.00
Friday 10th June 2016	<p>Blackburn Hall - performance of KES</p> <p>This adaptation of Barry Hines' much loved 1960s classic story explores the never-changing, true nature of friendship. Start picking up at 5pm and travel to Blackburn Hall. The minibus will depart after performance</p>	FROM 12.30pm on Wednesday 25th May 2016	£7.00
Thursday 16th June 2016	<p>Cinema Trip - 'The Golden Years' starring Bernard Hill & Virginia McKenna</p> <p>Refusing to take the loss of their pensions lying down and to fade away into their declining years, our characters decide to fight back. They decide to take back what was theirs in the first place. They decide to start robbing banks. Pick ups will start from 10.30am. The movie will be a 'Silver Screening' Free drink and biscuits included with your ticket but do bring a snack if you wish. <i>This trip is subsidised by a grant from The Duke of York Community Initiative</i></p>	FROM 12.30pm on Wednesday 1st June 2016	£6.00 Transport £3.00 Cinema Ticket Total £9.00
Sunday 19th June 2016	<p>The Mill Outlet at Batley</p> <p>A popular trip to Batley Mills - one of the UK's biggest retail mill with four floors of fashion, gifts, homewares and a choice of restaurants and café's. Pick ups will start from 10am and the departure from the Mill will be 3pm.</p>	From 12.30pm on Monday 6th June 2016	£9.50
Saturday 25 June 2016	<p>Tong Garden Centre</p> <p>This is not just a garden centre. It is now home to many new stores, these include Bonmarche, Brantano, Julian Charles Homewares, Mountain warehouse, Klass, to name a few Pick ups will start at 10am, there will be time to browse the Garden centre as well as the new shopping outlets along with a visit to the recently refurbished café. The minibus will depart at 3pm for the return journey home.</p>	From 12.30pm on Monday 13th June 2016	£10.00

FDM OFFICE TELEPHONE NUMBER: 0113 2889000

Bookings taken on or after the date stated on Monday, Wednesday, Thursday & Friday between 12.30 -4pm only

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*

Digital Drop In

We now have some new dates for our Digital Drop-ins. The sessions will take place on Thursday mornings 10am – 12 noon. This is an opportunity to call in and ask any questions you may have about using your laptop, tablet, iPad or mobile phone. The SAFER Project will be holding an Online Scams Workshop at one of the sessions (date to be confirmed) and the Leeds Community Librarians will also be available for advice. The sessions will take place in three blocks of six weeks, there is a charge of £2 for each session, you do not have to attend every session, or stay for the full two hours, as they are on a ‘drop-in’ basis.



Please contact the office on: 0113 2880887 if you would like any more information.

**9th June – 21st July (no session on 23rd June due to referendum),
11th August – 15th September, 13th October – 17th November**

Date for your diary!

Our Health and Wellbeing Day will be held this year on

Wednesday 5th October,

11am to 3pm,

at Blackburn Hall

Lots of Stalls giving information and advice

Free Refreshments available

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

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.

Tom is a Carer Support Worker who covers outlying areas of South and East Leeds, including Rothwell and District. He is available to speak on the phone and can arrange a home visit to talk to you in person. **You can contact him directly on 0779 266 2396 or via the Carers Leeds Advice Line on 0113 380 4300.**

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, well-being and creative activities and to find out about local services.

Contact Sarah for details of next meeting.

Sarah Prescott, Health & Wellbeing Coordinator

Tel: 0113 3893007

Email: sarah.prescott@ageukleeds.org.uk



**Providing peace of
mind to live safe
and well at home**

presto

done for you. No job is too small.

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

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

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

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, unless this falls on a bank holiday. (Future dates: **13th & 27th June, 11th & 25th July, 8th & 22nd August, 12th & 26th September, 10th & 24th October, 14th & 28th November, 12th December.**

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

Dates: 16 May, 23 May, 6 June, 20 June, 4 July, 18 July—Oulton Institute

30 May - No Class - bank holiday

13 June, 27 June, 11 July, 25 July—*Rothwell Parish Centre - please note—if repairs to the roof have not been completed the class will be held at the Oulton institute instead. please contact the Rothwell LAH scheme if needed to confirm venue.*



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 during August (2nd, 9th, 16th, 23rd and 30th).

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 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 during August (2nd, 9th, 16th, 23rd and 30th).

**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: June 7th & 21st, July 5th & 19th, August 9th & 23rd, Sept 6th & 20th

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.

Future trips include, visit to The Hepworth Wakefield, Queens Mill Castleford to see the old flour mill and restoration of the waterwheel, a tour round a Double Glazing factory, please contact the office for more details and to register your interest.

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.

15th June, 20th July, 17th August

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, **the fourth Wednesday is usually a musical event.**

Future dates: 8th & 22nd June, 13th & 27th July, 10th & 24th August

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 Memories Remembrance 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

ACTIVE MINDS—Blackburn Hall, 11am

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 Wednesday of the month for chat, with a singalong on the 4th Weds. Phone Mandy for more details 0113 288 0887, Rothwell Live at Home Scheme.

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'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.**

in borrowing items from the library, call **0113 391 8338** or memories@crleeds.org.

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.**

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**

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 at the Central Library, the

'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.

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

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 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

KEY SAFES SUPPLIED & FITTED

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

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 or scams

Charity Commission 0845 300 0218

The Fundraising Standards Board

0333321 8803

Help Locks 0800 002 5258

Help Locks are a family run value mobile locksmith service.

Also, Key Safes fitted

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/
communitymealsleeds](http://www.leeds.gov.uk/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

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**

GREEN DOCTOR™



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.

keeping house
LeedsDiRECTORY.org
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