

## WELCOME!



Spring is in the air, yes, the little green buds of spring, crocuses and daffodils and the welcome promise of warmer weather. Spring is a miraculous time. Our world comes alive after the winter in which it seemed that everything slept. The world becomes filled with colour and the scent of greenery. What seemed so dull and cold comes alive once again. Beneath the cold hard ground the plants and trees are preparing for rebirth. Spring is

a time to renew the excitement and zest for life that lives inside. Time to shake off those winter blues and get out in the sunshine again.

We have a range of fun groups and activities waiting for you to get out, meet people and enjoy the company of others. You know you are always welcome to come and join us.

We have exercise groups from gentle chair based exercises to more vigorous line dancing or a casual stroll in the countryside. All of our exercise groups are run by qualified facilitators who will help you to maintain that all important core body strength and prevent falls and frailty now or in the future.

You can brush up on your computing skills or learn what technology can do for you at the relaunch of our digital drop in. Come for lunch and friendship at one of our local groups.

Why not book a place to shop at Crossgates and Carlton with our door to door shopping group. For the blokes, 'mainly men' has trips and interesting guest speakers and discussions. And if you like a sing-a-long to help your memory, Active Minds, is now at Royds Court is for you.



Hush, Can you hear it?  
The rustling in the grass,  
Bringing you the welcome news  
Winter's day is past.  
Soft, Can you feel it?  
The warm caressing breeze,  
Telling you the sticky buds  
Are bursting on the trees.  
Look, Can you see them?  
The primrose in the lane,  
Now you must believe it -  
Spring is here again.



## THANK YOU

Can we say a big THANK YOU to everybody who supported our Christmas raffle. We raised £94.50 from your support.

And another big THANK YOU to everybody who generously gave donations in December. you gave £227.75 to help support our work.

## Group and Activity Diary

Our regular Groups and Activities			
Day	Event Name & Venue	Start time - End time	Price
Every 2nd & 4th Monday	<b>Soup &amp; Sandwich</b> - Haigh Road Community Centre, Rothwell	11:00am - 1:00pm	£3.50
Every Monday	<b>Line Dancing</b> - Harold Hall, Oulton Institute	1:30pm - 3:00pm	£3.00
Every Tuesday	<b>Movement to Music</b> - Woodlesford Parish Centre	11:00am - 12:00pm	£3.50
Every Tuesday	<b>Soup &amp; Sandwich</b> - Woodlesford Parish Centre	11:30am - 1:00pm	£3.50
Every 3rd Tuesday of the month	<b>Assisted Shopping Trip</b> - to Crossgates and Colton	Book a place: 0113 288 0887	£4.50
Every Wednesday	<b>Movement to Music</b> - Northfields Community Centre, Robin Hood	10:30am - 12:30pm	£3.50
Every 1st Wednesday	<b>Mainly Men Trips</b> - To various locations of interest to blokes	Book a place: 0113 288 0887	varies
Every 3rd Wednesday	<b>Mainly Men Social</b> - The Supper Room, Oulton Institute	1:00pm - 2:30pm	£2.50
Every 2nd & 4th Wednesday	<b>Active Minds</b> - Royds Court, Rothwell	10:30am - 11.45am	£2.50
Every Thursday	<b>Digital Drop-in</b> - Rothwell Hub, Rothwell Library	10:00am - 12.00pm	£2.50
Every Thursday	<b>Movement to Music</b> - Rothwell Baptist Church	10:30am - 12.00pm	£3.50
Every Thursday	<b>Methley Lunch Club</b> - Mickletown Community Centre	12.00pm - 1.30pm	£5.00
Every Friday	<b>Fun n Fitness</b> - Midland House, Woodlesford	2.00pm - 3.30pm	£3.50
Monthly - last Friday of month	<b>Stroll and Chatter</b> - Various locations in the countryside	Book a place: 0113 288 0887	£1.50

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

# Befriending

Are you friendly? Are you prepared to listen to anyone, even though you may not always agree with their point of view? Do you have an hour or two free a week? Are you able to commit to making a regular visit or telephone call to someone each week?

**Yes... ..you could really make a huge difference to an isolated person.**

Rothwell & District Live at Home have some wonderful volunteer befrienders who maintain regular contact with people, helping to reduce loneliness and isolation.

Unfortunately, we have more people who are in need of social contact than we have volunteers who give their time to befriend.



Could you help?

As a befriender, you would engage people in conversations about things of general interest to them. This could be through a weekly visit to them in their home or through a telephone call. Using your communication and listening skills, a friendly, patient approach and an understanding outlook, you will make a big difference by reducing isolation and providing social contact.

We carry out some checks to make sure you won't put anyone at risk, give you training and match you up with somebody who has similar interests to you.

Interested? Why not give us a call today, on **0113 288 0887** and make a wonderful difference to a lonely person?



## Group News

### 'Fun & Fitness' Christmas Pantomime

We had a wonderful time at Midland House this Christmas. This year's panto theme was historical performances from the music hall. It was great fun and special thanks go out to all the performers, volunteers and especially Beryl who put in so much hard work in making the event such fun.

### Active Minds moves to Royds Court

From March, our sing-a-long group, Active Minds will be held at Royds Court. There is plenty of room and the common room is warm and sunny. It will run a little earlier from **10:30am to 11:45**. You are welcome to come and join us every 2nd and 4th Wednesday.

### Digital Drop-in at Rothwell Hub

We will restart sessions of the digital drop-in at the Rothwell Hub (that is the new name for what we used to call Rothwell Library). We are planning to start sessions running from **Thursday 16th March, 10:00am to 12:00 noon**.

If you have a pad, tablet, phone, notebook or laptop and you have queries about getting the most from them, come on down and see Paul and Carol, our IT experts.

### Movement at Northfields

Our lovely facilitator Sally, who kept us fit and calm with the slow yoga sessions at Northfields has left us for new ventures. We would like to wish her well and thanks.

We now will be kept fit and active with Andrea hosting movement to music at Northfields. You are very welcome to join in.

## LEEDS HOMESHARE

Do you have a spare room and could do with a bit of extra support? **Leeds City Council Homeshare** could be for you...

### How it works

If you need a bit of help to live independently in your own home, homeshare will match you with someone who needs low cost accommodation and agrees to provide 10 hours of support per week to you.

Homeshare carefully match you with a suitable Homesharer based on your needs. They conduct thorough background checks to find a caring, helpful and compatible Homesharer to live in your home.

You'll get to meet the Homesharer to see if you are compatible. If you're both happy with the match, together you'll agree what support (at least 10 hours a week) the Homesharer will give you.

The Homeshare team stay in touch and offer advice and support whenever you need it.

In addition to the 10 hours of support a week your sharer provides, Homeshare offers the reassurance of someone else at home at night. That bit of extra help can mean that you stay independent at home for longer. The support provided is flexible, the type of jobs that start to get harder as you get older, like taking out the bins or walking the dog.

As well as the companionship of someone else at home Homeshare can help you get out about and do more of the things you enjoy. Saving money by sharing bills is another plus.

Homeshare is also a great way to give back to your community.

If you or someone you know are interested in finding out more about Homeshare call for a chat on **0113 37 85410** or email [homeshare@leeds.gov.uk](mailto:homeshare@leeds.gov.uk)

## WEST YORKSHIRE FIRE SERVICE Home Fire Safety Checks

West Yorkshire firefighters now spend much of their time visiting people in their homes completing a Home Fire Safety Check together with you in your home. During the visit, the firefighters will inform and give practical, common sense advice to eliminate or reduce the risk of fire happening in your home. They will also discuss a practical fire escape plan to make sure that if the worst does happen, you can escape safely.



An additional benefit, and one which the Fire and Rescue Authority is justly proud, is the installation of smoke detectors, **free of charge**, within homes which have been assessed as being most at risk from fires. This, together with instruction on their use and maintenance, will make sure that you are warned of a fire in plenty of time so you can safely make an escape.

Over the last five years they have visited over 300,000 homes and installed over 450,000 smoke detectors completely **free of charge**. In addition to the 10 year smoke detectors, the fire service also fit special alarms for the deaf and hard of hearing. Where, during the home fire safety check, firefighters come across an occupant who cannot hear the smoke alarm, they are referred to the Prevention Department, who then install a vibrating pad and flashing light in the bedroom of the occupants home.

Telephone **0800 5874536** or visit  
[westyorksfire.gov.uk](http://westyorksfire.gov.uk)



### What is The Silver Line?

The Silver Line Helpline is the only national, free and confidential helpline for older people open 24 hours a day, 7 days a week and 365 days a year. We offer information, advice and friendship through our helpline and services.

There is no question too big, no problem too small and no need to be alone.

### What other services do you offer?

In addition to our national helpline we also offer:

- **Telephone friendship** – a weekly 30 minute call between an older person and a Silver Line Friend volunteer.
- **Silver Letters** – a fortnightly exchange of a letter between an older person and a volunteer Silver Line Friend.
- **Silver Circles** – a call between a group of older people on a shared interest or topic, taking place each week for 60 minutes.
- **Silver Line Connects** – help with informing and connecting an older person with national and local services.

### Who is The Silver Line for?

The Silver Line is a helpline for older people and most people we speak to are over 60.

### How can I join The Silver Line?

Simply call us on our national, free and confidential helpline at any time of the day and night: **0800 4 70 80 90**.

If you know somebody who could use our services, with their agreement you can download one of our third party referral forms on our website and email it to:

**wellbeing@thesilverline.org.uk**



In our culture, all too often, death is a taboo subject. Sadly, many loved ones are left not knowing a person's last wishes because "it was never discussed". We can demystify death, dying and bereavement so that it is seen as natural as the other big milestones in a life.

Dying matters is a partnership of support and care organisations that want the people of Leeds to:

- Feel more comfortable talking about death and dying
- Discuss their end of life wishes with family members and/or health and social care professionals.
- Plan for their death including writing their will, registering as an organ donor and communicate their funeral wishes.

They will be holding Dying Matters Week event at **Leeds City Museum on Tuesday 9th May 2017** with information and advice, activities and refreshments.

The Unfair, which is part of the Grief Series produced by local performer and artist Ellie Harrison will be at **Kirkstall Abbey from 9 - 11 May 2017**.

There is a Dying Matters Exhibition currently on in **Leeds at the City Museum, on until 30th July 2017**. This is a free exhibition with five cases exhibiting historical and contemporary objects from around the world.

## THANK YOU FOR YOUR GOOD DEEDS!

Thank you so much for your donations and support during December for our Good Deedcember appeal. Your kindness and generosity is helping us do so much for older people through our MHA Live at Home schemes.

In addition to the generous donations we received, we also received many good deeds which people had done for older people in their own communities; small gestures of kindness which brightened up the lives of others.

As part of the appeal we also featured and shared all the stories and hard work of MHA throughout December of our Good Deedcember website as an advent calendar which attracted the attention of more than **1.8 million people** via social media. The stories about our volunteers, our members and older people who would be spending Christmas alone really touched their hearts.

So again, thank you for helping us making this Christmas a little less lonely for so many, many older people throughout the country.



Our Christmas Tree full of Good Deeds

## Here are just some of the wonderful good deeds we received during December...

**MY GOOD DEED** ☆

☆  
To visit people who are no longer able to come to church. To spend time with them, talking with them and sharing happy memories of Christmas

Share your own Good Deeds using #GoodDeedcember



**MY GOOD DEED** ☆

☆  
I am going to take an older friend to a carol concert with mince pies in the interval

Share your own Good Deeds using #GoodDeedcember



**MY GOOD DEED** ☆

☆  
Inviting a friend round for a cup of tea and mince pie, and sadly she has just lost her husband.

Share your own Good Deeds using #GoodDeedcember



**MY GOOD DEED** ☆

☆  
Help a young mum with shopping, Pushchair and baby to cope with. Help my neighbours with simple chores.

Share your own Good Deeds using #GoodDeedcember



**MY GOOD DEED** ☆

☆  
Collecting and delivering three 18inch chocolate Christmas trees for an MHA resident who had seen them in a shop display and wanted to give them as presents.

Share your own Good Deeds using #GoodDeedcember



**MY GOOD DEED** ☆

☆  
A Christmas Tea with carol singing for the elderly people in my village, most of whom live alone.

Share your own Good Deeds using #GoodDeedcember



## CONNECTING OLDER PEOPLE IN COMMUNITIES THAT CARE

MHA makes life better for thousands of people each day.

MHA is a charity providing care, accommodation and support services to more than 17,000 older people. Through our services, which includes Live at Home, we want to tackle loneliness and isolation among older people by connecting them in communities that care. Read about the impact of all the charitable work and services which MHA provides.



**Our Impact Statement is now available to view on our website at [www.mha.org.uk/about-mha/our-publications](http://www.mha.org.uk/about-mha/our-publications)**

### BEST WEEK FOR AGES APPROACHES!



The Best Week for Ages 2017 is once again taking place this summer and will run from 11-16 June. The aim of the week is to raise much needed funds for our Live at Home Schemes so that many more people can benefit by connecting with their local communities, taking part in activities and having access to our befriending services.

Make sure you look out for extra special activities happening at your scheme during the week and if you have any friends or family who would like to hold an event and fundraise for Live at Home they can go to [BestForAges.com](http://BestForAges.com) where they can find lots of great resources and materials.

Whether it's a sponsored walk or a tea party with friends, we want everyone to get involved, raise some money and have the Best Week for Ages!

**Want to help? Call us on 0113 288 0887**

### IS IT TIME FOR A SPRING CLEAN?

Now winter is behind us for another year and New Year's resolutions have been forgotten, is it time to spring clean your finances or do some of the things that you've been putting off, like making or updating your will? It's really important to have a professionally written, up-to-date will, it's the only way to make sure that the people you care about are looked after in the way that you wish. It can also reduce the burden and save a lot of heartache for your loved ones.

Of course, after you've taken care of your loved ones you may wish to leave a gift to a cause that's close to your heart, such as your local Live at Home Scheme. As you know, we rely on voluntary donations to fund our scheme and we couldn't continue without the generous support that we receive.



**For a copy of our free guide to leaving a gift in your will please contact [Richard Sproson](mailto:richard.sproson@mha.org.uk) on 01902 751044 or [richard.sproson@mha.org.uk](mailto:richard.sproson@mha.org.uk).**

## Sudoku

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.

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

EASY

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

HARD

## 50's Music Wordsearch

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

Find all the words below and the remaining letters will spell another famous 50's song!

BLUEBERRY HILL  
 BO DIDDLEY  
 BYE BYE LOVE  
 CRAZY ARMS  
 DJANGO  
 DONNA  
 EVERYDAY  
 FEVER  
 HEARTBREAK HOTEL  
 HONKY TONK  
 MONA LISA  
 MOVE IT  
 MYSTERY TRAIN  
 NIGHT TRAIN  
 ONLY YOU  
 PEGGY SUE  
 RAVE ON  
 RED HOT  
 RIP IT UP  
 RUMBLE

HOUND DOG  
 JAILHOUSE ROCK  
 KANSAS CITY  
 LA BAMBA  
 LONELY TEARDROPS  
 LONG TALL SALLY  
 MACK THE KNIFE  
 MANNISH BOY  
 MAYBELLENE  
 MISTY  
 SEARCHIN'  
 SHOUT  
 SIXTEEN TONS  
 SPEEDO  
 SUZIE Q  
 TAKE FIVE  
 TEQUILA  
 TUTTI FRUTTI  
 YAKETY YAK  
 YOU SEND ME

## HEAD OF LIVE AT HOME



We've been running Live at Home schemes for nearly 30 years – with our first scheme established in Lichfield in 1988. Each scheme is unique, tailored to its area and of course its members. What all schemes have in common though is their dedication to keeping people living healthily and happily in their own homes.

It's an exciting time for MHA – in 2015 we published our 10-year strategy with a real focus on growing Live at Home. We set out to quadruple the number of older people we support, from 9,000 to 36,000 by 2025. We're already well on the way to reaching our goal and today we support more than 10,000 individuals across the UK and Isle of Man.

As well as working to make our existing schemes more sustainable so that we can ensure the longevity of service provision, we're busy raising funds to open many more. This year we are expecting to open at least 14 new schemes and significantly expand a further 11. All in all, this should see our membership grow to over 14,000 older people by the end of the year.

I'm sure you'll join me in thanking the wonderful team of staff and volunteers who make Live at Home such a fantastic service. Here's to many more happy years together!

**Jonathan Mace**  
**Head of Live at Home**

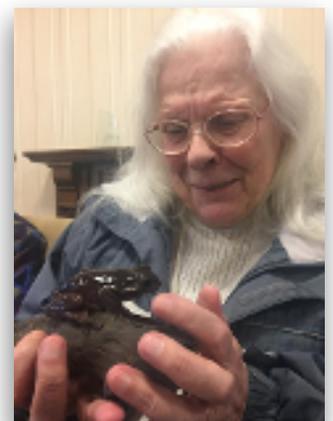


## AND IN OTHER LIVE AT HOME NEWS...

- Award-winning ITV show Emmerdale has got a sensitive story spot on – thanks to the help of MHA. MHA have been advising the show since planning began on a storyline in which longstanding character Ashley Thomas develops stroke-related vascular dementia. As part of John's research for the storyline, he's been talking with people living with dementia and their families, including our sister schemes, South Leeds and Horsforth Live at Home schemes.



- Sheffield South Live at Home had ZooLab visit their members with lots of unusual critters saying hello!
- South Leeds (25<sup>th</sup>), Pudsey (20<sup>th</sup>) and Horsforth (20<sup>th</sup>) Live at Home schemes all celebrated anniversaries in 2016!



# BOOSTING YOUR INCOME & SAVING MONEY

## CHECK YOUR BENEFITS

The first thing you should do is to check what you are entitled to. It's free to check, and potentially lots to gain. **Call Independent Age (0800 319 6789) for help.**

## ATTENDANCE ALLOWANCE

If you have a long-term condition or disability that means you need personal help, you may be eligible for Attendance Allowance. This may include supervision or help with washing, eating or taking medication. It isn't means-tested so it doesn't depend on your income or savings. **Contact Independent Age (0800 319 6789) for more information.**

## PENSION CREDIT

Nearly 2 out of 5 people who qualify for Pension Credit aren't actually claiming it. Pension Credit is an income-related benefit made up of 2 parts - Guarantee Credit and Savings Credit.

**Call the Pension Credit Claim line on 0800 99 1234 to apply.**

## COUNCIL TAX

If you live alone, you are entitled to a 25% discount on your Council Tax bill (living with carers, some students and people with severe mental impairments may still mean you're eligible). If you live with someone on low income who isn't your partner, you may be eligible for Second Adult Rebate in England & Scotland. Your local council should advise you whether you will be better off claiming this or Council Tax Support (you can't claim both).



### CHECKLIST:

- Get a free benefits check to see what you are entitled to.**
- Apply for Pension Credit if you're not already claiming it.**
- Check that you're on the cheapest energy tariff. Visit [goenergysshopping.co.uk](http://goenergysshopping.co.uk) to check if you're overpaying with your current supplier.**
- Apply for Attendance Allowance if you have a disability or long-term health condition.**
- If you are in financial need, check to see if you are eligible for any Charity grants using [charitysearch.org.uk](http://charitysearch.org.uk)**
- Contact Tax Help for Older People if you need assistance with making sense of your taxes on 0845 601 3321**



**Contact Independent Age if you are interested in further free and confidential advice. Freephone 0800 319 6789 or visit [www.independentage.org](http://www.independentage.org)**

# WHITE ROSE ENERGY - 'for you, not profit'

## Switch to a Gas and Electricity provider that puts you first

White Rose Energy is a new energy supplier that has been **set up by Leeds City Council** in partnership with Robin Hood Energy to provide residents from across the region with a fairer alternative for their gas and electricity. White Rose Energy will provide the following to its customers.

### Consistently competitive prices regardless of tariff type

As part of our contract with them, Robin Hood energy, our partner supplier are committed to ensuring that all White Rose Energy tariffs remain competitive all year round, by comparing them with the rest of the energy market at regular intervals.

### Transparent tariff structures with no unwelcome surprises

White Rose Energy will not lure customers in by providing unsustainable loss-leaders and fixed term offers, then raising prices unreasonably when the offer ends. Their aim is to have consistent, competitive pricing that people can trust.

### A fairer deal for low energy users and pre-payment customers who have traditionally been poorly served by the established energy suppliers

Customers joining with pre-payment meters will receive the following benefits:

- Although White Rose Energy's pay-as-you-go tariff is slightly higher than its standard variable tariff, this is only enough to cover the increased administrative cost of running such tariffs. White Rose Energy will not exploit pre-payment customers for profit.
- Traditional pre-payment meters will be replaced by smart pay-as-you-go meters which will enable residents to better monitor their energy use through a portable digital display.
- Pay-as-you-go customers will have a wide choice of ways to top up, including online, by phone and by text, as well as all the traditional ways, such as at a PayPoint.
- Whilst they recognise that some people prefer pay-as-you-go as a way of budgeting for their energy, they believe that wherever possible, residents should be able to choose how they pay their bill. Where a pay-as-you-go customer wishes to switch to credit mode, White Rose Energy will use the customer's payment history with themselves to decide whether this is possible, rather than relying on outside credit agencies.
- White Rose Energy's smart pay-as-you-go meters can be switched to credit mode remotely, free of charge. Many traditional suppliers will charge to replace a traditional pre-payment meter.

## White Rose Energy is available to all residents across Yorkshire, regardless of whether you own or rent your home

The following 3 tariff types are available:

Standard Variable      -      Fixed Rate      -      Smart Pay-As-You-Go

To switch to White Rose Energy, visit [www.whiteroseenergy.co.uk](http://www.whiteroseenergy.co.uk) or telephone **0800 0223553**



[leedsdirectory.org](http://leedsdirectory.org)

**0113 391 8333**

Leeds Directory is a source of information on a wide range of services, trades people and organisations that are checked and vetted for peace of mind. These providers are marked with their Green Tick.

There are over 1800 organisations and services to assist and support you to live independently. These can be accessed on-line or by a friendly telephone help line and they can also send out printed information too. By offering a comprehensive range of services they are supporting you to live the life you want to live.

Leeds Directory is a Leeds City Council funded contract and managed by Care & Repair Leeds.



### What should I do if I suspect a rogue trader is operating in my community?

You should report any information to the Citizens advice Consumer Helpline on: **03454 04 05 06** and the police on **101** (non-emergency).

However, if you think a crime is taking place in front of you, *immediately* call the police on **999**.

### Is there anything I can do to stop nuisance calls and junk mail?

To reduce nuisance calls and junk mail you can register for free with the Telephone and Mail Preference Services. Unfortunately, this service cannot stop nuisance international calls.

**Telephone Preference Service: 0845 703 4599**

**Mail Preference Service: 0845 070 0707**

If you are receiving huge volumes of nuisance telephone calls we advise that you change your number, make it ex- directory and then sign up to the telephone preference service.

Another option would be to purchase a call blocking device to stop calls. One unit Safer Project recommend is the True Call Unit. Please be aware that the Telephone Preference Service do not sell call blocking devices. If any one contacts you out of the blue offering to sell you a similar device, hang up because it is most likely a scam!

## Metro Senior Passes expire in 2017! - Renew online up to 3 months before expiry

Simply visit [wymetro.com](http://wymetro.com) and click 'tickets & passes'

You will need a valid email address and the following details: name, address, date of birth, a recent digital photo and either a passport, driving license or a valid senior pass card number.

### Need Help?

Rothwell & District Live at Home will be setting up a digital-drop-in at Rothwell Hub (the library) from 16th March to run 10am to 12noon every Thursday. Paul and Carol will be happy to help you.

### Questions and Answers

**Q** When can I renew my senior pass?

**A** Up to 90 days before it expires.

**Q** Can I apply or renew at the Post Office or through Metro Line?

**A** No. You cannot renew at the Post Office or via Metro Line.

**Q** I cannot apply or renew online. What should I do?

**A** You can visit your local Bus Station Travel Centre but they can only process renewals 1 month before expiry.

## Have you got a good idea to help raise funds?

Could you help Rothwell Live at Home Scheme to raise much needed funds? Have you got some good ideas we could put into practice? Would you enjoy helping to organise and run some fundraising events through the year, such as helping at a quiz night, fancy



dress ball, dancercise marathon, charity auction or staffing a charity stall at local feasts, fairs and community events?

Contact **0113 288 0887** to join our fundraising team.

## Valued Volunteers

Rothwell Live at Home Scheme has a marvelous bunch of volunteers. Wonderful people who give their time to help on outings and trips, befriending isolated people in the community, giving people lifts, taking people shopping, telephoning for a chat, helping with admin work in the office and helping at groups such as servicing meals, making drinks, setting up tables, collecting subs, advising on using IT or simply sitting and chatting with members.

If you would like to join our valued group of volunteers, make a difference in people's lives, make new friends and end the day knowing you have done something very worthwhile...

Give us a ring on **0113 288 0887**.





# FDM

## SOCIAL CLUB

### REDUCING LONELINESS & ISOLATION MARCH 2017



DATE	DESTINATION	COST	BOOKING TAKEN
<b>SATURDAY</b> <b>4th MARCH</b>	Romeo & Juliet 7.30pm Playhouse Pick up will be from approx 6pm	£12.00 Inc Ticket & Transport	<b>Wednesday</b> <b>15th February</b>
<b>TUESDAY</b> <b>7th MARCH</b>	Cinema @ Odeon (Movie & Time TBC) MEAL NOT INCLUDED IN PRICE Pickup from approx 11.00am	£10.00 Transport	<b>Wednesday</b> <b>22ND February</b>
<b>SUNDAY</b> <b>19TH MARCH</b>	Owlcotes shopping centre Pickup from approx 10.30am Return approx 3.00pm	£10.00 Transport	<b>Wednesday</b> <b>1st March</b>
<b>SATURDAY</b> <b>25th MARCH</b>	Garforth Garden Centre Pick up will be from 10.30 Return approx 3.00pm	£10.00 Transport	<b>Wednesday</b> <b>8th March</b>

**\*\*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, A MEMBER CAN  
BOOK A MAXIMUM OF 2 SEATS PER TRIP.**

**BOOKINGS ARE TAKEN BETWEEN 10.30- 12.00PM ON  
WEDNESDAYS VIA THE TELEPHONE ON 0113 288 9000**

**COMING SOON TRIBUTE EVENING AT THE EMPIRE**

ROD STEWART                      THURSDAY                      27<sup>TH</sup> APRIL  
ELVIS                                      THURSDAY                      25<sup>TH</sup> MAY

TICKET £25.00 INC THREE COURSE MEAL AND DOOR TO DOOR TRANSPORT

**BOOKING FROM WEDNESDAY 1<sup>ST</sup> MARCH**

You are warmly invited to  
**The Annual General Meeting of the Rothwell & District  
 Live at Home Scheme will be held on Friday 24th March 2017**

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

This will be held in:

Harold Hall of the Oulton Institute, Quarry Hill, Oulton LS26 8SX

Everyone 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. 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

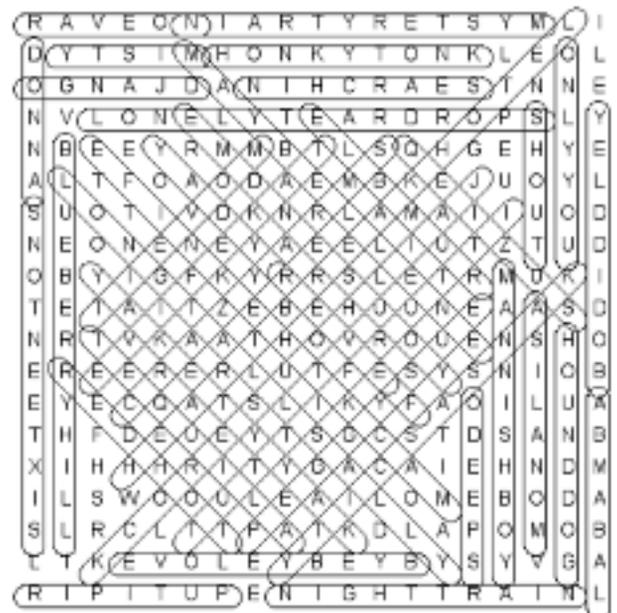
**PUZZLE SOLUTIONS**

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

**EASY**

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

**HARD**



HIDDEN SONG:

I'll never get out of this world alive

## OUR VERY TREASURED TREASURER

After 2 years of volunteering for Rothwell and District Live at Home as our treasurer, Lisa Keyworth (formally Lisa Stones) announced her intended resignation in December 2016. Married life and career pressures mean that she will be unable to continue in the role of treasurer and wont be putting herself forward as a nominee at our next AGM on 24th March 2017.



Lisa began to volunteer for us as Treasurer back in 2015 while she worked for Care & Repair, then later working for Safer Project. Lisa brought valuable skills and knowledge to the scheme with a focus and background in supporting people's independence and safety in the home, the prevention of frauds and scams, as well as a working knowledge of accounting and managing budgets, fund raising and a major help with adding to and improving existing accounting systems.

We would all like to thank Lisa for her dedication and hard work as Treasurer and wish her the very best for the future.

**Are you good with numbers? Do you have any business or accountancy experience? If you would like to be our treasurer or know of someone who would, please get in touch!**



**Brian Garbett**  
Live at Home  
Scheme Manager



**Jane Beaumont**  
Community Programme  
Coordinator



**Janet Stones**  
Community Programme  
Coordinator



**Barbara Siedlecki**  
Community Programme  
Coordinator



**Valerie Newsome**  
Community Programme  
Coordinator

**Rothwell & District**  
**Live at Home Scheme**  
**1st Floor Oulton Institute**  
**Quarry Hill**  
**Oulton**  
**Leeds LS26 8SX**



**Tel: 0113 288 0887**

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