

# Newsletter

## POP-UP LIVE AT HOME

We have once again received funding from the Leeds Community Foundation/Leeds City Council. This year, over the winter months, we are using the funding to run Live at Home "Pop-Ups".

The aim of the "Pop-Ups" is to take Live at Home out into the wider community; it's a case of US coming to YOU rather than YOU coming to us.

We have already had 3 successful "Pop-Ups" at Broadfields, The Bridge and Lister Hill Baptist Church which were thoroughly enjoyed by all who attended.

The next 3 "Pop-Ups" are as follows:

Mon Feb 13, St James Church Hall, Low Lane  
1-3pm

Wed March 15, The Fleece, New Road Side  
1-3pm

Wed March 22, Hall Park Cricket Club Cafe  
12-2pm

Members and non-members are welcome to come and enjoy good company and conversation. If you have a friend who would like to learn more about Live at Home then this is a good opportunity to bring them along.

**Refreshments will be provided**

## Men's Group

Where have all you men over 60 gone???

As from April, Dan will be taking the men's group out for minibus drives in the countryside to visit places of interest. Our Men's Group runs on alternate Mondays 1.30pm - 3.30pm

## Scenic Thursdays

We are providing a new service for members who struggle to get into the scheme. Dan will pick you up from home in our minibus and take you on a scenic country drive to varied locations, stopping off for a light lunch.

**If you are interested in either of the above activities then please contact the office.**

# Fundraising

## Christmas Raffle

Due to the generosity of our members we raised **£368.00** in our Christmas raffle. Thank you to everyone who donated prizes and bought raffle tickets.

## Sponsored swim

On 8 November Benjamin Colley, aged 11, from Horsforth School, swam 56 lengths to raise funds for our scheme. This is the furthest that Benjamin has ever swum. His sponsorship money totalled **£187.00**, a big thank you to Benjamin and to everybody who supported him.

## Debbie and Mark

A big thank you too to Debbie and her husband Mark who run regular raffles at the "2/ Jive Club" to date they have raised **£3,789.00** for Horsforth Live at Home.

## Craft Group

The Craft Group Christmas Gift and Craft Sale raised the grand total of **£360.10**, with thanks to our talented group for all their hard work.

## Coppers

(of the brass variety please)

Some of our members collect pennies and two pennies for the scheme, these little bags of change soon add up and ...."every little helps" as the TV ad says.

If you are interested in helping the scheme in this way then please collect your coppers and give them to a member of staff.

## New to You Table Top Fundraiser

As you may have noticed our bring and buy "back table" has now moved into the main hall. If you would like to help us to fundraise by donating good quality clothing, shoes, handbags, jewellery, homeware or anything else that you think might raise money for the scheme then this would be much appreciated.

No electrical equipment please.

## New Trolley

All the staff (and their backs) would like to send heartfelt thanks to Maureen Gorman for her kind donation, which we have used to buy a new trolley.

**Our thanks to all who fundraise and to all who donate**

# "20th Birthday Party"

We celebrated our 20th Birthday Party in November with 140 members at Horsforth Golf Club. The staff all had a fantastic time dancing to the Deltics, it was great to see everyone up strutting their stuff, and I'm sure that the sight of 140 members in a huge circle singing "Hi Ho Silver Lining" will stay in everyone's memories for a long time.

We have been overwhelmed by the many positive responses to the party that we have had; here are just 2 of the letters that we received.

*Thank you Horsforth Live at Home for giving such a wonderful birthday party on Thursday 10th November. It will remain for me a most memorable occasion. An additional "thank-you" to Dan for his safe transportation there and for his many journeys throughout the year. Wishing Horsforth Live at Home many more successful and happy years in the future.*

*Thank you for the lovely afternoon spent in your company last Thursday. I had a great time. Brought back lots of happy memories of my time with Michael, my late husband, when he was a "musician" in a group. Lots of working men's clubs and other venues visited and danced in. Perhaps a little tipsy at times! So glad I found you when Michael died, helped me a lot.*





# Emmerdale

On 29 November 2016 we were joined by Emmerdale stars Charlotte Bellamy and John Middleton who play Laurel and Ashley Thomas, they were shadowed by a TV crew from Calendar and by Press and Radio reporters.

The visit was to launch the **#GoodDeedCember** campaign which aims to highlight isolation and loneliness amongst older people, and to show that by connecting people with their local communities the growing crisis can be alleviated.

Charlotte and John joined our members for bacon butties, a chat and a game of table tennis and were made very welcome by everyone.

We always have such a good time here in the scheme with all our numerous trips and outings that it is sometimes easy to forget that our scheme fulfills a serious role in preventing social isolation, and that we all have our own part to play in that.

If the Emmerdale visit has inspired anyone to volunteer for the Live at Home Scheme then please contact the office. We currently have a team of 61 volunteers without whom the scheme would not be able to run.



## 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 hardwork 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** 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!

## 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 the 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 on 01902 751044 or [richard.sproson@mha.org.uk](mailto:richard.sproson@mha.org.uk).**



## 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 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 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 their anniversaries in 2016!

# Day Trips

Our next 3 trips may be booked on **Thursday 2 March at 9.30am** onwards, they are as follows:

## **Tuesday 25 April**

### **Beamish - The Living museum of the North**

Experience a real sense of your past at Beamish, and discover what life was like in the North East of England in the 1820's, 1910's and 1940's. Beamish is a living, working museum, set in the beautiful Durham countryside, costumed folk bring to life the Town, Pit Village, Home Farm and Pockerley Old Hall. The cost of the trip will be £23.50 which includes entry to the museum. You may purchase food at Beamish or alternatively bring a packed lunch.

## **Wednesday 24 May**

### **Tatton Park, Cheshire**

Tatton Park is located in 1,000 acres of beautiful deer park where you are welcome to uncover centuries of history at the Tudor Old Hall, witness life above and below stairs in the Mansion, wander at leisure through the glorious award winning gardens and visit the rare breed animals on the working farm. The cost of the trip is £23.00; this includes a Totally Tatton ticket which gives admission to all the above attractions. Tatton Park boasts a large self service restaurant and the "Gardener's Cottage" tea room where lunch may be purchased; alternatively you are welcome to bring a packed lunch.

## **Monday 19 June**

### **Summer BBQ and Dancing to the Deltics**

The sun is shining, the days are longer and warmer, which can only mean one thing.....it's time to throw a party!!! We would like to invite you to join us at Horsforth Golf Club for a sizzling BBQ and an afternoon of delightful dancing to one of Bradford's 1960's boybands. The Deltics will perform a wide range of music from the 50's, 60's and 70's, you can expect a feel good, toe tapping wonderful afternoon.

The cost of the trip will be £14.00. Your ticket will include entertainment and a BBQ meal. Horsforth Golf Club's function room overlooks the beautiful putting green and has a wonderful view. The patio has recently been remodelled and weather permitting, we hope to make full use of it. We have limited transport available so it would help if you could make your own transport arrangements, however if transport is required then please state this on your form.

**If you would like to book one of these trips then please pick up a booking form from the scheme, and bring the reply slip into the scheme on booking day. You may pay by cash or by non-refundable cheque made payable to Horsforth Live at Home Scheme. Alternatively hand to a member of staff or send your reply slip, plus cheque, to Horsforth Live at Home Scheme, Central Methodist Church, Town Street, Horsforth, LS18 4AH.**



## 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

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

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

SLIMBERRY HILL  
 GO DODLEY  
 BUT WE LOVE  
 CRAZY SAMS  
 COMBO  
 OPINA  
 SUBSIDY  
 PIER  
 HEARTBEAT WITH  
 MONEY TALK  
 HONK LISA  
 MOVE IT  
 MURDER TRASH  
 MURDER TRASH  
 ONLY FOR  
 TRASH TALK  
 HAVE ON  
 KISS HOT  
 GET IT UP  
 RUMBLE

HOUND DOG  
 DRUMHOUSE ROCK  
 KISSAS YTM  
 LA BOMBA  
 LONELY TEARDROPS  
 LONG TAIL SALT  
 ROCK THE NIGHT  
 RAINBOW BOY  
 RAINBOW BOY  
 RAINBOW BOY  
 SEARCHIN  
 SHOUT  
 SIXTEEN TONS  
 SPECIAL  
 SUZIE Q  
 TAKE FIVE  
 TRUCKA  
 TUPAC RAUTU  
 TUPAC RAUTU  
 YOU SENSE ME

## Gilsland Spa

Monday 8 May-Friday 12 May 2017

Gilsland Hall Hotel sits between Cumbria and Northumberland in an idyllic countryside location.

We have double and twin rooms available to book on this holiday, if you are interested then please contact the office for a booking form.



### **What's included?**

**4 nights dinner bed & breakfast**

**Evening entertainment**

**Entry to Carlisle Castle**

**Visit to Carlisle**

**Visit to Hadrian's Wall**

**Pooley Bridge & Ullswater**

**Visit & entry to Floor Castle**

**Visit to Kelso**

## Digital Workshops



Did you receive a tablet , laptop or mobile phone for Christmas? Is your new present still in its box unused?

Why not come along to our digital workshop on a Friday morning 10.00am-12.00 noon and have one to one tuition from one of our very patient and technical volunteers.

If you would like to do your weekly shop online, skype relatives in Australia, text friends, send emails, play games, take photos or just get the most out of your smart phone then our workshop is the place to learn.

All abilities are welcome!

# Non-Weekly Activities

## April

Monday 3rd	Craft Club
Thursday 6th	Pastoral Outreach Service
Monday 10th	Men's Meet
Wednesday 12th	ReminiSing
Monday 24th	Men's Meet
Wednesday 26th	Smile Memory Cafe

## May

Thursday 4th	Pastoral Outreach Service
Monday 8th	Men's Meet
Wednesday 10th	ReminiSing
Monday 15th	Craft Club
	Newsletter due
Monday 22nd	Men's Meet
Wednesday 24th	Smile Memory Cafe
	Tatton Park
	No shopping trip

## June

Monday 5th	Men's Meet
Thursday 8th	Pastoral Outreach Service
Monday 12th	Craft Club
Wednesday 14th	ReminiSing
Monday 19th	Summer BBQ
Monday 26th	Craft Club
Wednesday 28th	Smile Memory Cafe

## Times of Activities

Craft Club	1.30-3.30
Men's Meet	1.30-3.30
ReminiSing	10-11.30
Smile Cafe	10-11.30
Outreach	12.30



# Keep calm and dance your heart out!!!

Our **"Anything Goes"** dance classes are on Tuesday afternoons, **1.00pm-3.00pm** at Central Methodist. Strolls, line dances, sequence, barn dances and ballroom, Tuesday afternoons are always uplifting and enjoyable. We don't mind if you can't dance well, just get up and dance!!!

- #Dancing keeps us young and slows down the aging process.
- #Dancing helps prevent osteoporosis and keeps joint lubricated.
- #Dancing helps us lose weight.
- #Dancing improves our memory, it's a great workout for our brain.
- #Dancing improves our balance and strengthens our muscles.
- #Dancing helps us make new friends.
- #Dancing helps us look good.
- #Dancing increases our self confidence.
- #Dancing is **FUN**

You are welcome to join us at our dance party on Tuesday 2 May, 1.00pm-3.00pm to dance the afternoon away over the road at the Horsforth Hub (Mechanics Institute)

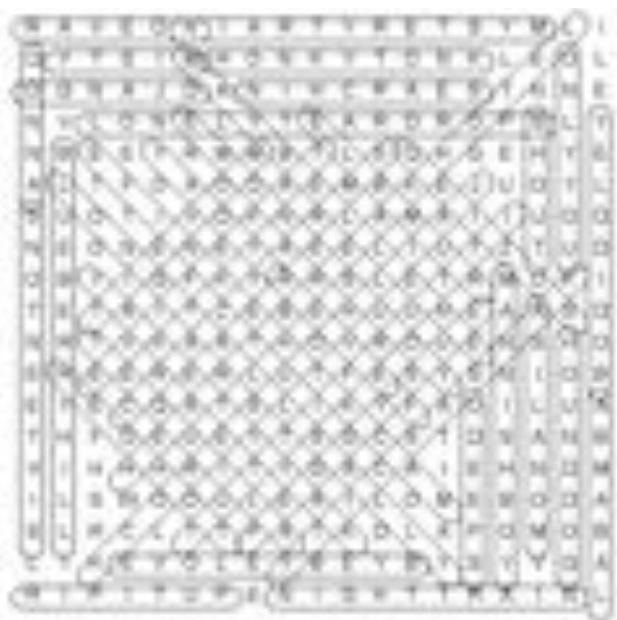
Cost £2.00, refreshments provided. **There is a lift to the dance floor.**

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

