

## HAPPY CHRISTMAS!!!



Central Methodist Church painted by our member  
George Luty

Dear Members, we hope that you enjoy our Winter Newsletter, it might be cold outside but a warm welcome always awaits you all here at Live at Home.

There's lots to look at inside the newsletter, details of our brand new minibus, our scheme holiday to St Annes, the 2019 day trips, Dan's Outings and Christmas opening times. We hope you all find something of interest that you would like to join in with.

All the staff at Horsforth Live at Home would like to send you our very best wishes for a happy and healthy Christmas and New Year, love from *Sally, Debbie, Dan, Liz, Judith and Nicki* xx

*We will continue to send you the Live at Home Scheme newsletters ensuring that you are always kept up to date with what's happening in the scheme.*

*Should you decide that you would no longer like to receive this newsletter, you can unsubscribe at any time. To do this just write to us at Horsforth Live at Home Scheme, Central Methodist Church, Town Street, Horsforth, LS18 4AH or Call us on 0113 259 1511 or email us at [horsforth.liveathome@mha.org.uk](mailto:horsforth.liveathome@mha.org.uk).*

*For further information on how we keep your data secure please just contact us for a copy of our Privacy Notice.*

## UPCOMING EVENTS

December 2018			
Date	Event Name	Start time - End time	Price
Mon 3 <sup>rd</sup> Dec	Mince Pie Monday	10.00 - 12.00	£1.00
Tue 4th Dec	Trip booking day for Jan Feb Mar and holiday booking	10.00	
Thu 6th Dec	Outreach Service	12.30 - 1.00	
Mon 10th Dec	Mince Pie Monday	10.00-12.00	£1.00
Mon 10th Dec	Panto, Puss in Boots	2.00 - 4.00	£8.00
Wed 12th Dec	Christmas at ReminiSing	10.00 - 11.30	£1.00
Thu 13th Dec	Carol Concert	12.30 - 1.00	
Mon 17th Dec	Mince Pie Monday	10.00 - 12.00	£1.00
Tue 18th Dec	Christmas Raffle and Festive Fun	10.00 - 1.00	
Thu 20th Dec	Mince Pie Drop In	10.00 - 12.00	£1.00
Thu 27th Dec	Mince Pie Drop In	10.00 - 12.00	£1.00
January 2019			
Date	Event Name	Start time - End time	Price
Thu 3rd Jan	Lunch Club Restarts		
Mon 9th Jan	ReminiSing	10.00 - 11.30	£1.00
Mon 21st Jan	Day trip: Millstones, Winter Warmer	First pick-up 10.00	£30.00
Wed 23rd Jan	Smile Cafe	10.00 - 11.30	£1.00
Mon 28th Jan	Memorial Service	1.30 - 2.30	Free

February 2019			
Date	Event Name	Start time - End time	Price
Tue 12th Feb	Beetle Drive	10.00 - 11.00	£3.00
Wed 13th Feb	ReminiSing	10.00 - 11.30	£1.00
Tue 19th Feb	Day Trip: Snowdrops at Burton Agnes	First Pick-up 9.00 am	
Wed 27th Feb	Smile Cafe	10.00 - 11.30	£1.00

## WEEKLY ACTIVITIES

- Monday:** Wellbeing Workout 9.45-10.45 and 10.45-11.45  
 Pub Lunch, first pick-up 11.15  
 Dan's Outings  
 Most Men and Craft 1.30-3.30, alternating Mondays
- Tuesday:** Bat and Chat 10.00-11.30  
 Table Top Games 10.00-11.30  
 Bacon Butties 11.30-12.30  
 Dancing 1.15-3.00
- Wednesday:** Strength and Balance Exercise 12.00-1.00  
 Shopping by Minibus 9.30-11.30 and 10.15-12.30
- Thursday:** Coffee Morning and Lunch Club 9.30-12.30  
 Indoor Bowls 10.00-11.30  
 Dan's Drives
- Friday:** Walk and Talk 10.00 Fink Hill Car Park

Please call 0113 2591511 for more information or to book your place on any of the above activities.

## **Day Trips Booking Date: Tuesday 4th December at 10.00am in the Large Hall**

### **Mon 21st January      Millstones**

Shake off the post Christmas blues and join us at Millstones for a 2 course meal. We will be met with tea and coffee at 11.30 am and you will then have time to browse in the gift shop before a 2 course lunch, this will be followed by cash prize bingo, music and dancing before our carriage takes us home at 4.00 pm. All food is freshly cooked on the premises; special diets can be catered for but must be pre-booked. The cost of the trip will be £30.00. Reply slip and Winter Warmer Menu available in the scheme.

### **Tue 19th February      Burton Agnes Snowdrops**

Is there any better sight in the depths of winter than the first show of snowdrops; a stunning reminder that spring is on the way. Join us in a visit to Burton Agnes, where you can admire the white blanket of snowdrops in the woods, explore the gardens in all their winter glory and for the more energetic, head off on the woodland walk. Afterwards you can warm up in the Courtyard Cafe, wander round the 2 gift shops and have the opportunity to buy snowdrops to grow at home. We will be breaking our journey to Burton Agnes at The Balloon Tree Cafe. Please wrap up warmly and wear suitable footwear for this trip. The cost of the trip will be £20.00.

### **Wed 20th March      Cheshire Oaks Designer Outlet**

March will see us travel over the Pennines to visit the Cheshire Oaks Designer Outlet. Cheshire Oaks is the largest designer outlet in the UK where our style conscious members can shop in 145 stores selling luxury and high street brands, all at discounted prices. When you are all shopped out the outlet offers the choice of 15 restaurants to suit all tastes and budgets. The cost of the trip will be £14.00



## Day Trips 2019

Please note that trips may be subject to change

### **Trip Booking Day Tuesday 4th December 2018 10.00 am**

Jan 21	Mon	Millstones Winter Warmer
Feb 19	Tue	Snowdrops at Burton Agnes & Balloon Tree Cafe
Mar 20	Wed	Cheshire Oaks

### **Trip Booking Day Tuesday 19th March 2019 10.00 am**

Apr 15	Mon	Leicester Cathedral and The King Richard Experience
May 21	Tue	Yorkshire Wildlife Park
Jun 19	Wed	Scotts for fish and chips and Bridlington

### **Trip Booking Day Tuesday 18th June 2019 10.00 am**

Jul 22	Mon	Eyam and Bakewell
Aug 20	Tue	Newby Hall
Sep 18	Wed	Whitby

### **Trip Booking Day Tuesday 17th September 2019 10.00 am**

Oct 21	Mon	Northallerton
Nov 19	Tue	Barton Grange Garden Centre and Canal Cruise
Dec 2	Mon	Christmas Concert

### **Trip Booking Day Tuesday 3rd December 2019 10.00 am**

Booking for next 3 trips

## New Minibus



### We have a brand new minibus!!!

The big reveal will be on Tuesday 13th Nov in the car park at Central Methodist. The bus will be available for your inspection between 10.00am and 12.30pm and the grand ribbon cutting ceremony will be at 12.45pm. As ever, refreshments will be served inside the scheme. It would be great to see you all there. For health and safety reasons we ask you to park elsewhere just for this morning.

## Mince Pie Mondays



In a break with tradition, over the Christmas period the Scheme will open for those of our members who would like to pop in for company and a Christmas mince pie.

Where: Central Methodist Church

When: Monday 12th Nov, 19th Nov, 26th Nov, 3rd Dec, 10 Dec and 17 Dec.

Time: 10.00 am - 12.00 noon

Cost: £1.00

## Beetle Drive



Where: Central Methodist Church

When: Tuesday 12th February

Time: 9.30 am for a 10.00 am start

Cost: £3.00 with refreshments

Come and join in the hilarity, if you would like to take part then please speak to a member of staff.

## Pub Lunch Bookings

Bookings for Pub Lunches in 2019 may be made on Thursday 22nd November, from 9.30am onwards. Due to the popularity of Pub Lunches members are restricted to pre-booking 6 lunches per year. The lunches take place on a Monday and you are picked up from home, and returned too!

## AGM

Our next AGM will be held on Monday 13th May at 3.15pm. Please save the date in your diary. All are welcome to come along and get involved with the running of the scheme.

## Memorial Service



You are once again invited to join in with our Memorial Service where we remember dear friends and family who are no longer with us. The service is open to all who would like to come along and spend some time in reflection.

The service will be held at The Grove Methodist Church on Monday 28th January at 1.30pm. Those of all faiths and none are cordially invited.

## Christmas Raffle



This year's Christmas Raffle will be drawn on Tuesday 18th December at 12.00 noon. The prizes include: a Free Day Trip for 2, Beauty Voucher, Fish & Chip meal, Luxury Hamper.....and much more. Tickets will be on sale from the last week in November, please support our scheme.

## Smile Cafe



On Wednesday 26th September Lucy, from Leeds Museums, joined us at The Smile Cafe. We hand printed our own Peace Poster to commemorate 100 years since the end of The First World War. The poster will be on display at Leeds Museum from 11th - 19th November. The Smile Cafe has a lovely atmosphere and we welcome new and current members who are living with memory loss and their carers to come along. The Smile Cafe runs on the 4th Wednesday of each month.

## Disabled Access



Please don't park in front of the disabled access, even for a few minutes. Not only does inconsiderate parking block the access for wheelchair users it also blocks our fire exit. Your cooperation in this matter would be much appreciated.

## TOP THINGS TO LOOK FOR WHEN CHOOSING A CARE HOME

Choosing a care home can be a difficult process and decision to make. At MHA we know how hard it can be to consider handing over care of a loved one to another person. We have over 75 years' experience of providing outstanding care and supporting families through each stage so we know what our residents find really important.

**So here's our six top tips on what to look for when choosing a care home.**

1. Check out ratings and reviews – the independent regulators The Care Quality Commission (CQC) regularly inspect and grade homes as Outstanding, Good, Needs Improvement, or Inadequate so look out for the homes with higher ratings, you can access CQC reports online. In Wales, homes are inspected by the Care Inspectorate Wales and in Scotland, the Care Inspectorate Scotland. Carehomes.co.uk is another key rating to look at as residents and family are able to leave reviews, this means they're more likely to be an honest reflection of what it's really like in that particular home. It's like TripAdvisor for care homes.

2. A key part of care is pastoral support – we recognise it can be a difficult time for the family but chaplaincy services offer great support. Chaplains are good listeners and build meaningful relationships with residents and their families. They are there to ensure that the spiritual needs of residents are met for those with or without a faith.

3. Dedicated activities coordinators – providing a wide range of person-centered activities and group activities enables care home residents to live life to its fullest and socialise with others, helping to combat feelings of loneliness and isolation.

4. Creating meaningful memories – people of all ages should be able to fulfil their dreams. Some care homes offer the opportunity to do just this for those who wouldn't be able to without the support of the care home. This could vary from fulfilling a long-held wish to ride a roller coaster through to visiting long lost family members or simply enjoying a favourite past time.

5. Putting residents first – if a care home provider has a charitable status it means that they don't have stakeholders, so any surplus is reinvested in the organisation which in turn, goes back to the care of their residents.

6. Specialist support for those with dementia – Music Therapy research shows that music accesses different parts of the brain than language and can stimulate memories. It can be used to communicate or engage with someone who is living with dementia, even if they are no longer able to speak.

As well as considering all of the above, to find really great care for your loved ones nothing beats arranging a visit to your care home of choice. Make sure you visit with members of your family to speak to residents and staff to get a real feel for the place.

## FOREVER REMEMBERED TRIBUTES

When friends and loved ones pass away, it is always a sad time for those left behind. However, remembering them and celebrating their life can bring comfort.

Creating a Forever Remembered Tribute in a loved one's memory is a perfect way to remember and celebrate their life. A tribute page is a free online resource that provides a dedicated place where family and friends can remember someone special. It can also be used to continue to celebrate a loved one's birthdays and anniversaries as well as light candles in remembrance. There is also the option to add thoughts, stories and photographs as well as music and video clips to truly personalise the tribute.

The tributes can be shared with family and friends so they can get involved too by uploading their own special messages and thoughts.

Every tribute can also be added to one of the many beautiful online remembrance gardens. From woodland trails to wildlife gardens, rolling fields to water gardens, each one honours the memories of loved ones.

Online tributes are completely free and can last for as long as people wish enabling the tributes to be continued as a permanent memorial. Whilst some people use the tribute solely as a means of remembrance, others use them to also raise donations for a cause that was close to their loved one's heart. Some might also use the tribute to promote events they are taking part in with activities ranging from memory walks and cake sales to the more adrenalin fuelled mountain climbs, marathons and skydives! Creating your online tribute is easy to do and takes just a few minutes. At MHA we can even help you to set up and administer your tribute. For further details or to set up a tribute, visit [www.mha.org.uk/tribute](http://www.mha.org.uk/tribute) or contact the In Memory team on 01332 221651 or [inmemory@mha.org.uk](mailto:inmemory@mha.org.uk)



## BRINGING JOY TO PEOPLE'S HEARTS THIS CHRISTMAS



This year MHA's Christmas appeal will be raising money for our Music Therapy service. At MHA we're proud of the excellent care we've been providing across our care homes for 75 years. Music therapy is a key part of the service we provide to residents living with dementia.

The Christmas appeal is all about Eileen, a resident at Weston Queensway in Stafford. Eileen has dementia which sometimes causes her to feel agitated and upset. The music therapy that Eileen receives reduces her anxiety and improves her overall sense of wellbeing. Tony, Eileen's brother, explains that during her music therapy session she is entirely different: *"The old Eileen is back. You can have a joke with her and say things and she understands what we are saying, and her mobility is better too. Music therapy is the best thing she has done since she's been in the Home."*

Music therapy helps to alleviate isolation and the symptoms for those living with dementia by helping to unlock special memories and express emotions and feelings that other forms of communication cannot, even if the individual is no longer able to speak or respond to other people's words.

MHA is currently the leading provider of Music Therapy in the UK and with the help of our supporters, we're hoping to improve and expand on our services.

Please visit [www.mha.org.uk/Christmas](http://www.mha.org.uk/Christmas) to make a donation today

## HEALTHY EATING



Following a healthy diet will leave you feeling healthier, staying active for longer and reducing the risk of illness and it is never too late to get started. It doesn't have to mean eliminating your favourite foods but it may involve consuming them in moderation. Variety in your diet will be important to ensure you get all the nutrients your body requires to stay healthy.

Fruit and vegetables are a great source of vitamins, minerals and fibre. It is important that we consume them as they lower your risk of heart disease and some cancers. To really see the benefits try to eat at least five portions of fruit and vegetables daily. They don't have to be fresh, you can also consume frozen or tinned varieties.

Beans, pulses, fish, eggs, meat and other proteins are also important for your health. Protein can help maintain and repair your body. You don't need to eat meat daily – try replacing meat with other protein sources from time to time. Oily fish has many well known health benefits. They are vitamin D dense and they can help with heart health. Aim for 2 portions weekly.

Carbohydrates give you energy and provide a variety of nutrients important for health. Wholegrain versions such as brown rice are especially beneficial. These are good sources of B vitamins, minerals and fibre which helps prevent constipation.

For strong bones make sure to incorporate dairy into your diet. Dairy is a good source of calcium. If possible go for low fat versions. Fats have a bad reputation but we do need fat in our diet but only in small amounts. Make sure to read the nutrition labels on the foods you buy. Saturated fat can increase your risk of heart disease while unsaturated fats are much better for you.

## Horsforth Live at Home Scheme 5 Day Holiday

### St Annes - The St Ives Hotel

Monday 13 May 2019 - Friday 17 May 2019

4 nights dinner, bed and breakfast

With evening entertainment

Visit to Garstang Garden Centre on the way there

Visit to Lytham

Visit to Windermere and a trip on the lake

Leisure day in St Annes

Visit to Skipton on the way home

Situated on the seafront at St Annes, The St Ives Hotel faces the golden sands and pier, the hotel boasts a swimming pool, sauna and spa alongside a fully licensed bar. The pier restaurant has stunning sea views and serves home cooked food using fresh local produce. There is a lift to all floors and there will be entertainment for us to enjoy every evening.

The price for the holiday is **£290.00 or £330.00** for a single room. If you would like to go on the holiday then please complete the booking form and bring it into the scheme on holiday booking day with a **£50.00** non-returnable deposit.

**Holiday booking date: Tuesday 4th December 2018 at 10.00 am**

Our holidays are inclusive and supportive and include members who wouldn't otherwise get a holiday. However, the two members of staff who accompany the holiday are not able to provide one-one support. Anyone who is unable to be fully independent on the holiday will be required to bring a friend/family member to support them.



## Laughter Yoga

The IDOP Laughter Yoga event in October was a huge success, so much so that if enough people are interested we will make it a regular event. The members who tried it loved it and are still laughing!!! if you are interested in joining this merry band please give your name to a member of staff.



I'm not a huggy person but I gave everyone a big hug at the end

What made me laugh, and I'm still laughing now, is if my kids could have seen me they would have thought I was crackers!!!

It was a big success

I laughed from beginning to end

I never laugh but I'm laughing now...

What was nice was that afterwards we had a cup of tea and a chat and it finished it off beautifully

A big thank you to IDOP Leeds for sponsoring the event. IDOP Leeds is organised by Leeds Older People's Forum with the support of Leeds City Council Public Health, Leeds City Council Adult & Health Equality and Diversity, Leeds City Council Museums & Galleries, Leeds City Council Libraries and Information Service and older people themselves.

# Dan's Walks



strolls walks lunch drinks market days  
cathedrals tea rooms views Yorkshire air

Hi Members! Dan here, I would like to invite you on my outings, these include scenic drives to various local places for lunch/light refreshments, walks, strolls and shopping. Below is my schedule for December 2018 - February 2019

My walks are very popular and we often have more people wanting to book a place than we have places available. When completing the booking form you are welcome to select as many trips as you would like to book. Two trips will be allocated at the time of booking, with a reserve list being held for any additional trips. One week before each trip we will allocate any spare places to people on this reserve list. If you have a preference for a particular trip or would like to be given a place on the same trip as someone else please indicate this on the form.

Due to a recent change in the law I am no longer permitted to answer member phone calls to my personal number.....sorry, no exceptions

Date	Description and Transport Cost
Mon 3rd Dec	Men's Outing at The Smith's Arms, Beckwithshaw. £5.00
Thu 6th Dec	York. Lots to see and do in this historical city. £7.00
Mon 10th Dec	WALK. Our last walk of the year takes us round Swinsty. Flat terrain with no stiles followed by refreshments at Stephen Smith's. £5.00
Thu 13th Dec	The Range in Bradford. Discount store with cafe. £5.00
Mon 17th Dec	Betty's at Harlow Carr. Good food and garden centre. £5.00
Thu 3rd Jan	Stephen Smith's then lunch at Hawthorne Farm. £5.00
Mon 7th Jan	York Railway Museum. 300 years of history. £7.00
Mon 21st Jan	White Rose Shopping Centre. £5.00
Thu 24th Jan	Scenic drive to The Fleece at Addingham. £5.00
Mon 28th Jan	The Hepworth Art Gallery. Exhibitions of modern art, works by Henry Moore and Barbara Hepworth. Cafe and shop. £6.00



Date	Description and Transport Cost
Thu 31st Jan	<b>Crimple Hall at Pannal</b> , shop and garden centre, followed by lunch at <b>The Black Swan, Burn Bridge</b> . £5.00
Mon 4th Feb	<b>Salt's Mill, Saltaire</b> . A former textile mill now converted into an art gallery and shopping/restaurant complex. £5.00
Thu 7 Feb	<b>Bolton Abbey Tea Rooms</b> . A lovely setting. £5.00
Thu 14th Feb	<b>The Windmill Inn, Linton</b> , delicious homemade food. £5.00
Mon 18th Feb	<b>Shipley Indoor Market</b> . Variety of stores selling interesting items, good selection of crafts and a cafe. £5.00
Thu 21st Feb	<b>The Generous Pioneer at Burley in Wharfedale</b> . Traditional British food. £5.00
Mon 25th Feb	<b>Batley Mills</b> . 40 stores and a restaurant under one roof. £5.00
Thu 28th Feb	<b>B&amp;M Homestore and Garden Centre, Baildon</b> , followed by lunch at <b>The Woolpack in Esholt</b> . £5.00

## Festive Fun



Come and join in with seasonal activities at our last lunch club of the year on Tue 18th December, 10.00am-1.00pm. There will be chance to find out who really does know the most about Christmas in our Christmas Quiz, a once in a year opportunity to have a Selfie with Santa (see Kath above) and who knows you may be lucky and win a raffle prize, find out at 12.00 when the raffle will be drawn.

## Thank You

As you are all aware we rely on fund raising to enable the scheme to run. We would like to send a huge thank you to all the people who have donated their time, goods or money to us in 2018.

In no particular order thanks to: **Horsforth Farmer's Market**, **The Real Junk Food Cafe**, **The 2/- Jive Club**, **Wavelength**, **IDOP**, **Members who collect loose change for us**, **Members who donate money but would rather not be named**, **The Craft Group fund raisers**, **Lister Hill Baptist Church**, **The Froebelian School**, **Broadgate Lane School** and **families who have donated the proceeds of funeral plates**.

Last but not least a big thank you to all  
**OUR FABULOUS VOLUNTEERS.**

## Christmas Scheme Opening

Activities will finish on Wednesday 19th December 2018. The scheme will reopen on Thursday 3rd Jan 2019. The scheme office will run on a skeleton staff basis over the holiday period: messages may be left on the office answering machine which will be checked regularly. We will however be open over this period for the 'Mince Pie Drop In' on 20th and 27th December between 10.00 am and 12.00 noon.

## Emergency Telephone No's

For emergency contact during the Christmas holiday, please note the following numbers:

Adult Social Care: 222 4401  
07712 106378

Carer's Leeds 380 4300

Silverline 0800 470 8090

Community Meals on Wheels  
378 3750

Police, non emergency 101

NHS non emergency 111

## Christmas Hampers

This year we will make up hampers that we will deliver to those of our members who are in need of a little extra support, please let us know if you fall into this category, or if you know someone who does.

## Carol Concert

At 12.30 pm on Thursday 13th December we will be having a Carol concert at Central Methodist Church. The Minister of Central Methodist and The Grove, Mark Godfrey, will be taking the service for the scheme. All are invited to attend.

## Central Ladies Fellowship

Central Methodist Church Ladies Fellowship will be holding their annual Christmas Celebration on Wednesday 5th December at 1.30 pm. The fellowship will be visited by children who will give a concert of Christmas carols and songs. Live at Home members are cordially invited to come along and join in.

## Digital Workshop

Thank you to Wavelength for providing us with 6 Tablets which will enable us to restart our Digital Workshop after Christmas.

If you would like to:

1. Have tuition on your own tablet.
2. Try out a tablet before you commit to purchasing one.
3. Do something on the internet such as renewing your bus pass.

then please give your name to a member of staff and we will contact you when we have a firm date for the classes to start.