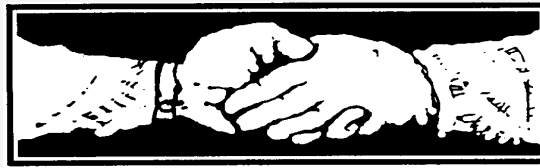


CARING TOGETHER IN WOODHOUSE & LITTLE LONDON



NEWSLETTER

Looking Back at 2011 and forward to 2012

As Caring Together fast approaches its 17th year of working with local older people in Woodhouse and Little London; it seems a good time to reflect on the last year and look forward to 2012.

It has been a breathtakingly mad year! We moved to Holborn Court in April 2011, after Oblong took over Woodhouse Community Centre; as part of an "asset transfer" from Leeds City Council, and instigated a major renovation works at the centre. We are still unsure of when we will return to our permanent office base. Watch this space!

Pauline (sadly) retired in May 2011 and it wasn't until late October, that we replaced her with Sara, our new Activities Organiser. We are delighted that The Henry Smith Charity is funding this post for a further 3 years.

2011 was also the year we became a Company Limited by Guarantee and this was a time-consuming and bureaucratic process but necessary, to safeguard our Trustees and charity.

Throughout all the distractions of staff shortages and the move to temporary accommodation, the small staff team (and a great bunch of volunteers), continued to do their best to offer support, advice and enjoyable activities. to 100s of local older people.

Who knows what 2012 will bring? However, rest assured, we will be here, as we have been for nearly 17 years and doing our best to raise the necessary funds and resources, to continue our neighbourhood work with the wonderful older people of Woodhouse and Little London.



Christmas Greetings & Caring Together Christmas Opening Hours



The Caring Together offices will close at 4pm on Friday 23rd December 2011 and re-open at 9am on Tuesday 3rd January 2012.

If you need urgent help over this time please contact Adult Social Care on ☎ 0113 222 4401 or **in an emergency** outside of office hours on ☎ 0113 240 9536

We would like to wish all our members and supporters a very Merry Christmas and a Happy New Year 2012.

*Don't forget we are here to help and welcome your phone calls, (☎ 2430298)
especially during the winter months*

Caring Together Annual Party



It is hard to believe but this was our 17th annual party and having spoken to most of you, it would appear it was another success. It was lovely to see so many of our members come together to enjoy good times; fabulous music, dancing and food. We also raised £236.00 on our raffle, thank you!



The key to this being a success is down to the hard work and dedication of not only the staff but our volunteers as well, who year on year offer their time without hesitation to make such an event possible. As a charity, we could not offer a lot of our services without them, we are truly grateful. On behalf of all at Caring Together we would like to say a massive THANK YOU, for your continued support. With very best wishes,

Lisa Hutton, Capacity Building Support Worker

Using a Mobile Phone



Do you have a mobile phone that you would like to know how to use with confidence? We would like to run a session to support you in using your mobile phone, carefully going through how to make and receive a call, to send and receive a text message, save your favourite numbers and making an emergency call if needed.

If this is of interest to you or you have anything else that you would find useful, then please call Lisa on ☎2430298

Winter Support Visits

Caring Together staff will be visiting our oldest and frailest members over the winter months. This is a chance to catch up, have a chat and see if there is any help we can offer to our members.

Generally, if we can be of any help to you, ring us on ☎243 0298 and we can either visit you or assist you on the phone.

If you know of older people, in Woodhouse or Little London, who are not Caring Together members, why don't you tell them to ring us and we'll arrange to go out to see them. They have nothing to lose and much to gain!



Activities Organiser, update..

So, here I am a month in my new post, The groups I have attended have been welcoming and truly forgiving of my early attempts to organise them; in fact ,I believe, I may have been organised most efficiently by the lovely members. It is clear to me, even so soon, that over the years Caring Together has built up a fine tradition of activities and vibrant, social/exercise groups. This is the best basis we could possibly have to build and grow.

It's been a real joy to be able to get to meet at least some of you; my ambition now is to meet even more of Caring Together's members! I would like to know what the members who have yet to participate in our activities would like to do; so if you have any marvellous ideas for new groups, trips or events, let me know. If you haven't come along in the past, think about what has stopped you dipping your toe in the water, and let me know what we can do to get you involved. Call me, Sara, at the office, on ☎ 2430298, and maybe we can get together to chat about it all?

On the subject of water, we've been thinking about starting a **swimming group** in the New Year, regular fortnightly trips to the pool at the University, please let me know if you are interested and we can crack on with organising a regular day that suits people.

"Sing As We Go?" Are there any members out there who love to sing? If so let us know! I have been told all about the choir and the marvellous tradition of singing in Caring Together and I was wondering if now is the time to see if people want get back on stage and give it a go with a singing group? Enthusiasm is more important than experience, no auditions, performances if we want to do them, fun and laughter guaranteed...

DO call if you have ideas, suggestions or want to take part in the things we do. It's my job to provide the activities which make life more fun, healthier, safer and worth getting out of bed for, but I need help from you, our members, to make sure it's the sort of stuff that you really want to do.

Invitation to become a 'formal' Caring Together member.

As you are probably aware, Caring Together became a company limited by guarantee earlier this year. As a result of this we are inviting all our members to become formal members of the new organisation. This means that you will be able to vote at our Annual General Meetings and have a say in the decisions we make. It also means that if disaster strikes and Caring Together were to go 'bust' you would be liable to pay £1 towards any debts. We are not expecting this to happen and so your £1s are fairly safe!!

Many of you already filled in a form at the party and are already on our 'Members Register' but for those who haven't already filled one in we are enclosing a form with this newsletter. Please fill it in and return it to Caring Together at Woodhouse Community Centre, 197 Woodhouse Street, Leeds, LS6 2NY.

Rest assured that if you decide not to be a formal member it will make no difference at all to your involvement with Caring Together and you will still be entitled to all our services, activities etc. And if you have any questions about this ring us on ☎2430298.

KEEP WARM THIS WINTER AND SAVE SOME MONEY! (WARM HOME DISCOUNT SCHEME)



A new Government backed scheme has been launched this year to help low income older people manage their fuel costs. If you get the Guarantee Credit element of Pension Credit (not Savings credit) and the bills are in your name with one of the participating companies you should qualify for this automatically and you will get a £120 rebate on your electricity bill this winter. Some of the energy companies are also giving the discount to a broader group of 'vulnerable' customers.

The electricity suppliers involved in this scheme are: Atlantic, British Gas, EDF Energy, E.ON, Equipower, Equigas, Manweb, M&S Energy, npower, Sainsbury's Energy, Scottish Gas, Scottish Hydro, ScottishPower, Southern Electric, SSE, Swalec and Utility Warehouse.

Those who automatically qualify, should receive a letter this winter telling them about this discount and don't need to do anything else. If you want to find out if you can get some help in the broader group, you can contact your electricity supplier or ring Valerie at Caring Together for advice.

This scheme is running for 4 years and is in addition to any Winter Fuel allowance or Cold Weather payments you may be entitled to.

Age UK also have a special energy package for older people, with E.ON, which gives you winter discounts and extra cold weather payments. They can be contacted on 0800 051 0784 or you can call in to the local Age UK centre for information.

Strollers raise loads of money for Caring Together

A big thank you, to everyone who did our Sponsored Stroll, around Woodhouse Moor on Saturday 3rd September. As usual, it was a fun and enjoyable event and the weather stayed fine!

The amount collected exceeds that of other years and £1,528 was raised through sponsorship of our group of strollers. It was great to see young, old and those in the middle, giving up their time to raise funds for Caring Together

Anyone for shopping?



Do you like shopping but find it difficult these days? A small group of Caring Together members recently went on a pre Christmas shopping trip to Crown Point, with door to door transport and assistance from Caring Together staff and volunteers.

If you would like to be invited on similar shopping trips in the coming year, please let us know.

Also, do you struggle with grocery shopping? We have run an assisted grocery shopping scheme for some time but it has faltered a little lately due to lack of members going. Please contact us on if you would like to go grocery shopping, but need help, and we may be able to get this up and running again.

Zurich Community Trust help provide Christmas Cheer for our oldest members

We are very pleased that our funders and supporters, Zurich Community Trust, have organised the collection of festive foodstuffs, to make up Christmas hampers for our 25 oldest members.



Special thanks to Samantha and Heather at Zurich Leeds and all their staff who so generously contributed to this initiative. We know from past experience, and the Soroptimist Christmas parcel collections that this is a very worthwhile thing to do and the visits and delivery of Christmas goodies are very much appreciated by our members