

CARING TOGETHER IN WOODHOUSE & LITTLE LONDON



NEWSLETTER

A Time to Celebrate - Newsletter Special

Caring Together is 20 years old 1995 - 2015



Back in 1994, a group of concerned individuals came together, to talk about the issues facing local older people in Woodhouse & Little London. These were the trailblazers for what was to become a small charity called Caring Together in Woodhouse & Little London. Those community minded people consisted of local church representatives, Soroptimists, a local councillor and, most importantly, local people.

A youngish woman, called Cherril Cliff, applied for the first job at Caring Together and started work on 1st April 1995. In the ensuing years, funds were raised and other staff joined the charity. Some stayed for the duration of short term grants and others, like Cherril, Pauline and Valerie, stayed for 16, 18 and 20 years respectively.



The small staff team has made contact with 1,000s of local older people, over the last 2 decades. We have listened to their concerns and wish lists and tried to respond in a positive way. So many brilliant older people - past and present and a huge number of support services; enjoyable activities, day trips, parties, healthy living groups, befriending, advice and home visits and winter warmth work.

None of this positive community work could have taken place without 1,000s of volunteers, stretching right back to 1995 and continuing to recruit volunteers of all ages, right up to the present time. They have supported our work in a number of ways and helped us to achieve so much more than we could otherwise have done. We thank every one of them for their generosity and kindness.



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The youngish woman who became the first worker in 1995, is now an older person herself, with a bus pass and State Retirement Pension - where did all those years go? As most people now know, Cherril will retire on 31st March 2015. Her successor, John O'Dwyer, will take up his new job, on 1st April 2015. There will be a short handover period in early April.



Caring Together in Woodhouse & Little London are delighted to have survived for 20 years. It hasn't all been plain sailing but the work with older people has always been rewarding and we have often been described as 'one big happy family'.



Everything changes, nothing stays the same and this is definitely true for Caring Together. As the charity enters its third decade, we will have a brand new Manager, who will carry the work forward. We will also do all in our power to continue to raise the funds, to employ good staff and volunteers.

What won't change is our primary focus and that is to work collaboratively with local older people, with the express purpose of alleviating loneliness and isolation; promoting independence and improving quality of life. It will also continue to be the case that we create fun opportunities and that we all continue to laugh. As the saying goes, **"Laughter is the best medicine"**.



Caring Together 20th Birthday Celebration

At the time of writing, we are in the thick of organising our 20th birthday party. Invites have gone out, TJs is booked, we have made a film, photographs have been taken, food and a cake is ordered and entertainment lined up. We have also recruited 'helpers' in order to give our own wonderful volunteers a well deserved rest on the day of the party.

Watch out for our summer newsletter, for feedback and photos of this very special occasion!

Where does the money come from?

(1995-2015)

One of the biggest challenges faced by Caring Together over a 20 year period has been raising the necessary funds to employ staff, run services and activities and pay essential running costs, such as disabled transport, room hire and rent for office space etc.

We have raised funds from 1,000s of different places and including charitable trusts (often based in London), local fundraising, Comic Relief, the Big Lottery Fund, member and supporter donations (including standing orders and gift boxes). Another poignant fundraiser is when our members decide to ask for donations, in lieu of flowers, at the time of their deaths.

We have received a small amount of core funding from Leeds City Council, over a 20 year period, but it has remained static and currently stands at 13% of our overall budget per annum.

A 20th birthday is a time for reflection and future planning. We are very thankful for every organisation and individual who has financially supported our work over a period of two decades. As we enter our third decade, that search for funding will continue.

Finally, it is worth remembering that Caring Together is the only specialist organisation, supporting 100s of older people in Woodhouse & Little London and our work is needed now, more than ever.

For more information about donations and funding please contact us on 0113 2430298 or info@caringtogether.org.uk.

A sad goodbye.....



As everyone knows, 31st March is also the day that Cherril retires after 20 years as Manager of Caring Together.

She will be greatly missed, by our members, volunteers, trustees and especially the staff, and I'm sure you would all like to join us in saying goodbye Cherril, and an enormous thank you for all the amazing work you have done over the last 20 years

We want to wish you all the best for the future and say:

Happy Retirement!!

.....and a Hello and Welcome

As Cherril leaves, our new Manager, John O Dwyer will be joining us. John brings with him lots of experience of working in the voluntary sector and with older people.

And we are sure he will have lots of new ideas to help Caring Together face the future challenges and develop the work with older people in Woodhouse & Little London.

We want to say a very big welcome to John - We look forward to working with you!



Introduction to Head Space

Oblong are offering this course to all Caring Together members

Head Space is a seven-week programme that we hope will be fun as well as thought provoking. The sessions are aimed at giving you some tools to help keep going despite the challenges we can often face and how we can make positive sustainable changes, around thinking and acting that can improve;

- Acceptance, compassion and loss
- The ability to manage your mood
- Looking after health and home
- Relationships and communication with others
- How you view yourself and self esteem
- Keeping going despite changes in life, recognising strengths and existing skills
- And a move and/or work towards your own personal goals and ambitions

The sessions are due to commence in May. Please contact Lisa if this is of interest on: **0113 2430298**

Blackpool ...Here we come!!

This year's summer day trips will be to the seaside and our destination is Blackpool - home of the famous tower, illuminations and trams and voted Britain's favourite seaside resort

There will be two trips, one for those who are generally able to get out and about independently and one for those who will need some assistance. We have provisional dates in June and July for these trips. Your personal invitation with all the details will be winging it's way to you before too long. In the meantime dust off your Kiss Me Quick hat and stock up on sun cream (we hope you will need it!!)



Get to know your Mobile Phone



Tuesday 21st April 2015 @10.30am

in the Computer Room at Lovell Park Hub, Wintoun Street, Little London
LS7 1DA.

Do you have a mobile phone?

Would you like to know how to use it with confidence?

In recognition of **"Silver Surfers' Day"** Caring Together will be running a session to support you in using your mobile phone, learn how to make and receive a call, to send and receive a text message, save your favourite numbers and make 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 us on: 0113 2430298. There will be refreshments as well as support, thanks to staff from O2.

Action on Stroke Month 2015 Make May Purple

May 2015 is the Stroke Association's Action on Stroke Month.

As part of this initiative, Caring Together, with the Stroke Association will be holding a Stroke Awareness session in the afternoon of Wednesday May 20th 2015

If you would like to come along to this please contact Lisa on 2430298