



Community Connections Edition

At Caring Together we think our greatest strength are our 'community connections'. We are part of the local community and while we offer support to that community we also get so much back and in so many different ways. And we think that is something to celebrate so this newsletter is all about the wonderful community in and around Caring Together and the things that are achieved through mutual support

Smashing Springtime Tea

Caring Together recently held a successful tea and cakes afternoon at **Little London Community Centre**.



Some of our lovely helpers
- and lots of lovely cake!!

Many thanks to **Headingley Methodist Church** for the loan of their cups, saucers, side plates and cake stands, to **Tesco Express** on Burley Rd for a generous selection of cakes that they donated and to **Little London Primary School** for supporting us too on the day. In addition, aprons worn on the day were hand made by a volunteer, flowers/foilage were hand picked and arranged by a volunteer, vases to house them were recycled and decorated by volunteers and members, even some of the table cloths were from volunteers/members. Other decorations around the room were also made and arranged on the day by volunteers.

We had a special prize draw on the day with the winner getting a voucher for afternoon tea for 6 people - generously donated by **The Mansion House** at Roundhay. Also lots of games and a chocolate themed quiz, the prizes for these were donated by volunteers/members and one prize was made by a volunteer. Most of the cakes and buns were hand-made for the day and even all the coffee, tea and sugar was donated too.

A truly amazing effort, and a perfect example of all the community coming together to create a fun afternoon and, as a bonus, we raised £160 for Caring Together funds!



Lisa with our lucky prize draw winner

Invaluable Volunteers!

Caring Together couldn't do the work it does in our community without the help and support received from many sources. Funders, local businesses supporting us with materials or with staff helping out on projects, local student groups etc etc. But especially our core group of Caring Together volunteers, many of whom are also Caring Together members, along with students and local residents.

They support us in so many ways, being part of our Trustee board, friendly visiting, helping out in groups and at events, running some groups for us, helping in the office, sharing their skills and knowledge, fundraising, the list goes on and on.....

We hope that volunteers also get a lot back from volunteering at Caring Together! It's fun, helps to forge new friendships and we provide interesting training/information sessions. Also, a couple of times a year we organise a fun social/team building event for all our volunteers as a thank you for all their help. Last year we had a 'Royal birthday indoor street party' in June and went to a Carol Concert in December. For volunteers week 2017, we will be trying our hand at crown green bowling on Woodhouse Moor and having a little picnic.



Volunteer Week Party 2016

If you like the sound of all this and think you may like to be a Caring Together volunteer then please contact us for more information

It's the little things that mean a lot.....

In addition to all this, there are many people who probably don't even think of themselves as volunteers but who help us more than they ever imagine:

- ◆ The member who opens the door so that our volunteer visitor can get in to see his neighbour
- ◆ Those who put small change in our gift boxes - it's added up to thousands over the years
- ◆ The members who deliver a few (or a lot!) newsletters in their street
- ◆ Those who make a phone call to an isolated or vulnerable member
- ◆ Members who give us cakes, tea, coffee etc for groups or small items for bingo prizes

All these things (and more) may seem small but they make a HUGE difference.

Thank you to all those who volunteer or support us

Community Days 2017

Our volunteers will be helping us once again this summer at **Little London Community Day** and at **Unity Day**. We plan to have tombola stall and other games at both events

Little London Community Day is on **Saturday 15th July** at Little London Community Centre/Little London Community Primary School. 12pm-4pm

Unity Day date has not been publicly announced yet but look out for posters in the local area soon!

We hope you will come along and enjoy one or both of these great community events - and look out for our stalls!!

We are also still appealing for tombola prizes so if you have anything you can donate to us please get in touch

COMING UP AT CARING TOGETHER

Computer Basics/Refresher Sessions

We are linking with **AGE UK (Leeds)** to bring you 6 weeks of Computer Basics sessions - if you have never used a computer/tablet before and would like to learn in a supportive friendly group or if you already have some knowledge but feel you might need a little bit of a refresher then this could be for you.

Start Date: **Tuesday 20th June 2017** for 6 weeks (last one 25th July)

Venue: **Lovell Park Hub**, Wintoun Street, Little London, Leeds LS7

Time: **10am – 12.30pm**

Call Caring Together if you would like to take part



Carnival Celebration



To celebrate 50 years of **Leeds West Indian Carnival**, we would like to invite you to our Carnival themed get-together at Little London Community Centre on **Thursday 29th June**. Flyer enclosed with all details

Summer Seaside Trips

Enclosed with this newsletter is your invitation to come on one of our outings to Bridlington on Thursday 6th (unassisted) or Thursday 27th July (assisted).

We hope you will come along for an enjoyable day out. Please read the details on the invite and return the reply slip as soon as possible



Visit to St Mark's Church

The **Gateway Church at St Mark's** have invited Caring Together members to visit the church to look at what they have done to restore this beautiful church to its former glory. We will have tea and cake in the church and a chance to look round and also to learn a little about the history of the church.

They also want to hear your memories of the church and especially if you have any photos that you could bring along to copy and include in the record they are compiling



Friday 4th August, St Marks Church, 10am-12noon

Please let us know if you want to come along so we can give the church an idea of numbers.

Sponsored Stroll

Our sponsored stroll will be happening on **Saturday 9th September** this year and will be a little different.

Our friends at **Delph View Supported Living (Aspire)**, have offered to help us with this event and we are delighted to have their support.

The stroll will be the usual route around the Moor but setting off from Delph View and then back there at the end for tea and cakes in the garden.



If you would like to stroll with us, want to come along on the day to support us, or want to sponsor a stroller, please contact us for more information

Can you help with LOUISA? (Leeds Older Women Incontinence Self-management)

School of Healthcare - Leeds University are conducting a study into urinary incontinence in women aged 55 and over, funded by Leeds Benevolent Society for Single Ladies who also generously support Caring Together.

The aim of this study is to develop a package that helps women to manage incontinence and they would like to talk to women and hear their views and experiences of how they cope with this condition and related symptoms. They can meet you at the University or at your own home if you wish. Any travel costs will be refunded and participants will receive a £20 voucher as a thank you for taking part.

If you are interested in taking part or would like more information, please contact Dr Maggie Fu ☎ 0113 343 1244 or email: Y.Fu@leeds.ac.uk

Or you could make contact via Valerie at Caring Together if you prefer

Caring Together Prize Draw Results

March 2017

Total Prize Fund: £29

1st Prize £15

No: 41 - Irene Dyson

2nd Prize: £7

No: 3- Myrna Ruttledge

3rd Prize £7

No: 27- Julie Gill

April 2017

Total Prize Fund: £28

1st Prize £14

No: 24- Lloyd Jeffers

2nd Prize £7

No: 51 - Joe Ledger

3rd Prize £7

No: 40 - Steven Collinson

May 2017

Total Prize Fund £28

1st Prize £14

No: 11 - Stan Scaife

2nd Prize £7

No: 59 - Tony Clark

3rd Prize £7

No: 76 - Andy Bates

Thank you to everyone who has joined our monthly prize draw so far, the draws from March to May have raised £85 for Caring Together funds. And, in addition, a number of our winners have very generously donated their prize back to Caring Together

If you would like to join our monthly prize draw to help support the work of Caring Together and be in with a chance of winning a cash prize please contact Valerie.

Caring Together Staff

John O'Dwyer - Manager

Valerie McGregor - Advocacy Support Worker/Administrator (Deputy Manager)

Lisa Argyle - Community Resilience Worker/Activities Organiser

Ashley Rose - Finance Worker

You can contact Caring Together on ☎ 2430298 or info@caringtogether.org.uk. If you wish to email individual staff members the address would be their first name followed by, @caringtogether.org.uk



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