



Lights, Camera, Action!



Caring Together will be hosting our 2nd film afternoon on Friday 7th October and this time it will be part of International Day of Older People 2016 and also linked in with Leeds Light Night. International Day of Older People is on 1st October and this year's theme is Mental Well-being and arts and culture.

Doors will be open at Little London Community Centre at 1.00pm for a film showing at 1.30pm. (including popcorn and ice cream of course)

After the film, at 3.30pm, families from Little London Community Primary School will be joining us for a Community Tea - everyone will bring some food to share.

And finally, those who still have some energy left might like to walk into the city centre to see Leeds Light Night 2016. This is an annual festival that takes place in early October, and will see the city come alive with spectacular light projections, as well as film, dance, music, theatre, exhibitions and street performances.

We hope you will join us for all or part of this day - please ring if you are interested

Fetes, Fundraising and fabulous volunteers!

Our volunteers have been busy, as always, over the summer. In addition to all the hard work they do for us all year round and helping out on our summer trips and outings, a number of volunteers have run stalls at local events this summer to promote Caring Together and to raise much needed funds.

For Unity Day, Myrna and Dot collected goods (donated by our members and supporters) and prepared a fantastic tombola and 'hook a bag' stall and were helped on the day by a great team of volunteers.

Staff and volunteers also ran a cake stall at Little London Community Day - stocked by amazing contributions of home baking by our members and supporters, as well as some generous cake donations from Tesco and Waitrose.



Many thanks to all who helped in any way. The tombola raised £271, Hook a bag £85 and the cake stall £83.

Caring Together 'On Tour'

We have been out and about over the Summer months - enjoying the sunshine (sometimes!)

As well as our main day trip, we have had smaller outings to Knaresborough and to Roundhay and our exercise groups have been enjoying afternoon teas at Oulton Hall and at South Leeds Golf Club. And, of course, our walking group have been making the most of their summer programme, and members and staff have been on early morning bird walks and tree id walks along with Oblong and Woodhouse Community Centre.

They say a picture is worth a thousand words so here are a few pictures of our members enjoying themselves on our summer outings.



We plan to run 2 more smaller outings later in the year (one assisted and one un-assisted) so look out for your invitation!

Could you be a Pen Pal?



Following the success last year we are delighted to once again be taking part in the innovative **Writing Back Project** with University of Leeds

The project matches School of English students as pen pals with older Yorkshire residents, with the pairs exchanging letters approximately once every two weeks. There is no cost to any participant as stamps and stationery are provided and transport costs to a final, optional meet-up event are covered.

Last year's project saw some lovely friendships formed that look like they will be long lasting. It runs in term time only and can take time to get off the ground, but once in place it is wonderful and is of benefit for both student and member. If you would be interested in being part of this, please do get in touch and speak to Lisa.

Wordsworth in Woodhouse

We are very excited to be part of this project with the Wordsworth Trust and University of Leeds.



A group of our members will be meeting each week to chat over a cuppa whilst savouring the beauty of words in a fun, friendly, informal setting. They will look at a poem by William Wordsworth each week, and reflect on the differences between his world and present day Leeds.

Children in Shire Oak Primary will also be exploring Wordsworth's poetry, and together, both groups will produce work that is showcased in an exhibition at Leeds University in partnership with the Wordsworth Trust museum, Grasmere.

Community Lunches

Caring Together staff/members will be at the **Little London Community Cafe** on **2nd Wednesday** of each month between 12-1pm, so please come along and join us for some nice food (or even just a cuppa if you prefer) and good company.



The cafe is open every Wednesday at **Little London Community Centre** with home cooked food available with prices ranging from around 50p for a drink up to £3.50 for a 2 course meal including a drink

Little London Community Primary School have very kindly extended an invitation for some Caring Together members to join them for a roast lunch once a month.

Eat and chat with the staff and pupils. If you would like to be part of this please contact us

Party time before we know it!!

The year is rushing by at speed again and our annual party will be upon us before too long.

The invitations will be on the way in due course but make a note of the date, in the meantime:

Saturday 5th November 2016
2.30pm - 5.30pm
Jubilee Social Club

We hope to see you there

Caring Together Annual General Meeting

Please find enclosed, your invitation to our 2016 Annual General meeting.

Friday 23rd September, 12noon at
 Woodhouse Community Centre

Please do your best to support us again this year and we hope we can tempt you with a buffet meal, a copy of our 2016 Annual Report and a very short meeting!

Caring Together Prize Draw Results

June 2016

Total Prize Fund: £32

1st Prize £16

No: 25 - George Byfield

2nd Prize: £8

No: 11 - Stan Scaife

3rd Prize £8

No: 50 - Mary Perkins

July 2016

Total Prize Fund: £33

1st Prize £17

No: 43 - Pat Tempest

2nd Prize £8

No: 10 - Bridget McGourty

3rd Prize £8

No: 62 - Belle Ridsdale

August 2016

Total Prize Fund £33

1st Prize £17

No: 12 - Stan Scaife

2nd Prize £8

No: 54 - Pat Brown

3rd Prize £8

No: 71 - Jackie Fogarty

Thank you to everyone who has joined our monthly prize draw so far, the draws from March to May have raised £98 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.

Take a Stand Against Scams

In recent weeks, we have had visits from Lisa, SAFER Project, to talk to our groups about protecting themselves against Scams. So it seemed like a good time to remind everyone of the following:

- ♦ Say NO to uninvited callers and don't feel pressured into making a decision.
- ♦ Be wise to rogue traders. Research the credentials of the company to make sure they're not bogus.
- ♦ Be wise to postal scams. No genuine company will ask to send money to claim a prize.
- ♦ Talk to someone you trust if you're suspicious and report a scam to help expose the criminals.
- ♦ Anyone can be a victim. Report it and get the right support.

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