



IN WOODHOUSE
&
LITTLE LONDON

NEWSLETTER



Getting Together with Caring Together

There have been lots of events and activities at Caring Together over the last few months. Here are just a few:

Annual General Meeting

Caring Together held it's AGM on the 23rd September at Woodhouse Community Centre attended by about 40 members and supporters.

Prior to the formal matters that needed to be dealt with, the afternoon kicked off with an exercise session facilitated by Julie Gill who runs the exercise classes at various Caring Together Groups. The Lord Mayor, Gerry Harper, attended and spoke at the event and the Caring Together prize draw was drawn. And finally a lovely buffet lunch was served.



International Day of Older People



We had a triple celebration of Older People's Day this year, with a three part event:

First our Caring Together **Cinema afternoon** - By popular request *Seven Brides for Seven Brothers* was screened with a great response. Popcorn and ice cream provided to help make it a real feelgood afternoon.

This was followed by a '**Community Tea**' with parents and pupils from **Little London Community Primary School** with food and drinks provided by Caring Together and a wonderful selection of cakes among other things provided by the parents of the children. We are really enjoying our partnership work with the school and look forward to more of this in the future.

Finally some of our members along with the children and parents, visited the city centre to sample the delights of **Leeds Light Night**

Annual Party

Around 100 people attended our Annual party at Jubilee Social Club. Once again our fantastic volunteers pulled out all of the stops in preparing the food, setting up the room and providing refreshments. A big thanks to them.

Our local MP, Hilary Benn attended and spoke, as did The Lord Mayor, Gerry Harper, both patrons of Caring Together. The music, as for the past number of years, was provided by Horizon. First Aiders on the day were volunteers student nurses from Leeds Beckett University, many thanks to them for this. Thanks is also due to Councillor Christine Towler who secured MICE money towards the event and to Tesco express on Burley Road for helping out with food for the party. And of course to the Jubilee Club for their continued support.



Wordsworth in Woodhouse



A group of Caring together members have been meeting on a Monday morning for a cuppa and lively discussion inspired by the poetry of Wordsworth. And along with local primary school children who have been having similar conversations they have contributed to an exhibition that will be displayed in the New Year.

Most of the members of the reading group have contributed a photo to the exhibition that captures their idea of 'community' in relation to the poems that have been read and discussed.

Although bringing different generations together and community working is nothing new to Caring Together such an opportunity to work in partnership with Anna Fleming, Wordsworth Trust and University of

Leeds on a different subject matter for all, was thought provoking, fun and interesting and challenged any preconceptions of poetry. Our members thoroughly enjoyed it and look forward to the finale event in January 2017.

The exhibition 'Creative Communities: Wordsworth in Leeds' will be on display in Leeds Central Library from Monday 9th January to Friday 3rd February 2017

A Meeting of Minds

We were very pleased to take part again in the **Writing Back Project** with University of Leeds This project saw School of English students matched with older Yorkshire residents, with the pairs exchanging letters approximately once every two weeks.

And at the end of November, the pen pals were also able to meet face to face at a celebration event in Headingley. We are sure they found lots to talk about!



Music in the Community



Our groups have been enjoying musical sessions with LUUMIC (Leeds University Union Music Impact in the Community) Students have been coming into groups and playing instruments, leading sing-alongs and playing musical games.

These lovely sessions are ending for 2016 with a celebration event bringing all the groups together. And we hope to be able to do more joint work with LUUMIC in 2017

Falls Management Programme and Caring Together exercise groups

Our regular exercise groups have taken part in a 5 week falls management taster programme delivered by Maureen from the Falls Management team. Members who participated have said they found it really beneficial.

These sessions have now come to an end but our usual exercise programme is resuming with Julie on Tuesday afternoons and Friday mornings at Woodhouse Community Centre and on Wednesday afternoons at Little London Community Centre. If your new year's resolution will be to take up some gentle exercise give us a call!



Become a Trustee with Caring Together

Are you looking to become more involved in the activities of your local community?

Would you be interested in becoming a **Trustee** with Caring Together?

Currently Caring Together has space for perhaps another 2 trustees. Ideally, to achieve the skills and experience balance on our board one should have **experience within business** and one should be a **local older person**.

Trustees are responsible for the proper administration of the charity. Trustees must ensure that the charity's assets and resources are used only for the purposes of the charity and that the charity is run in accordance with its constitution, charity law and all other applicable laws and regulations.

If you feel that this is for you contact **John O'Dwyer** on **0113 2430298** for an informal chat.

Feeling Crafty?

Do you feel like doing something creative in 2017? Our craft group has taken up a new home in Little London Community Centre on alternate Thursday afternoons. If you think you might like to join in this please give us a call on **2430298**

Alternatively, if you think our men's group might be more your thing, this is happening at the same time also at Little London Community Centre

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. The last cafe of 2016 will be on 21st December and it will re-open on 11th January 2017.

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

Calendar , hampers and other winter well-being matters

Sadly we will not be producing a calendar this year, as O2 are no longer able to help us with this. We are very grateful to O2 for their support with this over the last few years

We will be giving out hampers for our oldest members - many thanks to staff at Zurich who will be making up hampers to donate to Caring Together, to the congregation at Grove Methodist Church for donating food and special thanks to some of our own volunteers who are donating food, coming in to the office to decorate boxes and pack hampers and, finally, delivering them too!

We also have a small stock of bedding, thermal underwear, thermal socks and gloves - please contact us on 2430298

Caring Together Prize Draw Results

September 2016

Total Prize Fund: £32

1st Prize £16

No: 44 - Ethel Gordon

2nd Prize: £8

No: 35 - Mary Godfrey

3rd Prize £8

No: 03 - Myrna Ruttledge

October 2016

Total Prize Fund: £32

1st Prize £16

No: 44 - Ethel Gordon

2nd Prize £8

No: 50 - Mary Perkins

3rd Prize £8

No: 73 - Beth Agnew

November 2016

Total Prize Fund £30

1st Prize £16

No: 38 - Ian MacPherson

2nd Prize £7

No: 32 - Cherril Cliff

3rd Prize £7

No: 36 - Tracey Noble

Thank you to everyone who has joined our monthly prize draw so far, the draws from September to November have raised £94 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.

Christmas Opening Hours at Caring Together

The Caring Together offices will close at 4pm on Friday 23rd December 2016 and re-open at 9am on Tuesday 3rd January 2017

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 2016

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

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