



IN WOODHOUSE
&
LITTLE LONDON

NEWSLETTER

Some Good News to start 2017....

Caring Together is delighted to have some good news to share—The Leeds Benevolent Society for Single Ladies has decided to offer us a £30,000 per year donation for the next three years to support our work. This is wonderful news for Caring Together and the money enables us to continue our individual support and advocacy for local older people. We are very grateful to Leeds Benevolent Society for Single Ladies for their very generous offer of support

The Leeds Benevolent Society for Single Ladies CIO is a local charitable foundation set up in 1860 by a Leeds resident, Eliza Wilkinson, to assist elderly single ladies in reduced circumstances. (Registered charity number: 1155794). The charity still helps to support individuals today and Caring Together has put a number of older ladies in touch with them over the years. This support usually comes in the form of a grant paid to individuals quarterly and also events to enable members to meet and socialise

The main criteria to receive assistance are:

- Applicants must be of pensionable age.
- An unmarried woman with no children.
- Resided in Leeds Metropolitan area for over 7 consecutive years.
- Have applied for State Benefits

If you think you, or someone you know fits this and would like to apply for help, or if you just want to know more about them you could look at their website: www.lbssl.org /email: lbssl Leeds@gmail.com. Or if you prefer, call Caring Together and ask us to put you in touch.

A Magical Musical Morning

Caring Together held an end of year celebration in December at Woodhouse Community Centre for members, volunteers, local older people and supporters and there was a great turnout. We were treated to over an hour of fantastic entertainment provided by LUUMIC together with mince pies and cake made by Caring Together volunteers



Everyone in attendance had a great time and the quality of music played and the carols sung for us were superb. A fitting end, (well, almost), to the year for Caring Together and an event that many remarked should become an annual event. Many thanks to all those students involved. They are a credit to themselves, their university (and Leeds college of music) and the local community.

Coming Up at Caring Together.....

Our popular **Caring Together Cinema Experience Returns** - Thursday 16th March 2017  - commences 1.30pm - cuppa and popcorn served at the interval (see insert for details)

 **Spring Time Tea** - Thursday 13th April 2017 - 2pm - 4pm - pop up cafe - do call in for a cake and cuppa. If you can bake or donate a cake/buns or any other goodies for us to sell on this day please let us know (more details on insert) 

Computer sessions - coming to Little London Community Centre soon (see flyer) 

 **Community Connections** - do you fancy getting more involved, trying something different? Times to suit you. Then do get in touch, we would love to hear from you. Also open to suggestions too (see enclosed flyer).

50 years of Leeds West Indian Carnival!

Leeds West Indian Carnival, the longest running West Indian Carnival in Europe, celebrates it's 50th birthday this year. What started as a very small event, the brainchild of our very own Arthur France (Carnival founder, organiser and Caring Together member), has grown to become one of the highlights of the Leeds's events calendar.



To mark this special milestone, Caring Together are planning a Carnival celebration event prior to the main day. Invites will be going out with the June newsletter but in the meantime we would like to hear your carnival stories and memories and to hear what the carnival means to you. If you have photographs too we would love to see them (we will copy and give you back originals). Please get in touch and help us to bring memories of carnivals past to life for our celebration.

Summer Seaside trips - and other outings

Bridlington will be the destination for our 2017 summer seaside trips - dates to be confirmed. We will also be planning some more local outings later in the year. Look out for your invitations in due course

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Wishing to build your strength and core stability?



Why not add one of our activity groups to your weekly routine?

Our exercise groups are 'Make it Falls Proof' accredited and are all about keeping moving/working to reduce/prevent falls, help with co-ordination, help improve balance and increase confidence

Exercising well in a fun, manageable and enjoyable way building strength, and agility and open to anyone aged over 55

Why not give it a try and see if it is for you?

Call us on  2430298 for more details

Wednesday Walking Group - starting in Spring after a winter break - local walks mostly starting from Woodhouse Community Centre or a local bus stop!! - call us if you would like a copy of the walking programme



Travel Assistance Cards

Do you sometimes find it difficult using public transport? Or have you stopped using public transport because you might need a bit of extra help to feel at ease? The travel assistance cards from WY Metro might be useful for you to let transport staff know if you need extra assistance



Travel Assistance Cards have been designed to help disabled and older people when using public transport, and can be particularly helpful for people with hidden disabilities such as visual impairments or learning disabilities, and for people who are afraid of falling.

You can use the card to let the bus driver know about any requirements you may have when getting on the bus.

The cards can be downloaded from wymetro.com, or you can ask Caring Together to help with this if you don't have internet access.

Choose the card or cards that you want to use

Keep them with your bus ticket / concessionary travel pass

When you get on a bus, hold the card up to let the driver know what help you need

A Huge Thank You!

(And a request for more help)



Our members volunteers and supporters are amazingly generous, giving to Caring Together in so many ways - money, gifts and time!

One of the ways many people support us is by donating items that we can use for fundraising or in our groups. Maybe unwanted gifts that we can use for tombola stalls/hook a bag/soft toy lucky dip at community events or raffle prizes at our party and other events. Or it could be small items to use as bingo prizes or even tea, coffee or biscuits for use in groups.



In 2016 we raised around £700 from tombolas, cake stalls, raffles etc - all with things donated by you. And donations towards bingo and refreshments keep our costs down and help us to keep the groups running. So we want to ask you to help us again in 2017 with any of these kind of items. If you can help give us a call on (2430298

All of this is vital to keeping Caring Together going. And we want to thank you for all your help in any way - we are very grateful!!



New £1 coin in 2017



The new 12 sided £1 coin will be in circulation from 28th March. You will still be able to spend the old ones until 15th October when it will cease to be legal tender and so shops will not accept it. Your bank may still change the old coins for you after this date but they don't have to. Our advice is to spend or bank your old coins before October - and if you have a piggy bank or coin jar remember to change these!

And if you still have some old fivers kicking around, they will be withdrawn from circulation on 5th May so again, get it changed at your bank—or spend it on something nice before May!!

Christians Against Poverty (CAP) Life Skills course in Woodhouse - FREE

CAP Life Skills course starts at 7.30pm on Monday 6 March at Gateway Church at St Mark's Church, St Mark's Road, Woodhouse, LEEDS LS2 9AF.

The course aims to give people the confidence and decision making skills they need to live life on a low income. We will discuss practical money saving techniques, such as cooking on a budget, living healthily on less, and making money go further.

To find out more about CAP Life Skills or to book a place, telephone 0113 2443245 or email: alexjoiner@caplifefskills.org

Caring Together Prize Draw Results

December 2016

Total Prize Fund: £28

1st Prize £14

No: 69 - Nell Bedford

2nd Prize: £7

No: 77 - Patricia Smith

3rd Prize £7

No: 45 - Georgina Baldwin

January 2017

Total Prize Fund: £28

1st Prize £14

No: 78- Clarita Wenham

2nd Prize £7

No: 54 - Pat Brown

3rd Prize £7

No: 59 - Tony Clark

February 2017

Total Prize Fund £31

1st Prize £15

No: 01 - David Wigglesworth

2nd Prize £8

No: 40 - Steven Collinson

3rd Prize £8

No: 49 - Nancy Tymms

Thank you to everyone who has joined our monthly prize draw so far, the draws from December to February have raised £87 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.

History Pin Project brings back memories

The History Pin project run by Leeds Libraries with Big Lottery Fund aims to bring older adults together to **share stories and memories** of the history of Leeds, as told by the people who have lived through it. We have really enjoyed welcoming Sally Hughes from History Pin Project into our groups over recent weeks and it has sparked lots of interesting conversation and reminiscing.



On one of her visits, Sally brought with her a community newsletter from Little London in the 1970s which included the following as part of an article: *'The prize for the best vegetable garden on the whole estate, without any doubt at all, goes to 5 Servia Gardens..... Congratulations to a very worthy winner.'*

This prompted one of our members to remember - 'that was my garden and my husband was the prize winner!'

Have a look at www.historypin.org for lots of stories and memories

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



Registered Charity 1138782
CLG 07402794

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