



IN WOODHOUSE
&
LITTLE LONDON

NEWSLETTER

THANK YOU to all our Volunteers and Helpers

1st to 7th June is Volunteers Week and we want to take this opportunity to show our appreciation for the fantastic contribution volunteers make.

Volunteering is estimated to be worth more than £22.6billion to the UK economy.

As well as helping others, volunteering has been shown to improve volunteers' wellbeing too. It's human nature to feel good after helping someone out. It is an opportunity to share or pass on your skills, learn together and be part of a community. Volunteering helps you to gain valuable new skills and experiences and boost your confidence.



A few of our Volunteers enjoying lawn bowling—Volunteers Week 2018

Caring Together would not be able to do what we do without the help and support of our amazing band of Volunteers and we are so grateful for all that they do for us. They help us in so many ways.

We will be hosting a special event for our volunteers during Volunteers week to say thank you to them.

If you'd like to join our team of volunteers please call us on 2430298.

Cakes raising Cash (Springtime Tea 2019)

Volunteers pulled out all the stops once again for our Annual Springtime Tea—making cakes, donating prizes, decorating the room, serving cake and drinks, selling prize draw tickets and games entries.

We had a lovely afternoon of fun, games, quiz, chat and, of course, cake and raised over £160 towards Caring Together funds at the same time.

Many thanks to all who helped us make our Springtime Tea such a successful event once again.



Reader's Corner.....

Life After Caring Together

First of all, a big hello to all the Caring Together members. Many of you will remember my years as manager – 1995-2015 but some will not because I retired 4 years ago. I was very happy to leave my 20 years work, in the capable hands of John (my successor), and ably assisted by Valerie, Lisa and Ashley.



Having worked for 47 years, I was a bit apprehensive about retirement but I was ready to step off the treadmill and feeling quite tired. I always remember a Caring Together member saying to me, 'When you retire Cherril, you'll wonder how you ever had time to work.' This didn't make sense to me at the time but it does now!

I had a lifelong desire to write a novel and took a writing class, at The Heart Centre, Headingley. It took me 2 years to write 94,000 words and then the editing. I keep promising myself I'll try and find a publisher, for my novel, 'Remember What Your Mother said.' Maybe 2019 will be that year.

Since retiring, I have continued my passion for older people, by befriending for Caring Together and Bramley Elderly Action and, up to last year, I was Deputy Chair of Leeds Older People's Forum.

I honestly have 1000s of happy memories, of my time at Caring Together and was privileged to work with so many funny, interesting and memorable older people. It warms my heart that this work continues and flourishes.

Just over 12 months ago took the plunge and sold my too large house in Armley and moved to a more manageable flat in Bramley and no regrets.

I like to go for walks most days and in-between, I look after my 7 year old grandson, in the school holidays; meet my friends for a catch up and the occasional lunch and, of course, spend time with my family. Lovely to be given this opportunity to write a piece for the Caring Together newsletter.

Cherril Cliff

We would like to make Readers' Corner a regular feature, so if you have anything you would like us to include - a story, a memory, poetry or maybe a little bit about yourself, please let us know and we will try and use it in a future newsletter. (It can be anonymous if you wish)

Calling all budding Writers

Have you ever fancied trying your hand at writing? If so, come and join a small group of like-minded people to write, to talk about it, maybe to read.

All very informal and no pressure to produce a masterpiece!!

Little London Community Centre hall, Thursdays 2-4pm.

Starting 5th September for 6 weeks initially.

Call John for more details on 2430298

World Story Telling Day

Our World Story Telling Day celebration was a great afternoon with members reading their own stories or excerpts from the work of others. Short stories and poetry. It was all there in the mix.



We were also delighted to have Leeds very own author **Chris Nickson** in attendance who read an excerpt from his most recent novel. Many thanks to all who took part.

Summer at Caring Together



Seaside Day Out:



Our main day trip for the summer will be to **Scarborough on Wednesday 3rd July**. We will have an accessible coach and helpers on hand for those who need some assistance.

All the details are in the enclosed invitation. Please RSVP as soon as possible.

Outing to Golden Acre Park Monday 8th July —with assistance

Refreshments in the cafe overlooking the garden, then either stay on the terrace and enjoy the sunshine (we hope) or take a stroll in the garden if you feel like it. Door to door transport and assistance as needed.

Independent Outing—York—Tuesday 13th August

Coach will pick up at 3 locations in Woodhouse/Little London for an outing to the lovely city of York—for the independent traveller who does not need support

Lunch and Royal Armouries visit—Monday 2nd September—with assistance

A visit to the Royal Armouries—eat in the newly refurbished bistro overlooking Leeds Dock and either look round the Armouries or just sit and watch the world go by on the waterfront. Door to door transport and assistance as needed.

Full details for all the above outings enclosed.

Lunchtime Meetups:

Monday 24th June 12noon at The Eldon

Monday 29th July 12 noon Hyde Park Pub

We will also be lunching at **Little London Community Cafe - Little London Community Centre** on the **2nd Wednesday of each month** and would be delighted to see you there too

Are we There Yet? - Starting Thursday 27th June

Caring Together are delighted to be working with the Heritage project, and Skipkko Arts Team on a new venture. Participants will learn about Leeds women, before exploring their own heritage stories with the support of two artists and librarians from the Local and Family History library. Full details and all dates on enclosed sheet

Little London Community Day—Saturday 13th July 12noon—4pm

Caring Together will be there with our Tombola stall as well as other games. Come and say hello and try your luck! (We will have 2 stall this year—our usual spot on the grass as well as one on the car park area) Little London Community Centre/Little London School/surrounding area

Gentle Exercise Yoga based—starts Thursday 25th July for 6 weeks

Adapted for all abilities—seated and standing. Come along and enjoy with Vera and leave with a feeling of well being. In the **Little London Community Centre Hall 2pm—4pm**.

Summertime Social—Wednesday 7th August

Come and join us at **Little London Community Centre 2pm—4pm**. Enjoy homemade cake and tea/coffee. Play Tombola and Summertime Bingo and enter the Summer Prize Draw.

Invitation enclosed.

Our regular groups will be taking a summer break, from week commencing 5th August for 4 weeks, but there will be lots going on during this time as you can see above. All the groups will start again in the week beginning 2nd September

Every Day First Aid Training—Monday 22nd July

Would you like to know what to do in a First Aid Emergency? Caring Together invite you to attend training with **British Red Cross**.

Refresh your skills, as well as learn some simple new ones that could save a life. It is open to all abilities. Even if you just come along to gain some information, this is more than ok, we would love to see you there.

Call or email Lisa if you would like to attend—2430298 or lisa@caringtogether.org.uk.

Live Well in Later Life

The Leeds IAPT 'Live Well in Later Life' course is aimed at supporting older adults to maintain their wellbeing in later life. A course at a local venue in Woodhouse & Little London is starting in July

To book a place please either call Community Links IAPT Service on 0113 200 9188, online at leedscommunityhealthcare.nhs.uk/iapt/home. Or you can call Caring Together on 2430298

Information Sessions

Little London Community Centre 3pm-4pm

West Yorkshire Trading Standards
‘Doorstep Crime’:
Wednesday 12th June

Leeds City Council Recycling:
Wednesday 24th July

Green Doctor
Wednesday 31st July

Caring Together Prize Draw Results

March 2019 Total Prize Fund £25	April 2019 Total Prize Fund £25	May 2019 Total Prize Fund £25
1st Prize £13 - Number 027	1st Prize £13 - Number 050	1st Prize £13- Number 078
2nd Prize £6 - Number 003	2nd Prize £6 - Number 077	2nd Prize £6 - Number 075
3rd Prize £6- Number 098	3rd Prize £6 - Number 097	3rd Prize £6- Number 005

Thank you to everyone who has joined our monthly prize draw so far, it helps raise much needed funds for Caring Together. 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.

(All winners have been notified personally)

Caring Together Staff

John O'Dwyer - Manager

Valerie McGregor - Advice & Support Worker/Administrator (Deputy Manager)

Lisa Argyle - Community Resilience Worker

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



Leeds Benevolent Society
for Single Ladies

