



Caring Together—100% digital

We are now the proud owners of 4 Samsung Galaxy tablets complete with mobile data thanks to a grant from 100% digital Leeds.

We are already using these both in our groups and on visits to members—the mobile data means we can connect to the internet pretty much anywhere. 100% digital aims to help people overcome digital exclusion (being disadvantaged by not being able to access online services) and Caring Together is pleased to be part of this. We know that improved digital skills help people be better informed, pay less for things, be more employable, feel more independent, be less isolated, and live better, easier, longer lives.



With individual members we are able to use the tablets to help with things like blue badge and bus pass applications, housing forms, benefits forms and much, much more, as well as helping to find out information or just have fun finding the way around the tablet!!

We have lots of plans for using them in groups, such as social media sessions, music, videos, art, photos, animation sessions and more. As well as all the individual things as above.

We want our members to get the most out of these tablets and so we would like to know your ideas for things you would like to use the tablets for, or things you would like to learn how to do online. We might not know the answers but we can find out together. 😊

This is in addition to our long standing IT drop in and occasional classes—for more information or to tell us your ideas call on 2430298, or email: valerie@caringtogether.org.uk

Scam Warning

One of our members reported the following attempted scam to us. After contacting her internet provider about problems with her internet access, she was called by someone claiming to be from this company. She was not initially concerned by this call as she had been promised a call back .

The caller asked her to give them remote access to her computer, which she did, and also asked her to switch off all other devices—tablet, mobile phone etc while he performed some tests. She was informed that her computer had been compromised and was asked to log into online banking to check her account. She saw all her money was gone from her account. Panicking she turned on her mobile to see a text message from her bank asking if she consented to the funds transfer. The caller said this message was a scam and she should not have turned on her phone.

Recalling a session on scams awareness she had attended with **Caring Together** and the **SAFER project (West Yorkshire Trading Standards)**, she chose not to respond to the text and rang her bank. They had stopped the transaction and this attempted theft was, thankfully, not successful. It was an extremely traumatising experience particularly as the call had seemed so plausible.

We have also recently been made aware of a similar scam where the call purports to be about an Amazon Prime subscription. Please be on your guard about this type of call.

Panto Time (Oh Yes, it is....)



Would you like to join us for a New Year outing to the see *Sleeping Beauty* at Carriageworks Theatre? We have 20 tickets (including accessible seats) available for the 2pm matinee performance on **Friday 3rd January 2020**.

Full details are on the enclosed invitation, if you want to attend please rsvp as soon as possible.

Keeping Warm and Well over Winter

Winter is on it's way and the cold weather can make us more vulnerable to illness so keeping warm both inside and outside the house can help reduce the risk of serious health problems.

Caring Together has a small stock of thermal underwear, 'snuggies' and socks, gloves etc if you are in need of these.

We can also give you advice about financial or practical help that may be available to you to help with keeping warm and paying energy bills—Call and speak to Valerie.



Nature Revealed—Making the Invisible Visible



Caring Together are excited to be part of this amazing new project, starting this autumn and over the next year, culminating at Light Night 2020. Working alongside the University of Leeds, Natural England, Schools, and various artists, it will include art and writing workshops, audio recordings and trips out to some National Nature Reserves as well as lantern making for the parade at Light Night.

It's explained in more detail on the enclosed flyer—please speak to Lisa on 2430298 or email lisa@caringtogether.org.uk if you want to be part of it, or just to find out more.

Winter Warmer Afternoon

Thursday 23rd January

2.30pm—4pm

Little London Community Centre.

Shake off the Winter Blues and join us for a warming afternoon.

There'll be soup.



Green Doctor will be there with winter warmth/energy saving advice.

'Infection Prevention' Information—staying well in the winter months

A few winter warmth items to give out



Arts & Crafts



Social and Chat

Tea & Coffee (of course)

And did we mention soup???

Caring Together and International Day of Older Persons 2019 (Age Friendly Leeds)

To mark International Day of Older Persons, a group of us went into the city centre, to watch the movie *Downton Abbey*. Followed by a dessert parlour for drinks and cake.



It was a great way to spend the afternoon.

Members said: **'I really enjoyed the day. It has been years since I went to the cinema.'**

'I have seen another couple of films that I would like to see. I shall come back again with my daughter.'



Reader's Corner.....

WE ARE ALL WALKING HISTORY

We only came to live in Leeds in 1999, and it's nearly twenty years since I joined Caring Together. I soon found myself involved in the Caring Together choir. A high point was trying to sing the famous Amy Winehouse song: 'He tried to make me go to rehab, I said No, No, No.'. Very funny. 'Old Macdonald had a farm' was more our style. The choir used to meet in the freezing cold Methodist church, which is long gone, as are more than half of the singers. That's a bit of Caring Together history which brings smiles to the lips of the survivors.

I was a 'younger oldie' in 2000, still half full of beans. But now as an 'older oldie' who often finds walking to the bus too much effort, it was great to hear this spring that Skippko had asked for volunteers from Caring Together to join in a series of sessions with transport included. The plan was to create a picture of the lives of some inspirational Woodhouse women over the last century. Sessions were set up in Skippko's premises, the city archive and Kirkstall Museum. The final outcome will be **WOMEN REFLECTING ON WOMEN** - an ambitious exhibition to be shown in the city museum in spring 2020.

We worked with some very gifted professionals including a film maker, a sculptor and a photographer as well as librarians and staff at Kirkstall Museum. We've played with expensive video cameras, had a go at modelling with plaster of Paris. We've laughed at our self portraits winking and blinking on film and built up a scrapbook of our activities to remind ourselves we are all part of history.

In the city archives we spent hours pouring over maps of Woodhouse a century ago, and browsing collections of newspaper cuttings, laughing at adverts for corsets and soap powders, and thinking about the effect of a big suffragette meeting in Hyde Park in 1908. One of the organisers was Mary Gawthorpe, who was born in Woodhouse (a now demolished back-to-back) in January 1881. One of our group discovered that her Jewish great-great grandparents fled from Russia after the assassination of the last Czar and settled in the then poverty stricken area known as the Leylands, off North Street.

Of the many inspirational Woodhouse residents, Doreen Tinker stood out. For decades, she was known as 'Mrs. Woodhouse', her kitchen was always a hive of community activity. Her husband, Ken, did a great job checking on the welfare of vulnerable folk while he was on his milk rounds. So we shone the spotlight on the Tinkers. I can't tell you how much I've enjoyed this project, and I hope Caring Together puts on lots of coach trips for everyone to see what we've been up to.

Pat Tempest

Skills Share Sessions

Join us for some creative sessions—learn some new skills & pass on your own knowledge/ideas

Festive crafts—making decorations for a Caring Together tree at All Souls Church

Little London Community Centre

Wed 20th November— 3pm—4pm

Woodhouse Community Centre

Friday 29th November—11am—12noon

Tuesday 10th December 3pm



And, if you wish, Tree Decorating at All Souls on Wednesday 11th December at 11am

Crochet Skill Share

Little London Community Centre

**Wednesdays: 8th, 15th, 22nd January 2020
3pm-4pm**



Musical Interludes



As part of our '25th Celebrations' we are coming together, along with some University Students for three 1 hours sessions where we will join together for some singing and creative fun with a view to adapting some music to make it our own.

Singing talent not essential, just come and enjoy the process along with us.

**Wednesdays, 19th February, 26th February
and 4th March 2020, 3pm—4pm.**

**Venue: Main Hall, Little London Community
Centre, Oatland Lane, Leeds 7**



Christmas Opening Hours at Caring Together

The Caring Together offices will close at 12noon on Tuesday 24th December 2019 and re-open on Thursday 2nd January 2020

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 07712 106378

We would like to wish all our members and supporters a very Merry Christmas and a Happy New Year

Christmas Day Dinner and Social

The Three Churches (St Aidans, St Augustines & Trinity United) would like to invite anyone who would be alone on Christmas Day to join them for Christmas Lunch and a friendly social afternoon.

Volunteer drivers can collect you on the day and bring you home at the end. Caring Together members who have attended in the past tell us what a lovely day it has been.



If you would like to be included in this, please contact Caring Together (2430298) and we can make the arrangements for you to attend.

The deadline to put your name down is early in December so please speak to us as soon as possible and no later than Monday 2nd December.

Caring Together Prize Draw Results

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

August 2019 Total Prize Fund £25	September 2019 Total Prize Fund £26	October 2019 Total Prize Fund £26
1st Prize £13- Number 084	1st Prize £14- Number 103	1st Prize £14 - Number 075
2nd Prize £6 - Number 015	2nd Prize £6 - Number 083	2nd Prize £6 - Number 059
3rd Prize £6 - Number 001	3rd Prize £6 - Number 053	3rd Prize £6 - Number 065

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.

(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

