



Celebrating a Quarter Century of Caring Together

1995 - John Major was Prime Minister, Robson & Jerome topped the charts with Unchained Melody, Forest Gump was voted Best Picture at the Oscars, Everton beat Manchester United to win the FA Cup....and Caring Together was born!

The world has changed a lot since 1995 (and so has Caring Together) but we are still here 25 years on. There's been times we thought we wouldn't make it and so we are really proud to have reached our quarter century.

We are marking this momentous milestone with a tea party at Leeds Civic Hall on Thursday 9th April 2020.

We want to see lots of our members, volunteers, supporters and staff, past and present at this celebration of 25 years working in our community.

Full details are on the invitations. Please rsvp as soon as possible, and by **9th March at the latest**

For members who would not be able to get there unassisted we will be able to arrange transport from Woodhouse or Little London, so please contact us if you need this.

'Caring Together is 25! 'How Did Our Paths Cross? What is Your Story?'

We are meeting over 6 weeks in February and March 2020 to begin capturing some stories.

Dates: Friday 14th, 21st & 28th February 2020
& Friday 6th, 13th & 20th March 2020

Venue: Harrison and Potter Homes, Main Lounge, Lovell Park Road, Leeds LS7

Time: 11am - 12.30pm

Come to any or all of these dates. If you can't make these sessions but want to contribute, or if you need directions, please let Lisa know.

Exciting New Development!

Caring Together and Leeds City Council are in talks about the possibility of Caring Together taking over the shop space previously occupied by the Sudanese Community Association in Charing Cross. This unit is in a prime position for community use being adjacent to the post office and in a central location and on the only bus route in the area.

We have a large group of local members who have expressed a wish that we have a more accessible community space which could be used for a range of community uses. Our current office accommodation is not on street level and this can sometimes prove an impediment to advertising our services to the locality. We are very excited re this potential development.

Watch this space for further news!!

Are you missing out on income you are entitled to?

The Dept of Work and Pensions believe as many as 1.3 million people who would be entitled to Pension Credit do not claim it. Often people believe they may not be eligible because they own their home, have some savings or have another income but none of these prevent you claiming. Even if you do not get a state pension but are over the state pension age you might still qualify. If you are not getting Pension Credit when you could, you may be missing out on hundreds of pounds a year.

Pension Credit (Guarantee Credit) is a top up benefit for people over state pension age who have income below a set amount—currently £167.25 for a single person and £255 for couples. This calculated on total weekly income and any savings over £10,000 are counted as £1 per week income for each £500 (above the £10,000 threshold).

Savings credit is extra income if you have income that is a bit higher than basic state pension or some savings—but you can only claim Savings Credit if you reached state pension age before April 2016. It can be up to £13.73 a week if you're single or £15.35 for a couple.

There are slightly different rules for couples where one is under State Pension age and you may have to claim Universal Credit instead.

If you're over State Pension age, but your weekly income is higher than these thresholds, you may still be able to claim Guarantee Credit if you meet one of the following criteria: • you have a severe disability • you are a carer • you have to pay housing costs like a mortgage.

Even if you are only entitled to a very small amount of Guarantee Pension Credit, it is worthwhile claiming as it entitles you to other help, for example, • help with housing and council tax costs • free NHS dental treatment and help towards cost of glasses and travel to hospital • home insulation and boiler grants • Cold Weather Payment • Warm Home Discount and, from June 2020, over 75s will only continue to qualify for a free TV licence if receiving Pension Credit.

In addition, you may be able to get other deals—for example, BT have a special rate package for those on pension credit: the BT Basic phone service charges just £5.10/month for line rental, including a £1.50 call allowance. For BT Basic + Broadband it's £9.95/month.

The earliest you can start a claim for pension credit is 4 months before you reach state pension age. You can claim any time after state pension age but can only get pension credit backdated for 3 months. You have nothing to lose by applying, but potentially a lot to gain, and even if you've previously been turned down, it's always worth making a new claim. Benefits rates change every year, as can your finances.

If you would like help claiming any of these benefits or just to talk about what you might be eligible for, call Valerie on 0113 2430298.

Or you can claim Pension Credit by calling 0800 99 1234.

Shaking off the Winter Blues



It was lovely to see so many at our Winter Warmer event in January. Out went the usual cakes and biscuits and instead it was fresh fruit and a choice of three delicious homemade soups to sample that were nutritious and warming. In addition to the good company and food, there was chance to feed our creative side too. And everyone left with a winter warming gift.

Thank you to the Caring Together team, volunteers, members and supporters for bringing the event together, and with making the food and table decorations and helping on the day. And to all those who joined us.

Sounds of Our City....

In a change from our Readers Corner, here's a Leeds Based Music Quiz! (just for fun!) that some of our members had a go at of last year which was part of the 'Sounds of Our City' discussions, prior to the Sounds of the City exhibition at Abbey House Museum.

If you wish, take a trip down memory lane and have a go yourself - answers on page 4.

1. Leeds Town Hall was designed very much with music in mind, and its concert hall was to be a match for any of similar size! What decade was it built in?
2. What is Dame Fanny Waterman famous for?
3. Which UK rock band famously performed 'Live At Leeds'?
4. And who performed at Leeds Polytechnic with his Wailers in 1973?
5. This Leeds theatre, designed by Frank Matcham in the 1890s and now home to some posh shops, saw many stars perform in its 63 year history, from Gracie Fields to the Beverley Sisters, Frankie Vaughan and Cliff Richard. What was it?
6. And this cinema in Leeds hosted, among others, the Fab Four, Roy Orbison and Louis Armstrong. What was it?
7. This local Leeds lad was a teacher at Intake School in Bramley and was on TV a lot in the 70s and beyond, including slots on That's Life! and even his own show on ITV. He died in 2002. Who was he?
8. This park has seen some big concerts in Leeds - including The Rolling Stones, U2, Madonna and Bruce Springsteen. What is it?
9. Who 'Put Their Records On' in 2006, scoring a big hit?
10. And which homegrown band performed at Kirkstall Abbey in 2011 (clue: they didn't quite cause a 'riot'....)

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And, if you enjoyed the quiz—the details of the exhibition are below:

New exhibition, 'Sounds of Our City', at Abbey House Museum

Date: 25th January 2020 - 31st December 2020

Venue: Abbey House Museum



Sounds of Our City will take you on a journey through the musical stories of Leeds. Starting with how we first encounter music at home and school, we look at how the different musical styles and places of Leeds interact.

See some of the fascinating instruments and sound equipment made in Leeds. Explore the different venues associated with music in the city over the past 200 years. And relive some of the city's most iconic performances through the memorabilia on display.

Caring Together—Community Heroes

Caring Together were delighted to be invited to the Inner North West Community Committee Community Heroes Awards Ceremony at St Chads in Headingley.

A large number of local community and activists groups were present representing the areas of Little London, Woodhouse, Hyde Park, Headingley and Weetwood. The awards were presented by the Lord Mayor, Cllr Eileen Taylor.



As well as being made aware of the massive contributions that local groups make to the betterment of life in our city, we were also treated to a wonderful performance by a local Bollywood Dancing School followed by a feast of Asian food. Many thanks to the local councillors for organising this event and for recognising the work that we do and deeming it worthy of celebration.

Answers to music quiz from page 3
 1) 1850s (1858), 2) Leeds Piano Competition/ International Piano Competition, 3) The Who, 4) Bob Marley, 5) The Empire, 6) The Odeon, 7) Jake Thackray, 8) Roundhay Park, 9) Corinne Bailey Rae, 10) Kaiser Chiefs

Caring Together Prize Draw Results

November 2019 Total Prize Fund £23	December 2019 Total Prize Fund £24	January 2020 Total Prize Fund £26
1st Prize £13 - Number 080	1st Prize £12- Number 004	1st Prize £14 - Number 056
2nd Prize £6 - Number 083	2nd Prize £6 - Number 016	2nd Prize £6 - Number 044
3rd Prize £6 - Number 076	3rd Prize £6 - Number 017	3rd Prize £6 - Number 085

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.

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