



## **Stay Safe—Stay Well**

### **Caring Together is here for you**

This is not the newsletter we thought we would be sending out for Summer 2020!!

We expected to be giving you pictures of our 25th birthday celebrations and all our plans and for activities and outings over the next few weeks and months. However, as you will know all too well, things have changed enormously in recent times, and will continue to do so over the next weeks and months.

We want you to know that, as always, Caring Together is here to help and support. During lockdown, then as we take our first cautious steps towards easing this, and when eventually we are back to whatever the new normal will be in the future.

Over the last few months we have been keeping in touch with our members, as well as family, friends, volunteers, supporters and other organisations in many ways. That has included hundreds of phone calls as well as texts, emails, letters, posts on our website, Facebook and Twitter and virtual meetings and social groups.

We've been delivering essential supplies of food and helping members to access the best way of getting ongoing supplies while they stay home—this has included help to set up supermarket deliveries, access frozen or hot meal delivery services and referrals to local and national food box schemes for the vulnerable as well as local foodbanks where needed. (Additional details on page 3 about a project with Gateway Church to deliver meals to local people).

Other, non virus issues, still arise at this time and we are continuing to offer advice and support as much as we can on things like fuel bills, banking issues, benefits and many other things.

And, of course, we have had support from volunteers, members and the community, who continue to help in numerous ways so people remain connected. This has been with telephone befriending, sharing food supplies and herbs from the allotment, making food to share with neighbours and gifts of homemade jam for us to pass on. Our friends in the community have also been sending us pictures and stories to share on our website and Facebook page. If you are able to, please look at these they have lots of information and we post regularly. If you need some help to be able to access this, we might be able to assist—more information on page 2.

There are also lots of other connections and sources of support within the community and we've been working with the local PCSOs, churches, local shops, medical practices and other organisations to help each other and our members.

We'll continue to keep in touch with you all while this crisis is on-going (and after), but of course you can always contact us if you want someone to talk to or if there is anything you need help or advice with and we will do our best. **Look on the back page for all the ways to contact us.**

## A message from PCSO Sam Pemberton

Hello everyone. First of all I hope you are all well. For those of you who I've not yet met, I am a Police Community Support Officer, with 11 years of service, working predominantly in the Woodhouse and Little London area of Leeds. I have met many people through Caring Together and delivered a number of crime prevention talks to their regular groups. I have also enjoyed many social gatherings over the years and especially love the ones with tea and cake!

We are currently working a little differently, whilst still trying to deliver our messages. Social media, such as Facebook and Twitter, is a useful tool at this time, and lots of other information is also available online.

I understand the emotional and physical impact that this pandemic is having on people. Looking out for each other with a wave (from a safe distance) or a phone call could make a massive difference to someone. Hopefully by keeping up the necessary measures around social distancing, and for some, shielding, we will continue to stay well and keep safe. Staying indoors has helped to stop the spread of the virus and played a part in protecting the healthcare system and save lives.

I look forward to a time when we can all sit together with a cuppa for a proper chat. The picture is a little reminder of what I look like to those who know me, and an introduction to those who don't.

Best wishes to you and your families. Stay safe.

**PCSO Sam Pemberton**

To report a crime, please ring 101. Always dial 999 in an emergency.




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## Digital Inclusion—helping our members to stay connected online

In these strange times digital connections have been more important than ever for many people, video calling to keep in touch with family and friends, online shopping for food and other essentials, accessing services and also entertainment. There have been many things available online to help keep people occupied and to help with our well-being during lockdown.

Here at Caring Together we have also been making good use of this tool to help stay connected and support our members. We've been putting lots of information on our Facebook page and website as well as sending out advice and information by email. And, we've offered some digital support to members around things like making video calls or using zoom, setting up email accounts, how to use devices and accessing online shopping. We've also offered advice about staying safe online.

Lisa has begun hosting an online '**Elevenes**' group each **Thursday morning at 11am**—this is a virtual get-together via Zoom where some of our members meet to chat and catch up. Lisa is also hosting weekly quizzes and a poetry corner and bringing together members contributions such as digital imagery and member articles. She will also be hosting the following

**Online film sharing evening on Wednesday 10th June at 6.30pm**

**Online afternoon tea event at 3pm on Wednesday 24th June** (dressing up is optional).

If anyone is interested please do get in touch: [lisa@caringtogether.org.uk](mailto:lisa@caringtogether.org.uk)

If you are struggling with accessing online services or using the internet to connect with family and friends, let us know and we will help if we can. If it is advice that is needed then we will try our best to talk you through the issues and see if we can find a solution between us.

And finally, thanks to **100% Digital Leeds** we may also be able to help with equipment to enable you to get connected. We have a small number of Amazon Echo Shows that we can loan to members—you could use these to make Skype video calls, play games, get reminders for medication etc. You will need to have an internet connection to use these. We also have some ipads which have built in internet data so you can use these even if you don't have your own internet connection.

Call or email us if you feel you would benefit from borrowing either of these devices.

## Some Lockdown Thoughts from Oliver Cross



On Friday 8th May, my partner Lynne and I celebrated the 75th anniversary of VE Day with the biggest celebration which we'd seen since the start of the lockdown, although it was a very tame affair by 1945 standards.

All day on the TV we watched archive footage of people jumping into fountains, hugging strangers, drinking pubs dry and flouting hygiene guidelines. Then we joined a small VE Day party in the grounds of an over-60s housing complex across our road.

There was, as a tribute to our brave service people, some drink taken, as well as good food, plenty of loose talk and a little socially-distanced dancing. But the threat of the coronavirus kept us all restrained and socially-responsible, or at least more so than usual.

It was, though, a welcome taste a what things might be like when life gets back to normal, if it ever does get back to normal and assuming it happens in our lifetime, which is no certainty for older people living through a pandemic.

Meanwhile, I stay cheerful in the knowledge that the government has the situation firmly under control, particularly since it instructed everybody in England to 'control the virus'.

I suppose this means that at least I should take every step possible to avoid contamination, which I have been doing, but the government seems to want more of me. It seems to expect me to proactively hunt down all the viruses with my own bare hands and steer them away from potential victims. I just hope I don't get the blame when the viruses takes no notice whatsoever.

The first part of the government's new three-part slogan (slogans having replaced policies or intelligent debate as the preferred means of informing the public) is 'Stay alert', which only really works if you were alert in the first place and I clearly wasn't because I'm not sure what I was ever supposed to be alert about.

Am I supposed to watch for people breaking social distancing rules (in which case I should be provided with a whistle and a red card) or should I keep an eye out for sneaky viruses trying to insinuate themselves into my person?

The last part of the government's new slogan is 'Save lives' which I'm sure we'll all follow because it's clear and unobjectionable. And maybe, to get our priorities right, we should put 'Save Lives' first.

### 3 meals for 3 days with Gateway Church

We are happy to be working alongside Gateway on this project to provide Breakfast, Lunch and Dinner on Wednesday, Thursday and Friday for members who are either in need of food or would benefit for any other reason

People will be provided with the following:

Wednesday—breakfast and lunch for 3 days (likely cereal and milk or similar) plus a cooked meal that can be reheated for Dinner

Thursday and Friday—a cooked meal for dinner.

If you feel that this would be helpful to you please let us know and we can arrange for you to receive the meals.

- Answers for the 25 questions quiz**
- 1) Astra Picture House    2) True
  - 3) 1995    4) False - it was 1980s
  - 5) It had the football results in. (Everyone was hoping to win the pools.)
  - 6) Tony Brizzolara    7) True
  - 8) 1955—Woodhouse Feast Woodhouse Moor
  - 9) Appleson Shoes, Sommerville's Butchers and Coop Grocers - Charring Cross 1981
  - 10) Everyday's a Holiday
  - 11) Windsor Castle (changed 1984)
  - 12) H&P Homes (top of Lovell Park Road)
  - 13) 1826    14) From Johnston Chemical Works
  - 15) 1974    16) The Cemetery
  - 17) Bray's Angels    18) Woodhouse Street
  - 19) 1937
  - 20) Church of the Holy Name, - location junction of Cambridge road and Servia road.
  - 21) True    22) Alice Porter
  - 23) Alexander    24) True
  - 25) Elsie Tanner (Pat Phoenix)

## Caring Together Staff—and how to contact us



In order to maintain social distancing our office is not occupied as much as normal but there will be a member of staff there most days so we can still be contacted on 0113 2430298— or if you leave a message we will get back to you.

Alternatively you can call us on these mobile numbers or email us:

**John O'Dwyer** - Manager - john@caringtogether.org.uk - 07458303015

**Valerie McGregor** - Advice & Support Worker/Administrator (Deputy Manager) - Valerie@caringtogether.org.uk - 07483333115

**Lisa Argyle** - Community Resilience Worker -lisa@caringtogether.org.uk— 07436530073

**Ashley Rose** - Finance Worker—ashley@caringtogether.org.uk—or on the office landline on Tuesday mornings (0113 2430298)

## Caring Together Prize Draw

After discussion with our Trustees, we have made the decision to keep drawing out the tickets in our Prize Draw whilst this situation is ongoing.

As most of the entries and winnings are paid in cash, we are not able to hand out winnings until it is all over and we know that many of our draw members would have been due to renew their entries as lockdown began, so we have kept the tickets in the draw for all who were in it as of the end of February and we will deal with both the collection of payment and the distribution of prize money retrospectively.

We hope this is ok with everyone concerned. If you don't want to stay in the draw then you can let us know at any time.

The draws took place during our online Zoom meetings and with one of the Trustees observing. The winning numbers are below:

February 2020 Total Prize Fund £26	March 2020 Total Prize Fund £28	April 2020 Total Prize Fund £28
1st Prize £14 - Number 103	1st Prize £14 - Number 078	1st Prize £14 - Number 017
2nd Prize £6 - Number 095	2nd Prize £7 - Number 003	2nd Prize £7 - Number 053
3rd Prize £6 Number 042	3rd Prize £7 - Number 104	3rd Prize £7- Number 046

If you are not currently in our Prize Draw but would like to join in future draws, please let Valerie know. It helps raise funds to support our work and you may win a small cash prize.