



IN WOODHOUSE
&
LITTLE LONDON

NEWSLETTER



New Realities—Covid 19 update

Thanks to a tremendous amount of work by the staff team and volunteers, Caring Together have managed to stay fully operational throughout the Covid crisis. While this has involved working in different ways than before, a combination of hard work and imaginative thinking has ensured that we have been able to offer both an excellent response to peoples individual needs as well as many creative ways of bringing members together.

This has ranged from ensuring people have had the food provisions that they need to a range of other social, emotional and practical advice and support. It has also involved using IT to a greater extent to bring people together and equipping people, where needed, with the support and guidance to enable them to participate.

The staff team have been working tirelessly, alongside our volunteers, through this period, working longer hours in many cases than before as well as more evening and weekend work. It has proved both tiring and stimulating in equal measure.

I feel proud of what we have all achieved and I hope that you have all felt supported throughout this period. We have been delighted by the individual and collective responses and kind words of encouragement that we have received from members and would welcome further responses of peoples experiences of dealing with us over the past 6 months. This can help us to further improve our services. -John O'Dwyer—Caring Together Manager

Caring Together's virtual "Afternoon Tea"

Thank you to everyone who was able to spend an hour with us on the 24th June for our first virtual 'Afternoon Tea' event. Some of you made some amazing snacks and cakes. It was so lovely to spend this time with you all. And for those who could not join us we did still have you in mind.



Here are pictures of us all on Zoom and a delightful afternoon tea hamper with tasty goodies, that Sylvia won and received the next day. And another thanks goes to Viv and Cllr Abigail for their joyous singing, a light relief indeed. And to Sylvia who led the way in singing 'Happy Birthday' over the airwaves to Clarita, who recently turned 90, and again to us all; for all Birthday's missed, and yet to happen. This included Caring Together's 25th.

Also our thanks go to Hilary Benn MP too, and to family who helped with getting some of you on zoom, and finally to Maureen for sharing yet more of her memories with us all. All the best and thanks again, Lisa Argyle.

'Celebrating Mandela in Art with RJC Dance'

'Three Days, Three Homes, Three Zooms and Three Minds' inspired by Mandela

Every Year on the 18th July people across the world come together to celebrate Nelson Mandela's birthday and his contributions. In July three of us from Caring Together got a chance to celebrate this together too along with RJC Dance, of the Mandela Centre, Chapletown. We Celebrated Mandela in Art. We were a late entry yet we reflected on Mandela's strength and determination and this inspired us.



Karen laid the foundation for our piece. Which were the shoots and the hand of peace pushing through in the middle. Vivienne took on the challenge of laying the fabric down to create contrast and significance. And the last part was Lisa's, to put the words down as the roots: his values and beliefs. A part of Mandela's vision was about dialogue and education and we definitely felt his powerful teachings as we chatted.

For the event of Mandela's Birthday Celebration the title for our art work was: 'Peace, Love and Unity' It symbolises our reflections on Mandela of his grass roots movement and his courage of pushing through on inequality and injustice, with strength and dignity for peace and unity. We felt he led by example in his words and his actions for all. He demonstrated resilience and never lost his faith or belief.

Thank you to RJC Dance for putting this event on to celebrate Mandela and to Karen, Viv (and help in the background from Charles). Humbling indeed. We look forward to seeing all the work in the Mandela Centre soon. *Lisa Argyle*

'Nature Writing Workshop'

Caring Together have been working alongside the University of Leeds to offer a one off 'Nature Writing Workshop' for the Nature Revealed Project. Normally this would have been in a room where we could share ideas together yet COVID changed how the workshop happened. Eight took part. It became a pen pal style nature writing workshop done in the comfort of their own homes, as well as outdoors for some.

The four themes were climate, animal and bird migration, nocturnal animals and the subterranean. We received back some wonderful inspiring pieces, from personal musings to poetry. I have added one piece below and we hope to be able to share the rest with you in the coming months online. *Lisa*



'Edge' - taken by Rebecca Lowe

"That day I saw you. I had been walking in the woods, bluebells becoming less blue, merging into green of ferns and darkening tree canopy. Joggers running beside me, not distancing, saving energy and focus for their task, a displaced need forcing a migration from treadmill to wilder and less predictable tracks. Did you feel that too? A primitive and infinite impulse giving way o a willingness to risk uncertainty, exhaustion, even death, to continue life?"

(written by Rebecca Lowe)

A new beginning for Caring Together—update on Charing Cross

In the Winter 2019 newsletter we told you about the proposed move by Caring Together to a new base in Charing Cross. This is the former Sudanese Community Centre at 127 Woodhouse Street. We wanted to bring you up date on what is happening.

We are looking to renovate the property to a usable standard in the quickest time period possible. We have most of the quotes needed for all aspects of the work. It has been difficult to maintain any momentum given the Covid crisis, with the non-availability of tradespeople and infrequent permitted access to the unit by the council. However, we are at the stage when we will hopefully soon have raised the finances needed to complete the work. The building will continue to belong to Leeds City Council but will be leased to Caring Together

Moving into this space will be a new start for our organisation. We visualise this space being open for community access by local older people as well as opportunities for office space for us. 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 hope that the move into these new, more accessible and visible offices will enable us to take a fresh look at what we offer the whole community, not just the older population. This will be a welcoming space.

Caring Together has talked with and listened to our members and local activists for many years about the need to have our own base to expand our activities and become even more central to the life of the community.

This is the first real opportunity to bring this vision to reality. We are excited at the prospect of the move and will keep you all informed of any developments as they happen.

Access Bus

The Access bus has now resumed it's service for shopping trips. This will be door-to-door travel to local supermarkets on low floor easy access buses.

Buses will have a maximum occupancy of 5 to enable social distancing and face coverings are compulsory (no exemptions).

Travel is free for those over 60 or with a disabled bus pass but you need to be registered with Access Bus.

To register or to find out where spaces are available call Access bus on 0113 348 1903. You can also register online on the Access Bus page of WY Metro website.

A big thank you for your donations

Thank you to all our members who continue to support us with donations, with regular standing orders, taking part in our prize draw and via our gift box scheme .

If you want to set up a standing order donation or would like a gift box for loose change, please call the office on 2430298.

We are still collecting, delivering and counting thanks to volunteer support. Every penny most definitely counts!

Face coverings

You will all be aware that face coverings are now needed on public transport and in public spaces.

At Caring Together we have some re-usable cloth face coverings made by members and supporters. If you would like some of these (free), please call the office on 2430298

We have some Hand Crafted Christmas Cards for sale, made by Sue.

Small and beautiful - they are £1 each for the larger ones, and 3 for £1 the smaller ones.

All monies raised will go back into the work of Caring Together.

Call us on 0113 243 0298 if you would like to order some

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)

Annual General Meeting moves online

As we will not be able to hold our AGM in the usual way this year we have decided to hold an online meeting via Zoom.

We realise this will not be suitable for everyone but we hope to be back to normal next year.

We will have printed copies of the Annual Report available after the meeting, if you would like a copy please let Valerie know on 07483333115 or valerie@caringtogether.org.uk.

Details of the meeting are on the enclosed insert

Socially Distanced Get-togethers

In recent weeks, Lisa and Valerie have been hosting small socially distanced get-togethers in the grounds of Lovell Park Court and Eltham Court.

These have been a small step towards some normality and we are planning to add a few more outdoor activities as well as online groups and events.

Details of all these can be found on the enclosed insert

Caring Together Prize Draw

Thank you to everyone who takes part in our monthly Prize Draw, it helps raise much needed funds to support our work. If you would like to join in future draws, please let Valerie know. It's a good way to support our work and you may win a small cash prize.

May 2020 Total Prize Fund £28	June 2020 Total Prize Fund £28	July 2020 Total Prize Fund £27
1st Prize £14 - Number 057	1st Prize £14 - Number 027	1st Prize £13 - Number 013
2nd Prize £7 - Number 078	2nd Prize £7 - Number 036	2nd Prize £7 - Number 001
3rd Prize £7 - Number 079	3rd Prize £7 - Number 056	3rd Prize £7 - Number 097

The draws are taking place at our monthly Zoom Trustee Meetings