



Our Cautious Steps back to 'normality'

As most Covid restrictions have been lifted and things are opening up, Caring Together is also trying to take steps back to 'normality'. We are proceeding at a very cautious pace which we hope will keep everyone feeling safe and comfortable.

Throughout the pandemic we have been meeting up outdoors and also strolling with members, both individually and in small groups (all where permitted, of course) and we plan to continue to do that for the foreseeable future.

We have also in recent weeks begun to run a few indoor sessions—these have been by invitation up to now, with very limited numbers to minimise the risk. We are cautiously and safely increasing numbers for our exercise sessions and currently have some spaces so we wanted to know if you would be interested in coming along to give it a go?

Our exercise classes are currently running with a mixture of online and in person sessions. We currently have classes running on a Tuesday and Friday and the strolls are in between as and when (usually dictated by the weather). There is no limit on numbers for the strolls.

Standing and Seated Pilates will be added to a Wednesday from late September for 6 weeks. This is new with plenty of spaces so if you are interested just get in touch/Venue and times to be confirmed.

Call or email Lisa or Valerie—contact details on back page.

Note: indoor venues will be ventilated and will have limited numbers.

You can see other new activities coming up soon on the inside pages.

Our office at 127 Woodhouse Street is open, although we are still limiting how many staff members are in at the same time.

Visitors to the office are welcome, we would advise that you call ahead if you need to come and speak to a member of staff so that we can arrange a time when they will be available and also to help us manage how many people are in the building.

If you are feeling a bit anxious about starting to go out and about again and feel you might need a bit of help, give us a call and we can chat about ways we may be able to support you.



New Bereavement Support Group

Thanks to support from Leeds Bereavement Forum and Carers Leeds, Caring Together will be hosting a Monthly Bereavement Support Group at our new Caring Together premises. Come and meet other bereaved people for group support and understanding.

Our first get together will be **Monday 13th September 2021 @11am**

And thereafter it will then be the first Monday of the month commencing:

Date: **Monday 4th October 2021**

Location: Caring Together Premises, 127 Woodhouse Street

Time: 11am - 12noon



If you are interested, or just want to know more please get in touch so we can have a brief chat. Lisa—07436530073.

New monthly Carers support group

in partnership with Carers Leeds and Caring Together at our new premises.

The last Thursday of each month at 11am.

Commencing: Thursday 30th September 2021

Venue: Caring Together, 127 Woodhouse Street, Leeds LS6 2PY

Time: 11am - 12.30pm



Are you a carer? Would you like to meet others in a similar situation? Why not come along and join us for a friendly chat and a cuppa. There might even be a biscuit or two.

Please call Lisa 07436 530073 if wishing to come along.

Elevenes—continuing online and in person

The Thursday morning Elevenes group has been meeting weekly since April 2020. At first as an online meeting and then, more recently, as a mix of online and in person.

This will continue as we gradually resume other activities but will be monthly, on the first Thursday of each month from September

Get in touch if you would like to join in. Lisa 07436 530073 or email: lisa@caringtogether.org.uk

Annual General Meeting

We have agreed a provisional date for our AGM. This will be on **Friday 5th November**. This will start at **11am** and will be finished at **1pm** at the latest.

Last year we held the AGM online using zoom. At present we are unsure whether this will be the case this year. We would dearly love to meet with you all in person but will be following the best guidance available nearer the time. We will let everyone know our decision with as much notice as possible.

We would appreciate if you could let us know, as soon as you can, whether you are planning to attend.

Skills Share Pop up creative/social get togethers

Caring Together would love to open our doors to some supportive social get-togethers in the coming months. We have been meeting to plan some pop up skills share sessions, where one of us shares a skill with you.

It will just be a bit of fun, where we come together, have a cuppa, craft (or not), natter and enjoy time together in a safe and supportive place. You don't have to be an expert in anything, just a willingness to give it a go, or just come and support us.

You will need to call or email before coming as we still have to be mindful of numbers. We can split up into smaller groups if needed so please do get in touch.



Wednesday 6th, 13th, 20th October 2021 - 11am - 12.30pm

Venue: Caring Together premises, 127 Woodhouse Street

These first pop up sessions will be making some blankets/cushions that we can gift on to members or nominated others. This will involve some crocheting, knitting and sewing. Come and learn or get going straight away if you have the skills.

Wednesday 3rd, 10th & 17th November 2021 - 11am - 12.30pm

Venue: Caring Together premises, 127 Woodhouse Street

For these sessions we will be making handcrafted cards. These are for you to take away or give back to us for others to benefit. Again this is open to beginners or those with skills, all welcome.

Wednesday 1st, 8th & 15th December 2021 - 11am - 12.30pm

Venue: Caring Together premises, 127 Woodhouse Street

With it being December these sessions will have a festive theme. We will be decorating our premises, making a window display and something for your tree (or others). Open to all, no experience needed.

A warm welcome awaits so please call if you are interested in the above:

Lisa 07436 530073, or email: lisa@caringtogether.org.uk

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. The draws take place on the third Monday of each month

May 2021 Total Prize Fund £25	June 2021 Total Prize Fund £25	July 2021 Total Prize Fund £23
1st Prize £13 No: 102	1st Prize £13 No: 004	1st Prize £13 No: 014
2nd Prize £6 No: 065	2nd Prize £6 No: 003	2nd Prize £5 No: 002
3rd Prize £6 No: 058	3rd Prize £6 No: 039	3rd Prize £5 No: 015

If you join our monthly Prize Draw you will be helping to support our work as well as having a chance to win a small cash prize each month. Each entry costs £1 per month and half of this goes to Caring Together funds while half is paid out in prize money. Please let Valerie know if you would like to take part.

Still some phones available from the Community Calling Scheme

In the last newsletter we told you about some free smartphones we had available for members, from the Community Calling scheme via O2 and Hubbub, and in partnership with Leeds Libraries and Digital Inclusion Leeds.

We still have a few of these phones, which come with some credit for calls, texts and internet data (and we can help you learn how to use it, if needed).

If you don't have a digital phone already and would be interested in taking part in the scheme then please do get in touch.

Caring Together Staff—and how to contact us

In order to help us stay Covid safe 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)

