



Winter Warmth and Rising Energy Costs

You will all be aware of the rising costs of energy this year and this may well be a concern as we get into the colder weather. However there is support available as well as a number of things you can do to help keep bills down and stay warm.

If you are not already registered with your supplier's **Priority Services Register**, contact them to ask if you can be put on it. This includes people who are of pensionable age, have children under 5, a disability or long-term medical condition. Being on the register means that you will be prioritised in the event of a power cut and you will receive additional non-financial services such as password security or information in different formats.

Claim **Warm Home Discount**—if your supplier is part of the scheme and you were getting Guarantee Pension Credit on the qualifying date (4th July 2021) and your name (or your partner's) is on the bill then you should get this automatically. If you do not get this benefit but are on a low income you may be able still be able to get Warm Home Discount—contact your supplier as soon as possible. This is worth £140 off your bill.

If you were born before 26 September 1955 you will qualify for this year's **Winter Fuel Payment**—up to £300 payment to help with your bills. It should be paid automatically so you don't need to claim, however if you don't receive it by 14th January 2022 contact 0800 731 0160. If you get Pension Credit or another means tested benefit you will also qualify for a **Cold Weather Payment** of £25 if the temperature drops to zero or below for 7 consecutive days.

A number of energy suppliers have gone bust this year and there may be more. If this happens to you, don't panic, you will not lose your energy supply and Ofgem will find you a new supplier. You will be contacted with all the details and will be switched over. The only thing you need to do is take a meter reading so you have a record for your new supplier.

While it's important to keep warm there are things you can do to cut your costs. The recommended temperature for your main room is 18-21 degrees so if you have your heating higher try turning it down a little—lowering it by 1°C can cut your heating bill by 10%. If you have a timer on your boiler, use it so you are not heating the house when you are not there. Make sure you stop draughts so you are not losing heat. Turning off appliances instead of leaving them on standby and turning off lights can cut quite a lot from your bills.

If you do find that you are really struggling to pay your fuel bills this winter then there is help and support available. The first thing to do is to contact your supplier and talk to them about ways you can pay, they should help you to find a solution. Many suppliers have schemes to help customers who are in difficulty, through grants or other support. There may also be grants or support available from other sources such as charitable trusts and you may be able to get help from the local authority too. Caring Together can support you to find help with fuel bills if you need it.

If you would like more information or to chat about any of the things mentioned above then please contact Valerie—07483333115 or email valerie@caringtogether.org.uk.

New Monthly Dementia Friendly Cafe

Last Friday of the month from January 2022 our doors will be open for you to call in for a cuppa and chat from 1.30pm to 2.30pm. We'd love to see you - open to all.

Lisa will be there from Caring Together along with a Memory support worker from the Alzheimer's Society. There will also be information where needed.

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

Time: 1.30pm to 2.30pm

Friday 28th January 2022

Friday 25th February 2022

Friday 25th March 2022 and so on

No need to book, just pop in.



Standing and Seated Pilates anyone?



Back again for the New Year. Come and feel the benefit of Pilates without having to lie down on a mat. Using a chair and standing if you are able, Alison will work with you on posture, alignment, strength, getting the joints and the spine moving. Each session will have an opportunity to relax and gently, simply breathe. Come and try the one session, or all of them, each one is stand alone. All bodies welcome!

Venue: Main Hall, Little London Community Centre, Oatland Lane, Little London LS7

Dates: Wednesday 12th, 19th & 26th January 2022

Wednesday 2nd, 9th, 16th & 23rd February 2022

& Wednesday 2nd March 2022

Time: 1.30pm – 2.30pm

Please call Lisa 07436 530073 if you are interested, or email me: lisa@caringtogether.org.uk

Bereavement Support Group

Thanks to support from Leeds Bereavement Forum and Carers Leeds, Caring Together are hosting a Monthly Bereavement Support Group at our new Caring Together premises.

Come and meet other bereaved people for group support and understanding. It will be on the first Monday of the month.



Our next get together is: Monday 6th December 2021

In the New Year we will resume again on: Monday 7th February 2022 @11am

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



Location: Caring Together Premises, 127 Woodhouse Street, Woodhouse, LS6 2PY

Time: 11am - 12noon

If you are interested, or just want to know more please call Lisa: 07436 530073, or email: lisa@caringtogether.org.uk so we can have a chat.

Skill Share Creative/Social Get Togethers

Caring Together's social get togethers are back for the New year.

We have some more pop up skill share sessions; where anyone can share their skills or know-how.

It will just be a bit of fun, where we come together, have a cuppa, craft (or not), listen, 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 come and just be with us and enjoy the company.

You will need to call me or email before coming as we still have to be mindful of numbers.

Wednesday 12th, 19th & 26th January 2022 - 11am - 12.30pm

Venue: Caring Together premises, 127 Woodhouse Street

In these sessions we will be working together to make some small rugs using scraps of material. Our very own Eco friendly upcycling session. Come and learn together or get going straight away if you have the skills. Refreshments provided.

Wednesday 9th, 16th & 23rd February 2022 - 11am - 12.30pm

Venue: Caring Together premises, 127 Woodhouse Street

For these sessions Maureen Kershaw will be sharing her story telling skills and life experiences in the theatre.

Titled: FUNNY TALES AND FANCY FROCKS - Memories of appearing in Musicals, Plays and Pantos reveal humorous and hair-raising moments from onstage and behind the scenes. And there will be chance to chat and reminisce. Again this is open to anyone, all welcome. Refreshments provided.

Wednesday 9th, 16th & 23rd March 2022 - 1.30pm to 3pm

Venue: Little London Community Centre, Oatland Lane, Little London LS7

For March (see dates) we're going to be in the main hall of Little London Community Centre in the afternoon, 1.30pm to 3pm. Some Leeds University Students from Music in the Community will be sharing their musical skills with us, and maybe us sharing some with them too. No need to bring anything, just yourselves for some musical fun. Although please bring your own water/refreshments as none are provided on these dates. 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

Festive Gifts from Caring Together and some special prizes



We are still not holding any larger seasonal get-togethers this year so, once again, we will be sending out a little festive pack to all our members We do hope you will enjoy this selection of goodies, as our way of saying that we are thinking of you over the winter and the festive season. And we look forward to seeing you as we make our deliveries.

Many thanks to the volunteers, funders and friends of Caring Together who helped to make this happen.

We will also be holding a special raffle in December. All our members will be in the draw and we will draw some names at random, these members will receive an extra gift in the run up to Christmas.

Christmas Opening Hours at Caring Together

The Caring Together offices will be closed from midday on Friday 24th December 2021 until Tuesday 4th January 2022.

If you need urgent help over this time, there are lots of numbers on the enclosed 'Useful Numbers' list that may be helpful.

We hope everyone has a safe and peaceful Christmas and look forward to a happy and healthy 2022

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.

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.

August 2021 Total Prize Fund £23	September 2021 Total Prize Fund £23	October 2021 Total Prize Fund £23
1st Prize £13 No: 102	1st Prize £13 No: 005	1st Prize £13 No: 109
2nd Prize £5 No: 050	2nd Prize £5 No: 097	2nd Prize £5 No: 110
3rd Prize £5 No: 015	3rd Prize £5 No: 107	3rd Prize £5 No: 81

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)

Our office address is: 127 Woodhouse Street, Leeds, LS6 2PY.

