

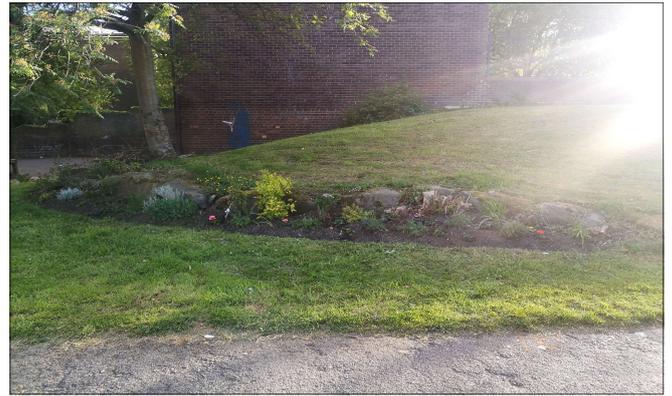


IN WOODHOUSE
&
LITTLE LONDON

NEWSLETTER



Our Memorial Garden



Our 'Nature filled border' is now planted up and looking good!

This small planted area is intended to provide a small pocket of nature for our members and any other passers by to enjoy and it is also a small place of remembrance for all those we have lost.

If you haven't already seen it, please stop by and have a look next time you are in the area. Perhaps pause for a moment to reflect on loved ones no longer with us, or the ups and down of the last few years.

Or just enjoy the flowers on your way to the shop :)

It is on the piece of land to the side/rear of the Caring Together premises—by the boulders near the bottom of Shay Street.

Thanks go to Ben and Lisa for getting this in place and planning the specific wildlife friendly area. Despite the snow that arrived on the day we had chosen for our 'Spring' planting get-together, some was completed on the day, and even more since. And inside our members and the team enjoyed some time together, cakes and a cuppa. We didn't get much use from our new outdoor tables and chairs on the day but we do hope to change that over the summer months.

Be Scam Aware!

Come and join us for an informal discussion about Scam Prevention and Support Awareness to help us all stay one step ahead and less likely to be caught out by scams. There will also be information on how to deal with attempted scams as well.

In partnership with Age UK Ltd One session in Woodhouse in the morning and one in Little London in the afternoon. No need to book please just drop in.

Date: Monday 11th July 2022 @ 11am

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

Date: Thursday 29th September 2022 @ 2.30pm

Venue: Little London Community Centre, Oatland Lane, Leeds. LS7 1HF



Cost of living crisis—help and support available

We know that the rising cost of living and especially fuel bills continues to be a worry for many people and so this is an update to the situation and the help that is available.

The energy price cap rose by 54% in April and Ofgem expect it to rise again by around 42% in October, this will make the average household fuel bill £2,800 per year—of course this will vary if you use more or less than average. Alongside this the rate of inflation is at a record high

In response the government is bringing in further measures to help people through this crisis:

All households will get £400 cut from the fuel bill in October, this is replacing the £200 'loan payment' proposed earlier and it **will not have to be repaid**. It will be credited to your electricity bill (if you are on a prepayment meter this is likely to be paid in top-up vouchers).

In addition, people over State Pension age (on 26th September 2022) will be paid an extra £300 on top of the existing Winter Fuel Allowance. This should be paid directly into your bank account in November or December

Households in receipt of means tested benefits will receive £650, to be paid in two instalments, one in July and one in the autumn. This will apply to you if you get: Pension Credit, Universal Credit, Income-based Jobseekers Allowance, Income-related Employment and Support Allowance, Income Support, Working Tax Credit, Child Tax Credit.

A £150 disability cost of living payment will be made in September to those receiving non-means tested disability benefits—Disability Living Allowance, Personal Independence Payment, Attendance Allowance, Scottish Disability Benefits, Armed Forces Independence Payment, Constant Attendance Allowance, War Pension Mobility Supplement.

You do not need to claim any of these—they should be paid automatically to you. You will receive all of the payments you qualify for and they do not affect any other benefits and are not taxable. They are all intended as one off measures for this year only.

This is in addition to the £150 paid via Council Tax that many people will have already received. All households in band A-D qualify for this **even if you do not pay any council tax because you get full council tax support or are exempt for another reason**. If you pay your Council Tax by direct debit this should have already been paid into your bank account. People who don't pay by direct debit needed to claim this payment online at www.leeds.gov.uk/council-tax/£150-council-tax-rebate. Caring Together have helped many members to claim this but if you still haven't claimed please get in touch with us if you need assistance to do so.

The household support fund has also been increased, and extended to March 2023. This is money paid to local councils to help them support those most in need, with rising cost of food, energy, and water bills. You may be able to get help from this if you do not qualify for the other measures. You can contact Leeds Welfare Support on 0113 376 0330.

If you are struggling, please ask for help. Caring Together can help our members to look at the options and to access the support that is available so please contact us. Even if you are not a member, we can try and put you in touch with the organisations that can offer help.

Gentle Exercise Sessions

Friday afternoons at 1.30pm - 2.30pm

Venue: Woodhouse Community Centre—in the main hall.

Gentle exercise with Julie, chair based and standing (optional) to suit all abilities.

'Movement and Dance' (Standing and Chair Based)

Engaging, foot tapping and fun exercise to some great music with Dom of RJC Dance

Time: Tuesday at 11.30am

Dates: 14th June to 26th July 2022

Venue: Lovell Park Hub, Wintoun Street, Little London, Leeds LS7 1DX

(If you are walking, coming on the bus or by car we can give you directions if needed)

Gentle Low Impact Seated and Standing Yoga

Cultivate a clear mind and a strong body

Open to all. No experience necessary, and no getting down on the floor, upright only.

Venue: Main Hall, Little London Community Centre

Dates: Thursdays 23rd June to 28th July 2022

Time: 2.30pm to 3.30pm

And no need to book either, just turn up and enjoy, all bodies welcome :)

Strength Based Standing and Seated Pilates

"Pilates is a form of exercise that focuses on balance, posture, strength and flexibility. It's suitable for people of all ages and fitness levels" (Not mat based, chair and standing only)

Venue: Main Hall, Little London Community Centre

Dates: Wednesdays 28th September to 30th November 2022

Time: 1.30pm to 2.30pm

Dementia Friendly Cafe

Time: Last Friday of the month (none in August)

1.30pm—2.30pm

Caring Together premises—Charing Cross, Woodhouse Street

Open to all . A support worker from Alzheimers Society will be there if you need advice or just to chat.



Bereavement Support Group

First Monday of each month (none in August)

11am—12noon

Caring Together—Charing Cross, Woodhouse Street

Come and meet other bereaved people for group support and understanding.

With support from Leeds Bereavement Forum and Carers Leeds



Coffee and Chat at Charing Cross

Join us for a chat and a cuppa

Caring Together—Charing Cross, Woodhouse Street

Tuesday 1.30pm—2.30pm on 21st June, 5th & 19th July

Coffee Afternoon in Little London

Come along for a cuppa and catch up

Returning from 29th September—Last Thursday of the month 2.30pm

Little London Community Centre

If you want to know more about any of the above, please give us a call, or email, using contact details on page 4

Do you have your bus pass?

We were surprised recently to find out that only 60% of older people in some parts of inner city Leeds have their concessionary bus pass. Are you one of the 40% who don't?

You can use your senior bus pass for free, off peak, bus travel anywhere in England and your West Yorkshire pass also gives you half price fares on off-peak train travel within West Yorkshire. Everyone over state pension age can apply for a pass.

The best way to apply is online <https://ticketsandpasses.wymetro.com/senior-pass/> . If you would like help to apply online please contact Caring Together and we can do this with you (including taking your photo). You also need proof of your age and identity such as a passport or driving licence—if you don't have either of these please still contact us and we can speak to WYMetro about alternatives.

Or, you can apply in person by going to a Bus Station. You will need to take ID as above and proof of your address (such as a bill).

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.

February 2022 Total Prize Fund £23	March 2022 Total Prize Fund £22	April 2022 Total Prize Fund £22
1st Prize £13 No: 058	1st Prize £12 No: 058	1st Prize £12 No: 085
2nd Prize £5 No: 044	2nd Prize £5 No: 033	2nd Prize £5 No: 036
3rd Prize £5 No: 004	3rd Prize £5 No: 106	3rd Prize £5 No: 096

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.

