



IN WOODHOUSE
&
LITTLE LONDON

NEWSLETTER



Some pictures from our Jubilee Celebration



We had a lovely day celebrating the Platinum Jubilee in June. And in the weeks leading up to it when our members got creative once again to make decorations for our special day—we didn't want to take them down, and in fact the knitted and crocheted bunting is still up in the window!



Lots of home made goodies, scones, buns and 'that' trifle made a great spread, our tables were adorned with flowers from our allotment and lots of donations from our members as well as from Morrisons meant that everyone went home with a gift and we had a grand prize draw.

There may not be another Jubilee for a while, but I'm sure we will find another reason for a celebration!

Annual General Meeting 2022

Our Annual General Meeting will be on November 28th at 10.30am—11.30am and it will take place online via Zoom.

If you would like to attend, please let us know and we will send you the details to join nearer the time.

If you cannot attend but would like a copy of our 2022 Annual Report and/or our accounts, either in paper form or digitally, then please let Valerie know.

Join Us for International Day of Older People

We are holding our annual International Day of Older People's Celebrations Event on Wednesday 28th September in our premises from 11am to 12.30pm. This year's theme is strength and resilience of older women. The celebration is about women in general, this can be yourself, those in your family past, your mum, your sister, gran, or others you admire. The event is open to men and women.

No need to book, just call in, we would love to see you. No need to bring anything, just yourself. There will be homemade soup, cakes, hot and cold drinks and good company.

And if you wish you can add to the memory quilt that we will have been bringing together in the weeks prior, but this is not essential.

Open to **ALL**

Date: Wednesday 28th September 2022

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

Time: 11am to 12.30pm



Dementia Friendly Cafe

Time: Last Friday of the month
1.30pm—2.30pm

Venue: Caring Together - 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

Time: First Monday of each month 11am—12noon

Venue: Caring Together—Charing Cross,
Woodhouse Street

Come and meet other Bereaved people for support and understanding

With support from Leeds Bereavement Forum and Carers Leeds



Fuel Efficiency and Energy Talks with Green Doctor

Venue: Little London Community Centre

Date: Thursday 1st September 2022

Time: 2.30pm – 3.30pm

Venue: Caring Together - Charing Cross

Date: Monday 12th September 2022

Time: 11am – 12noon



**GREEN
DOCTOR**

We have two fuel efficiency and energy talks thanks to support from the Green Doctor. They will be able to offer some up to date guidance on fuel bills, tariffs, winter fuel allowance and energy efficiency. Come along to whichever date suits you and have a cuppa too.

Be Scam Savvy

Our second session with Age UK Scam Prevention and Support will give information to help stay one step ahead of the scammers and advice about how to deal with attempted scams. An informal discussion over a cuppa and chance to share experiences too.

Everyone welcome to come along

Date: Thursday 29th September

Time: 2.30 –4pm

Venue: Little London Community Centre



Cost of living - update on energy bills help and major changes to Warm Home Discount

Latest on help with energy bills: Government recently announced details of how the £400 rebate will be paid this winter. It will be paid over 6 months from October 2022 to March 2023 and most people will receive it via their electricity supplier. It will be taken off your bills or a reduction in your direct debit if that is the way you pay. Customers on smart prepayment meters will get an automatic credit in the first week of each month.

If you have prepayment meter that you top up with a key/card you will receive 6 separate vouchers by post, email or text so it is important to make sure your supplier has up to date contact details. You can use these to top up at a shop or post office as you normally would. They will have a 3 month expiry date so make sure you use them before this.

For the small number of households who do not have a direct account with their supplier, such as those who pay via their landlords, the government has said it will be making some money available to help but no details announced yet. We are aware this affects some Caring Together members and will be looking out for the details when they come!

Most people on means tested benefits such as pension credit, universal credit, income related ESA should have received £326 in July—the first half of a £650 payment. The next payment of £324 should be arriving in autumn. If you think you should have received this but haven't there is an online form to report on gov.uk. Contact Caring Together if you would like us to help with this.

Leeds City Council distributed most of the household support fund in vouchers to those receiving council tax support and you should have received this if it applies to you. Anyone who needs urgent help with food and household bills can call the local welfare support scheme on 0113 3760330.

Warm Home Discount Scheme changes this year: This scheme is undergoing major changes this year. The amount has increased to £150 but the criteria for who will get it has changed. People receiving guarantee pension credit will continue get it automatically. If you get any other means tested benefits (including housing benefit) you may be entitled to receive it if you have 'high energy costs' (there has been no definite information of this yet). This potentially means around 750,000 extra people could get it. You should get a letter from your supplier in October telling you if you qualify.

However, anyone on a disability benefit such as Attendance Allowance, PIP or DLA who do get any means tested benefits will no longer receive this discount (although you will get another £150 cost of living payment this winter).

If you do not get a letter in October but think you should be eligible for this you can call the helpline on 0800 731 0214 or ask Caring Together to look at it with you.

Scam Warning—be alert for cost of living and energy rebate scams

Criminals are trying to take advantage of the cost of living crisis by targeting people with scams around the cost of living payments and energy rebates. Please be aware that the cost of living payments will be paid automatically so if you receive a message or a call claiming to be from the DWP and asking you to give details to claim it is a scam.

Similarly, there are a number of messages/calls saying they are from Ofgem about the £400 energy rebate. Ofgem are not giving out the rebate it will come directly from your electricity supplier and you do not need to claim

Please be aware of these and do not give out any details.

Last date to use old style £20 (and £50) notes

It's 2 years since the new polymer notes were introduced and if you still have any of the old style paper notes you will not be able to use them in shops after 30th September 2022.

After this date you may be able to pay them into your bank account either at the branch or over the counter at a Post Office. Most banks will accept them.

Caring Together has a small 'library' of books, magazines, Dvds, Cds and even knitting patterns in our office that you can borrow (or swap).

And there are some lovely handmade cards too.

We also have some non perishable food items for people to take if they wish.

We even have some Covid lateral flow tests!

There is no charge for any of these, however there is a money box for any donation you may wish to make. Feel free to have a look when you visit us. If you want to donate any items let us know.

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.

May 2022 Total Prize Fund £25	June 2022 Total Prize Fund £26	July 2022 Total Prize Fund £26
1st Prize £13 No: 051	1st Prize £14 No: 110	1st Prize £14 No: 081
2nd Prize £6 No: 019	2nd Prize £6 No: 016	2nd Prize £6 No: 120
3rd Prize £6 No: 116	3rd Prize £6 No: 011	3rd Prize £6 No: 001

Caring Together Staff—and how to contact us

Our office telephone number is 0113 2430298

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.

