



IN WOODHOUSE
&
LITTLE LONDON

NEWSLETTER



'Warming Soup and a Roll'

In late September our doors were open for another get together. We had some money kindly donated to us which family wanted us to use towards a social gathering in memory of their aunt. We linked this to an event held in 'Celebration of Older People's Day'. We were able to trial our new cooking stove to offer some hearty homemade soup for all. We also had some bread rolls, homemade cakes and a warming welcome and drink. And even a free raffle. Our tables had handmade tablecloths and an arrangement of flowers from our small garden. It was so lovely to see and great to have so many of you come along and share some quality time together.



More Soup in the New Year.....

With the colder days and nights upon us and the cost of living biting at our heels we thought we would open the space again. This will be on a weekly basis in the New Year where we can put to use the equipment once more. Not that we need an excuse!

With that we are delighted to be opening our doors each Wednesday in January, February and March. For these wintery months ahead the space is for us to come together, where you don't have to think about what to cook or if the heating is on or off, it will be on and we will have a light lunch covered.

So please call in, and while away an hour or so in good company, with a warming cuppa, some hearty soup and bread roll. There are also books and magazines to read or take away if you wish. There is no need to book, all are welcome, we would love to see you.

Commencing 12th January 2023 until 29th March 2023

When: Every Wednesday Time: 11am—2pm

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

Christmas Opening Hours at Caring Together

The Caring Together offices will be closed from 4pm on Friday 23rd December 2022 until Tuesday 3rd January 2023.

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

Wishing everyone a safe and peaceful Christmas and look forward to a happy and healthy 2023

If you want to know more about any of the events, outings or activities with Caring Together, please give us a call, or email, using contact details on page 4

'Friday Cuppa and Catch Up'



When: Last Friday of the month

Next one: Friday 25th November 2022

(Note: There is no catch up in December but we will be back on Friday 27th January 2023 and on the last Friday of each month thereafter)

Time: 1.30pm

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

Come and join us and grab a cuppa. In addition to a worker from Caring Together, a memory support worker from the Alzheimer's society will also be with us each month, along with a housing worker from Leeds City Council to answer any queries you may have. **Open to all!**

'Welcome Space!'

When: Last Thursday of the month

Next one: Thursday 24th November 2022

(Note: There is no catch up in December but we will be back from Thursday 26th January 2023)

Time: 2.30pm - 3.30pm

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

Come and join us and grab a cuppa. In addition to a worker from Caring Together being present, a worker from Green Doctor will also be with us each month on hand to answer any Energy Efficiency questions, along with a local Police Community Support Officer for safety information where needed.

All are welcome!

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.

We may be able to provide some transport (limited capacity) if you would be unable to get there without help—please speak to Valerie on 07483333115 or email valerie@caringtogether.org.uk

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 15th November, 29th November, 13th December and then restarting in 2023 fortnightly from January 10th.

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.

If you are interested in this group, please contact Lisa for a chat—call 07436 530073 or email lisa@caringtogether.org.uk



Outing to Tong Garden Centre

Thursday 1st December

Join us on a festive outing to Tong Garden Centre, either for a little shopping, a leisurely lunch or just to look at all the Christmas decorations !



Leaving Woodhouse & Little London at 11.30am—see enclosed invitation for all the details and to book a place.

'Caring Together Festive Get Together'

When: Wednesday 7th December 2022

Time: 11am - 12.30pm

Where: Caring Together, 127 Woodhouse Street.



You are all invited again to join us at the Caring Together premises for our Festive Get Together. There will be some warming hot chocolate (marshmallows optional), and other warming beverages, mince pies, joyous festive carols, prizes, good company and fun. No need to book, just call in, all welcome!

"Young at Heart" Festive Lunch and entertainment at Britannia Hotel



Wednesday 14th December
Britannia Hotel Leeds (transport available)



We hope you will come along with us for a celebratory lunch outing, including a 3 course meal, glass of sherry on arrival and some seasonal entertainment.

Please see the enclosed invitation for all the details and to book a place.

Skills Share Sessions - 'Seasonal Creativity and Fun'

Join us in our build up to the festive season, either just being with us and relaxing in good company or relax and have a go at some seasonal creativity as well. Refreshments will be on offer so please feel free to call in, we would love to see you. All are welcome!



When: Wednesday 23rd & 30th November 2022
& Wednesday 7th December 2022

Time: 11am - 12.30pm

Where: Caring Together, 127 Woodhouse Street, Leeds LS6 2PY (opposite Londis/Post Office)

New Year Pantomime at Carriageworks Theatre

If you missed the invitation to go to the pantomime with us in the last newsletter, there is still time to reserve a place and we have a few seats left. So please let us know if you would like to join us

The show is Cinderella and it is at Carriageworks Theatre—Thursday 5th January at 1.30pm. The cost is £15.

You will need to book before 30th November.



Virtual Annual General Meeting 2022

A reminder that our 2022 AGM will be a virtual meeting on Monday 28th November 10am—11.30am.

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.

Use up stamps without a barcode by January 2023 (or swap them for new ones)

You will have noticed that new stamps now have a barcode on them. The deadline for using old stamps (without barcode) is 31st January 2023.

You can swap any old stamps you have for the new style barcoded ones for free by sending them to Royal Mail. Unfortunately you cannot swap them at the post office.

To swap stamps you need to fill in a form which you can get online at royalmail.com or if you are not able to do this online you can get one at the local delivery office (not post office) or call Royal Mail Customer Experience Team on 03457 740740.

You can still use Christmas or special picture stamps after the deadline.

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 2022 Total Prize Fund £26	September 2022 Total Prize Fund £26	October 2022 Total Prize Fund £26
1st Prize £14 No: 011	1st Prize £14 No: 084	1st Prize £14 No: 003
2nd Prize £6 No: 001	2nd Prize £6 No: 032	2nd Prize £6 No: 113
3rd Prize £6 No: 096	3rd Prize £6 No: 033	3rd Prize £6 No: 076

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.

