



IN WOODHOUSE  
&  
LITTLE LONDON

# NEWSLETTER



## Welcome to our Lord Mayor

Caring Together were delighted to hear the news that Cllr Al Garthwaite was to be the next Lord Mayor of Leeds. As well as being a well regarded local councillor for the Hyde Park and Headingley Ward, which includes parts of Woodhouse, Al is also the chair of Caring Together's Board of trustees.

Al has been an active community activist in Leeds for many years and it is a great honour that she has been selected for this role and a source of great pride also for Caring Together, our board and our members.

We look forward to Al being present at many of our activities and those of the local community over the next year.



## Summer Get-Together



Caring Together Premises—127 Woodhouse Street

Wednesday 19th July

11am—1pm

We would be delighted if you will join us for our summer get-together.

Catch up with old friends and meet new ones over a light lunch and a cuppa or soft drink.

In our premises and, weather permitting, outside in the square too.

Good company, nice food and (hopefully) sunshine.

Everyone welcome.

Just come along.



<p><b>Monthly Friday Afternoon Get-together</b></p> <p>Last Friday of the Month 1.30pm—2.30pm                  Friday 30th June, 28th July, 29th September,                  27th October, 24th November                  Caring Together Premises—Charing Cross</p> <p>Very informal get-together—come and join us, have a cuppa, play games, dominoes, jigsaws, chat or just relax and enjoy some company in a friendly, welcoming space.</p>	<p><b>‘Standing and Seated Pilates’</b></p> <p><b>Little London Community Centre</b>                  Wednesday 7th, 14th, 21st &amp; 28th June                  2023</p> <p>Time: 1.30pm – 2.30pm</p> <p>All bodies welcome – no need to book just come along.</p>
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<p><b>Dance Fusion 55+</b></p> <p>With Sophie of SS Dance &amp; Wellbeing, a fun seated/standing dance class to suit all abilities</p> <p><b>Tuesdays 11.30am to 12.30pm</b>                  (until end of July, then returning 12th September)</p> <p><b>Lovell Park Hub</b>, Wintoun Street, LS7 1DX (not far from what was the Hobby Horse)                  Everyone Welcome</p> <p>Contact Lisa for more information or for directions - 07436530073 or email <a href="mailto:lisa@caringtogether.org.uk">lisa@caringtogether.org.uk</a></p>	<p><b>Cuppa and Catch Up</b></p> <p><b>Meeting at Morrisons Café Merrion Centre</b></p> <p>1.30pm—2.30pm</p> <p>Thursday 29th June                  Thursday 20th July                  Thursday 21st September                  Thursday 26th October                  Thursday 23rd November</p>
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<p><b>Gentle Exercise at Woodhouse Community Centre</b></p> <p>Friday afternoons at 1.30pm - 2.30pm                  (until end of July, then returning 8th September)</p> <p>Gentle exercise with Julie, chair based and standing (optional) to suit all abilities.</p> <p>We may be able to provide some transport (very limited capacity) if you would be unable to get there without help—please speak to Valerie on 07483333115</p>	<p><b>Coffee and Chat at Charing Cross</b></p> <p>Drop in for a chat and cuppa</p> <p>Caring Together—                  Charing Cross, Woodhouse Street</p> <p>1.30 –2.30pm on Tuesday 13th, 27th June and 11th July. Then, restarting, fortnightly from Tuesday 5th September onwards.</p>
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Our regular activities will be taking a summer break during August and will be back in September.

Please note that Caring Together is NOT closing during this month and staff will be available to help with any individual support, assistance or advice that you may need.

You can call in to see us, or contact us in any of the usual ways.

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**Light Night at Caring Together**

★ *Light Night Leeds* is UK’s largest annual Arts and Light Festival and Caring Together will be hosting our very own Light Night Activities as a preamble to the main event for those unable/or wishing to get into town, or just a little something prior to heading in to the main event.

★ We will host three sessions over three weeks culminating in a Pre Light Night Event with some hearty soup, crusty bread and hot drinks.

★ Light Night Creation Sessions will be on Thursday 28th September, 5 & 12th October 2023: 1pm to 2.30pm

★ ‘Pre Light Night Get Together’ will be on Thursday 12th October: 2.30pm to 4pm.

★ Venue: Caring Together Premises, 127 Woodhouse Street, LS6 2PY.

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## Hidden Histories of New Briggate

Come and explore with Florence of East Street Arts the untold stories and hidden histories of one of Leeds' central high streets. From ghosts at Leeds Grand Theatre to the salacious past of the old Central Hotel, New Briggate has lots of tales to tell.

'Hidden Histories of New Briggate' is a project looking at the history, memories, and stories of one of Leeds' most central and well-known streets.

In this series of workshops, we will explore and discuss some of the many historical and cultural stories that have shaped New Briggate, with the opportunity to contribute your own thoughts and memories as part of the wider project.

**Wednesday 28th June 2023, 11am-12.30am**

Pioneers of Jazz and the Musical Heritage of New Briggate

**Wednesday 5th July 2023, 11am-12.30am**

Lost Cinemas of New Briggate - Protest and The Plaza

**Wednesday 12th July 2023, 11am-12.30am**

New Briggate - A Cultural and Social Hub in Leeds



**EAST ST ARTS**



## Coronation Celebration!



It was standing room only for a while at our *Celebration Afternoon Tea!*

Members enjoyed afternoon tea and we were entertained with live music thanks to students from Leeds University (LUUMIC)

As always, this was a communal effort, involving members and volunteers as well as our staff.



Making decorations and setting up the space, contributing home made scones, cakes and coronation trifle, preparing food on the day as well as serving and keeping on top of the mountain of washing up, donating prizes and lots of other things to be used on the day, and turning up to support us.

Everyone had a part to play. Thank you to all!



### Summer Outings with Caring Together:

Our next outings will be a day trip to Scarborough on June 19th and a more local outing to St Aidans RSPB Nature Reserve on July 6th.

Please look at the enclosed invitation for all the details



**LOUISA—Self Management Guide For Older Women living with Urinary Incontinence**

Caring Together has copies of this guide available for anyone who might find it helpful. This guide is designed to help you manage with this condition in your daily life.

It has been developed by the **University of Leeds** working closely with women who have urinary incontinence and health professionals, and funded by **Leeds Benevolent Society for Single Ladies**.

Pick one up next time you are at Caring Together or call us if you would like us to get one to you.



**Little London Community Day 2023**

Saturday July 22nd



12noon—4pm

Little London Community Centre  
(and surrounding area)

Lots of fun for all the family!

**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.

<b>February 2023</b> <b>Total Prize Fund £23</b>	<b>March 2023</b> <b>Total Prize Fund £23</b>	<b>April 2023</b> <b>Total Prize Fund £27</b>
1st Prize £13 No: 051	1st Prize £13 No: 036	1st Prize £15 No: 130
2nd Prize £5 No: 020	2nd Prize £5 No: 016	2nd Prize £6 No: 100
3rd Prize £5 No: 014	3rd Prize £5 No: 059	3rd Prize £5 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.

