

HOLBECK ELDERLY AID

REGISTERED CHARITY NUMBER 1075934

Spring Newsletter 2014



We have been very fortunate to escape the very severe weather conditions that have affected other areas of the UK this winter and as we turn the corner into spring we look forward to the longer, milder days ahead. With this in mind we launch the Spring schedule of events and trips available. Please contact us to book one of the activities, events or outings.

Our Luncheon club runs every Tuesday with a new Spring/Summer menu being introduced in May, or why not come along for fish and chips on a Friday?

A Big thank you to the staff team and volunteers for their support in launching the new 'Brunch Club **Heart** Café, which takes place on a Thursday morning.

We hope in the near future to be able to run this on additional days .

Elissa Newman

Winter Warmth Project

With the support of a Winter Warmth Community Grants Scheme, Holbeck Elderly Aid has delivered 150 winter warmth packs to the elderly in the Holbeck area. These packs included a flask, hat, scarf, gloves, blanket, socks, room thermometer, porridge, soup and a hot water bottle.

The Winter Warmth Grant Scheme enabled HEA to launch The Brunch Club **HEART** Café held every Thursday from 10am-12noon at St Matthews Community Centre

.... A venue for service users and the wider community to meet, chat and have a light breakfast, toasted teacakes or a hot soup. *~ In the Heart of the community ~*



Launch of Winter Warmth Campaign with local Councillors at Oak House.

Holbeck Elderly Aid Launches Community Café

Volunteers serving at the Heart Café



Two of our service users Colin and George enjoying a cup of tea.



Emmerdale actress Kelli Hollis and our service user Sylvia Greenwood at the opening of our new café.



LOTTERY FUNDED

Recent Events and Activities at Holbeck Elderly Aid

Tuesday Luncheon Club



Please come along.

New spring/Summer menu coming soon

At the recent AGM held on the 13th March at St Matthews it was agreed with service users present that the cost of the meal would increase to £4.00.

DIGNI-TEA

Service users were invited to participate in a discussion about the interpretation of the word Dignity. This event was to celebrate Dignity Day.

Refreshments and cake were enjoyed and Sue Cawthray made this superb cake to celebrate the day.



Asda Living based at Crown point, Leeds, invited HEA service users to come along in the minibus and browse around the store and have a complimentary cup of tea.



Kevin Butcher Asda Community Champion, Jenny Armstrong Activities Organiser and HEA service users.



Trustees

Staff Team and Volunteers

At Holbeck Elderly Aid

Wish to convey their condolences to the families of

Honorary Patron

The Right Honourable Hilary Benn MP on the passing of his father Anthony Wedgwood Benn

Ronald Bell -Volunteer

Doreen Mulvaney - past Trustee and Volunteer



HOLBECK ELDERLY AIDS CONTRIBUTION TO THE POPPY APPEAL



Our craft group ladies have been busy making poppies for the *Women's Weekly* Royal British Legion Poppy Appeal. They have used various crafting techniques to create stylish and unique poppies which have been sent off to the appeal. When they are not making poppies they are busy knitting jumpers, cardigans and lots more items for us to sell. All the proceeds from these items go to supporting Holbeck Elderly Aid to provide essential services to our group members. Thank you very much!



Gardening Service

New leaf Gardeners are a team of volunteers/service users who have chosen to join us to use gardening as a therapy for their own mental health issues. Everyone feels part of the team and have their own individual strengths that they bring to the New Leaf team

"We work within the community of Holbeck working on domestic gardens for those not able to manage their own garden. We work closely with Holbeck Elderly Aid to gain referrals" - Mel Steventon, Co-ordinator- New leaf gardeners.

If you require a gardener

Please call Claire on 0113 245 5553

Coming up this Spring....

SPRING PARTY

Wednesday 16th April

St Matthews

1.30-3.30pm

£3.00

Enjoy a delicious afternoon tea then take part in a variety of fun-filled activities.

DRINKS TASTING GROUP

Once a month before Tuesday lunch club (see insert for dates)

Come and join us to sample some unusual teas and juices. Then why not stay for our 3 course lunch club and join in the activities at the Friendship Group afterwards.

EDEN CAMP

Second World War-related museum

Thursday 12th June

£11.00

Have a memorable day out!

Price includes entrance ticket and transport

MYSTERY TOUR

Thursday 26th June

£7.50 for transport

Where will the Yellow Minibus take you? Let us take you to discover some of Yorkshires hidden treasures.

To book these events please contact Jenny on 0113 245 5553

Neighbourhood Support

Carers Group

At Holbeck Elderly Aid we have a Carers Group that runs once a month.

Alternate months we enjoy getting together at the HEA office in Balm Walk, where a buffet is served and we have an outing to a carvery or fish and chip restaurant.

We are always open to people joining the carers group, just to give you a break from caring for a loved one. It's a free and easy atmosphere where you can recharge your batteries for a few hours.

Interested?

Please do not hesitate to contact Gloria Jackman for further details at Holbeck Elderly Aid -0113 245 5553

HOLBECK ELDERLY AID WORLD DRINKS PARTY TO CELEBRATE NUTRITION AND HYDRATION AWARENESS WEEK

On Tuesday 18th March some of our service users met and enjoyed a morning of tasting different types of tea. The idea of the group was to have a social chat whilst making people aware of the importance to drink plenty of fluids throughout the day. We chatted about what we drink and if we achieve the target of 8 cups a day. We played an adapted version of 'Snakes and Ladders' and they all took home some complimentary leaflets and information. The group really enjoyed the morning so much that they then suggested we do this once a month. **The next date is Tuesday 29th April 10.30am – 12.15 at St Matthews Community Centre – why not come and join us!** You can also stay and have a 3 course meal afterwards. Please phone our office for more information and to book your place at our Lunch Club.

Advocacy Service

Claire Holmes, our Neighbourhood Support Worker is providing a free advocacy service on Thursday Mornings at the Heart Café 11-12noon.

Please drop in for an informal chat where we can assess your needs and signpost in the right direction.

Or alternatively call Claire at our offices on 0113 245 5553 to arrange a home visit.



Personalisation and Carers in Leeds

Leeds City Council, Adult Social Care hosted a recent visit from four representative from the Standing Commission from Carers who have come to Leeds to find out more about the work been done to support personalisation and carers in Leeds.

Dame Philippa Russell accompanied by Anne Smyth, Robina Mallett, Dawn O'Rooke of the Standing Commission visited on the 4th and 5th of February.

Guests heard real stories based entirely on real people with real testaments as to how personal budgets have impacted on the lives of those needing a different kind of support.

They also visited Age UK Leeds Café and Leeds City Council's, Killingbeck offices where they heard about the Carers' Emergency Plan Service, which can provide a replacement for a family carer for up to 48 hours in a crisis.

TRANSPORT UPDATE.....

The Transport Arm of HEA is very busy, not only to provide transport for our service users but it is also generating revenue from other organisations by letting other Neighbourhood Networks, Charities and schools etc use the buses for their groups and outings.

The Trustees and Staff at HEA recognise that the white mini bus does not provide the same comfort service for our service users. The Transport Manager, Steve Hall has to however continue to utilise this bus until we are in a position to provide an alternative when the more recently purchased minibus is hired out to other community groups. HEA continues to charge only £1.50 per journey and to enable the continuation of this provision, this income stream is vital to supply the subsidised service to our service users.

These circumstances have been seriously considered by Trustees and management at HEA and consequently rather than take the white minis bus out of service and reducing the organisation to one bus only we will continue in the short term to run both buses. We are taking immediate steps to obtain funding to replace the white minibus and in the meantime thank you for bearing with us.

Extra Care Plus at Pennington Court

Independent Living in your own Apartment whilst Receiving Care via a Personal Budget

At Pennington Court we have built 8 Apartments alongside our existing Care Home facility. The service comes under the banner of 'Extra Care Plus' where people can own or rent the accommodation and have all the services tailored around their life and Social Care needs. Residents can access the Health and Social Care service (if they meet the criteria) via a 'Personal Budget' where they have choice and control over the services they receive.

The service includes 24 hour care cover plus individual support in-line with residents individually tailored support plan, accommodation cleaning, laundry service, food service, access to events and activities, utilities, council tax. In addition residents can also take advantage of Pennington Court's on-site Hairdresser and Chiropodist for a small additional charge.

If you are interested in the services at Pennington Court Apartments and would like further information please contact Dawn Bateman on 0113 228 4043 or visit our website, www.westwardcare.co.uk.



Pennington Court



Westward Care

Contact Numbers/ Emergency Numbers

General Information or enquires - Info@holbeckelderlyaid.org.uk

Contact for Social Services - between the hours of 8am-5pm 0113 2224401

Social Care Emergency team- 0113 2409536

between 5pm-8am Mon – Thurs & between 4.30pm – 8am Fri – Mon

NHS 111 Service - Call 111 service if you urgently need medical help or advice but it's not a life-threatening situation.

Please keep in touch

T: 0113 245 5553

info@holbeckelderlyaid.org.uk

[@holbeckelderlyaid.org.uk](https://www.holbeckelderlyaid.org.uk)

IT WOULD BE NICE TO HEAR FROM YOU.....



Holbeck Elderly Aid, Oak House, Balm Walk, Holbeck, Leeds, LS11 9PG