

Useful Contacts

NHS Medical Helpline	111
Emergency	999
Windmill Health Centre	0113 - 2733733
The Grange Medical Centre	0113 - 2951800
Crossgates Medical Centre	0113 - 2600021
Seacroft Hospital	0113 - 2648164
St James Hospital	0113 - 2433144
Leeds General Infirmary	0113 - 2432799
Presto Meals On Wheels	0113 - 3783750
Wiltshire Farm Foods	0800 - 0773100
Leeds Directory	0113 - 3784610

BEACON OF



LIGHT-HOPE-HELP

Community Care in Action

S.G.N.S. is a Registered Charity, Registered Number 1055018



SUMMER NEWSLETTER 2026

ADVICE, INFORMATION AND PUZZLES



Supported by



Activities

KNITTING CIRCLE



Would you like to join our weekly Knitting Circle on a Wednesday afternoon 1.30 pm to 3.30 pm. If so, we would love to hear from you.



Enjoy a nice cup of tea and a

biscuit while knitting.

SHOPPING TRIPS



Would you like to go grocery shopping to a local Supermarket? Why not come and join our weekly shopping trips to the ASDA or Sainsbury's supermarkets on a Tuesday afternoon, 12.00 pm to 2.00 pm. Transport is provided door to door on our disabled access mini bus.

DROP-IN SERVICE

Tuesday morning 9.00 am to 11.00 am.

Ever needed to talk to someone, ask questions about something you are not sure about or look for support with a problem? You are welcome to drop in to the office at Swarcliffe Community Centre.



If any of our services are of interest then please call
(0113) 2326910 for more information

Summer Word Search

S E S S A L G N U S T B Z X O T Q D A E T Q X T
P Z M V I D I V I N G B O A R D J W A R A E S H
V P O L G Y W E L T S A C D N A S O V F O D E T
X F W H K E C H X A L E R D T R A Q Z K B A A Y
S L D C R V S C S R M I B I C E C R E A M H S F
J I C A N H X U P D N T R B J G N P Q C I S H W
A P U M U I K Q N U N E B F R O H O S A C P E Q
O F U P C N T O S S T P B F I T Z O I R D X L D
V L W I B A O E C A C Z I T E J N L B N Q Q L A
A O V N N E I L W R K R A C F Q R D J I V P F M
F P J G K P A Z E C W C E J N V C X P V M C P H
L S S Y R M Q C H M A V S E R I E S B A H F A X
S M B S J M X M H V R U Y V N O C M H L Q Q A E
B B A R B E C U E B N E N P P A B S Y V L S G C
D U U V M V U M R H A N T K S K R O W E R I F O
W Y M F W B L E A M O L T A G E A K S S M E C J
G L Q E T J S T P O P H L G W Y W J U N E J U B
O U Z D B I Q E H B M N X U W V N X X R N M G O
Y J B A D J B B B S P L A S H P A L M T R E E O
O X S N S W I M S U I T A J S D R A O B F R U S
L Z X O H B A R E F E E T O E P N L G M T A E H
G A Y M B B I U S E Q T V J U N A B V P F M Z B
T N D E Z Y C V H H D I B D Y C H S A N D A L S
K X D L O N E L C I S P O P T Y G Z A E T T H G

Divingboard	Sandcastle	Sunglasses	Watermelon	Beachball
Fireworks	Flipflops	Ice cream	Sunscreen	Surfboard
Barbecue	Barefeet	Carnival	Lemonade	Palmtree
Popsicle	Seashell	Swimsuit	Vacation	Camping
Picnics	Sandals	Splash	Sunhat	Relax
Shade	Water	Boat	Heat	July
June	Pool	Sun		

[illegible]

2. Found in sandy beaches or chowder bowls.
4. The rise and fall of ocean water.
5. A trip on a big ship.
6. The big bright light that warms Earth.
7. Going to new places for fun or relaxation.
8. A rolling movement of water in the sea.
10. Swimming underwater with tanks and gear.
11. Worn on your eyes to see underwater.
12. A structure built from sand at the beach.
15. Red, painful skin from too much sun.
16. A treat made with marshmallow, chocolate, and graham crackers.

1. A frozen treat that melts quickly in summer.
3. A place with slides and splashy fun.
4. Used to dry off after swimming.
6. Hard shells found by the sea.
9. **worn on feet for swimming.**
12. An ocean activity using a board.
13. A person who stays in a tent or cabin.
14. Riding waves on a board.
17. Bright weather with no clouds.



**If any of our services are of interest then please call
(0113) 2326910 for more information**

Home Activities

If you would like any of the following please give us a call.

Book Club

Do you like to read!

We have a lot of reading books which have been donated to the scheme. If you would like any then let us know and we will deliver them to your door.



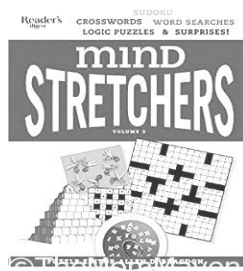
Quiz Pack

Crossword - Word-search – Sudoku

Pens

Mint Humbugs

We have put together a quiz pack with various quiz books, some pens and a bag of mint humbugs. If you would like a bag of quizzers delight please give us a call.



Home Movie Night



Do you like a good movie! Well if you do we have DVD's we can deliver along with something to nibble with the good, the happy or sad bits – a box of Maltesers.



Presto

Presto is a Leeds City Council service which aims to help people live independently, safely, and well in their own homes. We can provide a range of services on a short term or long-term basis.

We provide services such as-

✓ **Meals on Wheels-** We can deliver hot meals every dinner time to your doorstep 365 days a year. We can even include a cold teatime pack for you to save for later on in the day. We also offer a frozen meals service where we can deliver a number of chosen frozen meals to you and put them in your freezer for mealtimes.

✓ **Companionship-** Our team can offer help with everyday household tasks and shopping trips to help you live independently. Our staff can go shopping for you or take you shopping, carry out household tasks like washing clothing or they can even just be there for a friendly chat and cup of tea.

✓ **Cleaning-** Our teams can come and carry out your cleaning tasks as frequently as you require to keep your home tidy.

✓ **Gardening-** Our teams can come and help with your gardening needs. We can offer full garden waste clearances to regular maintenance visits to ensure your garden is looking its best.

✓ **Window Cleaning-** We can come and clean your windows as frequently as you require to ensure they are squeaky clean all year round.

If you are interested or would like some more information please call us on **01133783750**

Providing peace of
mind to live safe
and well at home

presto



Handyman Details

LEEDS DIRECTORY



Building/Decorating



Home Maintenance



Gardening Services

The Leeds Directory can support you to live well by connecting you to checked and vetted local services and trades people as well as local activities and events. There are over 1,500 organisations and services that may assist and support you or a loved one in a variety of ways to live more independently. For example, services to help maintain the home and garden or equipment and technology that can be used around the home to help with daily living tasks like cooking or getting washed and dressed. Information about events, social groups or activities you might be interested in; either for yourself or for someone else, details of different housing options to consider such as assisted living accommodation, home care services and care homes, information and services that can support keeping healthy and active, and more! Organisations providing services around the home and garden, or that provide one to one support are checked and vetted for peace of mind. These providers are marked with Leeds Directory Green Tick. Star ratings and reviews allow people to write comments on their experiences of services they have received and also find out what others think. All ratings and reviews are checked before publishing and a minimum of 10 percent of reviews are checked for authenticity.

The Leeds Directory is a Leeds City Council service. To speak to the Leeds Directory team you can contact them by;

- calling 0113 378 4610 Monday to Friday from 9am to 5pm
- emailing : leedsdirectory@leeds.gov.uk
- writing to: Leeds Directory Team, Leeds City Council, 4th Floor East, Merrion House, 110 Merrion Centre, Leeds, LS2 8BB

Access Bus (Metro)

Access Bus is a dial-a-ride bus service providing door-to-door local transport, seven days a week between 9 am and 5 pm. Dial-a-ride local bus service providing door-to-door local accessible transport aimed at people who are unable to use conventional bus services.

Provides transport to local services, mainly for shopping. Passengers need to register with Access Bus and trips have to be pre-booked. There is a £3 each way fare unless you have a bus pass.

Disabled Access: All the vehicles are accessible.

Address:

Metro, Wellington House, 40-50 Wellington Street, Leeds LS1 2DE



Telephone:
[0113 348 1900](tel:01133481900)

Email Address:
accessbus@wypte.gov.uk

Website:
www.wymetro.com

Beat The Heat

Keep in touch



Look after yourself, older people and the young



Listen to the weather forecast and the news



Plan ahead to avoid the heat

Keep well



Drink plenty of fluids and avoid excess alcohol



Dress appropriately for the weather



Slow down when it is hot

Find somewhere cool



Know how to keep your home cool



Go indoors or outdoors, whichever feels cooler



Cars get hot, avoid closed spaces

Watch out



Be on the lookout for signs of heat related illness



Cool your skin with water, slow down and drink water



Stay safe when swimming



Get help. Call NHS 111 or in an emergency 999

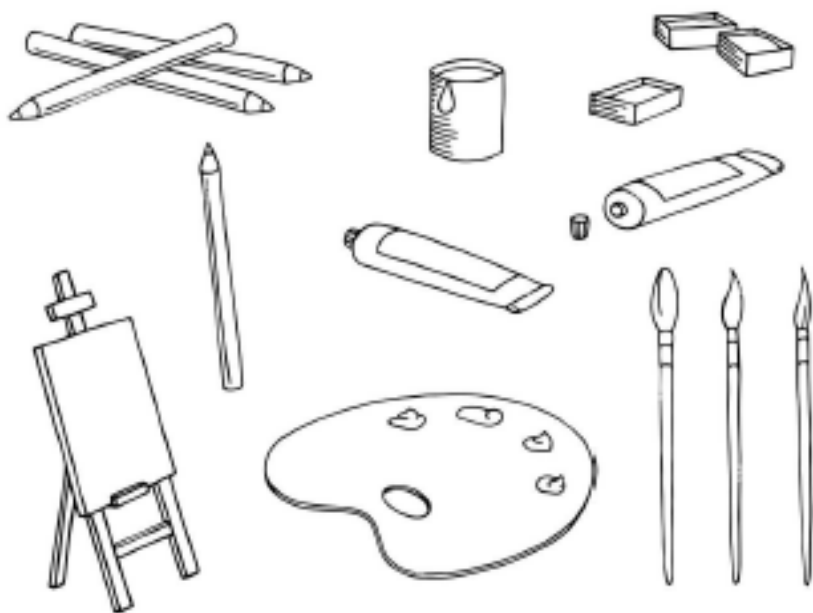
For more information go to www.nhs.uk/heatwave

Luncheon Clubs



Wednesday Art Group

Art



On a Wednesday morning from 10.00 – 12.00
Ann runs an Art Group in Swarcliffe Community Centre
creating opportunities to discover YOUR creativity!

INTERESTED

Please call Ken 0113 2326910
Ann on 07469 624037

Water, Drinks and Hydration

Find out which drinks are healthier choices, and how to get enough fluids every day to stay hydrated.

Water is a healthy and cheap choice to keep you hydrated, but other drinks can also count towards your fluid intake. We also get some fluids from the foods we eat.

Daily fluid intake

Most people should aim to drink enough during the day so their pee is a clear pale yellow colour.

In the Eatwell Guide, the government recommends that people should aim to drink 6 to 8 cups or glasses of fluid a day. This is just a guide and you may need to drink more fluids.

Tips to help you stay hydrated with healthier drinks

Do:

- drink regularly throughout the day
- swap sugary drinks for diet, sugar-free or no added sugar drinks
- adults can choose lower fat milk, such as semi-skimmed, 1% fat or skimmed milk and unsweetened plant-based drinks
- limit fruit juice and smoothies to a maximum of one small glass (150ml) a day and drink with a meal, as they're high in sugar
- check nutrition labels on drinks – look for drinks with green or amber colour-coded labels
- drink extra fluids if you've been sweating from physical activity, or if you're unwell – water is the best way to replace lost fluids
- dilute squash drinks or cordials well to reduce the sugar content
- drink caffeine in moderation – some people are more sensitive to caffeine than others, depending on how much they drink and how often. Check the label for drinks that are high in caffeine.
- if you don't like the taste of water, try sparkling water, no added sugar squash, or add a slice of lemon or lime

Don't:

- do not have drinks that are high in sugar too often – they're higher in calories and the sugar can damage your teeth

Swarcliffe Good Neighbours Scheme Weekly Services/Activities

Monday	Tuesday	Wednesday	Thursday	Friday
Office Open 8.30 am – 4.00 pm	Office Open 8.30 am – 4.00 pm	Office Open 8.30 am – 4.00 pm	Office Open 8.30 am – 4.00 pm	Office Open 8.30 am – 3.30 pm
Volunteer Office Admin Support	Volunteer Office Admin Support	Office Administration Daily Workload	Office Administration Daily Workload	Office Administration Daily Workload
Outreach Work (Home Visits) Advice & Information One to One Support	Drop-In Service Advice & Information One to One Support	Luncheon Club 10.00 am – 1.00 pm Transport Service Door to Door	Luncheon Club 10.00 am – 1.00 pm Transport Service Door to Door	Luncheon Club 10.00 am – 1.00 pm Transport Service Door to Door
Office Administration Daily Workload	Line Dancing Class 11.00 am – 1.00 pm	Art Classes 10.00 am – 12.00 pm	Office Administration Daily Workload	Line Management Staff
Digital Drop In 12.00 pm – 2.00 pm	Shopping Trip 12.00 pm – 2.00 pm Transport Service Door to Door	Knitting Circle 1.30 pm – 3.30 pm Transport Service Door to Door	Outreach Work (Home Visits) Advice & Information One to One Support	Line Management Volunteers
Executive Management Committee Bi-Monthly Meeting	Befriending Telephone Calls	Volunteer Office Admin Support Advice & Information Trips/Events/Holiday Newsletter	Office Administration Daily Workload	Line Management Project Manager
Outreach Work (Home Visits) Advice & Information One to One Support	Outreach Work (Home Visits) Advice & Information One to One Support	Outreach Work (Home Visits) Advice & Information One to One Support	Outreach Work (Home Visits) Advice & Information One to One Support	Office Administration Daily Workload
Office Closed Out of Hours Answer Machine	Office Closed Out of Hours Answer Machine	Office Closed Out of Hours Answer Machine	Office Closed Out of Hours Answer Machine	Office Closed Out of Hours Answer Machine