

## Useful Contacts

Action on Elder Abuse	Tel: 0808 808 8141
Age UK	Tel: (0113) 389 3004
Care & Repair	Tel: (0113) 240 6009
Carers Leeds	Tel: (0113) 246 8338
Cruse Bereavement Care	Tel: 0844 477 9400
Housing Leeds	Tel: (0113) 3781252
Leeds Safeguarding Adult Partnership Support Unit	Tel: (0113) 224 3511
Leeds Adult Social Care Out of Hours—Emergency	Tel: (0113) 222 4401 (0113) 240 9536
Leeds Directory	Tel: (0113) 391 8333
Leeds Metro Access Bus	Tel: (0113) 348 1903
NHS Emergency	Tel: 111
Police Non Emergency	Tel: 101
Swarcliffe Community Centre	Tel: (0113) 2640974
Yorkshire Housing Help Desk	Tel: 0845 602 4238



**S.G.N.S**

**WE ARE HERE**

Stanks Gardens  
LS14 5LS  
For more details telephone:  
**(0113) 2326910**



Please recycle this newsletter  
by putting into your **green** wheelie bin  
or pass on to family, friend or neighbour



Please contact the office if you require this publication in a different format.



Helping People Changing Lives  
**Swarcliffe Good Neighbours Scheme**

## **SUMMER NEWSLETTER 2018**

Inside: Weekly Activities, Advice & Information, Trips & Events.



## Monthly Trips

Recently we had trips to Boundary Mills Colne, The Mermaids Fish & Chip Restaurant Morley and The Knox Harrogate which were enjoyed by all!

Our future excursions are:

**Thursday 27<sup>th</sup> September 2018**  
**Oswaldtwistle Shopping Village**  
**Oswaldtwistle Lancashire**



**Wednesday 31st October 2018**  
**Wetherby Whaler**  
**Guiseley**



**Thursday 29<sup>th</sup> November 2018**  
**The Feathers Hotel,**  
**Helmsley**



All our trips are fully escorted aboard a disabled access coach  
**To book your place please ring the SGNS office**  
**(0113) 2326910**

## Summer Word Search

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

SUMMER	BEACH	JUNE
SUNNY	SWIMSUIT	JULY
SUNSCREEN	BUGS	HOT
POOL	VACATION	AUGUST
LEMONADE	BASEBALL	SUNGLASSES



## Information

### HEARING LOSS SURGERY

SGNS, in partnership with the RNID, provides a Hearing Loss Surgery once a month in the Centre on a Wednesday morning from 11.00am–12.00 noon and a Home Visiting Service.



For more information regarding the above call Ken on (0113) 2326910

### PHOTOGRAPHS

Over the course of a year SGNS takes a lot of pictures of people who attend our activities, events, trips and holidays.



If anyone would like a picture from our vast library we can produce a photograph of your choice for a small charge.

Please contact Ken on (0113) 2326910 to discuss your request

### ANNUAL PUBLIC MEETING



The 24<sup>th</sup> Annual Public Meeting of Swarcliffe Good Neighbours Scheme was held on Wednesday, 11 July 2018, in the Swarcliffe Community Centre. The meeting was well attended by people from the local and wider community. Nominees were presented and

elected on to the Executive Management Committee of SGNS, as follows:

D. Scahill	Chair
B.Hill	Treasurer
S.Scott	Secretary
A.Buchanan	Committee Member
K.Hill	Committee Member
S.Kendrick	Co-opted Member
Cllr.P.Gruen	Co-opted Member

## 2018 “S.G.N.S. Holiday”

### The Esplanade Hotel, Promenade, Llandudno



5 Day Holiday

Departing Monday 22<sup>nd</sup> October 2018

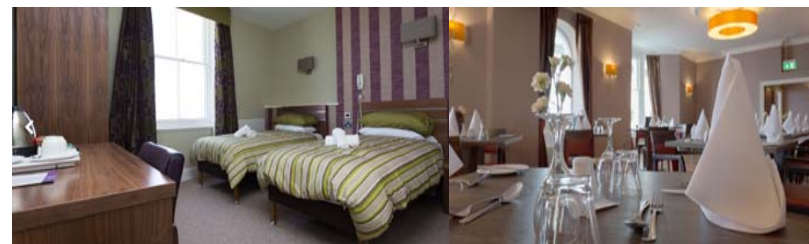
Returning Friday 26<sup>th</sup> October 2018

£350.00 per person

(£25.00 deposit non-refundable)

Price Includes: Pick-ups, Coach, Half Board

Includes excursion (details to be announced later)



**To book your place please ring the SGNS office  
(0113) 2326910**

# 6 exercises for strength and balance

Try these six simple exercises two or three times a week – every day if you like – and you should soon notice improvements to your co-ordination and balance



- MAKE SURE THE CHAIR YOU USE IS STURDY
- WEAR SUPPORTIVE SHOES
- IF YOU EXPERIENCE CHEST PAIN, DIZZINESS OR SEVERE SHORTNESS OF BREATH, STOP AND CALL YOUR GP OR CALL 111
- A SLIGHT SORENESS THE DAY AFTER IS QUITE NORMAL



## Heel Raises

Stand tall, holding the back of a sturdy kitchen-type chair or kitchen sink, then lift your heels off the floor, taking your weight onto your big toes. Hold for three seconds, then lower with control. Repeat 10 times.

## Toe Raises

Stand tall holding the same support, then raise your toes – taking your weight on your heels. Don't stick your bottom out. Hold for three seconds, then lower with control. Repeat 10 times.



## Sit to Stand

Sit tall near the front of a chair with your feet slightly back. Lean forwards slightly and stand up (with hands on the chair if needed). Step back until your legs touch the chair then slowly lower yourself back into the chair. Repeat 10 times.

## Heel-Toe Stand

Stand tall, with one hand on your support. Put one foot directly in front of the other to make a straight line. Look ahead, take your hand off the support and balance for 10 seconds. Take the front foot back to hip width apart. Then place the other foot in front and balance for 10 seconds.



## Heel-Toe Walking

Stand tall, with one hand on a support like a kitchen cabinet. Look ahead and walk 10 steps forwards, placing one foot directly in front of the other so that the feet form a straight line. Aim for a steady walking action. Take the feet back to hip width apart, turn around and repeat the steps in the other direction.

## One-Leg Stand

Stand close to your support and hold it with one hand. Balance on one leg, keeping the support knee soft and your posture upright. Hold the position for 10 seconds. Repeat on the other leg



WHY NOT PULL OUT THESE CENTRE PAGES AND KEEP THEM ON THE FRIDGE?

## Activities

### KNIT & KNATTER DO YOU LIKE KNITTING?

WOULD YOU LIKE TO TEACH  
YOUNG CHILDREN THE ART OF KNITTING?

If so, we would love to hear from you.  
Please call Ken on 0113 2326910.



While knitting you can natter over a nice cup of tea and a biscuit.



Why not come and join our fortnightly Knit & Knatter Group on a wednesday afternoon?

## SHOPPING TRIPS

Would you like to go grocery shopping to a local Supermarket? Why not come and join our fortnightly shopping trips to the ASDA or SAINSBURY'S Supermarket on a Wednesday afternoon. Transport is provided door to door on our disabled accessible mini bus.  
INTERESTED please call the office for details.



## DROP-IN SERVICE

Tuesday mornings 9.00 am - 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. Please call 2326910 to check we are in.



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

## Activities

### SGNS LUNCHEON CLUBS



Run on a Wednesday/Thursday/Friday giving you the opportunity to come and enjoy a two course hot meal and have a game of bingo in a friendly environment. The cost of the meal is £4.50 (transport available if required).

### LINE DANCING

SGNS runs two weekly line dancing classes. Tuesday morning from 11.00 am to 1.00 pm Thursday afternoon from 1.30 pm to 3.30 pm. Cost of each session is £3.00 per person.



Line Dancing is great fitness fun so why not come along, learn the steps and give it a go!

### COMPUTER CAFE



Ever wanted to find out about computers and what they can offer you? SGNS runs a weekly Computer Cafe on a Thursday morning 11.00 am to 1.00 pm where we offer one-to-one support in an office environment.

**It is not as hard as YOU think!**

Cost is £3.00 (transport available).

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

## Below are 10 tips to help you stay safe (and cool) in the hot weather

- 1 Avoid Heat Stroke**  
Know the signs of heat stroke. If you notice symptoms (including a flushed face, high temperature, nausea, and confusion), contact your healthcare provider immediately.<sup>1</sup>


- 2 Stay Hydrated**  
Know the signs of Dehydration which can include dry mouth, rapid heartbeat, and lightheadedness.<sup>2</sup>


- 3 Drink Plenty of Water**  
Seniors have a more difficult time identifying thirst, so keep hydrated by drinking plenty of water (the standard recommended amount is 8 glasses every day).<sup>3</sup>


- 4 Manage Caffeine Intake**  
Caffeinated beverages like coffee or tea can dehydrate you. If they are part of your daily ritual, make sure you're also getting plenty of water: A good rule of thumb is at least a glass of water for each caffeinated beverage.<sup>4</sup>


- 5 Exercise Smart**  
Older adults have a harder time sweating, so consider changing your exercise routine during the summer months to an indoors location (swimming pools or classes at the gym).


- 6 Plan Your Exercise Time**  
If your physical activity takes you outdoors (walking, gardening or hiking), take advantage of early morning and evening hours when the sun is at its weakest.


- 7 Keep Cool Inside**  
Close blinds and curtains to help keep the heat out of your home during daytime hours.<sup>5</sup>


- 8 Stay Cool**  
If you don't have central air conditioning, consider taking a "staycation" at a local hotel during really hot stretches – investing in one good night's sleep can be the respite you need to beat the heat.


- 9 Apply Sunblock**  
When outdoors, make sure you wear sunblock.


- 10 Cool Down**  
Take a cool shower or hold a cool towel on your neck to help bring body temperatures back down after being outdoors.<sup>7</sup>



## Swarcliffe Good Neighbours Scheme Weekly Services/Activities

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Office Open</b> 8.30am – 4.30pm Telephone/Admin Support	<b>Office Open</b> 8.30am – 4.30pm Telephone/Admin Support	<b>Office Open</b> 8.30am – 4.30pm Telephone/Admin Support	<b>Office Open</b> 8.30am – 4.30pm Telephone/Admin Support	<b>Office Open</b> 8.30am – 3.30pm Telephone/Admin Support
<b>Outreach Work</b> (Home Visits) Advice & Information One to One Support	<b>Volunteer Office Admin Support</b> Advice & Information Trips/Events/Holiday Newsletter	<b>Volunteer Office Admin Support</b> Advice & Information Trips/Events/Holiday Newsletter	<b>Computer Cafe</b> 11.00 am – 1.00 pm Transport Service Door to Door	<b>Office Administration</b> Daily Workload
<b>Carers Support</b> Advice & Information	<b>Drop-In Service</b> Advice & Information One to One Support	<b>Luncheon Club</b> 10.00 am – 2.00 pm Transport Service Door to Door	<b>Luncheon Club</b> 10.00 am – 2.00 pm Transport Service Door to Door	<b>Luncheon Club</b> 10.00 am – 2.00 pm Transport Service Door to Door
<b>Bereavement Support</b> Advice & Information	<b>Line Dancing Class</b> 11.00am – 1.00 pm	<b>Knit &amp; Knatter Group</b> 1.00 pm – 3.00 pm Transport Service Door to Door	<b>Line Dancing Class</b> 1.30 pm – 3.30 pm	<b>Line Management</b> Staff
<b>Fundraising Sub-Committee</b> Monthly Meeting	<b>Volunteer Treasurer Admin Support</b> Accounts/Banking	<b>Escorted Shopping Trips</b> 2.00 pm – 4.00 pm Transport Service Door to Door	<b>Monthly Trips</b> Coach & Transport Service	<b>Line Management</b> Volunteers
<b>Executive Management Committee</b> Bi-Monthly Meeting	<b>Outreach Work</b> (Home Visits) Advice & Information One to One Support	<b>Hearing Loss Surgery</b> Monthly Advice & Information One to One Support	<b>Outreach</b> (Home Visits) Advice & Information One to One Support	<b>Line Management</b> Project Manager
<b>Office Administration</b> Daily Workload	<b>Office Administration</b> Daily Workload	<b>Outreach</b> (Home Visits) Advice & Information One to One Support	<b>Office Administration</b> Daily Workload	<b>Office Administration</b> Daily Workload
<b>Office Closed</b> Out of Hours Answer Machine	<b>Office Closed</b> Out of Hours Answer Machine	<b>Office Closed</b> Out of Hours Answer Machine	<b>Office Closed</b> Out of Hours Answer Machine	<b>Office Closed</b> Out of Hours Answer Machine