



Useful Contacts

Police Non-Emergency 101

NHS Non-Emergency 111

(for health advice and information 24 hours a day)

St James Hospital (0113) 2433144

Leeds General Infirmary (0113) 2432799

For emergencies contact Adult Social Care on (0113) 2409536

For information regarding changes to bin services over Christmas and New Year contact 0113 222 4406

Hark! The refuse service sing – check the right day to put out your bin. That is the message from Leeds City Council as Christmas approaches. Bins will be collected as normal until and including Christmas Eve. Then between Tuesday 25 December and Sunday 6 January bins will be emptied either one or two days later than normal.

Residents can check their bin collection dates for these dates and at any time throughout the year online at www.leeds.gov.uk/mybinday or by downloading the Leeds Bins app which also provides handy collection reminders straight to your phone.

A postcard reminder is being sent to all households detailing collection changes. As well as dates being available through the above link and app they can also be obtained from housing offices, local neighbourhood networks, libraries, one stop centres, post offices and community centres. The local authority is also asking residents to spread some goodwill and remind neighbours that bin collection dates will change during the Christmas period and help them avoid missing collection day.

Merry Christmas & A Happy New Year To all...

**Our clients who have contacted us and joined in our social activities.
Our Volunteers, Staff and Executive Management Committee who offer continuous support to ensure that we can continue to offer the services we provide.**

SGNS would like to express our sincerest thanks for all their help and support during 2018.

SGNS office will be closed from 24th December 2018 and re-open on 7th January 2019



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

WINTER NEWSLETTER 2018

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



Supported by



Monthly Trips

Recently we had trips to Oswaldtwistle Shopping Village Colne, Wetherby Whaler Guiseley and The Feathers Hotel Helmsley which were enjoyed by all! Our future excursions are:

Thursday 31st January 2019
Wentworth Garden Centre,
Rotherham



Thursday 28th February 2019
Millstones,
Harrogate



Thursday 28th March 2019
Murgatroyd's Fish & Chip Restaurant
Yeadon

All our trips are fully escorted aboard a disabled access coach

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

Information

Every day, people throughout the UK are falling victim to scams of one kind or another. It could be an unexpected prize draw or lottery win, or a chance to invest in an exciting new money-making or investment programme.

Remember – if it sounds too good to be true, it probably is.

Handy tips for you to follow....

- **DO NOT GIVE ANYONE - EVEN IF THEY SAY FROM THE BANK OR POLICE- YOUR BANK DETAILS**
- **DO NOT GIVE OUT YOUR CREDIT CARD DETAILS**
- **SAY YOU HAVE SOMEONE WITH YOU RIGHT NOW - TAKE A NAME AND NUMBER TO CALL THEM BACK.**

Also leave a pen and a pad by the phone - write down the name, number and subject of EVERYBODY that calls.

If you think you are being targeted by bogus traders please contact:

- | | |
|---------------------------------------|--------------|
| • Citizen's Advice Consumer Help Line | 03454 040506 |
| • Action Fraud | 0300 1232040 |
| • Royal Mail | 0800 0113466 |
| • Police | 101 |



Information



Over the Festive Season



Different ways you can be scammed.

By Post

Offer of prizes for competitions you never entered. Business opportunities, pyramid selling, or even discount medications. Often the scam here is the premium rate number you have to call to get the prize or you have to give bank details in order to receive what you have been promised.

By Telephone

Much of the bank account fraud reported happens over the telephone. People fall for this because they believe the story of the bogus policeman or bank official on the phone can be verified by a follow-up call to their bank. However, when you dial the bank, the scammers don't hang up, so when the victim thinks they are speaking to a bank official, but they are still speaking to the fraudster.

On the Doorstep

People will target areas where they know there is a high population of older people. They knock on their door and offer unsuitable and expensive goods or services. Offer safety equipment, carpet cleaning or say you have something wrong with the roof or that the guttering is falling down.

REMEMBER

Two final things to remember - a conman or woman will often start their pitch with "you know there have been a lot of stories of people being scammed or conned, I can help you..." Also please remember that one million older people in the UK haven't spoken to anyone for a month.

Christmas Word Search



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



1. Bells
2. Bethlehem
3. Bows
4. Candy
5. Carols
6. Christmas
7. Elves
8. Gifts
9. Holly
10. Jesus
11. Manger
12. Reindeer
13. Santa
14. Sleigh
15. Snowman
16. Star
17. Stocking
18. Toys
19. Tree
20. Wisemen

International Day of Older Person's Event

On Wednesday 10th October we held our event in celebration of the "International of Older Person's" and it was a great success. It was attended by around 70 older people from the local and wider community who enjoyed the sit down exercise class to music provided by Joan followed by a game of play your cards right, higher-higher, lower-lower.

The raffle awarded three well packed food hampers followed by a game of bingo. A buffet lunch of sandwiches with pork pie/sausage rolls along with a cup of tea or coffee was followed by various cakes which were enjoyed by all.

Entertainment was provided by Mr Stevie Fields, singing a variety of songs, old and new.

Everyone said how they had enjoyed their day and that the room was set out in a more friendly way. Instead of the tables being in long rows where everyone seemed to be close together the tables were set in squares seating 10 people creating more space.



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).



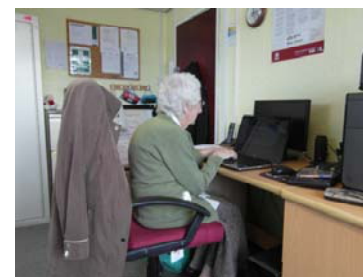
LINE DANCING

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 Wednesday 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

Activities

KNIT & KNATTER DO YOU LIKE KNITTING?

If so, we would love to hear from you.



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.

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.



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



Next year, 2019, will be a milestone year for the Swarcliffe Good Neighbours Scheme. It will be the anniversary of our 25th year, 1994 – 2019.

Over the year we will be running FIVE events in celebration of this fantastic landmark. Clients, volunteers and staff of this organisation are being inspired to come up with ideas to enable this scheme to raise funds for the five events.

So let's get fundraising

Our fundraising exploits so far.....



The event we held in celebration of the "International Day of Older Persons" on Wednesday 10th October raised £248.50

Go Sober in October

The "Go Sober in October" fundraiser was completed by Ken Hill of SGNS and Sally Kendrich of Yorkshire Housing. All the wonderful people who sponsored Ken and Sally enabled them to raise the fantastic amount of £850.50



Our forthcoming fundraiser will be our volunteer, Jason Robinson, who has offered to have his head shaved at the Christmas Party here in the Swarcliffe Community Centre on Wednesday 19th December. Please sponsor Jason, anything is welcome!

[Swarcliffe Good Neighbours Scheme Services/Activities \(0113\) 2326910](tel:01132326910)

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