

Useful Contacts



Police Non-Emergency	101
NHS Non-Emergency	111
(for health advice and information 24 hours a day)	
St James Hospital	(0113) 243314
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 25 December and 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...

**Clients who have contacted us and joined in our activities.
Volunteers, Staff, Executive Management Committee, local Ward Councillors
and Organisations who provide 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

SGNS will be closed from 20th December 2019 to 3rd January 2020



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

WINTER NEWSLETTER 2019

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



Monthly Trips

Recently we had trips to The Feathers Hotel Helmsley, Mermaids Fish Restaurant Morley and Oswaldtwistle Shopping Village, which were enjoyed by all! Our future excursions are:



Thursday, 30th January 2020
Wetherby Whaler
Guiseley

Thursday, 27th February 2020
The New Wheatsheaf
Castleford



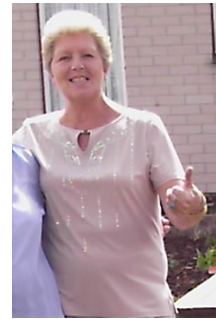
Thursday, 26th March 2020
Millstones
Harrogate



All our trips are fully escorted aboard a disabled access coach

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

IN REMEMBRANCE



It is with great sadness to inform you that the Chair of our Executive Management Committee, Doreen "Dot" Scahill passed away on Wednesday 17th July 2019.

On Thursday 19th September we had a remembrance tea for Dot, supported by Cllr Pauleen Grahame and Cllr Peter Gruen, along with the staff, volunteers and service users of this scheme.

To commemorate her work with the Swarcliffe Good Neighbours and the local community S.G.N.S. cleared the raised garden at the front of the Swarcliffe Community Centre and planted 4 rose bushes (Dot loved roses), along with some plants and then covered the soil with bark. We had a commemorative plaque mounted onto a plinth which we have put in the garden. Also 2 new benches have been placed at the side of the building for users and visitors to sit on which also have a commemorative plaque on them.

Dot was very proud of this scheme and the services it provides to older people from the local and wider community. Dot was always there to lend a hand when needed, to offer her guidance and support at the Executive Management Committee meetings and liked to be hands on in any of our services from the Knit and Knatter group to luncheon clubs, events or helping with paperwork she never said NO.



THANK YOU DOT for everything over the years and we wish you peace.
God Bless You

Information

Winter Health Tips

- Stock up on store cupboard basics such as soup, tinned fish and long life milk in case you can't get out of your home for a couple of days.
- Nominate a friend or neighbour who can collect essentials such as prescriptions on your behalf.
- Keep a list of useful and emergency contacts by your phone.
- Know where your stopcock and gas meter are located.
- Make sure your pipes are adequately lagged and your roof properly insulated.
- Keep torches, a battery-powered radio and spare batteries where they're easy to find in the dark in case of power cuts.
- Don't take any risks in bad weather. If you have to go out, make sure you wear shoes with a good grip.
- Have your flu jab – book your appointment now if you haven't already done so.
- Try to eat a balanced diet and eat small portions at regular intervals throughout the day.
- Drink plenty of fluids.
- If you can, get up and move around. If your mobility is more limited, do some chair exercises to help you stay warm and active.
- Good hand hygiene can prevent the spread of viruses.
- Have a hot drink regularly and if you find moving about difficult, have a flask handy.
- Have your heating system checked every year and consider installing thermostatic valves on radiators in the rooms you use the most.
- Ask about any benefits, grants and discounts you might be entitled to such as pension credits, winter fuel payments and insulation.
- Wear warm clothes in layers.
- Know how to contact your neighbours by phone – it's easy to lose touch in the winter when people aren't out and about as much.
- Continue to go to your social activities with friends or at the local community centre. If you can't get out for any reason, call them to let them know and ask to keep in touch by phone.

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 a weekly line dancing class. Tuesday morning from 11.00 am to 1.00 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!



DIGITAL DROP-IN

We are holding a free drop-in clinic in the Swarcliffe Community Centre on a Wednesday morning. We provide free IT advice and guidance on a range of technical and digital issues – whether it's IT beginners having issues with email, Skype, online purchasing, virus issues, internet security, mobile phone / laptop / general device issues, wifi connectivity problems, or whether they are amateurs with a keen interest in developing their digital skills. SGNS aims to increase the level of digital inclusion in the community we serve. Have you ever asked yourself:

'how do I set up an email account?',
'how do I order my prescriptions on line?',
'how do I shop on line?',
'how can I look at information on my phone/tablet/computer?'

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

Activities

KNITTING CIRCLE



Would you like to join our weekly Knitting Circle on a Wednesday afternoon 1.30 pm to 3.30 pm with our Volunteer Tutor, Margaret.

If so, we would love to hear from you.



tea and a biscuit while knitting,

Enjoy a nice cup of

SHOPPING TRIPS



Would you like to go grocery shopping at 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 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.



2019 has been a remarkable year for the Swarcliffe Good Neighbours scheme because we have been working with and for older people and their carers living in the local and wider community for 25 years (1994 – 2019).

To celebrate our 25th Anniversary Year we fundraised £2,810.00 to fund numerous events over the year for everyone to come and celebrate with us, including local Ward Councillors; Cllr Peter Gruen, Cllr Pauleen Grahame, Cllr Jess Lennox and the Lord Mayor of Leeds, Cllr Eileen Taylor. Events were held on;

- Wednesday 20th March
- Thursday 25th April
- Wednesday 17th July
- Tuesday 1st October
- Wednesday 18th December

Our last event is our Christmas Party on Wednesday 18th December here in the Swarcliffe Community Centre the culmination of our 25th Anniversary Year.



S.G.N.S. has been given a Christmas present from the Youth Service of Christmas Cards that have been hand made by young people which we will insert into our Christmas Newsletter!

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

The Executive Management Committee, Staff and Volunteers would like to say a BIG THANK YOU to everyone and we look forward to spending the future together.

Information

Crossgates Christmas Lights Switch-on



Crossgates led the way for the local suburbs of Leeds this Christmas by being the first to switch the Christmas lights on in 2019.

On Friday 8th November there was a night of Christmas entertainment provided by Manston Primary School, The Tribe, Georgia Caslin plus many more.

There was also a fairground, fireworks and of course Father Christmas! The fun started at 7pm, Christmas lights to be switched on at 8pm.

Cllr Pauleen Grahame asked Ken Hill if we had anyone who would like to come to this event and switch on the Christmas Lights on behalf of The Swarcliffe Good Neighbours Scheme. We had three wonderful candidates, who put forward their names to attend:



Harold Thomas, Margaret Gordon and Barbara Kinnon attended the big event on Friday evening, seen here with Mik our Mini Bus driver. It was a little bit chilly but their elf hats went a long way to keeping them warm.



Hundreds of people from around the area came to enjoy and joined in all the festivities waiting with anticipation for the build up to the BIG Countdown....

‘10, 9, 8, 7, 6, 5, 4, 3, 2, 1 Switch ON Cue Fireworks’

Winter Word Search

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

WINTER

SNOW

SLED

ICICLE

BLIZZARD

HOT CHOCOLATE

COLD

FROSTY

FROZEN

SLED

JANUARY

ICE

HIBERNATE

COAT

HAT

GLOVES



Swarcliffe Good Neighbours Scheme Weekly Services/Activities

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
Office Administration Daily Workload	Volunteer Office Admin Support Advice & Information Trips/Events/Holiday Newsletter	Digital Drop-In 11.00 am – 1.00 pm Transport Service Door to Door	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 – 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
Outreach Work (Home Visits) Advice & Information One to One Support	Line Dancing Class 11.00am – 1.00 pm	Knitting Circle 1.30 pm – 3.30 pm Transport Service Door to Door	Monthly Trips Coach & Transport Service	Line Management Staff
Fundraising Sub-Committee Monthly Meeting	Escorted Shopping Trips 12.00 pm – 2.00 pm Transport Service Door to Door	Volunteer Office Admin Support Advice & Information Trips/Events/Holiday Newsletter	Outreach (Home Visits) Advice & Information One to One Support	Line Management Volunteers
Executive Management Committee Bi-Monthly Meeting	Volunteer Treasurer Admin Support Accounts/Banking	Office Administration Daily Workload	Office Administration Daily Workload	Line Management Project Manager
Office Administration Daily Workload	Outreach Work (Home Visits) Advice & Information One to One Support	Outreach (Home Visits) Advice & Information One to One Support	Outreach (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