

TESTMONIALS!

“All is well thanks and thanks for ringing it’s much appreciated” ANNE

“I really look forward to your call every week, you are the only person I speak to” LAWRENCE

“Everything is fine and thanks for calling” MARY & JOHN

“Doing fine and keep up the good work” MAVIS

“Thank you for looking after us” STEPHEN & LYNNE

“Thanks for everything you do you’re doing a grand job looking after us” JOHN

JOYCE said

“It’s been a year since I saw you at the centre, can’t wait to get back”

We will throw a big party when we can all get together!

SGNS would like to say a BIG THANK YOU to everyone who has kindly donated £345.00 to the scheme this year!

hip * hip
hooray
well done
to you!

SGNS would like to wish everyone



Helping People Changing Lives Swarcliffe Good Neighbours Scheme SPRING NEWSLETTER 2021

ADVICE, INFORMATION AND PUZZLES



1994-2021

DIGITAL SUPPORT FROM THE COMFORT OF YOUR HOME

SGNS is able to offer Digital Support to anyone who uses their mobile phone or tablet to communicate with family or friends or use them to access a multitude of services/activities on-line. This pandemic has highlighted the importance for people to be able to communicate in other ways.

We are happy to offer you support with any queries you may have about your phone, tablet, laptop or PC by giving us a call on 0113-2326910.

You will find it amazing as to what you can do on your tablet, laptop, phone or P.C;

- On-line shopping
- Order repeat prescriptions
- On-line consultation with your Doctor
- Chat to friends and family via Zoom, WhatsApp or Skype

or source and access activities on-line to help keep you active and connected.

SGNS is setting up a Virtual Quiz hosted by our volunteer “Quiz Master” on a Monday afternoon from 1.00pm-2.00pm. If you are interested please give us a call on 0113-2326910.



LOAN SCHEME

We are able to offer a tablet loan scheme. Our tablet is Wi-Fi enabled with a data cap and comes with a guide to help you get set up and go on-line safely.

For more information call 0113-2326910.

We have set up a free on-line Quiz on our Website www.sgns.org.uk which will be updated at the beginning of each month – no cheating!!!

Go on-line and have a go!



“AT HOME LUNCHEON CLUB”



Noreen “Thank you for my meal, it was absolutely lovely”

“AT HOME LUNCHEON CLUB”



AT HOME ACTIVITIES

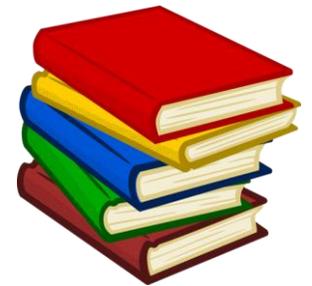


We know how hard it is and has been for you to stay at home during this pandemic and to find something to keep you occupied. We have come up with the following ideas to offer you for something to do!

Book Club

Do you like to read!

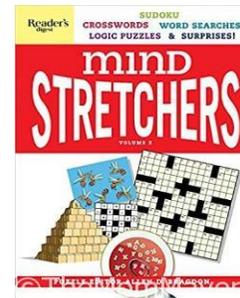
We have a lot of reading books which have been donated to the scheme. If you would like any then let us know and we will deliver them to your door.



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



MEALS ON WHEELS

PRESTO
Providing:

- ✓ Meals on Wheels
- ✓ Cleaning
- ✓ Gardening
- ✓ Companionship
- ✓ Window cleaning
- ✓ Waste removal

Help around the house | A friendly companion | Meals on wheels

Leeds CITY COUNCIL | presto *So much to do!*

Presto

Presto offers a range of support for people to help keep up with the demands of running a home and to live safe and well.

Services include:

- Meals on Wheels
- companionship
- cleaning
- gardening
- window cleaning
- waste removal

Presto is available longer term or to help with short term requirements. Simply choose what type of help you need and a time that suits you and hey presto, they'll get it done.

Presto's Meals on Wheels Service

Presto's Meals on Wheels Service provides tasty nutritionally balanced meals 7 days a week, 365 days a year. They deliver a hot meal at lunchtime with a cold teatime pack also available. This can be booked for as many or as few days as you require. The Meals on Wheels service also offers a visual safety and well-being check at the time of delivery to ensure people are safe and well within their homes.

Please give them a call on 0113-3783750 if you would like to discuss their menu's and availability. They look forward to hearing from you!

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.

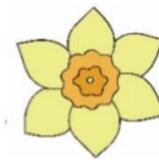
The Leeds Directory is a Leeds City Council service. To speak to the Leeds Directory team you can contact them by;

- calling 0113-3784610 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

EASTER WORD SEARCH

Y	B	L	C	H	O	C	O	L	A	T	E
E	E	K	T	I	U	C	G	U	C	B	E
A	A	A	S	U	N	D	A	Y	B	S	E
N	S	R	B	N	P	U	H	T	U	P	I
O	T	T	K	H	O	P	H	A	N	R	O
A	E	S	G	G	E	C	O	U	N	I	A
A	R	P	C	A	N	D	Y	H	Y	N	N
U	N	P	H	S	E	S	S	B	C	G	T
H	G	B	C	Y	S	O	D	A	S	A	C
S	F	A	R	H	O	L	I	D	A	Y	R
E	I	S	A	N	M	N	S	R	O	E	N
I	N	K	M	S	M	K	H	H	U	N	T
U	D	E	B	U	R	T	F	C	F	B	H
B	I	T	E	I	T	I	B	B	A	R	R

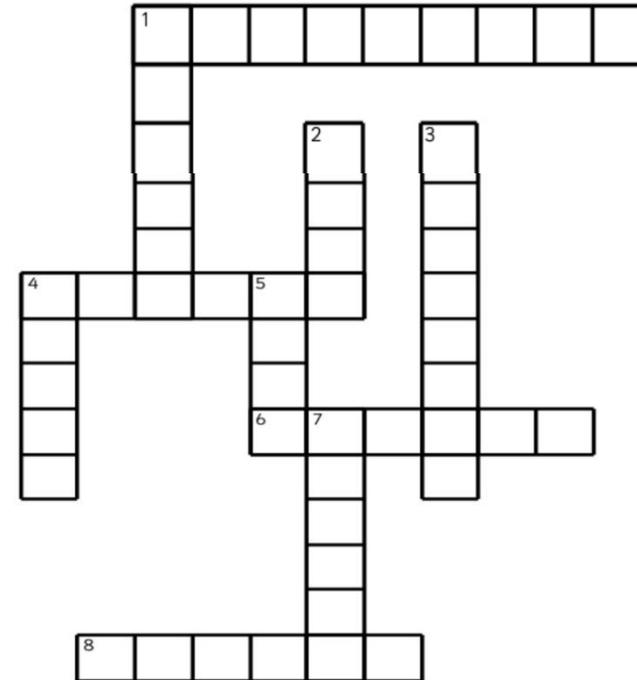
- EASTER
- SPRING
- FIND
- HUNT
- BUNNY
- EGGS
- HOP
- CANDY
- HOLIDAY
- BASKET
- MARCH
- CHOCOLATE
- SUNDAY
- RABBIT



EASTER CROSSWORD



Solve the crossword using the list of words and the clues



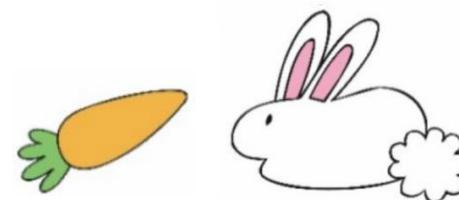
- basket
- bonnet
- bunny
- chicks
- chocolate
- daffodil
- eggs
- hunt
- parade
- spring

Across

1. Easter eggs are often made out of this treat!
4. Collect your eggs in this.
6. The season in which Easter is celebrated.
8. You may wear one in the Easter parade.

Down

1. These hatch out of real eggs.
2. You may go on an Easter egg ...
3. Cheerful, yellow spring flower.
4. Will he visit you this year?
5. We give chocolate ones at Easter.
7. Show off your Easter



Four-step roadmap for easing of restrictions in the UK

TEST 1  <p>The vaccine deployment programme continues successfully</p>	TEST 2  <p>Evidence shows vaccines are sufficiently effective in reducing hospitalisation and deaths in those vaccinated.</p>	TEST 3  <p>Infection rates do not risk a surge in hospitalisations which would put unsustainable pressure on the NHS</p>	TEST 4  <p>Our assessment of the risk is not fundamentally changed by new Variants of Concern.</p>
SUBJECT TO REVIEW		SUBJECT TO REVIEW	
STEP 1 8 March 29 March	STEP 2 No earlier than 12 April At least 5 weeks after Step 1	STEP 3 No earlier than 17 May At least 5 weeks after Step 2	STEP 4 No earlier than 21 June At least 5 weeks after Step 3
EDUCATION 8 MARCH <ul style="list-style-type: none"> Schools and colleges open for all students Practical Higher Education courses 	EDUCATION <ul style="list-style-type: none"> As previous step 	EDUCATION <ul style="list-style-type: none"> As previous step 	EDUCATION <ul style="list-style-type: none"> As previous step
SOCIAL CONTACT 8 MARCH 29 MARCH <ul style="list-style-type: none"> Exercise and recreation outdoors with household or one other person Household only indoors Rule of 6 or two households outdoors Household only indoors 	SOCIAL CONTACT <ul style="list-style-type: none"> Rule of 6 or two households outdoors Household only indoors 	SOCIAL CONTACT <ul style="list-style-type: none"> Maximum 30 people outdoors Rule of 6 or two households indoors (subject to review) 	SOCIAL CONTACT <ul style="list-style-type: none"> No legal limit
BUSINESS & ACTIVITIES 8 MARCH 29 MARCH <ul style="list-style-type: none"> Wraparound care, including sport, for all children Organised outdoor sport (children and adults) Outdoor sport and leisure facilities All outdoor children's activities Outdoor parent & child group (max 15 people, excluding under 5s) 	BUSINESS & ACTIVITIES <ul style="list-style-type: none"> All retail Personal care Libraries & community centres Most outdoor attractions Indoor leisure inc. gyms (individual use only) Self-contained accommodation All children's activities Outdoor hospitality Indoor parent & child groups (max 15 people, excluding under 5s) 	BUSINESS & ACTIVITIES <ul style="list-style-type: none"> Indoor hospitality Indoor entertainment and attractions Organised indoor sport (adult) Remaining accommodation Remaining outdoor entertainment (including performances) 	BUSINESS & ACTIVITIES <ul style="list-style-type: none"> Remaining businesses, including nightclubs
TRAVEL 8 MARCH 29 MARCH <ul style="list-style-type: none"> Stay at home No holidays Minimise travel No holidays 	TRAVEL <ul style="list-style-type: none"> Domestic overnight stays (household only) No international holidays 	TRAVEL <ul style="list-style-type: none"> Domestic overnight stays International travel (subject to review) 	TRAVEL <ul style="list-style-type: none"> Domestic overnight stays International travel
EVENTS <ul style="list-style-type: none"> Funerals (30) Weddings and wakes (6) 	EVENTS <ul style="list-style-type: none"> Funerals (30) Weddings, wakes, receptions (15) Event pilots 	EVENTS <ul style="list-style-type: none"> Most significant life events (30) Indoor events: 1,000 or 50% (plus pilots) Outdoor seated events: 10,000 or 25% (plus pilots) Outdoor other events: 4,000 or 50% (plus pilots) 	EVENTS <ul style="list-style-type: none"> No legal limit on life events Larger events