

## 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**



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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 2019

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



## Monthly Trips

Recently we had trips to Millstones Harrogate, Wainstones Hotel Great Broughton and Boundary Mills Colne, which were enjoyed by all! Our future excursions are:



**Thursday, 26<sup>th</sup> September 2019**  
**The Feathers Hotel**  
**Helmsley**



**Thursday, 24<sup>th</sup> October 2019**  
**Mermaids Fish Restaurant**  
**Morley**



**Thursday, 28<sup>th</sup> November 2019**  
**Oswaldtwistle Shopping Village**

All our trips are fully escorted aboard a disabled access coach

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

## Easter Bonnet Event

### **Celebrating 25 Years**

On Thursday 18<sup>th</sup> April 2019 the Swarcliffe Good Neighbours Scheme held an Easter Bonnet Event in the Swarcliffe Community Centre from 11.00 am – 3.00 pm.

76 older people from the local and wider community were welcomed to the event where proceedings commenced with a game of “Play Your Cards Right” (higher higher, lower, lower). The person who had the ticket pulled out of the hat came to the front and played the cards for the opportunity of winning a prize.



Lunch was provided which everyone enjoyed;

- Wide variety of sandwiches
- Various cakes
- A nice cup of tea or coffee

After a hearty lunch, time to relax with a game of bingo. LINE! HOUSE!



The afternoon’s entertainment was provided by Darren Rivers, who is a fantastic Elvis Presley tribute singer who sang all the Elvis Presley hits.

Sadly all good things must come to an end but everyone said...

“What a great day we’ve had”

“Never laughed as much in ages”

“When’s the next one”



## The best tips for Health in Hot Weather

Drink plenty of cool water throughout the day (don't rely on feeling thirsty!) and avoid alcohol and caffeine.

Eat light, cold meals like chicken or pasta salad instead of heavy, hot dishes

Place a cool washcloth on the back of the neck and a pan of cool water close by to periodically re-cool the towel.

Sit with feet in a bowl of cool (but not too cold) water.

Keep the house as cool as possible by keeping curtains/blinds closed during the hottest part of the day.

Wear layers of lightweight clothing in light coloured cotton so it's easy to adjust to the temperature throughout the day by removing or adding layers.

Take a cool shower, bath, or washcloth wipe-down.  
For maximum cooling, keep the water just below body temperature.

## 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!



### 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

Would you like to join our weekly Knit & Knatter Group on a Wednesday afternoon 2.00 pm to 4.00 pm with our new Volunteer Tutor, Margaret.



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, 1.00 pm to 3.00 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.



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

## Information

### Presto Gardening Service

Leeds CITY COUNCIL

Giving Competitive Prices

No job too big or too small!

So much to do!

**presto**  
Gardening Services

*Services Include....*

- Grass Cutting
- Hedge Trimming
- Planting
- Weeding
- Tree Works
- General Garden Care
- & much more.....

All our services are carried out by reputable, responsible, honest and accountable organisation that you know and trust. Why not contact us for a free, no obligation quotation.....

0113 378 23 40

Civic ENTERPRISE LEEDS

## Information

Providing peace of mind to live safe and well at home

presto



### So what is Presto?

Presto is a Leeds City Council service helping people live independently. Presto offers a range of support for older people to help keep up with the demands of running a home and to live safe and well. Our Services include:

- Companionship
- Housekeeping
- Transport
- Meals on wheels

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, we'll get it done. Call us on 0113 378 3750 and we will help you select the services to suit your needs, with prices from just £14.

#### A Helping Hand

Keeping up with the demands of a home can be a challenge. That's where Presto can help.

Often living independently and well at home depends on the little things: companionship, shopping and eating well, maintaining a safe home and having great transport solutions so you can get out and about. Whether it's providing companionship, transport and support to get out and about or help with keeping on top of household chores, that's where Presto can help.

We can even supply delicious meals with our catering service. Presto runs a 7 day hot meals delivery scheme, with a cold tea option available. This can be booked for as many or as few days as you require.

#### Meals on wheels

A meal service direct to your door available 365 days a year: hot lunches and cold teatime meals which meet dietary and special requirement needs. Our menus offer a wide range of medical and cultural meals, as well as the more traditional familiar favourites. Alternatively, frozen meals can be delivered fortnightly and just reheated when needed. Meals can be delivered as a short-term solution to cover relatives' holidays or longer term.

#### Companionship

We all need some company. Presto understands that companionship not only helps with day-to-day activities but improves the overall quality of life and well-being as well. That's why we offer a tailored companionship service, with trained and experienced staff.

They can help to prepare meals, do small domestic jobs, assist with the shopping, accompany you on visits or appointments and just spend quality time with you in the comfort of your own home.

## SUMMER WORD SEARCH

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

**WORD BANK:** HOT PLAY SUN  
BBQ ICE CREAM POOL SUNGLASSES  
BEACH JUMP POPSICLE SWIM  
CAMPING KITE SAND SWING  
FUN PICNIC SUMMER VACATION

## 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>Office Administration</b> Daily Workload	<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>Office Administration</b> Daily Workload
<b>Outreach Work</b> (Home Visits) Advice & Information One to One Support	<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>Outreach Work</b> (Home Visits) Advice & Information One to One Support	<b>Line Dancing Class</b> 11.00am – 1.00 pm	<b>Knit &amp; Knatter Group</b> 2.00 pm – 4.00 pm Transport Service Door to Door	<b>Monthly Trips</b> Coach & Transport Service	<b>Line Management</b> Staff
<b>Fundraising Sub-Committee</b> Monthly Meeting	<b>Escorted Shopping Trips</b> 1.00 pm – 3.00 pm Transport Service Door to Door	<b>Volunteer Office Admin Support</b> Advice & Information Trips/Events/Holiday Newsletter	<b>Outreach</b> (Home Visits) Advice & Information One to One Support	<b>Line Management</b> Volunteers
<b>Executive Management Committee</b> Bi-Monthly Meeting	<b>Volunteer Treasurer Admin Support</b> Accounts/Banking	<b>Office Administration</b> Daily Workload	<b>Office Administration</b> Daily Workload	<b>Line Management</b> Project Manager
<b>Office Administration</b> Daily Workload	<b>Outreach Work</b> (Home Visits) Advice & Information One to One Support	<b>Outreach</b> (Home Visits) Advice & Information One to One Support	<b>Outreach</b> (Home Visits) Advice & Information One to One Support	<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