

USEFUL CONTACTS

NHS Medical Helpline	111
Emergency	999
Windmill Health Centre	0113 – 2733733
The Grange Medical Centre	0113 – 2951800
Crossgates Medical Centre	0113 - 2600021
Seacroft Hospital	0113 - 2648164
St James Hospital	0113 – 2433144
Leeds General Infirmary	0113 – 2432799
Presto Hot Meals	0113 - 3783750
Wiltshire Farm Foods	0800 - 0773100
Leeds Directory	0113 – 3784610

SGNS would like to say “enjoy the summer”.



Helping People Changing Lives

Swarcliffe Good Neighbours Scheme

SUMMER NEWSLETTER 2021

ADVICE, INFORMATION AND PUZZLES



Swarcliffe Good Neighbours Scheme have been awarded a "Compassionate City Award" from Leeds City Council having been nominated for Community Project of the Year.



Supported by



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!

TIPS FOR STAYING SAFE IN HOT WEATHER

Most of us welcome hot weather, but when it's too hot for too long, there are health risks. If hot weather hits this summer, make sure it does not harm you or anyone you know. Here are some tips to follow along with a leaflet as well!

- stay cool indoors – many of us will need to stay safe at home this summer so know how to keep your home cool
- close curtains on rooms that face the sun to keep indoor spaces cooler and remember it may be cooler outdoors than indoors
- if going outdoors, use cool spaces considerately, keep your distance in line with social distancing guidelines
- follow coronavirus social distancing guidance and wash your hands regularly
- drink plenty of fluids and avoid excess alcohol
- try to keep out of the sun between 11am to 3pm
- walk in the shade, apply sunscreen regularly and wear a wide brimmed hat, if you have to go out in the heat
- avoid exercising in the hottest parts of the day
- make sure you take water with you, if you go out





How can I spot a scam?

Although they might look different, scams often share some 'red flags':

- If it looks too good to be true, it probably is.
- Contact from someone out of the blue who you don't know.
- Being asked to provide personal information.
- Being put under pressure to respond quickly.
- You're asked to pay for something in an unusual way, like gift vouchers.

How can I protect myself from scams?

- Don't be rushed into making decisions. It's okay to take your time and speak to family and friends if you're unsure.
- Never give away personal information like passwords or bank details to anyone that you don't trust, or have only ever met online.
- Research the company you're dealing with - find reviews, search Companies House, or ask friends for recommendations.
- Pay by debit or credit card to get more protection through your bank if there's a problem.
- Keep your online accounts secure with strong passwords and make sure your antivirus software is up to date.

What should I do if I've been scammed?

- If you've paid money, contact your bank to let them know what's happened. You should also change any log-in details and passwords as well as checking your computer for any viruses.
- Contact your bank, or third parties like PayPal, to see if you can recover any of the money you've paid.
- Contact the Citizens Advice consumer service on 0808 223 1133. They'll provide advice and pass the details to Trading Standards.

Scams are crimes that can happen to anyone and we can all take a stand to help to stop them.

Any of us could be targeted by scammers. We may think we'd spot a scam easily, but do we really know what to look for, how to protect ourselves and what to do if we are scammed?

Protecting people against scams is more important than ever. Many people are facing issues because of the coronavirus pandemic – from employment and debt, to housing and health – meaning more people are in vulnerable situations. Scammers are taking advantage of this, so it is vital people have the knowledge and tools to protect themselves.

What is a scam?

A scam is a scheme to try to steal money, personal information or data from a person or an organisation.

What type of scams do you see a lot of?

Scams can come in many different forms. Often, scammers respond to current events, for example scams related to vaccines and face masks due to the Covid pandemic.

Common scams include:

- Someone claiming to be your bank, asking you to log in or provide personal information.
- A text message claiming that you've got a parcel waiting and need to pay to collect it.
- Automated messages pretending to be from a Government agency.
- A letter claiming that you've won a lottery or competition that you've never entered.

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!

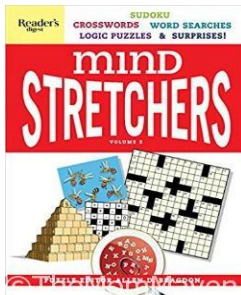
Book Club

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:

Help around the house

A friendly companion

Meals on wheels

✓ Meals on Wheels

✓ Cleaning

✓ Gardening

✓ Companionship

✓ Window cleaning

✓ Waste removal



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.

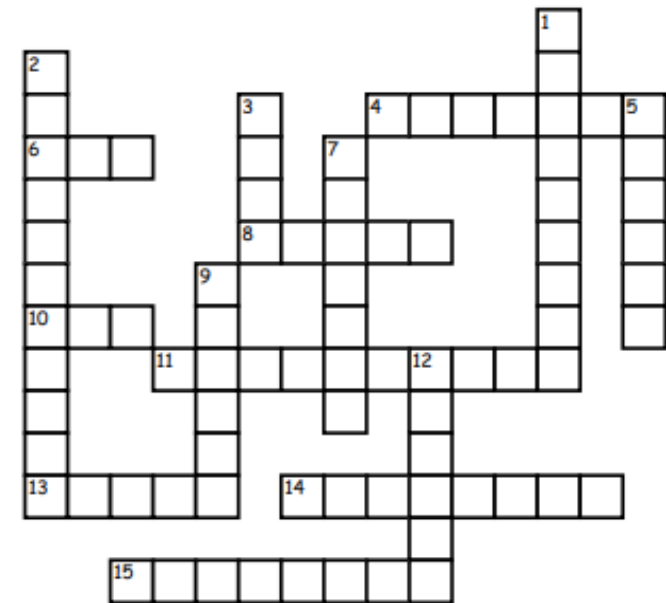
Please give them a call on 0113-3783750 if you would like to discuss their menus and availability. They look forward to hearing from you!

SUMMER WORD SEARCH

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

AUGUST	ICE POP	SHORTS
BARBECUE	JULY	SPRINKLER
BEACH	JUNE	SUMMER
FAMILY	OCEAN	SUNGLASSES
FLIPFLOPS	PICNIC	SUNSCREEN
FUN	POOL	SUNSHINE
HOT	RELAX	SWIMMING
ICE CREAM	SEASIDE	VACATION

SUMMER CROSSWORD



Across

4. wear these on your feet to be cool
6. use this to fish for crabs in the pools
8. place with lots of sand
10. a body of water with a beach
11. a game people like to play at the beach
13. little creatures used to live in them
14. you can find lots of creatures hiding here
15. what you wear to go in the sea

Down

1. you need to blow air into this to play
2. build using lots of sand and shells
3. it moves sideways along the beach
5. season after spring
7. green, brown, slimy
9. use this to put sand in bucket
12. put sand in

ACROSS
1 SANDALS
4 SHOES
6 NET
8 BEACH
10 SEA
11 VOLLEYBALL
13 SHIRT
14 SHOVEL
15 SANDCASTLES
DOWN
1 BEACHBALL
2 SANDCASTLES
3 CRAB
5 SUNGLASSES
7 SEAWEED
9 SHOVEL
12 BUCKET
13 SWIMMING

COVID-19 INFORMATION

When we are giving you a courtesy call to say “Hello” and ask if

everything is ok, we have been asking if you have had your vaccinations. We have discovered the following number of people registered with this scheme have had a vaccination which is fantastic;

- 327 people had one vaccination.
- 269 people had both vaccinations.



If for any reason you have not had a vaccination or have not had your second vaccination we advise you to contact your local health centre.

The best form of protection for you and everyone else against this virus is to be vaccinated.

The Government decided to move to Step 4 of the roadmap on 19 July, a new phase of continued caution whilst managing the risks of COVID-19. The pandemic is not over. Cases are increasing rapidly and Step 4 does not mark the end of the need for caution and restraint. At step 4, while many of the legal restrictions that the Government has imposed through the pandemic will be lifted, cautious guidance will remain, making it clear this is not yet a return to normal. While cases are high and rising, everybody needs to continue to act carefully and remain cautious.

The success of the vaccination rollout has paved the way for the safe and gradual lifting of restrictions. No vaccine, however, is 100% effective and, like all viruses, COVID-19 can mutate. As further restrictions are lifted, there will sadly be more cases, hospitalisations and deaths.

PLEASE REMEMBER



SGNS ACTIVITIES UPDATE

I'm sure we all agree that it has been an unbelievable time for everyone over the last 15 months but we are hopefully getting to the light at the end of the tunnel. Over this period we have stayed in touch with everyone via our Befriending Contacts and offered our support to meet your needs when requested. We will continue to run as we are until we are able to re-start our activities in the Swarcliffe Community Centre.

We are all aware of the Government's decision to lift COVID-19 restrictions from July 19th but we do need to move forward with caution to keep you and everyone COVID-19 safe. We are aware that most of our service users, staff and volunteers have had both vaccinations but we will cautiously be re-opening in line with Governmental and Leeds City Council guidelines. We will start with smaller numbers to ensure we manage the introduction of our activities in a COVID-19 safe environment. We will continue to call you via our befriending telephone contacts giving us the opportunity to keep you updated or please feel free to give us a call anytime.

HOORAY!!! We look forward to seeing you in;



SGNS would like to say a BIG THANK YOU to everyone who has kindly donated the unbelievable amount of £962.2 to the scheme in 2021!

hip * hip
hooray
well done
to you!