

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

Happy
Summer



SUMMER NEWSLETTER 2022

ADVICE, INFORMATION AND PUZZLES



Activities

KNITTING CIRCLE



Enjoy a nice cup of

Would you like to join our weekly Knitting Circle on a Wednesday afternoon 1.30 pm to 3.00 pm with our Volunteer Tutor, Margaret?

If so, we would love to hear from you.



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, 12.30 pm to 2.30 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.



- 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 considerably, 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
- never leave anyone in a closed, parked vehicle, especially infants, young children or animals
- 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 are travelling
- if you are going into open water to cool down, take care and follow local safety advice

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

Summer Word Search

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

Flowers	Ice Cream	Holiday	Heat	Canoeing
Camp	Outdoors	Beach	Cool	Family
Flip-Flops	Friends	Fun	Fun in the sun	Happy
Hat	Hot	Lotion	Ocean	Sandals
Sandcastles	Summer	Sun	Sunglasses	Sunny
Swimming	Swimsuit	Warm	Water	Waves

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 provide a drop-in clinic in the Swarcliffe Community Centre on a Monday afternoon 1.00 pm to 3.00 pm. We offer advice and guidance on; email, online purchasing, anti-virus problems, internet security, wifi connectivity and any other issues we can support you with.

ART CLASSES



If you like to paint there are art classes running in the Swarcliffe Community Centre on the following days;
 Monday 10.00am – 12.00pm
 Wednesday 10.00am – 12.00pm

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

Queen's Jubilee Party

The Queen's Platinum Jubilee held on Wednesday 1st June 2022 was fantastic. The staff and volunteers all worked together to make the event a great success, the decorations looked brilliant. Each place setting had our commemorative gift for each attendee to take with them, telephone note pad with a pen and a flag to wave during the celebration.

We assembled a display of pictures of items relating to the 1950's along with a picture of a local resident when she was a little girl on 3rd June 1953. We had a TV showing a film of the Queen's coronation in 1952 along with a Jubilee themed Tombola which everyone visited to see if they could win a prize.

An afternoon tea of finger sandwiches along with a cup of tea or coffee was followed by a piece of Victoria Sponge with fresh cream which everyone enjoyed. A Jubilee raffle and a game of bingo was followed with a glass of sherry for everyone to drink a toast to her Majesty along with three cheers "Hip Hip Hurray".

The afternoon's entertainment was provided by Ellie Monroe who sang a rendition of songs from the 1940's and 50's. It was wonderful to witness everyone waving their union jack flags and singing along to the tunes of days gone by which did bring a tear to some.

The MP for East Leeds, Richard Burgon, attended to plant our tree in the grounds of the Swarcliffe Community Centre to commemorate the Queen's Green Canopy

"Plant a tree for the Queen's Jubilee", giving a gift to the local community to mark this momentous occasion.



Monthly Trips

We will be restarting our monthly excursions from September 2022 to the following destinations:

Thursday 22nd September 2022
Murgatroyd's Fish & Chip Restaurant
Yeadon



Thursday 27th October 2022
Wentworth Garden Centre
Rotherham



Thursday 17th November 2022
Mermaids Fish & Chip Restaurant
Morley



All our trips are fully escorted aboard a disabled access coach.

Please call (0113) 2326910 for more information and to reserve a place.

Home Activities

Due to the success of our At Home Activities during the Pandemic, we have decided to continue with this service.

If you would like any of the following please give us a call.

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

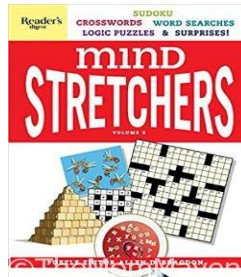
Crossword - Word-search – Sudoku

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



Swarcliffe Good Neighbours Scheme Weekly Services/Activities

Monday	Tuesday	Wednesday	Thursday	Friday
Office Open 8.30 am – 4.30 pm	Office Open 8.30 am – 4.30 pm	Office Open 8.30 am – 4.30 pm	Office Open 8.30 am – 4.30 pm	Office Open 8.30 am – 3.30 pm
Volunteer Office Admin Support	Volunteer Office Admin Support	Office Administration Daily Workload	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
Art Classes 10.00 am – 12.00 pm	Line Dancing Class 11.00 am – 1.00 pm	Art Classes 10.00 am – 12.00 pm	Monthly Trips Last Thursday of each month	Line Management Staff
Digital Drop In 1.00 pm – 3.00 pm	Shopping Trip 12.30 pm – 2.30 pm Transport Service Door to Door	Knitting Circle 1.30 pm – 3.00 pm Transport Service Door to Door	Outreach Work (Home Visits) Advice & Information One to One Support	Line Management Volunteers
Executive Management Committee Bi-Monthly Meeting	Office Administration Daily Workload	Volunteer Office Admin Support Advice & Information Trips/Events/Holiday Newsletter	Office Administration Daily Workload	Line Management Project Manager
Outreach Work (Home Visits) Advice & Information One to One Support	Outreach Work (Home Visits) Advice & Information One to One Support	Outreach Work (Home Visits) Advice & Information One to One Support	Outreach Work (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