

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



**Swarcliffe
Good
Neighbours
Scheme**

BEACON OF LIGHT-HOPE-HELP

Community Care in Action

S.G.N.S. is a Registered Charity, Registered Number 1055018



SUMMER NEWSLETTER 2023

ADVICE, INFORMATION AND PUZZLES



**Swarcliffe
Good
Neighbours
Scheme**

Supported by



Activities

KNITTING CIRCLE



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.

Enjoy a nice cup of

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.



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

Word Search

WILDFLOWERS

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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S U N F L O W E R L I L A C
T W B L O S S O M H A T A S
E L A L L O R O C O N E U K
R D B L Y P L A C E I N R T
O N E O W L E G A S E A O U
L O N E Q L A R D G B M B C
F G E O S U O R T O E H L A
Z A V E I O E A K T W O O R
I R L D T L R T S S V W I T
N D H B O U E T V E P A W L
N P I U L D H D R I F U L E
I A O D W E T R N W N F R A
A N B T Z F N R V A K E Z F
H S L R R R A Q Y F D K S F
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By Jimmy and Evelyn Johnson - www.qets.com

Anther	Dandelion	Sage
Bark	Floret	Seed
Blossom	Genus	Snapdragon
Boquet	Larkspur	Stem
Bud	Leaf	Sunflower
Clover	Lilac	Vines
Corolla	Root	Zinnia



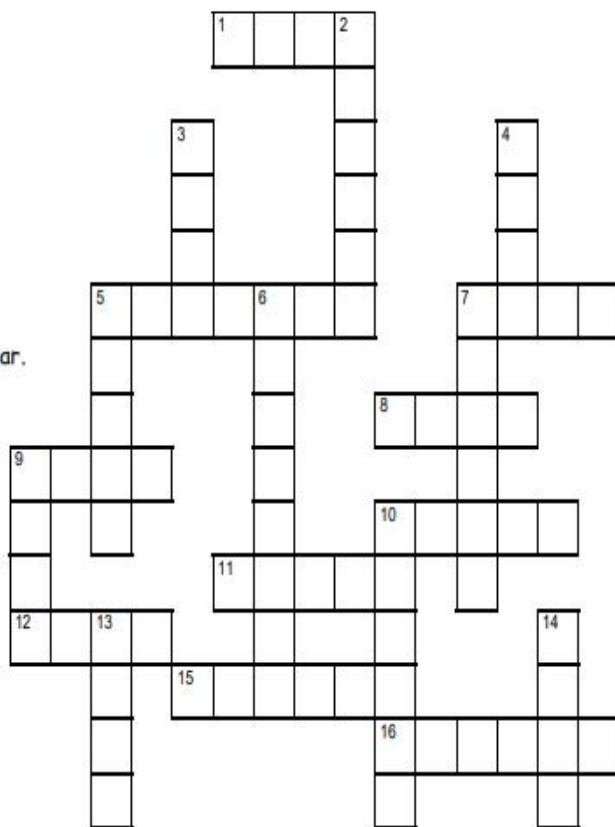


Across

1. Grains on the beach.
5. Living in a tent.
7. It warms you up.
8. Two wheeled transportation.
9. Comes with a shovel.
10. Full of daylight.
11. A sandy shore.
12. Area of inland water.
15. Warmest 3 months of the year.
16. Top for warm weather.

Down

2. Plunging into the water.
3. Move through the water.
4. Summer hazard.
5. House in the woods.
6. Frozen treat.
7. Trail walking.
9. A place to swim
10. Pants for hot weather.
13. Toy for a windy day.
14. Mildly hot.



Word Bank

BEACH, BIKE, CABIN, CAMPING, DIVING, FIRE, HEAT, HIKING, ICE CREAM, KITE,
LAKE, PAIL, POOL, SAND, SHORTS, SUMMER, SUNNY, SWIM, T-SHIRT, WARM

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.

BEFRIENDING TELEPHONE CALLS



All clients registered with the Swarcliffe Good Neighbours Scheme are contacted with a courtesy telephone call to say & ask "HELLO, HOW ARE YOU" creating an opportunity for us to enquire if you need any advice or support with any issues.

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

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!

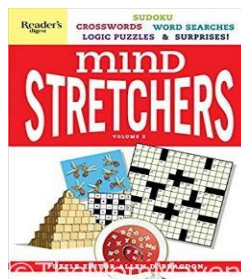
We have a lot of reading books which have been donated to the scheme. If you would like any then let us know and we will deliver them to your door.



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.



Presto

Presto is a Leeds City Council service which aims to help people live independently, safely, and well in their own homes. We can provide a range of services on a short term or long-term basis.

We provide services such as-

✓ **Meals on Wheels**- We can deliver hot meals every dinner time to your doorstep 365 days a year. We can even include a cold teatime pack for you to save for later on in the day. We also offer a frozen meals service where we can deliver a number of chosen frozen meals to you and put them in your freezer for mealtimes.

✓ **Companionship**- Our team can offer help with everyday household tasks and shopping trips to help you live independently. Our staff can go shopping for you or take you shopping, carry out household tasks like washing clothing or they can even just be there for a friendly chat and cup of tea.

✓ **Cleaning**- Our teams can come and carry out your cleaning tasks as frequently as you require to keep your home tidy.

✓ **Gardening**- Our teams can come and help with your gardening needs. We can offer full garden waste clearances to regular maintenance visits to ensure your garden is looking its best.

✓ **Window Cleaning**- We can come and clean your windows as frequently as you require to ensure they are squeaky clean all year round.

If you are interested or would like some more information please call us on **01133783750**

Providing peace of
mind to live safe
and well at home

presto



Monthly Trips

Recently we had trips to Feathers Hotel Helmsley, Oswaldtwistle Mills and Thompson's Fish & Chips Restaurant with a visit to Bridlington which were enjoyed by all! Our future excursions are:

Thursday 28th September 2023
Wetherby Whaler
Guiseley



Thursday 26th October 2023
Wainstones Hotel
Great Broughton



Thursday 30th November 2023
Cornmill Lodge Hotel
Farnley

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

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

Summer Tips



Beat the heat

Plan ahead



Check the weather forecast and the news



Plan ahead to avoid the heat



Schedule activities to cooler times of the day

Keep yourself cool



Drink plenty of fluids and avoid excess alcohol



Wear sunscreen, a hat, and sunglasses



Cool your skin with water and slow down

Find somewhere cool



Close blinds and curtains during the day



Go indoors or outdoors, whichever feels cooler



Avoid closed spaces like stationary cars

Be safe



Be on the lookout for signs of heat related illness



Look after yourself and check in with others



Stay safe when swimming



Get help. Call NHS 111 or in an emergency 999

For more information go to: gov.uk/ukhsa/beat-the-heat

29th Annual Public Meeting

On Wednesday 12th July 2023 the Swarcliffe Good Neighbours Scheme held its 29th Annual Public Meeting in the Swarcliffe Community Centre from 11.15am. The Chief Executive Officer, Ken, opened the meeting by welcoming everyone to our 29th Public meeting.

All nominations for election onto the Executive Management Committee were presented and all nominees were formally elected onto the Executive Management Committee of the Swarcliffe Good Neighbours Scheme.

Ken said a few words about the work, services and activities we have provided and delivered for local older people from April 2022 to March 2023. Ken said a big thank you to the Volunteers/Staff of S.G.N.S for all their hard work and support over the year and to the Executive Management Committee for all their hard work and on-going support. We all work together as a great team to provide and deliver services to meet the needs of older people from the local and wider community. Everyone deserved A BIG THANK YOU.

Ken informed everyone that we have some firemen/firewomen from the West Yorkshire Fire Service to talk with you about how to stay safe in your home. A lunch of Fish & Chips followed by apple pie with cream was enjoyed by all!

A big thank you to everyone here today and to all the older people we work with and for. We all look forward to being here for everyone over the forthcoming year.



June Trip To Oswaldtwistle Mill



May Trip to Feathers Hotel



What activities do we run?

Do we run any trips or outings?

Is transport available with disabled access?

How do I become a volunteer for S.G.N.S.?

How can I become a Trustee on the Executive Management Committee?

**Did you know that you can find the answers to these questions and many more
on the Swarcliffe Good Neighbours website
Please go to www.sgns.org.uk**

**There you'll find information on all our weekly and monthly activities
and any forthcoming events.**

From the website you can download a copy of our newsletter

Why not have a look as you may be surprised!

**If there's something you would like to see that isn't there
please let us know as we are always trying to make improvements.**

Swarcliffe Good Neighbours Scheme Weekly Services/Activities

Monday	Tuesday	Wednesday	Thursday	Friday
Office Open 8.30 am – 4.00 pm	Office Open 8.30 am – 4.00 pm	Office Open 8.30 am – 4.00 pm	Office Open 8.30 am – 4.00 pm	Office Open 8.30 am – 3.00 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	Befriending Telephone Calls	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