

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

BEACON OF



1994-2024

LIGHT-HOPE-HELP

Community Care in Action

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



SUMMER NEWSLETTER 2024

ADVICE, INFORMATION AND PUZZLES



1994-2024

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 3.30 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, 12.00 pm to 2.00 pm. Transport is provided door to door on our disabled access mini bus.

DROP-IN SERVICE

Monday afternoon 12.00 pm to 2.00 pm.

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.



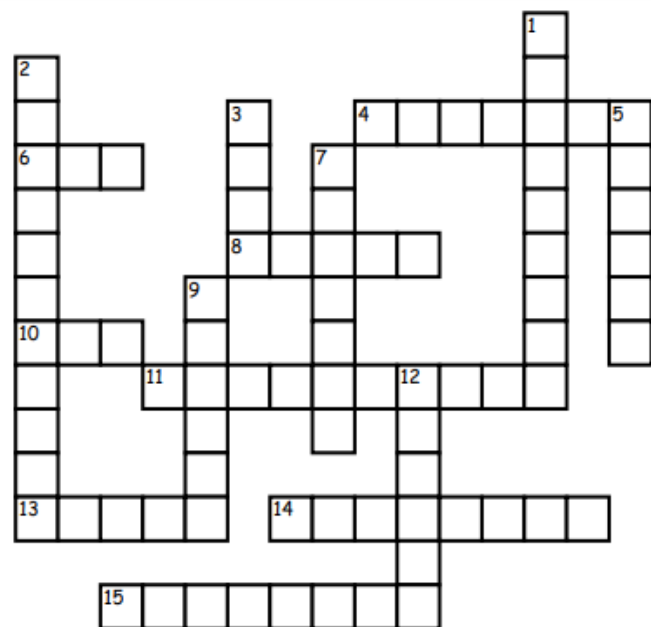
SUMMER WORD SEARCH

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

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

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

Activities

SGNS LUNCHEON CLUBS

Run on a Wednesday/Thursday/Friday 10.00 am to 2.00 pm 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 £5.00 (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 12.00 pm to 2.00 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

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

Book Club

Do you like to read!

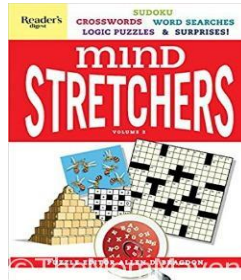
We have a lot of reading books which have been donated to the scheme. If you would like any then let us know and we will deliver them to your door.



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.

Providing peace of
mind to live safe
and well at home
presto



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

Monthly Trips

Recently we had trips to Hawthorne Farm Inn Yeadon, Feathers Hotel Helmsley and Thompsons Fish & Chips York followed by a visit to Designer Outlet York which were enjoyed by all! Our future excursions are:

Thursday 26th September 2024
Murgatroyds Fish & Chip Restaurant
Yeadon



Thursday 24th October 2024
DETAILS TO BE CONFIRMED

Thursday 21st November 2024
DETAILS TO BE CONFIRMED

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

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

SUMMER SAFETY TIPS

-  Stay hydrated.
-  Don't stay out for too long.
-  Check the forecast beforehand.
-  Keep sunscreen nearby and use it.
-  Check your prescriptions' side effects.
-  Beware of heat-related illnesses.

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.

June Trip to Feathers Hotel, Helmsley June



July Trip to Thompsons Fish & Chips York followed by visit to Designer Outlet York



BEACON OF



LIGHT-HOPE-HELP

In 2024 the Swarcliffe Good Neighbours Scheme celebrates a milestone of achievement, 30 Years of working with and for older people living in Swarcliffe, Stanks and Whinmoor.

Over the decades we have not only established working relationships with older people, their families, friends and neighbours but also with funders and organisations enabling this scheme to provide and deliver services/activities for older people.

On Friday 19 July 2024 the Swarcliffe Good Neighbours Scheme held a 30 Year Celebration Event at the Thorpe Park Hotel & Spa at the Springs to give thanks to all the funders and organisations this scheme has worked with and been supported by for over three decades.

In attendance was the Lord Mayor of Leeds, Cllr Abigail Marshall Katung, who congratulated the Swarcliffe Good Neighbours Scheme, then asked everyone to raise a glass to toast their 30th anniversary.

The Lord Mayor also presented a certificate from Leeds City Council, along with a bouquet of flowers, to Joyce Finney to commemorate her 100th birthday.



30th Anniversary Celebration Photos



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 12.00 pm – 2.00 pm	Shopping Trip 12.00 pm – 2.00 pm Transport Service Door to Door	Knitting Circle 1.30 pm – 3.30 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