

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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Please contact the office if you require this publication in a different format.



Helping People Changing Lives

Swarcliffe Good Neighbours Scheme

SPRING NEWSLETTER 2019

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



Monthly Trips

Recently we had trips to Wentworth Garden Centre Rotherham and Millstones Harrogate which were enjoyed by all! Our future excursions are:

Thursday 25th April 2019
Millstone
Harrogate



Thursday 23rd May 2019
Wainstones,
Great Broughton



Thursday 27th June 2019
Banny's Fish & Chip Restaurant
and Boundary Mills Colne



All our trips are fully escorted aboard a disabled access coach

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

Safe, Healthy & Warm Event

Celebrating 25 Years

On Wednesday 20th March 2019 the Swarcliffe Good Neighbours Scheme held a Safe, Healthy & Warm Event in the Swarcliffe Community Centre from 11.00am – 3.00pm.

70 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.



Local ward Councillors came to support the event and drew the raffle tickets. The six winning tickets were handed a Food Hamper packed with goodies.

Lunch was provided which everyone enjoyed;

- Bowl of homemade soup with a bread roll
- Wilson's pork pie and peas
- Various cakes with a nice cup of tea or coffee

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

The afternoons entertainment was provided by Pocket Panto from Wakefield who presented their "Bless 'em All" show, an excellent opportunity for everyone to exercise their chuckle muscles.



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 Spring

1. Take it down a notch

Using low-fat milk instead of whole milk will reduce your saturated fat intake, which in turn can help to lower your cholesterol levels.

2. Bigger isn't always better

Use measuring spoons to help with portion control and don't always go for the biggest when it comes to choosing individually portioned foods.

3. Dear diary

Writing down what you eat over the day can help remind you of the extras you've had and can also help you keep track of positive things like whether you are getting your 5-a-day.

4. Lean isn't always mean

Choosing lean meat and removing skin and visible fat is a great way to reduce the saturated fat content of your meals.

5. Think Mediterranean

A Mediterranean diet rich in fruit, veg, fish and pulses and using unsaturated oils like olive, rapeseed and sunflower rather than saturated fats like butter or lard might not be low in fat overall but the type of fats are better for your heart.

6. Get fruity

Eating at least five portions of fruit and vegetables each day is linked to a lower risk of heart disease.

7. Full of beans

Beans are a great way to fill you up and a portion will count as one of your 5-a-day.

8. Cooking counts

Grill or bake fish and meat and have vegetables baked, boiled or steamed to go alongside. If you are going for a pasta dish, make a tomato rather than cream-based sauce for a heart healthy option.

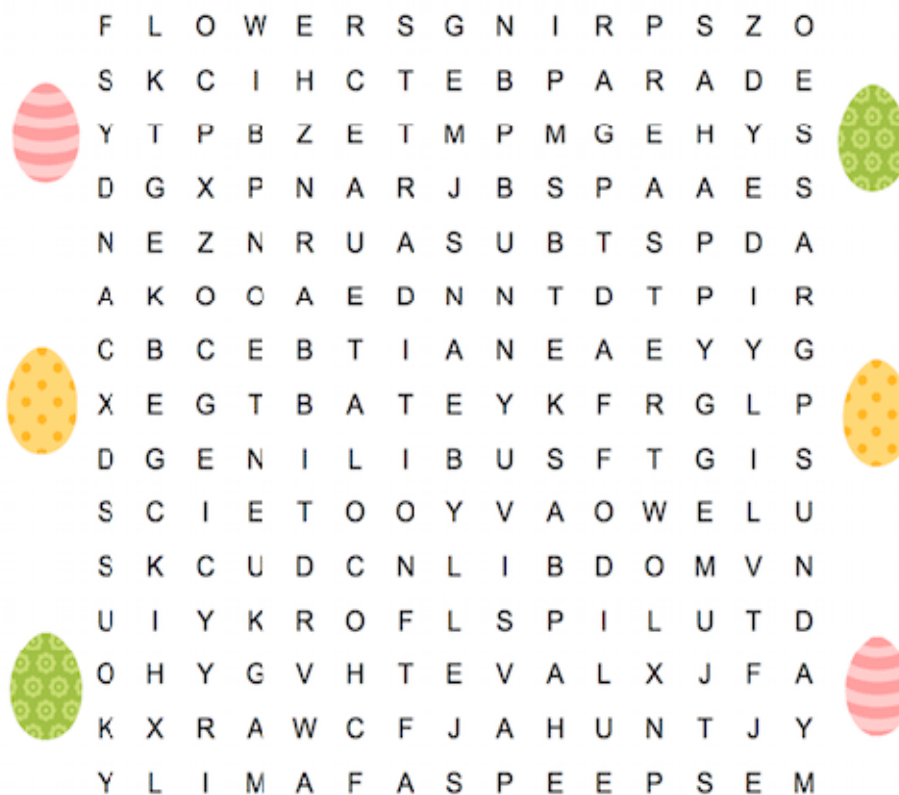
9. Halt the salt

Cutting down on salt is important to help to avoid high blood pressure. But that doesn't mean your food has to be bland - you can still pack your meals with taste without adding salt. Try adding herbs and spices, pepper, chilli or citrus instead.

10. Be label savvy

Check the nutritional information of the ingredients you use. The content of staples like bread and breakfast cereals, or meat products like bacon and sausages, can vary widely. By looking at the nutritional information you can make a more informed choice. Knowing exactly what's in the product means you'll know what's on your plate – your heart and your waistline will thank you for it.

Easter Word Search



- | | | |
|-----------|------------|-----------|
| Basket | Dye | Lily |
| Bonnet | Easter | Parade |
| Bunny | Egg Hunt | Peeps |
| Candy | Eggs | Rabbit |
| Chicks | Family | Spring |
| Chocolate | Flowers | Sunday |
| Daffodil | Grass | Tradition |
| Decorate | Happy | Tulips |
| Ducks | Jellybeans | |



Information

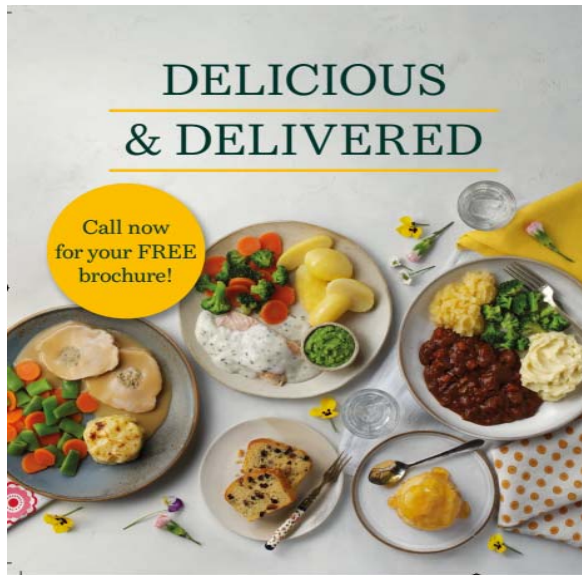
PHOTOGRAPHS

Over the course of a year SGNS takes a lot of pictures of people who attend our activities, events, trips and holidays.

If anyone would like a picture from our vast library we can produce a photograph of your choice for a small charge.

Please contact Ken on (0113) 2326910 to discuss your request

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2019 SUMMER HOLIDAY

The Esplanade Hotel, Promenade,
Llandudno



5 Day Holiday

Departing Monday 5th August 2019
Returning Friday 9th August 2019

£350.00 per person
£50 Deposit Required

Price Includes: Pick-ups, Coach, Half Board
Includes excursion (details to be announced later)



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

Activities

KNIT & KNATTER DO YOU LIKE KNITTING?

WOULD YOU LIKE TO TEACH
YOUNG CHILDREN THE ART OF KNITTING?

If so, we would love to hear from you.
Please call Ken on 0113 2326910.



While knitting you can natter over a nice cup of tea and a biscuit.



Why not come and join our weekly Knit & Knatter Group on a Wednesday afternoon?

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 Sainsburys supermarkets on a Tuesday afternoon. Transport is provided door to door on our disabled accessible mini bus.

INTERESTED please call the office for details.

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. Please call 2326910 to check we are in.



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

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**

Swarcliffe Good Neighbours Scheme Weekly Services/Activities

Monday	Tuesday	Wednesday	Thursday	Friday
Office Open 8.30am – 4.30pm Telephone/Admin Support	Office Open 8.30am – 4.30pm Telephone/Admin Support	Office Open 8.30am – 4.30pm Telephone/Admin Support	Office Open 8.30am – 4.30pm Telephone/Admin Support	Office Open 8.30am – 3.30pm Telephone/Admin Support
Outreach Work (Home Visits) Advice & Information One to One Support	Volunteer Office Admin Support Advice & Information Trips/Events/Holiday Newsletter	Computer Cafe 11.00 am – 1.00 pm Transport Service Door to Door	Office Administration Daily Workload	Office Administration Daily Workload
Carers Support Advice & Information	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
Bereavement Support Advice & Information	Line Dancing Class 11.00am – 1.00 pm	Knit & Knatter Group 1.00 pm – 3.00 pm Transport Service Door to Door	Monthly Trips Coach & Transport Service	Line Management Staff
Fundraising Sub-Committee Monthly Meeting	Volunteer Treasurer Admin Support Accounts/Banking	Escorted Shopping Trips 2.00 pm – 4.00 pm Transport Service Door to Door	Outreach (Home Visits) Advice & Information One to One Support	Line Management Volunteers
Executive Management Committee Bi-Monthly Meeting	Outreach Work (Home Visits) Advice & Information One to One Support	Volunteer Office Admin Support Advice & Information Trips/Events/Holiday Newsletter	Office Administration Daily Workload	Line Management Project Manager
Office Administration Daily Workload	Office Administration Daily Workload	Outreach (Home Visits) Advice & Information One to One Support	Outreach (Home Visits) Advice & Information One to One Support	Outreach (Home Visits) Advice & Information One to One Support
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