

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



SPRING NEWSLETTER 2024

ADVICE, INFORMATION AND PUZZLES



1994-2024

Swarcliffe
Good
Neighbours
Scheme

Supported by
 **Leeds**
CITY COUNCIL

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 3.30 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, 12.00 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.



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

Easter Word Search

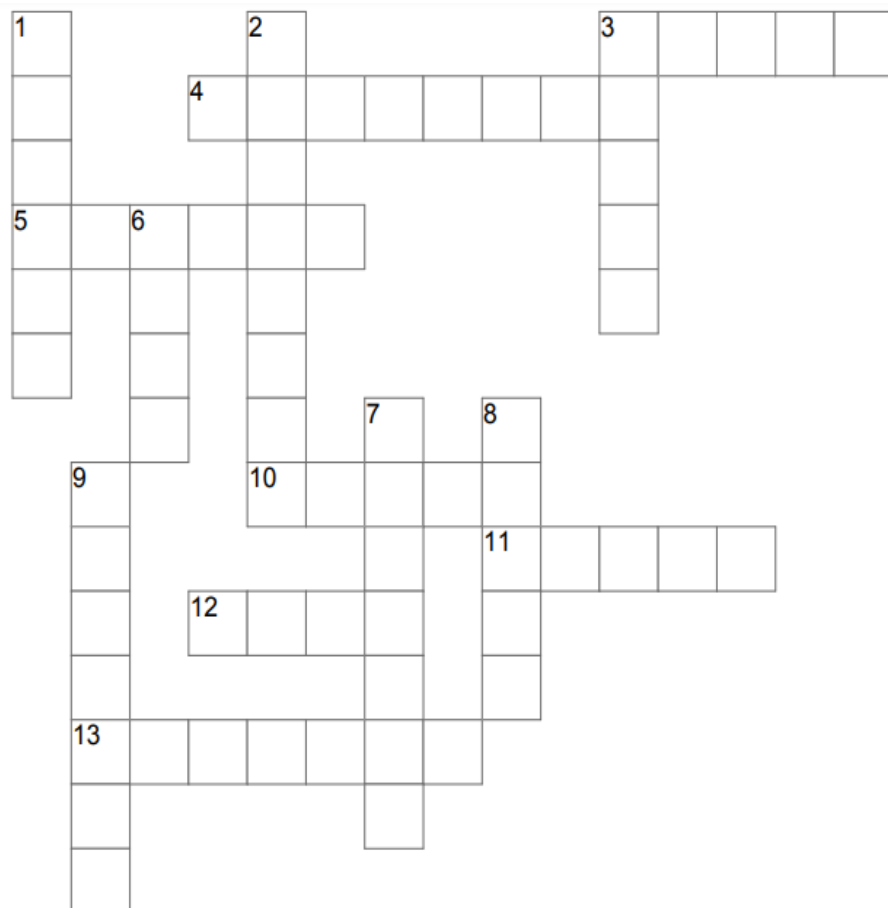


Word list:

BASKET
BUNNY
CARROTS
CHICKS
DYE
EGGS
FIND
FLOWERS
HIDE
HOP
PEEP
RABBIT



Spring Crossword



ACROSS

3. Buried in the ground, sprouts in the spring.
4. Bright yellow spring flowers.
5. The season that follows winter.
10. Spring flowers, famous in Holland.
11. A type of bird seen in spring.
12. Before turning into a flower.
13. Occurs in the spring and in the fall.

DOWN

1. There are four of these each year.
2. An item of clothing worn in rain.
3. What happens when buds open.
6. A form of precipitation.
7. To produce flowers.
8. The fourth month of the year.
9. Another word for rain.

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!

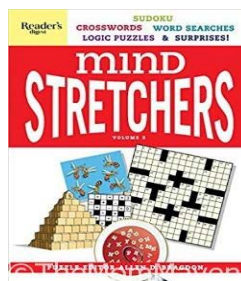
We have a lot of reading books which have been donated to the scheme. If you would like any then let us know and we will deliver them to your door.



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 Murgatroyds Fish & Chip Restaurant Yeadon and Oswaldtwistle Mills & Shopping Village which were enjoyed by all! Our future excursions are:

Thursday 30th May 2024
TO BE CONFIRMED

Thursday 27th June 2024
TO BE CONFIRMED

Wednesday 31st July 2024
Thompsons Fish & Chip Restaurant
Visit to Bridlington



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

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



The best tips for Health in Spring

After a long and sometimes dark winter, you might feel inspired to make changes to enhance your health. If that is the case, read on to find out how you can rejuvenate your life this spring. Whether you're living in a senior community already, living independently, living with a family member, or caring for one, these spring health tips are worth taking into account.

Take Yourself in for a Tune Up

To keep your body running at peak performance, it needs regular maintenance: a spring tune-up, so to speak. Get your weight, blood pressure, and glucose and cholesterol levels checked out by your primary-care physician, who can also book you for other relevant tests.

In addition, if it's been a year since your eyes were tested, schedule an appointment with your optometrist, and see your dentist if you haven't been examined for at least six to nine months.

Finally, if you are finding it difficult to catch what people are saying, especially in a crowd of people, it's probably time to get your hearing tested.

Lighten Up Your Diet

Many healthy fruits and veggies, like asparagus, peas, lettuce, and strawberries come into season in the spring, making it the perfect time to replace heavier winter meals with salads, light soups or other lightly cooked fare. In fact, cut down your chances of developing conditions, such as heart disease, stroke, diabetes, and arthritis, by making a complete dietary overhaul.



**Swarcliffe
Good
Neighbours
Scheme**

1994 - 2024

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. We are based in the Swarcliffe Community Centre in the heart of Swarcliffe where over the decades we have established warm and friendly relationships with older people and their families from the local and wider community.

Our staff and volunteers offer YOU a listening ear to help and support YOU with any problems or issues either in person or by telephone. Together we create a continuous contact that can and has lasted for years. We give YOU the comfort to know YOU have somewhere to call if in need or lonely. One of our clients who we have known since 2012 said that we are a;

“BEACON OF LIGHT – HELP – HOPE”

Together we have had the privilege to meet, laugh and cry with YOU either in your own home or to see YOU enjoying yourself at our weekly activities, monthly trips, numerous events and annual holidays. Together we have created some wonderful memories for ourselves, family, friends and neighbours.

The staff and volunteers all work very hard together to support and deliver all the services and activities that we provide now and in the future.

We all would like to say a big thank you to YOU!

Ken, Mik

Irene, Val, Omina, Giselle, Pamela, Wendy

Jason, Duncan, John, Kevin, Andrew

Brenda, Sylvia, Sue, Margaret, Jean, Peter, James, Joolee

February Trip to Oswaldtwistle Mills



January Trip to Murgatroyds Yeadon



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 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