

Useful Contacts

NHS Medical Helpline	111
Emergency	999
Windmill Health Centre	0113 2733733
The Grange Medical Centre	0113 2951800
St James Hospital	0113 2433144
Leeds General Infirmary	0113 2432799
Presto Hot Meals	0113 3783750
Wiltshire Farm Foods	0800 0773100
Leeds Directory	0113 3784610
Co-op Swarcliffe	0113 2602197
Tesco Seacroft	0345 2666553
Asda Killingbeck	0113 2499004



WINTER NEWSLETTER 2021

ADVICE, INFORMATION AND PUZZLES



1994-2021



Activities

KNITTING CIRCLE



Enjoy a nice cup of



tea and a biscuit while knitting.

Would you like to join our weekly Knitting Circle on a Wednesday afternoon 2.00 pm to 4.00 pm with our Volunteer Tutor, Margaret.

If so, we would love to hear from you.

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**

Handyman Details

LEEDS DIRECTORY



Building/Decorating



Home Maintenance



Gardening Services

The Leeds Directory can support you to live well by connecting you to checked and vetted local services and trades people as well as local activities and events. There are over 1,500 organisations and services that may assist and support you or a loved one in a variety of ways to live more independently. For example, services to help maintain the home and garden or equipment and technology that can be used around the home to help with daily living tasks like cooking or getting washed and dressed. Information about events, social groups or activities you might be interested in; either for yourself or for someone else, details of different housing options to consider such as assisted living accommodation, home care services and care homes, information and services that can support keeping healthy and active, and more! Organisations providing services around the home and garden, or that provide one to one support are checked and vetted for peace of mind. These providers are marked with Leeds Directory Green Tick. Star ratings and reviews allow people to write comments on their experiences of services they have received and also find out what others think. All ratings and reviews are checked before publishing and a minimum of 10 percent of reviews are checked for authenticity.

The Leeds Directory is a Leeds City Council service. To speak to the Leeds Directory team you can contact them by;

- calling 0113 378 4610 Monday to Friday from 9am to 5pm
- emailing : leedsdirectory@leeds.gov.uk
- writing to: Leeds Directory Team, Leeds City Council, 4th Floor East, Merrion House, 110 Merrion Centre, Leeds, LS2 8BB

Winter Health Tips



Get your winter vaccinations.

This winter, respiratory viruses are expected to be more widespread, as we were less exposed to them during the coronavirus lockdowns. So it's especially important to get your vaccinations this year.



Make sure your home is warm enough.

Try to heat your home to a steady and comfortable temperature throughout the day. Close the curtains at dusk to help keep heat in. It's a good idea to keep your bedroom window closed at night when the weather is at its coldest.



Stop the spread of germs

Regularly washing your hands with soap and water is one of the best ways to stop germs spreading. It's a good idea to keep some antibacterial gel with you when you're out and about, too.

You can also:

- catch coughs and sneezes in a tissue
- wear a face covering in busy indoor spaces, like shops
- leave windows ajar to let fresh air circulate when meeting people indoors
- avoid close contact with people who are unwell.



Wrap up well and stay stocked up

Wearing plenty of layers is the best way to keep warm in winter. If you're heading out, make sure you take some extra layers, even if you don't need them immediately – the temperature can drop significantly when the sun goes in.



Eat well

Spending more time indoors and doing fewer of the things we enjoy means it can be difficult to keep up the motivation to prepare meals. But it's good to try and keep to a routine. It's a good idea to keep your cupboards stocked with some basics just in case you can't get out to the shops – whether due to illness or bad weather.



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 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. SGNS aim to increase the level of digital inclusion in the community we serve. Have you ever asked yourself any of the following questions, if so give us a call.

'how do I get an email account?', 'how do I order my prescriptions on line', 'how do I buy something on line', 'I've email but I forgot the password – what do I do?', 'my friend knows when the bus is coming – can I get that on my phone?' – it's just everyday things that most people ask about

All our activities will not be running over the Festive Season from:

FRIDAY, 17TH DECEMBER 2021

All our activities will restart in the New Year from:

TUESDAY, 4TH JANUARY 2022

Meals On Wheels

PRESTO
Providing:

- ✓ Meals on Wheels
- ✓ Cleaning
- ✓ Gardening

- ✓ Companionship
- ✓ Window cleaning
- ✓ Waste removal

- Help around the house
- A friendly companion
- Meals on wheels

 **Leeds**
CITY COUNCIL

 **presto**
So much to do!

Presto

Presto offers a range of support for people to help keep up with the demands of running a home and to live safe and well.

Services include:

- Meals on Wheels
- companionship
- cleaning
- gardening
- window cleaning
- waste removal

Presto is available longer term or to help with short term requirements. Simply choose what type of help you need and a time that suits you and hey presto, they'll get it done.

Presto's Meals on Wheels Service

Presto's Meals on Wheels Service provides tasty nutritionally balanced meals 7 days a week, 365 days a year. They deliver a hot meal at lunchtime with a cold teatime pack also available. This can be booked for as many or as few days as you require. The Meals on Wheels service also offers a visual safety and well-being check at the time of delivery to ensure people are safe and well within their homes.

Please give them a call on 0113 3783750 if you would like to discuss their menu's and availability. They look forward to hearing from you!

At Home Activities



We know how hard it is and has been for you to stay at home during this pandemic and to find something to keep you occupied.

We have come up with the following ideas to offer you for something to do!

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.

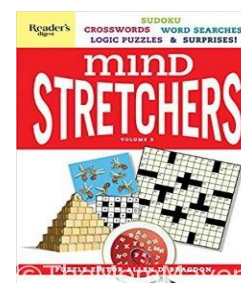


Quiz Pack

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

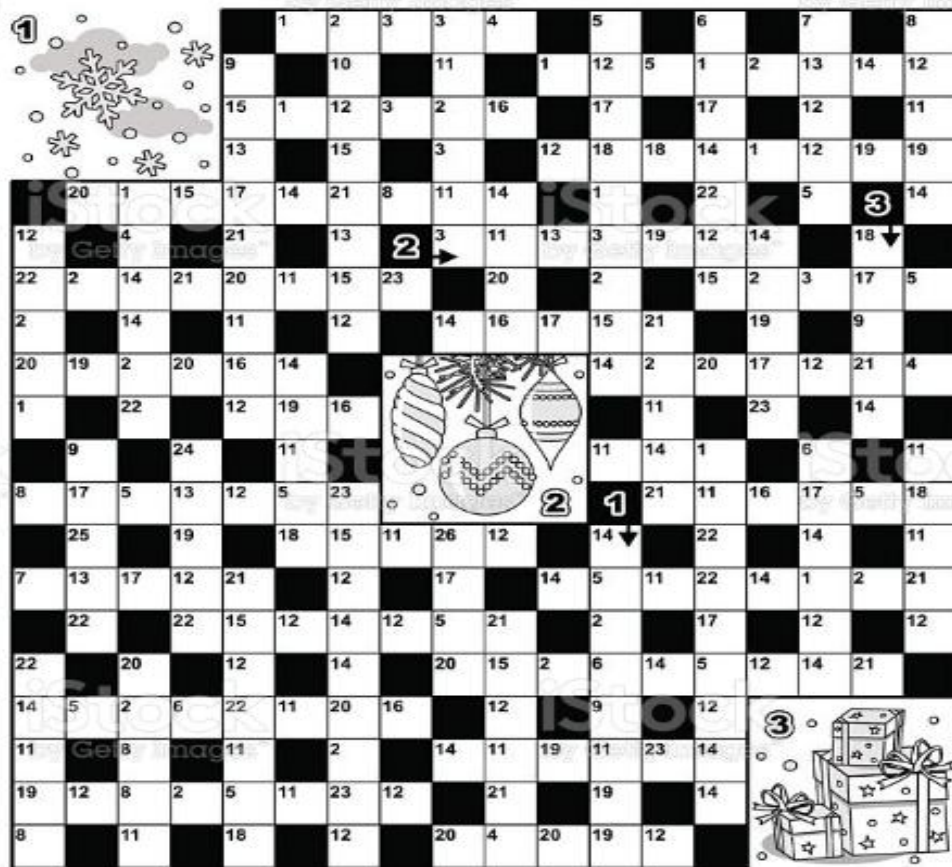


Do you like a good movie!
Well if you do we have DVD's we can deliver along with something to nibble with the good, the happy or sad bits – a box of Maltesers



Christmas Code Breaker

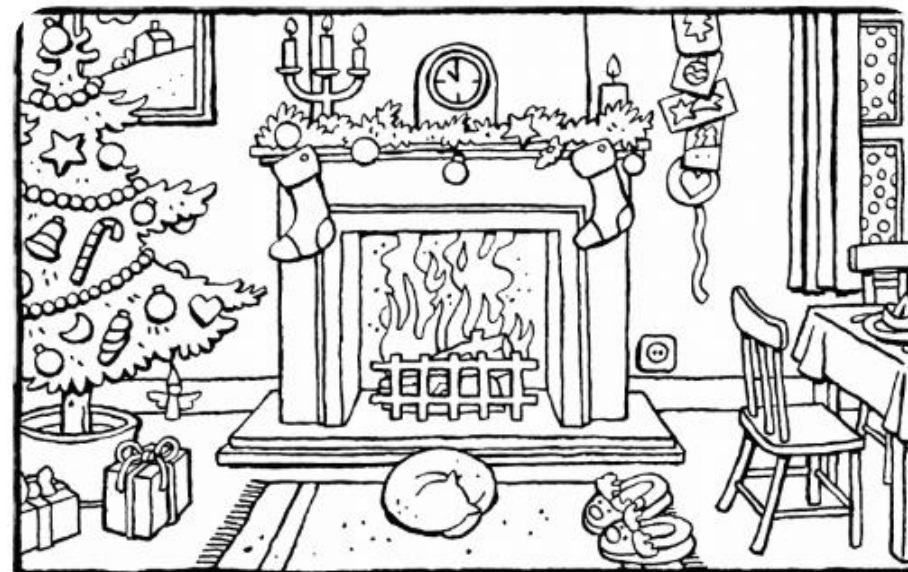
The same number represents the same letter. Crack the code and fill the grid. To help you get started some word entries have picture clues.



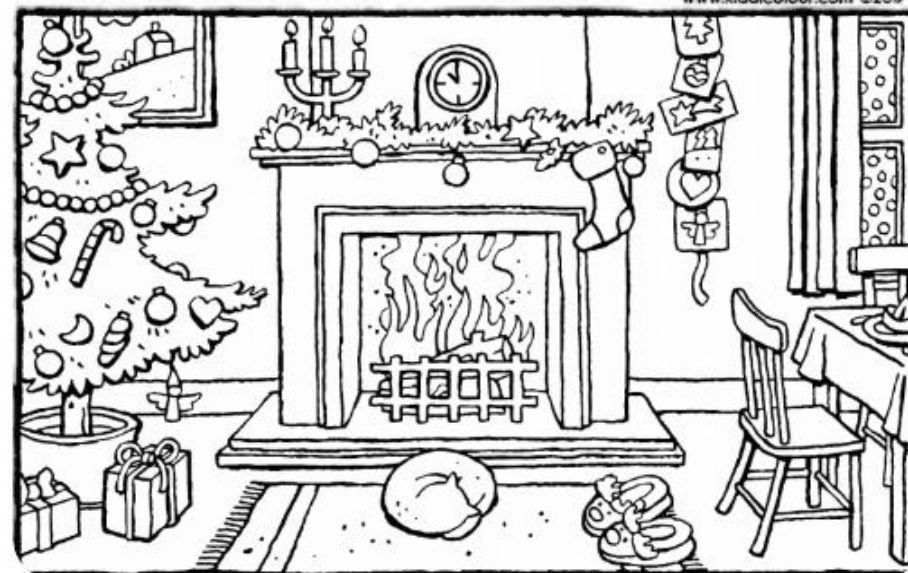
1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

ANSWER: 1=H, 2=O, 3=B, 4=Y, 5=N, 6=W, 7=Q, 8=M, 9=F, 10=V, 11=A, 12=E, 13=U, 14=S, 15=R, 16=K, 17=I, 18=G, 19=L, 20=C, 21=T, 22=P, 23=D, 24=J, 25=X, 26=Z.

Spot The 5 Christmas Differences



www.kiddicolour.com ©201



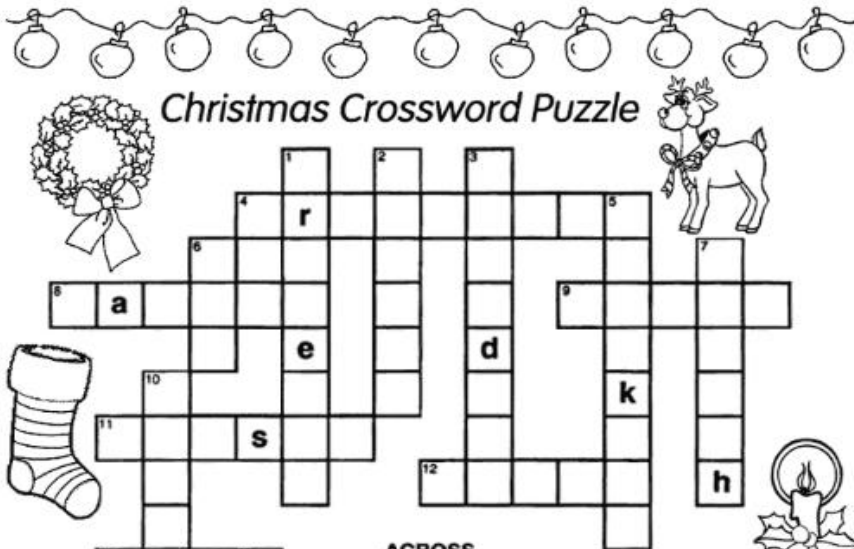
Christmas Word Search

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

Angel	Cookie	Elf	Sleigh
Bell	Cupid	Milk	Snow
Blitzen	Dancer	Prancer	Stocking
Coal	Dasher	Rudolph	Toy
Comet	Donner	Santa	Vixen

Christmas Crossword

Christmas Crossword Puzzle



ACROSS

- Another name for decorations
- Christmas songs
- This evergreen has red berries
- The name of a famous snowman
- A traditional Christmas color
- Bright heavenly body visible at night

DOWN

- Another name for gifts
- Made of wax, this gives off light
- Santa has eight of them
- Hang this over your fireplace
- A decoration made with ribbon
- Horses pull this over the snow
- A decorative ring hung on doors
- The color of Rudolph the Reindeer's nose

WORD BANK

sleigh
 reindeer
 holly
 presents
 green
 red
 ornaments
 stocking
 candle
 Frosty
 wreath
 carols
 bow
 star