

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



WINTER NEWSLETTER 2022

ADVICE, INFORMATION AND PUZZLES

INTERNATIONAL DAY



2022

OF OLDER PEOPLE



1994-2022

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.



Enjoy a nice cup of 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, 12.30 pm to 2.30 pm. Transport is provided door to door on our disabled access mini bus.

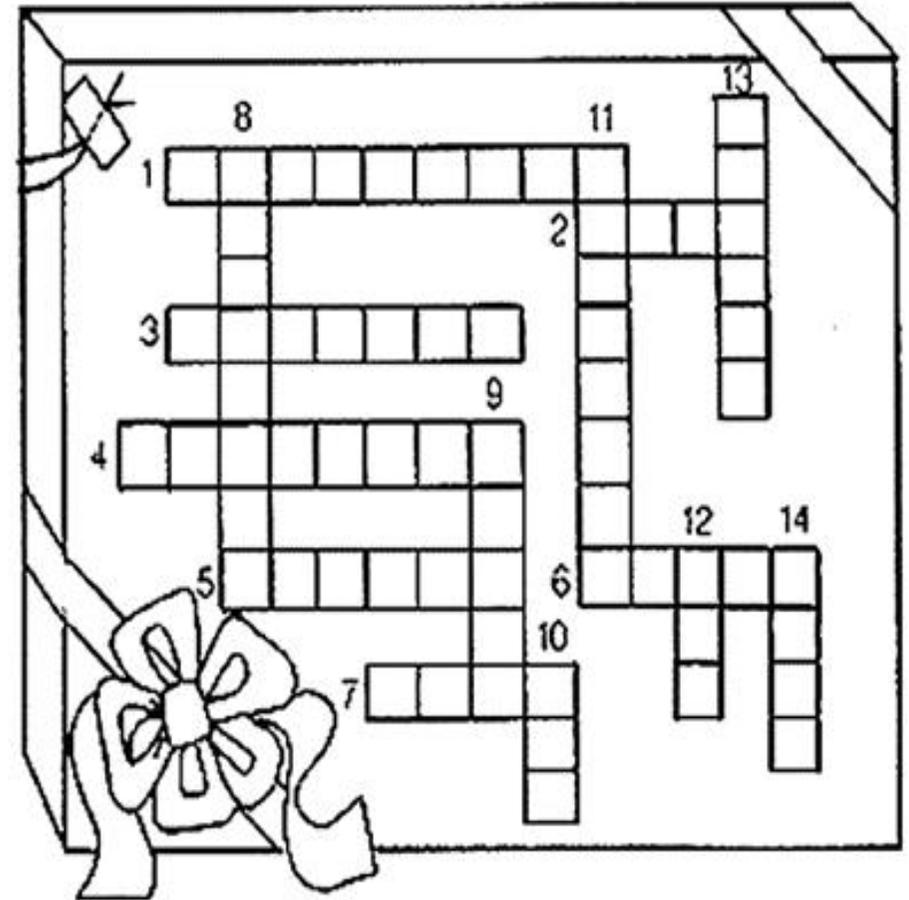
DROP-IN SERVICE

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.



Christmas Crossword



Across

1. Hang these on the tree
2. Evergreen or pine
3. Frosty is one
4. You give and receive these
5. Tie this on your package
6. A Christmas color
7. For the top of the tree

Down

8. Rudolph
9. Jolly toymaker
10. Color of Santa's suit
11. Hang this from the mantle
12. Santa's Helper
13. Santa's transportation
14. Christmas carol

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!



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.

AFTERNOON TEA DANCE

SGNS is running a weekly Afternoon Tea Dance on a Tuesday from 1.30 pm to 3.30 pm, with refreshments. Our DJ, John, will play the tunes for you to dance your afternoon away.



Christmas Word Search



ANGELS
BELLS
ELVES
FROSTY
GIFTS
HOLLY
HOLY
JOLLY
LIGHTS
NOEL
SANTA
SLEIGH
SNOWFLAKES
STAR
WREATH

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

**If any of our services are of interest then please call
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Home Activities

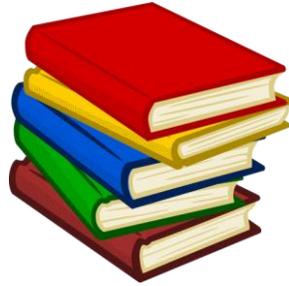
Due to the success of our At Home Activities during the Pandemic, we have decided to continue with this service.

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

Book Club

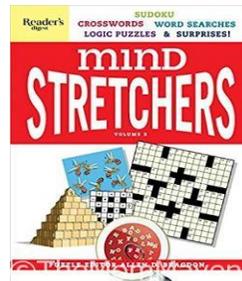
Do you like to read!

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



Monthly Trips

Recently we had trips to Murgatroyds Fish & Chip Restaurant Yeadon, Wentworth Garden Centre Rotherham and Mermaids Fish & Chip Restaurant Morley which were enjoyed by all! Our future excursions are:

Thursday 23rd January 2023
Wetherby Whaler
Guiseley



Thursday 23rd February 2023
Boundary Mills & Bunny's Fish & Chip
Colne



Thursday 30th March 2023
The Owl
Hambleton



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

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

International Day Of Older People Event



New Activity

Swarcliffe Good Neighbours Scheme Presents



**Tuesday Afternoon Tea Dance
1.30pm – 3.30pm
Swarcliffe Community Centre**

We are creating a social event that will take place on a Tuesday afternoon, giving people the opportunity to meet, dance and have tea.

Would you like to dance around our wonderful ballroom floor to a

Tango – Waltz - Foxtrot – Quickstep – Cha Cha Cha

to tunes from the past and present played by our DJ JOHN.



Strictly comes to Swarcliffe!

Please call (0113) 2326910 for more information, we are looking forward to hearing from YOU!

Financial Support Over Winter

Various financial support is available this winter to help people with their fuel and cost of living crisis. Any financial support available is dependent upon your personal circumstances and is none re-payable and tax free.

Winter Fuel Payment

You'll be getting a letter telling you how much Winter Fuel Payment you'll get. You can get a Winter Fuel Payment if you were born before 26 September 1956. The amount you get is based on when you were born and your circumstances between 19-25 September 2022, this is called the 'qualifying week'. You'll get either: £500 if you were born between 26 September 1942 and 25 September 1956 OR £600 if you were born before 26 September 1942. The amounts listed include a 'Pensioner Cost of Living Payment' which is between £150 and £300. You'll only get this extra amount for winter 2022 to 2023. Any money you get is tax-free and will not affect your other benefits.

There are also the Cost of Living Payments where you could get up to 3 different types of payment depending on your circumstances on a particular date or during a particular period, these are;

Cost of Living Payment

A payment of £650.00 will be paid in two instalments for people who are on a low income benefit such as Universal Credit, Jobseeker's Allowance, Income Support or Pension Credit. The 1st amount of £326 will have been paid between 14 -21 July for most people, the second payment of £324 will have been paid between 23-30 November 2022 for most people.

Disability Cost of Living Payment

This is a lump sum of £150 payable to people who receive a disability benefit such as Attendance Allowance, Disability Living Allowance (DLA) or Personal Independence Payment (PIP) which will be paid from September 2022 onwards.

Pensioner Cost of Living Payment

If you're entitled to a Winter Fuel Payment for winter 2022 to 2023, you will get an extra £150 or £300 paid with your normal payment from November 2022. This is in addition to any Cost of Living Payment you get with your benefit or tax credits. Everyone with a domestic electricity connection will be eligible for the Energy Bills Support Scheme regardless of their financial circumstances. You will receive a payment of £400 paid directly to your fuel supplier. It will start to be paid from October 2022 onwards, in the form of a £66 discount to your bill in October and November and then £67 a month from December to March 2023.

BEWARE of scam texts or emails you receive!

DO NOT give anyone your bank details!

If you're struggling please call so we can do our best to advise & support YOU.

October Trip to Wentworth Garden Centre Rotherham



September Trip To Murgatroyds Yeadon



Keeping Warm During Winter

Tips on how to stay warm at home during the day:

Heat your main living room to around 18-21°C (65-70°F) and the rest of the house to at least 16°C (61°F). Heat all the rooms you use during the day, if you can't heat all your rooms, make sure you keep your living room warm throughout the day and heat your bedroom before going to bed. Set the timer on your heating to come on before you get up and switch off when you go to bed. In very cold weather, set the heating to come on earlier rather than turning the thermostat up, so you won't be cold while you wait for your home to heat up.

Staying warm at home at night

Keep the temperature above 18°C (65°F) in your bedroom. If you use a fire or heater in your bedroom during winter, open the window or door a little at night for ventilation. To prevent the risk of electrocution avoid using an electric blanket with a hot water bottle. To prevent the risk of scalds or burns, make sure you fill your hot water bottles with warm water - never use boiling water. If you have an electric blanket check what type it is – some are designed to only warm the bed before you get in and should not to be used throughout the night.

Wear warm clothes

You can help keep warm by wearing plenty of thin layers rather than one thick one. Put on a coat, hat, scarf, gloves and warm shoes or boots when you go outside. Wearing clothes made of wool or fleecy synthetic fibres (cotton is only effective if the garment stays dry). Wear bed socks and thermal underwear at night. If possible, stay indoors during a cold period if you have heart or respiratory problems.

Eat well

A balanced diet will help keep you warm and healthy in the winter. Make sure you eat at least one hot meal a day like soup which is nutritious, keeps you warm and is inexpensive to make or buy. Stay active and stay in touch. Stay in contact with friends and family, especially if you've been stuck in the house for a few days. If you have elderly relatives or neighbours who might need help, check up on them.

Look after your pets in cold weather

Don't leave your dog or cat outdoors in freezing temperatures for long. Make sure they have a warm place to sleep, away from draughts. After a walk in snowy, icy or wet conditions, dry your pet off as quickly as possible and make sure they keep warm. Take care when walking your dog in icy conditions, as a dog pulling on the lead can cause you to lose your balance.

Swarcliffe Good Neighbours Scheme Weekly Services/Activities

Monday	Tuesday	Wednesday	Thursday	Friday
Office Open 8.30 am – 4.30 pm	Office Open 8.30 am – 4.30 pm	Office Open 8.30 am – 4.30 pm	Office Open 8.30 am – 4.30 pm	Office Open 8.30 am – 3.30 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	Afternoon Tea Dance 1.30 pm – 3.30 pm	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