

Seacroft Friends & Neighbours

0113 2323 662

Seacroftfriends.org.uk

Registered Charity 1183406



Spring 2024

Timetable of activities

Monday	Chair based exercise 10.30 - 11.30 @ Chapel FM	Lunch club 12.00 - 13.30 @Kentmere CC	Outreach work 09.00-16.00
Tuesday	Outreach work 09.00-16.00	Art group 13.00 - 15.00 @ Chapel FM	Outreach work 09.00-16.00
Wednesday	Craft Group 10.00 - 12.00 @Kentmere CC.	Coffee & Cake Social group 10.30 - 11.30 @Chapel FM	Lunch club 12.00 - 13.30 @Kentmere CC
Thursday	Outreach work 09.00-16.00	Light lunch & Singing 12.00 - 14.00 @Chapel FM	Outreach work 09.00-16.00
Friday	Outreach work 09.00-15.00	Outreach work 09.00-15.00	Outreach work 09.00-15.00

Any questions about our activities - please give us a call!



Our charity is supported by **Leeds City Council** and generous donations from **Leeds Benevolent Society for Single Ladies**. Our thanks to all our funders and supporters, including all donations we receive from organisations and individuals.

We are always open to any comments or suggestions from our clients and readers of this newsletter. Email kenn@seacroftfriends.onmicrosoft.com or call the office.

**Suggestions &
Feedback
Welcome!**



Hello friends,

I hope you are all keeping well and had a lovely Christmas break and a happy new year so far. Things have been as busy as ever here at SFN since our services restarted in January.

Our Christmas event last year was held at Hazlewood Castle, a beautiful venue with over a thousand years of history behind it. We took 50 of our clients via coach for a fantastic 3 course meal. It was a lovely afternoon and was great to see so many happy faces and hear so much laughter.

Our singing and light lunch activity on a Thursday has been steadily growing in popularity, we have been receiving glowing feedback from those who attend. It is a light hearted group led by Andy, who some of you will know best as our trusty minibus driver.

We have a new member of staff in the kitchen, Rebecca is now handling all of our lunch club catering needs. Rebecca has a professional catering background and has been making

some delicious food for our clients. You can sample her creations at our lunch clubs on Mondays, Wednesdays and Thursdays – please see our timetable for more details.

We celebrated this years International Women’s Day with an event at Kentmere, a lovely buffet and many games of bingo and an extra special raffle. Our Wednesday coffee morning also had a trip to Murgatroyds for some world famous fish and chips.

If you’d like to know more about any of activities please do ring the office and speak with one of our team.

Best wishes,

Carol
Scheme Co-ordinator



International Women's Day

To celebrate International Women's Day this year we took our coffee morning group out for fish and chips to Murgatroyds. We also held an extra special lunch club to at our Kentmere base, we had a lovely buffet made by our new cook Rebecca. A good time was had by all.



Volunteer profile: Margaret



I have lived in Seacroft all my life, apart from 2 years at Compton where Simon and I bought our first house after our marriage. I lived with my parents and older sister in the 3-story flats (now demolished) at the bottom of Kentmere Approach. We then moved to Brooklands Lane when I was 10 years old, where my parents remained until they passed away. Following our 2 years at Compton, Simon and I moved back to Brooklands Lane in 1989, up the hill from my parents, and we are still there now.

For 32 years I worked at the University of Leeds in the Engineering Department. For the first 11 years I worked as a PA to two Professors. I then joined the IT crowd as a Computer Technician/Support Officer. Following a reconstruction of the IT Teams within the University in 2019, I moved to the IT Service Desk as a Supervisor/Senior

Analyst where I remained until I took early retirement in February 2022.

I joined SF&N as a volunteer in March 2022, following my early retirement. My husband, Simon, had been a volunteer since 2018, and I wanted to do the same. I assist the other volunteers to set the tables and prepare the bingo/ raffle prizes. My main support is in the kitchen - washing up the larger pots/pans, filling the dishwashers and assisting the chef (Rebecca) by getting serving equipment ready and any other duties required.

I really enjoy volunteering as I get to meet a lot of lovely people. To see our elderly lunch club members, many of whom live alone, come and enjoy a good meal and socialise with each other, is very rewarding. I like to be able to help people, and SF&N gives me the opportunity to do this through volunteering.

Introducing our new look....

Singing & Light Lunch

Hosted by

*Elvis
Preston*



Thursdays
Chapel FM, LS14 6JB
12.00 - 14.00

Our new look singing and light lunch group takes place on Thursday lunchtimes at our Chapel FM site. Featuring an inflation-busting 2 courses of home cooked food for £5 and the world famous microphone skills of our very own Elvis Preston aka Andy, our friendly bus driver.

There no pressure or expectation on you to sing, feel free to participate as you choose. We take requests for songs you'd like to hear and sing along to each week.

The group is dementia friendly and is open to all levels of vocal ability. Please call the office for more information - 0113 2323 662
Transport is available but must be prebooked!





SFN Christmas 2023 at Hazlewood Castle



USEFUL CONTACTS

Seacroft Friends & Neighbours
0113 2323662

www.seacroftfriends.org.uk

Leeds City Council Helpline: 0113 378 1877

Benefits: 0113 2224404

Births Death Registrations: 0113 2224408

Council Housing: 0800 188 4000

Adult Social Care: 0113 222 4401 (Monday to Friday)

Adult Social Care (Out of Hours): 0113 378 0644

Emergency Services: 999

Police Non Emergency: 101

Support for the families of anyone critically ill or recently bereaved.

Trained staff at:

St Gemmas 0113 218 5544

Wheatfields 0113 203 3369



Leeds Directory can support you to live well by connecting you to checked and vetted local services and tradespeople as well as local activities and events

To speak to the Leeds Directory team call us on 0113 378 4610, weekdays 9am to 5pm

T: 0113 378 4610

E: leedsdirectory@leeds.gov.uk

W: www.leedsdirectory.org

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SUPPORTING YOU TO LIVE WELL