

# Seacroft Friends & Neighbours

Spring Newsletter 2021

[Seacroftfriends.org.uk](http://Seacroftfriends.org.uk)



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Registered Charity No. 1183406



Welcome!

It is wonderful to see the vaccine being rolled out across Leeds. A fantastic effort by our health colleagues. Don't miss out on vaccinations because TRANSPORT is an issue! In this newsletter you will see we are supporting this effort with the offer of accessible transport to health appointments. We are delighted with the new mini bus to support the work of our charity.

Remember it's OK to ask for help, the restrictions are hard on everyone. We are here and can support with essential food shops, benefit support, prescription collections etc. Also, if you are feeling low or suffering with anxiety (both common characteristics for those shielding or self-isolating) remember we offer a friendly befriending telephone service via our amazing volunteers and of course our staff are always here for a chat!

Remember the Covid vaccine is free of charge via the NHS. Priority groups are being contacted as per government roll out. Please ensure your GP practice holds up to date contact details for you! We welcomed the news that the priority classifications now include Carers, i.e. those in receipt of Carer's Allowance or who are the main carer of an elderly or disabled person.

Adverse weather (Snow, Ice, torrential rain, strong winds etc.) can affect us at any time. We recommend all households have a supply of long-life products in their store cupboards. Our suggestions are that this store should include long life milk, tins of casseroles, hot puddings, porridge, tinned fruit etc. We do have a limited supply of Adverse weather food packs, and are happy to supply these subject to availability.

*Continued on next page*

We continue to serve the older residents of Seacroft and over the past week we have had contact with 235 individuals, including supporting with Covid Vaccine appointments. In addition to the work by our staff and volunteer team we have an amazing group of Telephone befrienders and they have reach out to 60 people each week. During these contacts we were sadly made aware of more potential scams out in the community including Amazon Prime and HMRC. Remember if you are in any doubt please terminate the telephone conversation and contact a family member, Action Fraud or us. We will be happy to help clarify and validate the caller's identification and nature of the call – If in doubt always check it out!

We really would love you to give technology a try, we loan out devices with support from staff or volunteers, this can open up a whole new world, including making new friends and joining in online activities such as book clubs, dance and exercise sessions and discovering new interests and hobbies – some online activities are detailed within this publication

Though we are in contact with many older Seacroft residents there are still many who remain unknown to us, please look out for older residents, we would welcome the opportunity to introduce ourselves and the charity to them and send the newsletter.

The team of staff and volunteers here at the charity have worked tirelessly throughout the pandemic and I cannot thank them enough. We love the feedback from you all and include a short survey that we hope you can complete for us. This is great to show our funders the thoughts of our community on the work we do.

We love to hear from you,

Kate and all the team!



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.

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Hello to all members of Seacroft Friends and Neighbours.

It has been a very hard year and know we have all been missing family and friends. Is it good to hear of everything that Kate, Carol, Neil and the team are doing to offer support. The Christmas hampers sounded very good and it is great that there is a new mini bus for when we can all get out more.



I am missing my family, especially my brother who I haven't seen for over a year. We try to talk about good things on the phone, the way nature has cheered us up, the birds we see and lots about memories we share. We also remember the rows we had as children.

I do think this picture looks sweet. Pictures of me now have too many wrinkles.

I have enjoyed all the poems that have been written since lockdown. I particularly liked this 'Everything' by Paul Kidd Hewitt:

“ In the middle of this infinite black sea,  
Amongst millions of blazing stars,  
Hanging delicately by a golden thread,  
You and I are here,  
And that is everything.”

I hope that everyone is keeping safe and like me looking forward to spring.


Best Wishes

Lynne Read  
Chair of Trustees

### **Could you be a trustee?**

If you feel passionate about your community for a small time commitment you could make a huge difference and your skills can contribute to a fantastic cause. Our Trustees help steer our work and we welcome members who have experienced our work first hand to contribute. If you are interested in being more involved with the charity do contact us for an informal chat.

# Help Us! To help you.



Win a £25 Tesco voucher! Please see survey inserted in this issue!

Seacroft Friends and Neighbours support older people to live safely and independently in East Leeds, specifically within the Seacroft locality.

For us to be able to do this safely and efficiently, we need some help from you! We have a secure database, which is where we store necessary private and confidential information on each individual client.

**We do not share information without gaining consent first (the exception to this would be a safeguarding concern i.e. where you were at risk or putting others at risk by your actions).**

**We never sell your private and confidential data to third parties.**

**We comply fully with data protection regulations this includes the collection, storage and processing of personal data.**

Please do ask to see our GDPR Privacy statement, this document is reviewed annually or sooner as is necessary. The basic information we would request from you could include any of the following:

Name

Address

Telephone Numbers

Date of Birth

Marital status

Existing Health conditions

NHS number

Next of Kin

For us to help you, we ask that all the above information is kept up to date, we only retain data that is necessary to the work we do – If you believe we may need to update your record do please contact the office on 0113 2323662 and ask a member of staff to do a data welfare check!





# ASSISTED TRANSPORT TO HEALTH APPOINTMENTS

***Free to the over 60s in Seacroft***

- Please give 48 hours notice ←
- Service operates Monday to Friday 9 to 4.00 pm ←
- Subject to availability ←
- We follow Covid guidelines ←
- We use an accessible mini bus with driver ←
- If you require extra assistance, please ring us to discuss ←
- Offer open January to March 2021 ←

***To book ring 0113 2323662 or 2734979***

# Tammy's Sausage Casserole Recipe

*"Here is a recipe for one of my family favourite dishes and one which I have made for lunch club at the Methodist Hall. If you follow the recipe this is 3 of your recommended 5 a day vegetable portions and the beans are a great source of fibre and slow releasing energy."*

- Tammy

## Ingredients

2 sausages per person (I like Cumberland ones as they are already seasoned)

Diced swede and carrot (in the prepared vegetable section)

Tin of mixed beans in tomato sauce

Sausage casserole packet mix OR and oxo cube OR gravy granules (with 1 litre water)

Mash or Yorkshire puddings to serve it with

## Equipment

Using an oven dish (preferably with a lid)

Measuring jug or similar container

## Method

Pop the sausages in the oven (lid off) to brown for 15 minutes on Gas 7 or 220c

While this is happening make up your packet mix or Oxo or Gravy as per the packet instructions

Remove the sausage dish from the oven, add in 2 tablespoons of the vegetables per person and the full tin of beans (if you are using an Oxo or gravy granules then add in the sauce from the tin with the beans too- if you are using the packet mix then maybe rinse off the sauce from the beans or it could end out quite tomatoey).

Pop back in the oven and cook on Gas 5/190c for 45 minutes with the lid on (or tinfoil over your oven dish) and then a further 15 minutes without the lid to reduce the sauce a little.

Leftovers can be frozen

(You could substitute the swede and carrot for tinned peas and carrots just drain and add in with the sausages 30 minutes into cooking time).



# 14 Day Challenge

Lockdown is a necessary evil but it's also essential we all try to keep a positive mind set.

To help us do this we have put together this 14 day challenge, the idea being is each challenge should make us smile and get a sense of satisfaction from achieving a goal. So please do have read and see if you can join us and help make Seacroft Seniors smile!

Contact the office if you want more info or support with any of these suggestions.

## **Talk to someone different today!**

It could be a neighbour, the post person - it's not important but it could make a small difference to you or others!

**1.**

## **Try a new hobby.**

Maybe you've always wanted to try knitting or stamp collecting? The skateboard will have to stay locked away until we have better weather!

**2.**

## **Keep moving!**

Yoga, chair exercises, dancing during rainy days keeps us moving and improves mobility and helps keep us warm.

**3.**

## **Listen to some music you used to like.**

Music can really lift the spirits, dig out some old records or CDs and enjoy the tunes.

**4.**

## **Watch a feelgood film.**

If you have a DVD player or use streaming services, put a film on and treat yourself to an afternoon with some popcorn. We have lots of DVDs we can loan out to you - just call us!

**5.**

## **Try a new recipe.**

Trying something new in the kitchen can be a rewarding experience - luckily we have a recipe in this very issue! Let us know how you get on.

**6.**



## **Wear a bright colour.**

Maybe today would be a good day to wear those bright red shoes or that yellow beret?

**7.**

## **Smile at a stranger.**

Everyone is struggling at the moment, an exchanged smile is a small but important gesture.

**8.**

## **Sing along to a favourite song.**

Not too loud or you'll upset the neighbours!

**9.**

## **Read some poetry.**

We are big fans of Pam Ayres at SFN. You can get her books from the libraries (which are still open) contact us for help with this if you need it.

**10.**

## **Write to a friend.**

The letter is still one of the most personal forms of communication, write to a friend and make their day.

**11.**

## **Grow a plant.**

Tending to plant can be really rewarding, spring will soon be here - maybe you could grow a small herb garden and use them in our cooking?

**12.**

## **Get some fresh air.**

Despite the cold weather, getting out for some fresh air can be really beneficial for your health and your mood.

**13.**

## **Phone a friend.**

Hearing a friendly voice can really uplift you. Phone a friend and have a laugh and arrange to meet up when it's safe to do so!

**14.**

# Pension Credit

**Pension Credit provides additional retirement income if you are on a low income, but one in three of the people who are entitled to it don't claim it. If you're one of these, you're missing out on hundreds of pounds a year.**

It is currently estimated that there is around £30 million unclaimed Credit across Leeds. If you are eligible for Pension Credit (whether single or as a couple), you can apply up to four months before you want to start receiving it.

The quickest way to check is ring It's easy to check if you could get it – phone the pension credit claim line on 0800 99 1234.

If you are entitled to pension credit this will also enable you to other benefits such as a free tv licence. It is worth checking if you have a low income.

# Travel Pass Renewal



**Senior and Disabled Person's Travel Passes which have expired will still be accepted for travel on buses until 31 March 2021**

If you have a bus pass and want to have a go at renewing it online, go to the West Yorkshire Metro website by typing in this address [www.wymetro.com](http://www.wymetro.com), another option is to call them directly on 0113 245 7676. If you're still stuck call either of the offices and we will happily help you renew your pass.

# Zoom Sessions

Zoom is video calling software you can install on your tablet, smart phone or home computer. There are lots of great group activities around at the moment using Zoom. Whilst Coronavirus is still lingering, these groups offer a great opportunity of some social contact and take part in a fun activity. We can support you through using technology and getting you on Zoom, we have equipment we can loan - you just need to be willing to learn! Some of the local groups running include:

- Singing Groups
- Mens Group
- Art & Craft Groups
- Easy Exercise Group
- Sewing Group
- Winter Wellbeing Group
- Quiz Group
- Mental Health Support Groups

Give the office a call if you fancy giving Zoom a go!

# Community Defibrillator

Seacroft Friends and Neighbours are delighted to announce that a 3rd Community Defibrillator has been sited on South Parkway at Mr Patel's Post Office, funded by Keepmoat:

**“Supporting the community in areas we build is at the heart of Keepmoat’s values and it is great that we were approached to help out by donating the money needed. Although it is something we hope we don’t ever need to use, it’s fantastic that the residents on our development and around Seacroft are able to use it if they ever do need to!”**

**– Ben Shepherd, Site Manager**

Within months of siting the first 2 defibrillators they have been used and saved lives, this project has been organised by Seacroft Friends and Neighbours with thanks to Geof Kitchen, Chair at the Village Hall for installation.



## USEFUL CONTACTS

Seacroft Friends & Neighbours  
0113 2734979 or 0113 2323662  
[www.seacroftfriends.org.uk](http://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

Advice About Coronavirus Symptoms: 111

Supporting Wellbeing Independence Frailty Team (SWIFT):  
0113 389 3001 or 0113 389 3011 or 07928436197

### Covid Support Line

support for the families of anyone critically ill  
or recently bereaved due to Corona virus.

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](mailto:leedsdirectory@leeds.gov.uk)

W: [www.leedsdirectory.org](http://www.leedsdirectory.org)

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DIRECTORY**  
SUPPORTING YOU TO LIVE WELL